

2016-04-02

## Saturday History Call

### INFORMATION REGARDING CALLS PRESENTED AND/OR SUPPORTED BY 2013 RAINBOW ROUND TABLE

#### I TO ACCESS THE THREE WEEKLY CALLS via the Internet

**A BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com) ; click on Talk Radio Station #2; click on "64K Listen"

**Thursday:** 9 pm – 12:00 pm EST **Stargate Round Table** **Host: Marietta Robert**

**Friday:** 9 pm – 2 am EST **Friday Night Hard News** **Hosts: Tara & Rama**

**Saturday:** 2:30 pm – 2 am EST **History of our Galactic World & NESARA T & R**

**Friday, Saturday:** From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [8-9 pm MST **1-641-715-3650** pin 353 863#] and then returns to BBS Radio.

- Use the following phone numbers to ask questions or make comments during the radio show.

530 – 413 – 9537 [line 1]

530 – 763 – 1594 [line 2 & 3]

530 – 746 – 0341 [line 4]

- **BBS Toll Free # in Canada, US** 1 – 888-429-5471 This # picks up the first available line.

**B Conference Call:** 1-641-715-3650 PIN # 353 863#

**BBS Phone Line:** 1-716-748-0144 NO PIN REQUIRED: **this line is very, very clear!**

**C Skype:** **BBSradio2**

#### D Archives for the 3 Programs listed above:

- To access the **FREE BBS archives** for any of these programs:
  - Go to *BBSRadio.com/ Station 2*; scroll down; click on **Live Talk Radio Shows**
  - Scroll down to **Saturday History Call with Tara and Rama**, and click on **"Library Archives"**
  - Click on those words and you will be taken to the listing of all program archives, the latest one being at the top.
  - You can download the program to your own computer or listen directly.

- The **2013 website also has an archive section:**

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for written notes.

#### II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

**A Sunday, Mondays: 9 – 10:30 EST** **Cheryl Croci's Activation Calls**  
By telephone only: 1 – 605-475-5950; PIN 9467441#

**B Tuesdays, 2<sup>nd</sup> & 4<sup>th</sup> of each month:  
9:00 – 10:30 pm EST** **Ashtar on the Road**  
Host is Fran; Susan Leland channels Ashtar & others  
[www.Ashtarontheroad.com](http://www.Ashtarontheroad.com)

- Phone Number: 1 – 559 – 726 – 1300; PIN 972400##
- Call is free [except for long distance charges]
- Can also listen to the call via Skype

**C Wednesdays: 7:00 – 9:00 EST** **The Friends of The Aboriginal Moabite Nation Call**  
By telephone only: 1-712-432-0900 PIN 666238#  
Replay # [good for 1 week] 1-712- 432-0990 PIN 666238#

**Opening Meditation: Rainbird**

**Housekeeping: Rainbird**

- BBS:**
- A listener-supported radio program; we can access program archives on BBS
  - The radio program costs \$300 per week; **this week, we need \$ 379**
  - Everyone doing a little helps a lot - **many thanks to everyone for paying it forward!**
  - Go to [BBSradio.com/Station2](http://BBSradio.com/Station2); find the listing for True History call; find the **Paypal** button
  - BBS appreciates getting checks through the mail – no fees taken off by Paypal
  - **NO COST TO ACCESS BBS ARCHIVES** for either of the 2 T & R PROGRAMS, or the Thursday night program or MariettaRobert's Stargate Round Table
  - The mailing address for those who do not like paying electronically:  
**BBS Network, Inc.** [Please put "**Attention Don**" on the envelope.]  
**5167 Toyon Lane**  
**Paradise, CA 95969**
  - Sending a check to BBS means all your money is received; using Paypal incurs a fee.

- T & R:**
- Their full-time, life time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, gas, a home, and access to BBS Radio on order to get the information out.
  - **This week** they need food money, gas money, and some money for bills [\$ 300]
  - We can donate via the Paypal button on the **homepage of 2013 Rainbow Roundtable**
  - **Please notify them if you're sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)
  - Rama's mailing address for cheques, Money orders: Ram D Berkowitz  
1704 B Llano St, # 249  
Santa Fe, NM 87505
  - **phone contact** is via MariettaRobert Pickett: 317-773-0061  
or by e-mail: [stargatemarietta@gmail.com](mailto:stargatemarietta@gmail.com)
  - **Remember you can book a session with Mother, as well!**
  - **THE GO FUND ME A/C Also requires more help! \$7,658 of \$14,000**  
<https://www.gofundme.com/RamaSurgery>

**PLEASE SEND CONTRIBUTIONS FOR Rama's surgery to his paypal a/c**

- The gofundme a/c is compromised at this particular time: Homeland Security is checking / holding up the activities of ALL of these kinds of accounts

- MR:**
- Please remember to support MariettaRobert's show, too
  - **You can also book a session with MR for a transformational clearing.**

- T:**
- **if you have any trouble hearing, that means there is an issue with the sound and it is an emergency - so call this number: 1-888-429-5471**
  - **if you cannot get through,** use this # 1-888 – 710-8061

**Intro Notes**

- The following audio link allows you to listen to the entire program.

<http://bbsradio.com/podcast/true-history-april-2-2016>

- The **new number for the Conference Line: 605-475-1600**  
**Press #2 in order to reach BBS Radio**
  - for an hour, 8 – 9 pm MST, every Friday, Saturday
  - for the rest of the show, it's BBS Radio for those with computers, or for those without - 1 - 860 - 970 – 9300; pin codes are listed on page 1
  - **if you can't hear on the 860 number, call 1-716-748 – 0144 out of Texas:** this gets you straight into the BBS radio program which is very clear.

## HARD NEWS

- T:** Hans Dietrich Genzler, the German who helped with the re-unification of Germany, has left the planet, born 1927.
- Madam Palfrey's list is still in the news: the lawyer has a "dead man switch" on the materials: he has a 72 hour timer set relative to the list – if he does not reset the timer, the list will automatically go out to a wide variety of sources. He has done this to protect his life
    - Hair, Bush, Rubio, Cruz, Hillary and many more are on the list – the only one to be left standing will be Bernie, the only one speaking truth to power!
- R:** Get rid of Citizens United – Supreme Court is a sham as is the Justice Dep't – the police have begun the gestapo – this is not a joke!
- Saw over 15 cops in town today: police presence increasing more and more – all about Black Ops having to do with the fake story called ISIL and the other games going back to 9/11 when NESARA was supposed to be announced; as Alan Greenspan chickened out & didn't do what he was supposed to do; he and wife Andrea Mitchell worship at the feet of Ayn Rand and story of John Galt

**Camp Lovewave:** all they talked about was Bernie bringing things front and centre

- Want peace? Vote for Bernie.
- Want war? Vote for Hillary
  - Hillary is in bed with the biomedical, etc complex - the Du Pont family that Hillary comes from is responsible for creating all the weapons and nukes
- ET Corey & others have to talk in convoluted circles in order to stay alive, and the lawyer representing madam palfrey who cannot come forward and say that Trump is at the top of the list, and along with Kasich, Bush, Romney

**R:** the story is simple: see above!

**Teran, Bear, Nigel** – talked of folks in other countries waking up like never before

- we are watching such a transformation, transfiguration of people waking up, demanding justice, supporting Bernie as he is saying the right things, and he is backing it up.
  - R has known Bernie since 1979 and worked in a restaurant Montpelier VT and knew them; went to their house and cooked dinner at their home; Ben & Jerry came over once; Thom Hartmann used to live in Montpelier, VT; there was an Apple store in Wakesfield, VT there called Small Dog Electronics:hippies working with computers – not tied up in the big story of multi-national death merchants like Apple has become!
  - the FBI hacked into the I phone of the shooter and Apple had said they couldn't but the ABC agencies do what they want
- R:** saw a documentary on Dish Network; Teran also talked of it – a science program: ***The Temple of Baal***, an ancient Babylonian, Annunaki gods with a human body 12-22 feet tall, and a bull head. Also tied into the owl god Moloc, worshipped at the Bohemian Grove where human sacrifices are done
- From Teran: there was a split in ancient Babylonian story: the good ones from Nibiru split from Anu, Enki, Enlil and Ninhertzog
    - Enki was overlighted by Javah, shadow side of Alcyone, wanted to save the people of Babylon; Enlil was overlit by Lucifer,

- 450 Billion years and the anti-matter universe is how far back the story goes
- Nibiru is here to collect Mother's people who have violated cosmic law on all levels – they want to play with this convoluted story and twist the minds from the hearts of humans
- the story of Arc of Gabriel, one of 9, and the ancient sidereal weapons being found all around the planet –
- Cruz wants to play with these weapons and the fake alien story: all this is tied into the story of “fair and balanced election” - everyone except Bernie is lying – all the media is compromised and Rachel, Chris Hayes, Laurence O'Donnell are walking the thin edge of the sword
- Chris Hayes sold out to MSNBC, aka Republican Light, and Katrina van den Heuvel is not happy with him because he works for The Nation, too Yet he is still on the Light side of MSNBC, as are Rachel and Laurence O'Donnell
- call dropped – yes!  
Hold the computer and skype in the violet flame & the Office of the Christ – they don't like what we're talking about - and send them Love!

**R: Major message from Teran, Bear:**

- send so much love and wisdom, grace and the power of the Violet Flame to Bernie – he is burning it all the way to the White House – they want to nuke this planet, and Ashtar has said NO NUKES - the others want to ravage the planet
- we are on the edge of such greatness with this Sat Yuga which is already in the midst of this story even though it does not look like it! We are seeing the most horrendous of deeds every day!

**T:** SO MUCH to play!

**R: It is really about such simple, simple things** - not since the time of JFK was here and saying that the veil of secrecy has to be lifted – and right now the ABC agencies which have taken out Hugo Chavez and others with the simple click of a device and create heart attacks from a distance – tis about the fact that they have lost their power

**T: Susan Sarandon** said she cannot bring herself to vote for Hillary – she is Faction 3, a total White Knight – she's telling the truth; has been Faction 3 since the beginning

- even Thom Hartmann won't go there [about voting for Hillary] -
- the options that haven't been presented to the TV audience: the **only one is to arrest them – so much more than has been discussed.**

**R:** on the documentary he watched on Dish Network: talked about the hidden gold in the pillars of the temple of Palmyra – the ISIL group wants the gold and cannot get it: approach the pillars and try to mess with them, there is a force field around them – can see the bullet holes in the pillars from big big guns

- Erdowan needs to be hung out to dry, too!
- Al Assad wants a new election, yet he has his arm twisted behind his back by the forces of Light: you will step down as things move along. Syria is one of the major stories in Middle East – stargates, Arc of Gabriel, Zoroaster, brotherhoods, sisterhoods of Living Love, Living Light

**T:** what is required is that people on the ground actively do their part – like getting out to vote – print out the NESARA flyers and go to town

**R:** James Tywmann's T-shirts: meditating for peace – simple!

**T:** Need a balance between the meditation and action

**R:** Raise the frequencies to 100 D and higher when meditating in groups: amazing to watch people waking up like never before! Need to get into nature and talk to Mother Earth, Father Sky, the fairies

- Spoke of Teran breaking up as Rama is – it's not about getting angry and using a gun: what happened in San Bernadino was ENTIRELY BLACK OPS – not ISIL or anything connected with Islam
  - It is the Black Ops playing with nuclear brinkmanship which is a bad joke as all nukes have been neutralized - what does it take? Do we need to get to the place where there is a some kind of incident happens, and Mr 19.5\* says OK folks, enough is enough
- Howard Fineman of MSNBC and Huffington Post got really angry on the Chris Matthews show: he said **Trump is pushing** is to incite people to riot, get angry, do something destructive at the rallies, at any engagements
  - Brings up the 1.38 minutes youtube from Trump in which he says it is all a joke, folks, he was going to withdraw from the race and support Hillary
  - T:** The subliminal message in this has to do with him supporting Hillary: they are friends behind the scenes and work together in human trafficking
  - T:** asks who Donald Trump is having sex with, besides his wife?
- R:** Not at liberty to say as he does not know; yet Trump is on the top of the list at Madam Palfrey's – **both KOS and Tom the Cat** told R this and that **this is huge!** As this gets out there, the entire sham will collapse
  - T:** what about his birth certificate which is on the net?
  - R:** People are not really caring about the birth certificate thing: can be created on the internet
    - The people with the fake millions can make a few calls and call folks like Roger Ayles and ask for air time; I need to talk and the media lap dogs lick their feet!
- T:** Trump has received **\$1.4 billion of free air time!** Because of the CEOs of the networks
- R:** watch Free Speech, RT, World Link TV – support them instead of the others which are lying
  - he is watching such insanity which has to do with absolute lies: it's about remaining neutral; he has to turn it over to his father as Captain Ashtar, Admiral Sananda know when to flip the switch and in a nano second, it changes – does not know the time
  - It's about love, no more lies, not getting people scared – it's about a radiance that is so exciting – it's like hanging out with Swami Purna, Yogi Bashan, Krishna Dass, Anna Merkaba, Amrita Melchezidek – a frequency comes across, a simple frequency of unconditional, divine, compassionate love
- T:** how many more negative events have to occur to wake people up so there is full intervention?
- R:** the sphere alliance, Mother, her fellow compatriots are here, and they know how to do it in such a unique way, coming from that balanced place – just a simple darshan.
- T:** interesting that Bill and Hillary Clinton are named together in the Astor bloodline
- T:** 2016-02-01 **The Trouble with Iowa:** Corn, corruption, and the presidential caucuses  
By [Richard Manning](#) **[SEE BELOW]**
  - connects Hillary, the fossil fuels system, the pharmaceuticals system and the political stratosphere and focuses on how they are poisoning us via the food –
  - Iowa has corn and hogs: they sell fried ice cream on a stick at all kinds of events the ice cream is GMO all the way and then it is french-fried
  - worthy of thought because it causes us to be sick, fat and stupid – it destroys our DNA
- 2013-12-11 **Should you consume soy products?** by: Dr. David Jockers **[BELOW]**  
Humans as herbivores are to get all of their proteins from vegetables; sunflower greens grown in earth are the most ideal protein – they contain 36% protein which is ideal. Meat has over 60% which is poison at that level.

- The Tyson family is Nazi and is in the food business deliberately!

**Audio:** Bernie Sanders speech – March 20<sup>th</sup> at Key Arena, Seattle  
LISTEN CAREFULLY IN CONJUNCTION WITH THE MATERIAL WE JUST HEARD!

[https://www.youtube.com/watch?v=EKHqf\\_mX4g&feature=youtu.be](https://www.youtube.com/watch?v=EKHqf_mX4g&feature=youtu.be)

Published on 21 Mar 2016

Bernie gave this rousing "A Future to Believe In" talk to 10 Thousand supporters at a jam packed Key Arena. The official count was 10312 inside, 5500 outside, 1500 left after overflow address.

- Rigged election system – complete with examples; rigged economy system - complete with examples, including Walmart whose employees need food stamps, subsidized health care, subsidized housing – get off welfare and pay your employees a living wage – a middle class should not have to subsidize the wealthiest family in America; people working longer hours for less money

**Audio:** discussion of reporters and others on Sanders, Clinton – Kristen Welker speaking to the host discussing Latinos – coming from Wisconsin – looking forward to Ap 5<sup>th</sup>, Tuesday

**Audio: All in with Chris Hayes**

<https://www.youtube.com/watch?v=h5T7Xlyaeo>

**Susan Sarandon Talks Bernie Sanders, Hillary Clinton (Extended Interview) | All In | MSNBC**

Published on 29 Mar 2016

Actress Susan Sarandon, who has been a vocal surrogate for the Bernie Sanders campaign from early on, joins Chris Hayes to discuss why she supports Senator Sanders and her work with refugees in Greece.

**T: words from Carl Boudreau** [Carl Boudreau Thursday, 24 March 2016](#) **[SEE BELOW]**  
2016-03-24 **April - A Major Mutable Portal**

**MUSICAL BREAK**

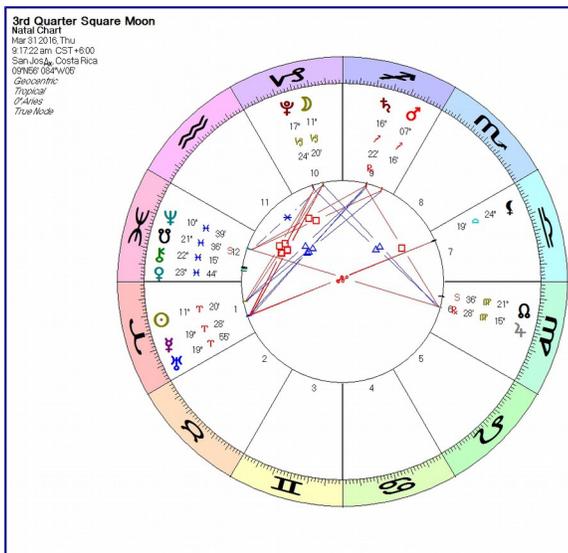
**ASTROLOGY**

**[March 30, 2016 Pele Report, Astrology Forecast](#)**

<https://youtu.be/1IixvO1e7SY>

[click here to download/listen to the Pele Report mp3](#)

*Life is like an obstacle course,  
That's never really done,  
Until I come to loving that,  
It's only just begun!*



Yup, it is so much about attitude, yes? One person says, "Dang, another mountain to climb." The other person says, "Wow! Look at that mountain! Let's go climb!" Truly, as mentioned in the report, we are emerging out of a chaotic, emotional time, and may feel like the beat up soldier on the battlefield, but hang in there! You'll make it! You can do it! There is amazing Life to come!

Indeed, this building of a new paradigm is not happening on a blank slate/chalk board. As healers and teachers, and supporters of the great awakening, we will undoubtedly come face to face with powerful established folks entrenched in patriarchal ways. It's time to buck up, get up, and meet the old with the new, showing the beauty and power of the open heart. This requires being soft and hard, sensitive and tough, and triumphing over victim consciousness with unconditional self love. Go for it!

**Ri: The week ahead:**

Moon in Aquarius tonight tomorrow; Moon conjuncts Neptune Mon pm

**Tues:** Sun exactly trines Saturn which is in Sag; Venus moves into Aries and Mercury into Taurus

**Wed:** Moon goes into Aries, overnight, conjuncts Venus; Sun squares Pluto in afternoon

**Thurs:** new moon at 19\* Aries earlier in the morning; moon conjuncts Uranus at 11 am

**Fri:** moon conjuncts Merury in Taurus

**Sat:** an earth trine: Moon trine Pluto; trine Mars – before daylight

**T:** What is the energy to look forward to?

**Ri:** It's for Aries which rules the head, beginnings, desire – a fire energy – call it New Years Day! Astrologically, this is the true beginning of spring, with the new moon in Aries – find where Aries is in your chart, and set your goals New moon falls on Earth Day, Ap 23<sup>rd</sup> – he gives a lot of other detail: it's a complicated, inter-connected chart with square, oppositions, inter-connected trines

**T:** QE2nd birthday is on the full moon

**Ri:** Mars and Pluto go retrograde on the same day, the 18<sup>th</sup> – another big thing this month

**T:** Rama is scheduled for surgery on the 12<sup>th</sup> when Venus is trine Mars – what about it?

**Ri:** intelligent surgeons do not operate on a full moon due to excessive bleeding – this should be OK. Keep intentions real clear – the rest of us will be praying for best outcome!

**Ri:** moon in Cancer: Neptune is 12\* a water sign and our bodies are 80% water: sees it as supportive. Cancer rules physical manifestation in many ways – depending on your age, you are 80% water - more water when you're young than when older.

### **After the Pele Report:**

**Ri:** as Mars moves through Sag, urges us to education, further development, creativity – a fire sign: new desires may show up, give us another challenge to pursue!

**T:** a lot to get educated about as we have to deal with solutions to the collective mess

**Ri:** this planet is a schoolhouse, an insane asylum run by the inhabitants! Good thing humour exists – a sense of absurdity – a two edge sword: he gets periods of being super po'd or super depressed – doesn't like the idea of people suffering and as we are immortal beings, this too will pass. Has taken most of a lifetime to get used to multiple incarnations, immortal beings, I'm a spirit coming here for lessons – change the things you can and do it with love and for the highest good of all concerned. It's why we need leaders, guides, good examples, mentors in every town!

**T:** we need a collaboration that we haven't done before. A march next weekend to DC – all kinds of groups coming together! They were in DC in 2006;

**Ri:** Was last in DC late 70s! But he grew up in Virginia which is much changed: **T:** the waterways were totally polluted due to the coal sludge – and North Carolina a great example of fascism at its peak! **Ri:** an action like the kind that NCX is doing gives everyone a chance to examine within

**RA:** in Santa Fe, a number of businesses where they have put signs up: "These bathrooms are unisex; use at your pleasure!" - quite a different attitude!

**Ri:** this is the Pluto effect

Love has an inclusiveness in it that is difficult to understand: an inclusiveness for other peoples' needs

## CONFERENCE CALL

**R:** 65°F AT 1 PM in Santa Fe; New England getting a snow storm; the south having wind and rain  
**Camp Lovewave** talking about the energies – Rama brings up this author [Elana Freeland Talks About Her New Book On Chemtrails, HAARP & Full Spectrum Dominance \[SEE BELOW\]](#) – as they spray the stuff in the skies, want to create a space fence that almost goes to the edge of space that would prevent our friends from coming in. Yet they don't get that the friends are 100 Million years beyond the primitive flying machines that do not work with the frequencies of the merkaba vehicles

- brought up the fact that when we work with the merkaba vehicles and the magnetics of the universe means we don't have to rely on fossil fuels.

### Reading:

[SEE BELOW]

2016-04-02 **Astrology for April 2016 by Sarah Varcas : Spiritual Warriors**

**Ri:** it's good; Sarah Varcas is one of Ri's favourites; Eris is a planetoid – she is also in Aries – This is really is about our creative selves going to work and keep working; all the spiritual warriors have a war going on; it's been a long winter! Will get a whole different feel of the energies due to the increasing amount of sunshine.

**T:** had snow yesterday and today it was up to 65\* - quite an expanse of temperatures

**Ri:** the air elements get riled up – elementals respond to the consciousness field of humanity: we are in a unified field so think in terms of air elementals respond to thought; the gnomes respond to earth changes and mining and drilling; fire responds to strong desires – the field of human interaction is primarily water and air, thoughts and feelings – that is where the majority of stuff happens. Jane Roberts/Seth – **The Individual and The Nature of Mass Events:** she explains how that works. Worth re-reading the book.

- In the world of thought – step 2 in the creation process, step 1 being desire that results in the creation process. Thought forms are created in Step 2 and they, depending on the number of individuals involved, have a life span: when 3 or more are gathered together, many thinking the same, the associated thoughts created thus remain in place. Step 3 is the emotional component – adding emotion to the thought adds power and strength to the form – Step 4 is manifestation –

**Penny:** this describes a visualization process

**Ri: Maps of the Imagination: the writer as cartographer, by Peter Turchi** – a book for writers – making maps for the story being created. And he talks about all different kinds of maps – an outline for a book, an essay, is a thought map -

**Ri:** every fiction writer goes through that process – can take short cuts if they using history; sci fi writers make things up completely out of their minds: adding maps to the fiction means using the whole brain.

**T:** so much comes through each day, she can end up making drawings to show the relationships between the various things / ideas she's absorbing

**Reading:** 2016-03-29 **Post Eclipse Gateway**

[SEE BELOW]

### Music

**Audio: Bernie Sanders | The Young Turks Interview (FULL)**

<https://www.youtube.com/watch?v=ggFitmOTSok>

Published on 23 Mar 2016

Cenk Uygur interviews Democratic presidential candidate Senator Bernie Sanders

**Audio: Ceny Uygur analyses what the media is saying**

**Audio: Rachel Maddow interviews Bernie Sanders from Wisconsin [SEE BELOW]**  
2016-04-01 **Rachel Maddow interviews Sanders ahead of Wisconsin primary**

**Audio: Ed Schultz News and Commentary: Friday the 1st of April, 2016**

<https://rss.art19.com/episodes/6826f02f-34f0-4fcb-9bbc-2f47d94a8756.mp3>

On Friday's show we play **Ed's full interview with Activist and Actor Danny Glover** on issues ranging from reparations to the current state of politics. We also play Ed's interview with Jesse Sbah, a congressional candidate in Nevada who was told by Harry Reid that a Muslim can't win an election in the state.

**Audio: The Rachel Maddow Show**  
**DC Madam Lawyer WILL Release Records That Impact Presidential Election**

<https://www.youtube.com/watch?v=aJyLVdmhMXs>

**Published on 1 Apr 2016**  
winningdemocrats.com

**This is the first part of the story:**

<https://www.youtube.com/watch?v=HI57ec4XrfM>



**Audio: Max Keiser [KR896] Keiser Report: Economics of Crime & Stupidity**

<https://youtu.be/fGIwIwzzXcc>

We discuss crime and stupidity as a horrible long term economic plan. In the second half Max interviews [Kerry-Anne Mendoza](#) of [TheCanary.co](#) about the latest wave of privatizations announced by the UK Treasury on a holiday weekend. Kerry-Anne notes that a parliamentary select committee found that Private Finance Initiatives (PFIs) are ALWAYS more expensive than infrastructure projects built with government finance.

**Audio: the Late Show Stephen Colbert with Rachel Bloom**

[Late Show with Stephen Colbert](#) **Posted March 30 2016 — 8:30 AM EDT**

It's getting harder for Stephen Colbert to repress his inner musical urges. After recently dueting with [Anna Kendrick](#) and [Tom Hiddleston](#), the *Late Show* host got another huge opportunity to show off his pipes when *Crazy Ex-Girlfriend* co-creator and star Rachel Bloom stopped by Tuesday's show.

Colbert began by asking Bloom, in his standard interview style, about how one integrates musical tropes into telling a story. After all, that's not how real life works. Bloom responded, "Anything can

be a musical," prompting the two to launch into a new musical number of the same name.

"Musicals don't just happen when you're talking to a guest / There's no Broadway razzle-dazzle, you're just gabbing at some desk," Colbert sang.

<http://www.colbertnewshub.com/2016/03/30/march-29-2016-adam-driver-rachel-bloom-savages/>

<http://www.globaltv.com/thelateshowwithstephencolbert/video/episode/adam-driver/video.html?v=654911043824>

**Audio: The late Show – Stephen Colbert with Elizabeth Warren**

<http://www.cbs.com/shows/the-late-show-with-stephen-colbert/video/BAB19660-0D5A-90E3-7D2D-CA2A733872D1/elizabeth-warren-goes-off-on-loser-trump/>

**Audio: The Late Show – Wynton Marsalis**

[https://www.youtube.com/watch?v=\\_3fTgDgg1hI](https://www.youtube.com/watch?v=_3fTgDgg1hI)

**Wynton Marsalis, Lil Buck, & Jared Grimes Perform      Published on 1 Apr 2016**

Wynton Marsalis and dancers Lil Buck and Jared Grimes perform "Petite Suite (for Savion) Movement II." They can all be seen performing in Marsalis' "Spaces" at Jazz at Lincoln Center this weekend, and the band's album "The Abyssinian Mass" is available now on Jazz at Lincoln Center's Blue Engine Records.

**Audio: Randy Sparks and the Minstrels**

<https://www.youtube.com/watch?v=PfxgbsXeTdE>

The New Christy Minstrels are an American folk music group founded by Randy Sparks in 1961. This song "Green green" sold over a million copies and was released I believe in 1963.

**"Green, Green (feat. Barry McGuire)" by The New Christy Minstrels**

**Reading: The Cat's Meow**

**Closing:      Rainbird**

**Music:      Kabir: Poems and Love song video**

## INFORMATION RELATED TO THE NOTES

2016-02-01 **The Trouble with Iowa: Corn, corruption, and the presidential caucuses**  
By [Richard Manning](#)

I'm driving through these beautiful fields. I want to grab that corn like you've never seen. So rich, so beautiful," Donald Trump told a standing-room crowd last July, at a Make America Great Again "family picnic" in Oskaloosa, Iowa. An obvious applause line, perhaps, but Trump delivered it with the aplomb of a man who had just taken the lead in every national poll. He was speaking to a crowd of about 700 people inside a high-school auditorium, and another 700 or so were standing outside in the overflow section. The appearance of this crowd was, not surprisingly, homogeneous, though one man who looked Latino sat on the bleachers behind the podium, well within view of the cameras trained on Trump. Before the speech, this man had been intensively stage-managed by Trump's people: he was taken off the stage, given a properly logoed T-shirt, then reseated up front, stage left, nope, not quite, and finally reseated on the periphery, stage right, about halfway back.

While the man and the rest of the crowd looked on, Trump moved quickly from the pandering particulars to his generic stump speech, about a terrifying trip to the border ("My wife came home, and she was crying") and murderous Mexican immigrants ("Such a big problem, and nobody wants to talk about it"). If Trump recognized the connection between the corn he wanted to grab and the immigrants he wanted to send home at Mexico's expense, he didn't acknowledge it. But I'd guess that nearly every person in that auditorium understood the contradiction: corn is America's largest crop, Iowa grows more of it than any other state, and Iowa's agribusiness depends on the Latino laborers who fill the towns that the Midwest calls "little Mexicos," one of which was just twenty-five miles from where Trump was speaking.



Cornfield near Indianola, Iowa. All photographs © Danny Wilcox Frazier/VII

This month, on February 1, Iowa's caucuses mark the true beginning of the presidential-election season— the process by which the nation, at least in theory, has its say about the fundamentals of its existence. Trump was just one of twelve 2016 presidential candidates who toured Iowa during the two weeks I spent in the state last summer. The other nine who were then running would arrive within a few more weeks. Observers have long scratched their heads about the weird positioning of the Iowa caucuses, and every four years pundits declare that Iowa's relevance to presidential politics has come to an end. ("Is Iowa Over?" *Politico Magazine* asked bluntly the month before I was in town.)

It seems to defy reason that this anachronistic farm state— a demographic outlier, with no major cities and just 3 million people, nine out of ten of them white— should play such an outsized role in American politics. But Iowa is not over. In fact, it may be more relevant than ever. Grasping the corn as Trump suggested leads us not just to the tensions of immigration but to all the central issues of the campaign — to health care and obesity, to our nation’s worst environmental problems, to poverty and income inequality, and to the entrenchment of a corporate oligarchy. We are what we eat — all of us, not just Iowans. Corn is the foundation of our bodies and our body politic, a truth that is more evident in Iowa than in any other place in the nation. Far from being an outlier, Iowa plays a central role in American culture. The weeks and months leading up to the caucuses represent the one time every four years when our political elite briefly acknowledges that fact.

William Stowe’s office sits near the confluence of the Raccoon and Des Moines Rivers, which were laid down by the Des Moines Lobe of the Wisconsin glaciation more than 12,000 years ago. The office was built there to superintend the piping and delivery of river water to half a million customers of the Des Moines Water Works. Stowe is the head of the organization. He trained as both an engineer and a lawyer, and lately has needed the latter set of skills. His utility has sued the county operators of drainage districts in rural Iowa in a case that is pending in federal court. Environmentalists nationwide view the case as a bellwether; it may well produce the legal precedent they need to solve a plague of continental scale. Many Iowans view the dispute as a battle between the city and the country; they see Stowe as a pariah.

“We have had death threats,” he says. “We’re the ‘radicals.’ We’re the ‘revolutionaries’ who are declaring war on rural Iowa. In reality we are protecting public health, and we’re protecting the economic viability of our consumers.”



Audience members at the Iowa Freedom Summit, hosted by Iowa Congressman Steve King and Citizens United, Des Moines, Iowa, 2015

The problem is simple enough. Rain falls on Iowa pure and clean, but it arrives at Stowe’s intake pipes a few hours later sufficiently polluted to violate federal standards for drinking water. Farmers have been raising corn and hogs in Iowa, and the people of Des Moines have been drinking river water, ever since the Civil War, but only in the past decade or two have the nitrogen fertilizers from industrial agriculture rendered that water undrinkable.

Under the current reading of the relevant federal law, pollution from a factory pipe is called “point

source" and is regulated. If a factory or municipal sewage-treatment plant sends concentrated nitrates and phosphorus down a discharge pipe to a river, the feds will put a stop to it. Runoff from a farm's field, "nonpoint source," is not regulated at all.

Nationwide, any river or stream that wends through farm country suffers pollution to the point of death, but in the Upper Midwest, the plague is nearly total. Agricultural fertilizers traveling from the Corn Belt down the Mississippi River have killed a Connecticut-size stretch of the Gulf of Mexico that is now called the Dead Zone. Iowa occupies less than 5 percent of the land in the Mississippi basin, but it contributes 25 percent of the nitrate pollution responsible for the Dead Zone, almost all of which is attributable to farming.

In August 2014, Corn Belt fertilizer pollution led to a toxic algal bloom that poisoned the water supply of Toledo. John Kasich, Ohio's governor then and now, alleged by some to be the thoughtful conservative among the Republican presidential candidates, responded to the contamination of a large city by calling out the National Guard to distribute bottled water. Later he signed a palliative bill, endorsed by Big Ag, that did nothing to sully his business-friendly reputation or to limit the phosphates and nitrates responsible for Toledo's problem. None of this is mentioned prominently in his campaign in Iowa.

At least a third of Iowa's farmland is underlaid with drainage pipes, like the veins of a hand. The same is true in much of Kasich's Ohio, as well as in Indiana, Illinois, Minnesota, and parts of Wisconsin and Michigan. Again like veins, the networks gather fluid in bigger and bigger pipes that finally pinch together before discharging into rivers. The Environmental Protection Agency says that farm pollution is not pollution because it doesn't come out of a pipe, but in Iowa, farm pollution does come out of pipes. Nonetheless, paper is waved over the water, a box is checked, and the toxic runoff is transubstantiated.

These days a fair amount of the nitrates are derived not so much directly from chemical fertilizers as from hog manure. There are about 21 million hogs in Iowa, and almost all of them live in hog factories. Each hog produces the waste of about 2.5 people, meaning Iowa bears the shit equivalent, from hogs alone, of about 45 million people, some fifteen times its human population. But Iowa also has 52 million laying chickens, 50 million of which are in concentrated animal-feeding operations (CAFOs) that hold more than 100,000 birds. These birds likewise produce more manure than all the people in the state. Almost none of it passes through a sewage-treatment plant or even a septic tank before making its way through drainage pipes to the public waterways and drinking water.

It is technically possible to remove nitrates from water, and this past year the Des Moines Water Works has been attempting to do that, at a cost of more than a million dollars. But the level and persistence of the pollution have repeatedly overwhelmed the equipment. Absent cleaner intake water, the Water Works will face up to a \$180 million bill to upgrade its equipment, but this amount vastly understates the cost of the problem. There are 260 cities and towns in Iowa that face similar problems with their water supplies, and removing the nutrients from drinking-water intakes does nothing for the life of the rivers themselves.

There's another way to fix the problem. It involves simple measures such as running farm-field drainage pipes into restored wetlands and permanent pastures instead of rivers. Ten acres of wetland can treat the runoff from 1,000 acres of hard-farmed corn. By timing their applications, farmers might also apply less fertilizer while still ensuring their yields. These measures do not

mean growing less food, though they might require some different crops, maybe even raising a few cattle on grass. Scientists from the state's agricultural department and Iowa State University have penciled out and tested a program of such low-tech solutions. If 40 percent of the cropland claimed by corn were planted with other crops and permanent pasture, the whole litany of problems caused by industrial agriculture — certainly the nitrate pollution of drinking water — would begin to evaporate. There are no technological or financial hurdles to implementing this program, but there is a political obstacle: the federal government would have to stop subsidizing the growing of corn. Between 1995 and 2012, those subsidies amounted to \$84 billion.

At this point we would do well to remember that the time-honored mark of a developing country is that its tap water is undrinkable. Today, "Don't drink the water" is sound advice in much of Iowa. Ironically, the American right wing has become especially fond of charging that the policies, real and imagined, of the Obama Administration have reduced the nation to the status of a banana republic. This complaint is especially prominent in discussions of immigration. Nationally, the chief fire-breather on this matter has been Steve King, the Republican congressman from Iowa's Fourth District. He says that those favoring immigration reform "advocate for the destruction of rule of law and for anarchy and the descending down into Third World status." His district happens to contain some of the state's heaviest concentrations of hog factories, slaughterhouses, and restaurants where it is possible to find decent carne asada.

King wields a great deal of influence among Iowa conservatives, and for much of last year there was intense speculation about which presidential candidate would receive his endorsement. He has explicitly praised Trump for following his lead on immigration, but it was also reported that he went pheasant hunting with Ted Cruz, Mike Huckabee, Bobby Jindal, and Rick Santorum. (A pheasant hunter I met in Iowa told me that in recent years hunters have had to carry water for their dogs, lest they be poisoned by the streams made toxic by the same algal blooms that contaminated Toledo.)



Slaughterhouse in Solon, Iowa

Finally, in November, King made his choice. "I believe Ted Cruz is the candidate who is the answer to my prayers," he said at a press conference. "A candidate whom God will use to restore the soul of America." Among the candidates with actual experience in elected office, Cruz hews most closely to Trump's views on immigration and many other matters, and he has proved the least willing to criticize Trump. While several Republican candidates expressed outrage at Trump's suggestion that he wouldn't rule out special databases for Muslim Americans, Cruz mustered only

the following: "I'm a big fan of Donald Trump's, but I'm not a fan of government registries of American citizens."

Cruz has also distinguished himself in Iowa in a surprising way: he is the only candidate still in the race to come out unequivocally against the Renewable Fuel Standard, the federal mandate that all U.S. transportation fuel contain a minimum amount of renewable biofuel — which is to say, ethanol. Before 2005, when Washington introduced the standard, virtually all of Iowa's — and the nation's — corn went to animal feed or processed food. Now about 40 percent of America's corn goes to gas tanks, the ultimate proof of the assertion that industrial agriculture is not about food. The ethanol mandate is imposed by the heavy hand of government in a manner that violates basic conservative principles, yet the requirement is popular among Iowan business interests, for obvious reasons. During the lead-up to the caucuses, Bruce Rastetter, an agribusiness mogul who has made millions on ethanol and is the state's biggest Republican donor, organized what he called the Iowa Ag Summit, at which he personally gave a public grilling to nine of the Republican candidates on the issues of the day, which turned out to mean, for the most part, support for the ethanol mandate and laments about "overreach" by the EPA in matters such as Des Moines's drinking water. With the exception of Cruz, each of the assembled conservatives had pledged varying degrees of support for a federal intervention that creates a market distortion.

Hillary Clinton and Bernie Sanders, her fellow Democrat, have also endorsed the Renewable Fuel Standard. In May, Clinton penned an op-ed for the Iowa *Gazette* confirming her support for the mandate and "other federal incentives that have been a success for Iowa," which she said were central to America's efforts to "lead the world in clean energy," the evidence borne by Iowa's rivers notwithstanding.

The day after Trump spoke in Oskaloosa, I passed Clinton's motorcade, two black Suburbans and a white van marked STAFF, as it left the Des Lux Hotel in downtown Des Moines and headed north toward Ames on streets that wound between the Raccoon and Des Moines Rivers. Both were swollen and as brown as Bavarian chocolate because of catastrophic erosion from upstream farm fields. Now the rivers were too thin to plow and too thick to navigate — and certainly too foul to drink, polluted as they were with nitrogen fertilizers, pesticides, and hog shit.

Virtually all of the corn that doesn't go to ethanol is eventually consumed by humans, but it usually gets to our plates by a circuitous route. One way or another it is processed. About 12 percent is funneled into industrial refineries that crack corn into its elements: starches and sugars — especially in the form of high-fructose corn syrup, the basis of the high-energy diet that makes so many people sick and fat.

It ought to be harder than it is to account for the American diet. There are, after all, thousands of edible domesticated plants, dozens of animals, and endless ways to raise, combine, and create food. The big picture, however, is depressingly easy to paint. American agriculture is corn, soybeans, wheat, and hay — four crops that account for 85 percent of the nation's farmable land. In Iowa, corn and soybeans cover 23 million of the state's 24 million acres of cropland. One presidential candidate has a literally visceral understanding of the health implications of this fact. Jeb Bush slimmed down substantially before hitting the campaign trail by adopting the popular paleo diet, which can perhaps best be defined as avoiding any of the food that Iowa produces. Yet he doesn't talk about his personal and quite correct understanding of the country's fundamental

nutrition problem. Instead he ate a deep-fried Snickers bar at the Iowa State Fair, a ritual display of self-flagellation that has become necessary in a state where about a third of the people are obese.



A TV reporter at the Harkin Steak Fry, an annual fund-raiser hosted by Iowa Senator Tom Harkin, in Indianola, Iowa, 2014

The national obesity numbers are not much different, and there has been much bickering among nutritionists, an endless series of conflicting results from gold-standard randomized controlled trials, about the roots of the epidemic, which is responsible for as much as one in four dollars spent on health care in the United States. But there is a simple way to approach the question: we can account for the flow of food. Per capita U.S. consumption of protein and fats has not changed much over the past half-century. Per capita consumption of carbohydrates, however — sugars and starches and Snickers bars made from corn syrup — has risen consistently.

Meanwhile, though fat consumption has not changed in the past fifty years, the composition of the fats in our diet has changed drastically. When researchers tracked the American diet from 1909 to 1999, one commodity stood out. Per capita consumption of soybean oil increased a thousandfold. No other food came close to matching that number.

Soybeans are corn's fellow travelers, grown by farmers not because there is great demand for veggie burgers, edamame, and tofu but because they complement corn in crop rotation. Most soybeans go to processed food and livestock. The component of soybean oil that is at issue in the obesity epidemic is linoleic acid, a fat that is common to many vegetable oils and ubiquitous in processed foods. Before the middle of the twentieth century, Americans got about 1 percent of their energy from linoleic acid; now they get about 8 percent. When researchers replicated that change in a diet fed to lab animals, with no increase in total calories, the animals became obese. When the linoleic acid was reduced, the obese mice became skinny. The scientists then bred four generations of mice and found that a fixed diet with a high proportion of linoleic acid produced more obesity in later generations. Linoleic acid belongs to a class of fats, the omega-6s, that have supplanted the other important group of fats, omega-3s, largely animal fats, in our diets. There is even some evidence that linoleic acid prevents our bodies from using what omega-3s we do receive from our food. Omega-3s are crucial for brain development. It is probably too cynical to suggest that food marketers planned a diet that compromised our intelligence, but at least they created a situation they can work with.

There is another way to process corn and soy for human consumption: feed it to animals. As a nineteenth-century observer wrote, "The hog eats the corn, and Europe eats the hog. Corn thus

becomes incarnate; for what is a hog but fifteen or twenty bushels of corn on four legs?" Research shows that one of the biggest sources of linoleic acid in the American diet is chicken.

Iowans have one way of saying this: they lament that their state has been "chickenized." You could more specifically say it has been "Tysonized." Tyson Foods prefers to describe the process as vertical integration. A few decades ago, the company began to acquire every step of the process— from producing and delivering feed and hatchlings to slaughter, processing, and distribution — while also expanding horizontally. At the same time, the company almost literally redesigned the biological unit called a chicken, genetically selecting for animals that would gobble high-energy corn and soy to fatten rapidly while crammed in windowless, climate-controlled factories. The goal was a uniform flow of chickens to retailers, especially Walmart and fast-food restaurants. (Annual per capita consumption of chicken in the United States has more than doubled since 1969.)

The process depended on a networked system of growers and farmers, who became contractors. The network was organized as a tournament. Tyson delivered hatchlings, formulated and supplied the feed and antibiotics, and took away the birds when they were ready for slaughter. The company owned every step of the process except the chicken confinements. Growers in a given region were lumped in a pool and paid on the basis of a competitive scheme that ranked them according to the pounds of chicken produced per pound of feed. Everything was tightly monitored by a flow of data that measured corn and soy in, McNuggets out. A productivity gain of a few percentage points meant the difference between bankruptcy and a paycheck for many growers — several people I met in Iowa called them "serfs." It is an interesting extension of an ancient process. As Charles Darwin wrote, domestication is nothing more than hypercharged natural selection. Tyson's competition for survival reformulated chickens, but it also domesticated farmers.

Pork processors, the swine capitalists, saw chicken production begin to crowd them out of markets, and so they adopted Tyson's model. They started in North Carolina, but almost immediately Smithfield Foods brought the change to Iowa. Tyson also got into the pig business. Now Tyson and Smithfield, along with three other corporations— JBS, Cargill, and Hormel Foods— account for almost three quarters of the nation's pork.

In Iowa, the system combines with politics in a curious little diorama displayed on the outskirts of nearly every farm town. Alongside the usual national fast-food outlets, the state harbors a homegrown chain called Pizza Ranch, which has more than 180 restaurants in the Midwest. The chain offers several forms of industrial pork and chicken embedded in a matrix of cheap carbohydrates, but also satisfies a different need: Pizza Ranch "believes in the power of prayer. If you have a specific issue that you would like us to pray for, please send it in using the form below."

Though Democrats used to visit Pizza Ranch in earlier years, the chain is a mandatory stop for Republican presidential hopefuls. The Republican contest in Iowa is really a struggle for the evangelical vote, which has slowly accumulated in Cruz's corner. In December, he drew the coveted endorsement of Bob Vander Plaats, the state's most politically active evangelical, which along with Steve King's endorsement helped move Cruz past Trump in local polls. By the time of the caucuses, Cruz — and most of the other candidates — will have made multiple Pizza Ranch visits. Mike Huckabee told the *Des Moines Register* that he won the 2008 caucuses in large part through such visits: "We created the Pizza Ranch strategy. A lot of people have copied it since then, but I think we created it."

This election cycle, klatches at the chain take place almost daily: a candidate in a suit (or jeans, depending on the desired optics of the day) scarfs a slice while ringed by ruddy men in ball caps, most of them obese, many of them corn growers, chicken growers, or hog growers under contract to a handful of corporations. There they speak about the problems that affect their lives, such as the coming imposition of sharia law. They also talk about the need for the federal government to “get out of the way” of free enterprise, especially their particular brand of federally subsidized free enterprise.

Chris Petersen is a farmer who raises a few hundred legacy-breed hogs in old-school conditions near Clear Lake. The day I visited him, however, he wanted to show me his chickens, a flock of hens that were pecking and wandering, uncaged and un-CAFO’d. Everybody with uncaged chickens wanted to show them to me, because Iowa’s chickens had recently made national headlines. The state has the largest population of caged laying hens in the country, and about half of them died last summer from an epidemic of bird flu. There were discussions in the press about whether it was more humane to exterminate infected flocks by turning off the ventilator fans and letting the animals suffocate or by covering the birds with fire-extinguisher foam to snuff them out by the hundred thousands. The total cost to Iowa for the epidemic would finally be estimated at \$1.2 billion.

The traditional farmers I met wanted to show me that none of their chickens had died of bird flu. Avoiding the epidemic, they said, was simply a matter of not raising the birds in caged conditions. All of this went unmentioned in the presidential campaign, except by Carly Fiorina, who suggested that the way to deal with the problem was to find a faster way to deliver federal payments to chicken farmers who had lost birds. Fiorina also called the Des Moines Water Works lawsuit an example of government “overreach.”

Petersen is a political animal as much as he is a hog farmer, and he has been deeply engaged with presidential politics for decades. He’s on a first-name basis with Barack Obama and both Clintons, and stumped for Al Gore and John Edwards. And yet as we talked at his dining-room table, in the modest frame house that he’s lived in most of his adult life, within walking distance of the farm his Danish-immigrant grandfather bought with the money he made digging ditches for drainage tiles, he did not speak much about the campaign. Hillary Clinton would be just a few miles south that week, but Petersen showed no excitement, perhaps because the Clintons’ political fortunes were greatly aided in the early days by Tyson money; the two Arkansas dynasties arose in parallel. Bill Clinton was Tyson’s biggest political supporter, and he delivered the eulogy at the funeral of Don Tyson, the company’s former CEO. Hillary Clinton sat on the board of Walmart, the retail pipe for chickenization.

But Petersen’s disengagement likely had far more to do with something William Stowe told me: “Tom Vilsack has been a terrible disappointment.”

When Obama appointed Vilsack as agriculture secretary soon after taking office, it was a way of making good on his campaign promise to reform industrial agriculture. As governor of Iowa, Vilsack had been a supporter of reform, and as agriculture secretary he used antitrust regulation to challenge the Tyson-engineered tournament system. Tyson responded by joining with Smithfield and other meat producers to mount a multimillion-dollar lobbying campaign, complete with astroturf opposition and congressional arm-twisting. Big Ag outplayed Vilsack at nearly every turn, and he quickly backpedaled on the new rules. Finally, Congress killed the reform effort late in 2011. Two years later, with the fundamentals of its business plan intact, Smithfield sold itself to

the Shuanghui Group, a Chinese company. What Smithfield sold to the Chinese was less its pork production than its control of Iowa's politics and its landscape. The irony of some of the world's last remaining Communists taking over from Iowa's swine capitalists is outdone only by Donald Trump, who spends whatever time he isn't using to bash immigrants bashing the Chinese. He offers no hint, of course, about how he might best the Shuanghui Group, which, through finely honed contracts, now controls the landscape of all that beautiful corn in the Midwest.

When Rubio, Walker, and Fiorina joined Trump in railing against China, they got personal, directing their fire at China's president, Xi Jinping. Not long afterward, Terry Branstad, Iowa's Republican governor, who serves primarily as a shill for Big Ag and is in all other matters philosophically aligned with the Republican field, issued a statement that took exception to the seditious talk. Schooling the candidates about the realities of who owns Iowa, he said that Xi "calls us old friends, not just me but a lot of people in the state of Iowa. That's an important trading partner, so we want to keep that relationship."

There is no doubt that conservatives would like to win the presidency, but they don't actually need to. We have a naïve sense that to correct wrongs in our country, we simply need to elect the right president, pass the right laws, and that's that. Politics in a state such as Iowa, however, teaches us that laws are only the beginning of the process, the opening bell for litigation, lobbying, and defiance. Faced with a federal mandate to regulate hog manure, Branstad simply cut the budget that paid for inspectors. Likewise, he roundly criticized William Stowe, urging Des Moines Water Works to address its issues with collaboration and volunteerism.

"What we see every time we hear 'collaboration' is buying time, a defense for the status quo," Stowe told me. "The status quo will ultimately bankrupt our rivers and seriously jeopardize the public health of our consumers."

Faced with regulation that will limit the carbon emissions that are killing the planet, Mitch McConnell, the majority leader of the U.S. Senate, a fellow who has sworn to uphold the Constitution, urged states to violate the law. The tightly organized, cohesive network that is the American right wing has abrogated the social contract with wholesale, institutionalized civil disobedience. Want to regulate the manner in which farms pump liquid shit? Sure. Can you do it with the twenty-eight inspectors Iowa has to oversee 4,000 hog factories, the pumping on which occurs almost entirely during a few weeks in autumn, and often at night?

The standoff that results from all of this plays out across our continent. Those endeavors that produce food and energy need scale and landscape and are of necessity rural and are of necessity unspeakably destructive. The industries involved must be free to operate on their own terms in the landscape in the nation's midsection, where the states are red and square. As Stowe says, all they have to do is to protect the status quo. To do that, they don't need to play to checkmate; stalemate and gridlock are success enough. Iowa's caucuses, and for that matter the whole presidential ritual, will do nothing to change this.

<http://harpers.org/archive/2016/02/the-trouble-with-iowa>

2013-12-11

## **Should you consume soy products?**

by: Dr. David Jockers

(NaturalNews) Prior to the 1920s, soy was not even considered a food product in the US and was thought to be unfit for human consumption. After 1950, the cultivation of soybeans in the US rose to over 140 billion pounds per year. Over 90% of soy grown in the United States is genetically modified (GM). Most soy consumption is anything but healthy and has strongly contributed to many different health problems.

Processed soy contains high amounts of glutamate, manganese, fluoride and aluminum along with toxic processing chemicals. Studies have proven that the heavy consumption of GM soy has increased food allergies and resistance to antibiotics, lowered thyroid function, increased risk of dementia, impaired our immune systems and contributed to cancer formation.

### **Soy products as a health food:**

Soy products became the rave of health food enthusiasts years ago with very little evidence of health benefits attributed to them. Today, we understand that soy is riddled with antinutrients that compromise digestion and immune balance. Here is a list of the detrimental compounds found within soy products:

- 1) **Phytic acids:** These reduce micronutrient assimilation and are found in all legumes, nuts and seeds. Soy is particularly high in phytic acids that bind to zinc, magnesium, calcium, copper and iron in the digestive tract. High consumption leads to nutrient deficiencies and chronic disease development.
- 2) **Trypsin inhibitors:** These block protein absorption and enzyme production and utilization within the body. The lack of enzymes creates more digestive stress which leads to intestinal permeability. Intestinal permeability causes antibody formation to normal food stuffs and leads to chronic inflammation and auto-immune disease progression.
- 3) **Goitrogens:** These interfere with iodine metabolism, block the formation of thyroid hormones and can lead to hypothyroidism. Soy formula consumption has been linked with auto-immune thyroid disorders.
- 4) **Phytoestrogens and isoflavones:** These are plant compounds that resemble human-produced estrogen and disrupt normal hormone production in the body. High amounts of phytoestrogens are linked with infertility and certain cancers in both men and women.
- 5) **Hemagglutinin:** This is a type of complex protein in the family of lectins that affects other proteins and causes them to stick together. Hemagglutinin has a particular affinity for red blood cells and causes them to clump up, which slows blood flow and oxygen extraction into the cells.

These compounds are found in high amounts within processed [soy products](#) such as soy milk, soy protein, soy-based infant formulas, soy burgers and cheeses, soy sauces and soybean oil. There are many additional issues other than the five listed above with processed soy that relate to all processed foods. Processed [soy](#) is also most likely going to be genetically modified and loaded

with toxic debris.

Many health enthusiasts have strongly recommended more natural forms of raw, unprocessed soy such as tofu and edamame. These are certainly better than highly processed soy, but both contain all of the harmful compounds listed above.

### **Fermented soy is tolerable and has health benefits:**

The only tolerable soy is deeply fermented soy in the form of tamari sauce, miso, natto and tempeh. The deep fermentation process removes the antinutrients and phytic acids, deactivates enzyme inhibitors and hemagglutinin, and breaks down many of the harmful proteins and plant compounds into a more tolerable form for the body. These products contain complete protein that is easy to digest as well as B vitamins, enzymes, probiotics, vitamin K2 and key trace minerals.

Avoid all soy products except for the deeply fermented varieties listed above. If you are a vegan and refrain from all animal products, then the addition of fermented soy is key to good [health](#). If you consume organic and pasture-raised animal products more than twice a week, then there is no need for any form of soy in your diet, as you will be able to get all your essential nutrients without the soy.

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## **The Invisible Kite**

As I have been saying for some months, astrology charts are currently dominated by mutable energy. The key formation is [a mutable T-square](#) anchored by an oh so mutable Neptune in Pisces.

Generally speaking, the mutable T-Square compels a change from empty, self-serving ideals to concrete actions based on careful analysis. March's eclipses, especially [the total solar eclipse](#), galvanized the truth-seeing and truth-telling dynamic of the mutable T-Square.

The mutable T-Square is casting a more penetrating, realistic light that the planets were casting previously. People are scrutinizing leaders and policies much, much more closely. They are also protesting perceived injustice vigorously and demanding real reform.

To date, we have spoken about the mutable T-Square in terms of vanishing illusions and shifting attitudes. Following the eclipses of March, we must also talk about it in terms of fateful events, of choices and turning points.

The effects of the mutable energy came with a lot of turmoil and confusion. April will no doubt continue the ongoing turmoil and confusion. But this confusion and turmoil will mask the crossing of an important, positive threshold.

Astrologically, April is essentially a good news/bad news, month. To understand just how important April is and why it marks such an important threshold, we need to look at both the good and bad news.

### **First The Bad News**

Two factors contribute appreciably to the turmoil and confusion in April.

In April, planetary motion is highly varied. Confusingly so.

- Jupiter has been retrograde in Virgo since January 8th UT. For much of April, it will be slowing down, preparing to turn direct on May 9th.

In April, Jupiter's energies will still be absorbed by the process of restructuring our economic arrangements. We will be working without its powerful and benevolent assistance. By April, though, retrograde Jupiter will have done much of what it needed to do and we'll be feeling the benefit of that, to some extent. But the retrograde will still have a way to go and that will bring things many will think of as a reason for pessimism. The result will be more confusion and conflict.

- Saturn has been retrograde in Sagittarius since March 25th UT.

We'll have to do without the enduring and reassuring structure that Saturn usually provides. Saturn will be renovating the idea systems we rely on for guidance, that give our lives structure. This, will obviously add to the confusion.

- Mars is stationary/retrograde in Sagittarius on April 17th UT.

We must do without the confidence and drive Mars normally provides, adding to our uncertainty and malaise.

- Pluto is stationary/retrograde in Capricorn on April 18th UT.

The establishment cannot use its power to impose direction and order. It will be helpless in the face of the turmoil and confusion.

- Mercury is stationary/retrograde in Taurus on April 24th UT.

All the delays, postponements, confusion and frustration that normally attend a Mercury retrograde, will overlay the uncertainty, delay and confusion already mentioned.

Trying to understand what is happening, let alone coordinate our efforts, under the above influences will border on the impossible.

But there's more.

### **Infinite Reconsiderations**

April's dispositor charts show a high degree of reciprocity between the planets. In effect, we would need to recalibrate continually to maintain a balance between the competing demands of the planets. Every new decision we make will require a reconsideration of every decision we've already made.

Considered by themselves, these 'ambient' planetary conditions make it unlikely that we could see patterns, follow a plan or keep a schedule. We would more likely be stymied and disoriented by the chaos around us.

### **Go Fly a Kite**

Fortunately, April's charts contain a structure that will help bring order and direction to our lives - a Kite. This Kite will all but neutralize the forces of chaos and confusion, channeling them in positive, constructive channels.

However, it will not cancel ongoing turmoil and confusion. This will very likely obscure the Kite's beneficial effects.

Kites are a combination of supportive and difficult aspects. The supportive aspects help resolve the conflicts represented by the difficult aspect.

In many instances, the aspects that make up the Kite are linked to aspects outside of the Kite. A Kite can draw in and resolve an extended range of energies. That is the case in April.

In appearance, Kites resemble a child's kite. Like a child's kite, an astrological Kite, when properly

used, can catch the wind and rise, lifting us with it.

## **Traction**

- The challenging Jupiter/Neptune opposition that forms the axis of the Kite is also the baseline in the mutable T-Square that has been driving events since its formation, which was completed last September.
- March's total solar eclipse occurred at one end of that same Jupiter/Neptune opposition.
- The Jupiter/Neptune opposition forms the challenging aspect in April's Kite. All of the positive aspects in the Kite will be devoted to reconciling the increasingly disruptive, disparate trends generated by the mutable T-Square. It will turn the chaos around us into positive, constructive and, above all, coherent channels, probably without our realizing it. And in some cases, in spite of ourselves.

Repeating, the good news in April is that strong, positive patterns will be taking shape. The bad news, if you want to consider it that, is that the confusion and turmoil will be such that we probably won't see it happening.

## **The End Result**

The North Node, determines the overall purpose and meaning of a chart and determines the direction the chart will take us. For its part, as suggested above, the North Node in Virgo is driving us toward careful, concrete, well-reasoned, civilized argument in the search for solutions to the world's mounting problems. It is driving us away from deceptive ideology, demagoguery, fear mongering, "dog whistle politics," outright lies and hate speech.

The net result would be a more reasonable and just world. April's Kite will support that goal. At this point, that goal is the goal.

April will be a watershed month. The astrological forces being brought to bear in our behalf are nothing short of immense, although conditions in April could obscure that fact. Getting through April successfully might require faith in ourselves, in each other and the universe.

Whether we realize it or not, in April, the directive, constructive, coordinating power of the Kite will help us build a new understanding and create a new reality out of the raw material -- the still developing insight and inspiration being created by all the mutable energy.

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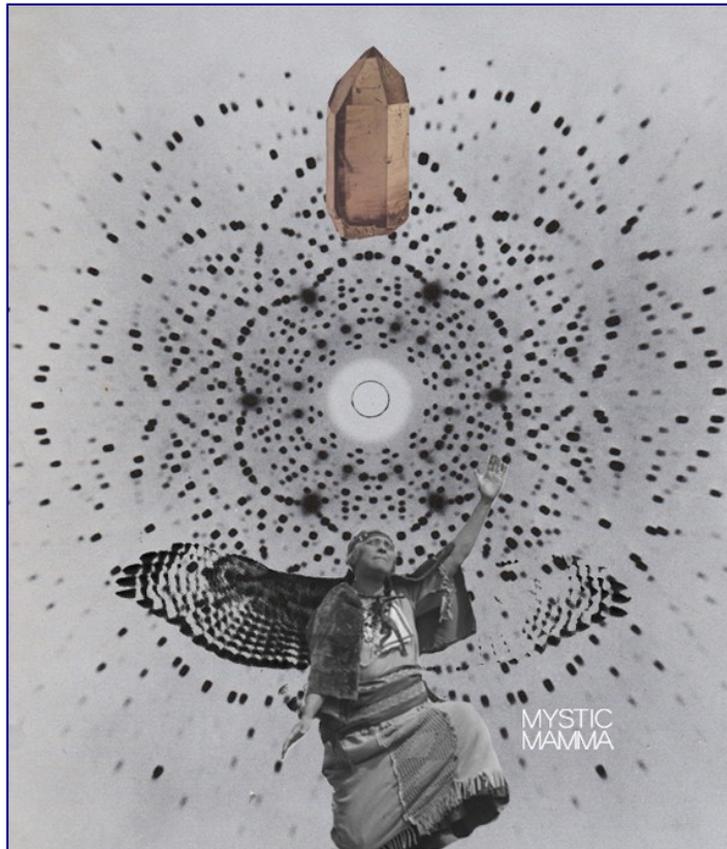
As part of a continuing effort to keep my astrology work accessible to all, I am posting a [link to my Google+](https://plus.google.com/u/0/+CarlBo...) profile for those who might find it useful as an alternative to FB.  
<https://plus.google.com/u/0/+CarlBo...>

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I want to express my appreciation to everyone who has offered expressions of appreciation and support and by liking and sharing my work. I also want to thank those who have showed their appreciation financially. Creating these posts really does exert a constant, generally upward pressure on my cost of living and your contributions help alleviate that.

My heartfelt thanks to all.

If you want to make a financial contribution, you can do so through PayPal using my email address [carlboudreau@gmail.com](mailto:carlboudreau@gmail.com). :)



ART BY MYSTIC MAMMA

Here is the overall collective Astrological forecast for April 2016 by the always wise and wonderful [Sarah Varcas](http://Astro-Awakenings.uk) from her [Astro-Awakenings.uk](http://Astro-Awakenings.uk):

"April begins as the recent eclipse season comes to a close. This may cue a sigh of relief for some, even though eclipses continue to resonate through our lives for several months.

"Last month was fairly intense and may have left us feeling somewhat battle worn! The challenges to our sense of self and personal autonomy may have felt harsh and left us wondering whether there's any real hope of change or just more of the same old struggles in different packaging!

"Thankfully the second half of April provides ample opportunity to refresh and regroup, offering inner space in which to consider where we go from here.

"Prior to that, however, there are some powerful forces to reckon with as the Sun crosses the brewing Uranus/Eris conjunction in Aries, between 6<sup>th</sup> and 15<sup>th</sup> April. Impatience may rule the day and old frustrations rise up unbidden.

"Whatever the surface issues may be, this conjunction of the Sun with two disruptive forces (and squared by Pluto for good measure!) augurs the upwelling of ancestral and collective pain which may overwhelm our everyday experience, super-charging our reactions and unleashing powerful emotions out of proportion to the matter at hand.

"The Uranus/Eris conjunction is releasing from the collective psyche repressed pain and issues ignored for too long by too many. We are the conduits for those feelings and are all beholden to find the highest and wisest way to channel them for good.

"As the Sun potentises this process we can each begin to find our own way to honour the past and those who have walked challenging paths before us, their legacy our freedom.

"They may be our ancestors or anonymous strangers whose identity we will never know, but they speak into our collective heart urging us to prioritize the pursuit of equality, respect and liberty for all, arresting the perpetuation of long-standing oppression and exploitation.

"The human tendency to seek power over others, to denigrate those deemed less worthy, fear difference and negatively judge what we don't understand has created a world in which profound inequalities are woven through its very fabric.

"The burgeoning alliance between Uranus and Eris is set to expose the rotten core of a world built upon exploitation of the weakest to serve the most powerful. It challenges us all to seed a new one that equally serves all, in which no being is a chattel and respect is afforded to life itself, regardless of its form or apparent worth.

"A square between Neptune and Mars from 3<sup>rd</sup> to 26<sup>th</sup> April may confuse our motivation and find us fighting other peoples' battles instead of our own, motivated by an unarticulated imperative hidden in the darkened corners of our psyche.

"We may be vulnerable to influences not in our interests now and people who want to place their words in our mouths and their feelings in our hearts. Conflict may be especially messy and is really best avoided if at all possible.

"When tempers begin to flare or passions are aroused, commit to taking time out and creating peaceful space in which you and others can reflect, relax and return to state of balance before things get out of hand. The more we can each do this the greater will be the possibility of peace at a collective as well as personal level.

"The New Moon in Aries on 7<sup>th</sup> April invites us to embrace the potential of this time no matter how intense it may feel personally. The natural inclination is often to roll our eyes and steel ourselves to survive challenges in the hope that peace follows in their wake.

"If I had a pound for every time I've been asked 'when will things get better' I'd be a millionaire! But this is not about 'things getting better'. It's about us getting better at living those things we want to avoid!

"For only in doing so can we get to know ourselves from all angles: up, down, inside out and back to front. Otherwise we never truly meet ourselves, but instead perpetuate a diminished version of who we are, devoid of guts and gumption, watered down and hemmed in by fear, regret and denial.

"This New Moon strengthens us to meet our true selves and play our part in the rise of the authentic self that typifies the birth of the burgeoning Aquarian Age.

"13<sup>th</sup> – 17<sup>th</sup> April sees Saturn, Jupiter and Mercury urging discernment in what we believe, who we give credence to and the understanding we choose to adopt in our lives.

"Our search for meaning and need for life to make sense may be our greatest weakness at this time, preventing us from recognizing the breath-taking beauty that lives at the heart of chaos as much as emerges from order and form.

"As Uranus continues to approach the dwarf planet Eris in the coming months things may make less sense not more. We may be taken unaware by unexpected events that turn parts of our world upside down, personally or collectively.

"Confidence in a divine order that plays itself out according to certain rules may be brought into question. The outcomes we thought we'd get may be elusive and it could feel like life is becoming increasingly unpredictable and unfair.

"Not a pretty picture I know, but pretty won't cut it now. We need to be bold, spiritual warriors of the most fearless kind, prepared to face life head on and embrace all it throws in our direction: good, bad and indifferent.

"Live all of it, with our souls on fire, our minds awake and hearts open to receive the deepest insights and most potent wisdom. It is time to live life in the raw, not air-brushed and turning its best side to face us!

"The 17<sup>th</sup> and 18<sup>th</sup> April see first Mars and then Pluto station retrograde, joining Jupiter and Saturn who are already in reverse. Just when the energy feels fit to burst, this shift of direction by two planetary heavyweights augurs a commensurate shift in the following weeks, from tension and conflict to a more reflective orientation.

"We may sense a calling inward to contemplate our own thoughts and feelings rather than analyze and challenge those of other people.

"We may begin to recognize more fully just how vital it is to question every assumption we have made about life to date, to break through false floors and glass ceilings and get closer to the actual, timeless truth.

"Deep reflection is well aspected now and will offer powerful and potentially life changing insights to those who stop trying to force life into a convenient box.

"To anyone prepared to surrender and see what happens next, Mars and Pluto offer the promise of inner freedom which releases us from the need to fight with life but instead dance with it, alert and awake, sensing its moves, knowing its song and matching its tempo as it twists and turns through our being.

"The 20<sup>th</sup> – 26<sup>th</sup> sees Venus conjunct Uranus and Eris, bringing a soothing and gentle touch to their imposing might. Although in Aries Venus is less gentle and receptive than she might be in some other signs, she is still mobilized for pleasure not pain, satisfaction not irritation and conflict.

"If you've seen too much of the latter in recent weeks, call upon this passage of Venus to douse the flames and infuse your relationships with more positive energy, placing the pursuit of shared pleasure centre stage for a few days, not the perpetuation of conflict and power struggles.

"The Scorpio Full Moon on 22<sup>nd</sup> provides wise illumination of our deepest feelings and invites honest appraisal of our emotional and psychological well-being. If we have been struggling for some time with emotional pain there is no shame in seeking help and asking for support.

"Being human is tough. Life can be hard and these days are incredibly intense. For those who have been soldiering-on battle worn and weary, this Moon encourages a softening in attitude towards oneself; a willingness to admit needs previously denied and vulnerabilities kept hidden from view.

"We are all in this together and not so different from each other. The need to show a certain coping and tough face to the world keeps many in a prison of loneliness, unable to connect authentically for fear of the mask slipping to reveal a scared, flawed and vulnerable human being.

"This Moon assures us it's okay to be any or all of those things. We are who we are, and embracing that truth can be the most healing and restorative gift we can offer ourselves and each other under the penetrating radiance of this Moon.

"As April comes to a close Mercury stations retrograde in Taurus on 28<sup>th</sup>, making five planets retrograde by the end of the month. The heavens couldn't be clearer: we need to stop, reflect, revisit, remember and realign.

"And maybe we should add a relinquish in there too, for in doing the first five we will naturally discern with greater clarity what serves us well and be ever more greatly moved to release what fails to help us thrive.

"Not so long ago we may have only applied the notion of 'letting go' to those aspects of our life which were clearly not working, with a view to improving our everyday experience. Now letting go is of an altogether different order. We may be challenged to release the very comforts and pleasures for which we have previously striven.

"Obstacles come in all shapes and sizes. Some of the biggest can be disguised as achievements which stick to us like glue, asserting we must carry them with us henceforth no matter what. Letting go of past glory can be the hardest thing of all, for what is left when those things that make us who we are begin to fade?

"This question is left hanging in the air as April becomes May. We are in a deep and lengthy process of individual and collective realignment. Whatever we think it will entail can only fail to reflect the reality of the experience.

"There's been a lot of comfort-blanket spirituality in recent times, but as we progress through 2016 those blankets may unravel to reveal a lack of substance where we need it the most.

"The final half of April begins the unravelling whilst simultaneously unleashing the guts and gall we need to be the spiritual warriors we truly are.

"Each and every one of us, no matter who, what or where, has within our grasp the power to break free from the past, step into the present and reshape the burgeoning future.

"It will take courage and may stretch us in ways we've not been stretched before. But together we can do it step by step and piece by piece, calling upon the power of love as a rectifying not an acquiescent force, and the power of resolve to fuel the engines of conscious evolutionary change."

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<http://www.soulsticerising.com/Newsletter.aspx?ArticleID=232>

Even though we have moved beyond the Eclipse Gateway, we are still feeling its effects. If new pathways have not yet opened, they will, so be patient. The reason for this is because rarely do things shift on the particular date of a cosmic event because we are in timelessness, *regardless* of what our calendars and clocks say. It is always important to do Ceremony on the day of the event, for that aligns our energies with the event. Most don't experience the shift on that particular day, but when a person is ready as decided by Soul. As an illustration of this, last night (March 28-29), I had an ongoing dream in which I released some old behaviors and attitudes that were most limiting and these were transformed into Strength and Power. I kept having a continuation of the dream until I consciously claimed the Transformation. I was continuously awakened after each segment of the dream to do this. When I finally claimed them, the dream stopped. If you are still experiencing the Power of the Gateway, trust that all is in Divine Order.

The energy we have received during and after the Gateway has propelled us forward in the New. Even though we can see the old 3D world is going through some challenging times, we view the worldly events rather dispassionately...*being in the world, but not of it*. We *potentially* have detached in a huge way from the old world and our focus is more on seeing the strides we have made and continue to make as we are operating in a higher consciousness and vibrational reality. Whether your passage has been challenging (when you resist) or gentle (when you flow), the result is the same. It's all how we choose to perceive the changes. We can see the world as broken or we can see it transforming. Much of how we view the world is an indication of how we view ourselves. When one is Love and whole, it is impossible *not* to see the world through those eyes and see that all is occurring in Divine Order. Of course, it is each being's choice as to how they perceive themselves as well as the world.

We do not know what is coming next and this is because we are guided to stay in the Moment. For me, when I see predictions of "doom and gloom," I roll my eyes and see those predictions as fear-producing. I choose *not* to promote fear, but to promote Love. What occurs in the future is not our concern. Fear-producing blogs or videos do nothing more than take us out of the Moment and fill us with more fear and the desire to save the Earth, which, as we know, is fruitless, because the Earth does not *need* saving, for She and we are going through a metamorphosis and I for one do not want to interfere with that, as I wouldn't want anyone to "save" me from my own metamorphosis.

When we are in the Moment, we can address anything that comes our way in Strength, Love and Wisdom. And from this, we take an action step to what we're guided to do, *if anything*. Whatever a person is guided to do comes directly from wherever their consciousness is. When we are worried about what may happen in the future, we stop the Creative Flow and become frozen in fear. As one's consciousness expands, their choices shift. What one may have chosen to do *before* the Gateway is probably much different now. In the New, there is constant Expansion and growth. There are barriers to dissolve and self-imposed rules to let go of and this empowers our Awareness and consciousness. Based on this Expansion, we make different choices than we would have made before.

As your consciousness grows, your merging with Soul strengthens and from here you are more aware and your choices reflect the strengthening, as do your thoughts and feelings. You step into being more of who you are and this is the Opportunity the Eclipse Gateway brought to us, if we

were ready and willing. From this place of being *more* you, it is easier to surrender to the unknown and easier to trust that you are not alone, yet sovereign. You see that you have *chosen* to be on Earth, leaving your high dimensional Home in order to help the Earth transform to a higher consciousness and dimension. As you know, coming to Earth at this time, we have stepped into 3D life. We lost our memory of who we are and yet, in the New we begin to remember in order to help all of life remember who they really are as well.

With more Awareness, you may see more clearly into yourself. What may be revealed is where you are still attached. Attachment really is a subset of fear. It is the fear of loss. Attachment brings up issues of controlling outcomes as well as fixing and saving. Attachment may be related to a person, a pet, a way of being, an outcome or the way you think things *should* be, including what the New *should* look like. So be aware of where you are attached, infuse it with Love and gently let go and trust all is in Divine Order. When we let go of attachments, we actually are able to love *more*. There *truly* is no loss. It is a perception based in separation.

With an expanded consciousness, there is an Opportunity to drop the old separative view of "us and them." The homeless person, the person in prison and others you perceive as less or more than you, are all aspects of you. This is Oneness. There is no separation in the New; there is only the recognition that we are all a part of each other. We are One. We are connected through Love; the one Truth. While you may make different choices than others do and each being has unique gifts and experiences, we are One. Being One does not carry judgment or fear; it is recognizing that while each person has their own path in life, we are all connected in the One Love.

This Eclipse Gateway has shown us also that there is a *perception* of a large expanse between the old and the New. We *may* perceive the old world as being polarized and yet *that* is a perception. Your perceptions shift, while beliefs that you are attached to do not. As you expand, your perceptions change. All perceptions really are an extension of what you hold within you. As you expand, so do your perceptions. Be an observer; detached and view all in Love. What one may claim to be true, may not be true for all. It depends on each one's consciousness, Awareness, perceptions and attachments. Realize that sometimes a person may feel they must be right in order to win. The evolving person realizes that there is no such thing as "being right" and that there is no such thing as winning; for to win, there must be a loser; and to be right, someone must be wrong. However a person *chooses* to be is for them and not necessarily for you, except to see what is within to release and transform. Having to be right in order to win is indeed of the old separate ego. The only goal for the evolving one is Love and to continue to evolve as *more* Love. That is all.

Our physical bodies are being upgraded by New Codes of Light. Our physical bodies reflect what is in our emotional and mental bodies, and yet our physical bodies seem to be experiencing the shift more dramatically. This may be because for eons we believed that we were not much more than our physical bodies and many still carry that belief in their cells. We are so much more than our physical bodies; much more than our emotional and mental bodies too. We are complete universes! We are the stars and the planets. Everything in the universe is us. Everything in the universe is Love; that is who we are. As we honor this, our very Presence shifts others. Knowing who we are in Truth brings Balance to the world. Being authentic is being all of who we are without shame or judgment. Being authentic shines our Divine Presence onto everything and everyone.

Since we are still transitioning, take care of yourself as best you can. Meditate, rest and eat and drink as healthily as you know how. Remember to be outdoors and breathe deeply into your

Heart. Surround yourself in Inspiration. This can be lighting candles, having your crystals around you, as well as creating an Altar in your home, or anything that inspires you. My main Altar has each of the elements: water, fire, earth and air. For water, I have a small earthen vessel with crystals and purified water in it; for fire, I have a candle; for Earth, I have sage and for air I have feathers. My Altar is a place of worship and focus.

As beings of the New, we are Divine Creators. Every thought and feeling creates. We hold more Light and are more powerful now. We know Abundance is *who* we are; it is not outside of us. *Nothing* is outside of us, for we create what is *within* us. As we grow In Awareness, our thoughts and feelings are refined and so goes our world. "As above, so below; as within, so without." As we expand as Love, our self-esteem rises and we shine in our Authenticity. Being Love affects every aspect of us and as we grow, our Light shines forth, touching all. We don't do this through mental projection, but by being who we are. The rest happens spontaneously and naturally. As we recognize ourselves as Essence, we need not continue to seek outer tools in order to grow, for all we need is within.

"We are the ones we've been waiting for."

Kara Schallock  
[Kara@SoulsticeRising.com](mailto:Kara@SoulsticeRising.com)

2016-04-02 [Author Elana Freeland Talks About Her New Book On Chemtrails, HAARP & Full Spectrum Dominance](#)

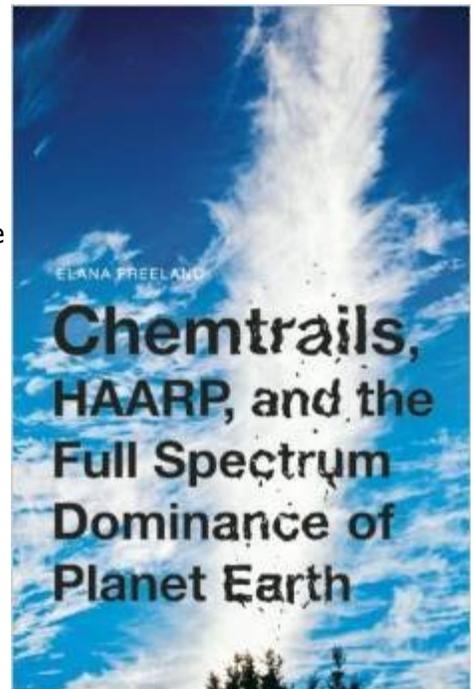
Posted on [June 3, 2014](#) by [Clare Swinney](#)

On May the 18th, 2014, Elana Freeland spoke to host, Richard Syrett about her new book, *Chemtrails, HAARP, and the Full Spectrum Dominance of Planet Earth*. The show, on [Zoomer Radio's 'Conspiracy Show,'](#) aired in Toronto, Ontario on AM740.

Elana, who came of political age during the COINTELPRO decade of Vietnam, street riots and political assassinations addresses the matter of how the extreme weather being experienced globally ties directly into what covert chemtrails-HAARP programs are "dumping and pumping."

Floods, droughts, snowstorms in spring, heat waves in winter, tornadoes, highly destructive earthquakes and hurricanes can be the result of the use of the ionospheric heaters like the High-frequency Active Auroral Research Project (HAARP), which are proliferating around the globe to blast the ionosphere with microwaves and ionize our atmosphere.

By steering the jet stream, weather can be made to draw rain from one area to another, or just as easily dry up moisture and produce extreme drought. Manipulating weather as a weapon of war is being done at the expense of the earth. Besides increasing IMF debt-servicing, Wall Street weather derivatives, and reconstruction profits at the expense of devastated communities, the threat of extreme weather can be the very push with which to blackmail nations into behaving in ways they otherwise would not.



## **In a shift from the media blackout on Sanders, MSNBC airs interview with Bernie Sanders**



Democratic presidential candidate and Senator from Vermont Bernie Sanders spoke with Rachel Maddow, the host of a popular show on the centrist-MSNBC network, after hosting a large town-hall event at the Orpheum Theater in Madison, Wisconsin.

Newsweek published the [transcript interview](#) ahead of MSNBC's official airing of the interview on Wednesday, 30 March. Sanders spoke with Maddow about his ascension in the polls against the hawkish Democratic establishment candidate Hillary Clinton, about GOP frontrunner Donald Trump's highly [controversial comments on abortion](#) and the media's fascination with the billionaire Republican from New York. The interview was proof of Sanders' national viability as the mainstream media (both MSNBC and Newsweek) have essentially committed to a [black-out of the Democratic socialist candidate's campaign](#).

Just days before the interview, Sanders had swept three Democratic caucuses in Washington, Alaska and Hawaii. The [latest polls](#) show he is beating Hillary Clinton in the upcoming Wisconsin primary by at least 5 percentage points.

Maddow questioned Sanders on his chances in Wisconsin after characteristically downplaying the importance of the caucus sweep.

Sanders responded: "I think that if there is a large voter turnout, if working-class people who have given up on the political process come out the vote, if young people who have never participated come out to vote, if there's a good turnout, we will win. If there's a low turnout, we'll probably lose. So we're doing everything that we can to create a high voter turnout."

Reflecting on the establishment media's (including MSNBC of course) complete obsession with the generally abhorrent Donald Trump, Sanders remarks that while Trump is extremely dangerous, the Republican establishment purports policies just as regressive as Trump's racist pandering.

Further, if the establishment media actually served to criticize and hold accountable the Republicans, the party's fringe policies would be revealed as they truly are.

"I think if we had a media in this country that was really prepared to look at what the Republicans actually stood for rather than quoting every absurd remark of Donald Trump," Sanders says, "talking about Republican Party, talking about hundreds of billions of dollars in tax breaks for the top two tenths of 1 percent, cuts to Social Security and Medicare, Medicaid, a party which with few exceptions, doesn't even acknowledge the reality of climate change, let alone do anything about it, a party which is not prepared to stand with women in the fight for pay equity, a party that is not prepared to do anything about a broken criminal justice system or a corrupt campaign finance system, I think, to be honest with you -- and I just don't, you know, say this rhetorically, this is a fringe party. It is a fringe party. Maybe they get 5, 10 percent of the vote."

"But the Republican Party today now is a joke, maintained by a media which really does not force them to discuss their issues," adds Sanders.

As for the inevitability argument proffered in support of Clinton by mainstream media outlets, Sanders remarks on the consistent polling that shows him beating Trump in a general election by a wider margin than Clinton.

"... in national poll after national poll, what you find is that, uh, I am leading, you know, people like Trump -- a poll came out a few days ago, CNN, by 20 points and a significantly larger number than Hillary Clinton is," says Sanders.

In fact, an [aggregated polling matchup](#) of 52 polls by the Huffington Post shows Sanders beating Trump by a full 12% in a general election. The chart purports a 99% probability that Sanders leads Trump.

In the same comparison, Clinton leads Trump by a [smaller margin of 10%](#).

Bernie Sanders rallies have been attracting exponentially larger crowds compared to Clinton, despite his refusal of big money donations and reliance on small, individual contributions. Clinton's top donors according to Open Secrets include financial giants Citigroup Inc, Goldman Sachs, JP Morgan Chase & Co and Morgan Stanley.

Surreptitiously, another of Clinton's [major donors](#) is Comcast Co., the owner of MSNBC. [Comcast has contributed hundreds of thousands of dollars](#) to the Democratic establishment's primary governing body the DNC, as well as various DNC funded Senatorial and Congressional campaigns.

<http://ahtribune.com/us/2016-election/sanders-for-president/759-maddow-sanders.html>