

# Reader Q&A 21-28 May 2020

**28 May 2020** Just one question today from a longtime, loyal reader, who asks: *Someone or many ones must have decided on the "rule" that ET cousins cannot interfere with humans choices. I can't see by any stretch of the imagination that this was such a Bright Spark Idea, given our history.. Is there any chance they.... They, He, She, It ? ... might at some stage offer an Amendment to that rule, along the lines of: Unless it is "Assistance" to greatly better the living conditions of the vast majority of humans, and the planet.. By that I mean generating electricity without burning fossil fuels.*

A: Generation of electricity without burning fossil fuels has been achieved. Oil, gas and coal variants (e.g. anthracite, bituminous, lignite) are not the remains of fossilized animals. Some surface stuff, such as peat, are from vegetable matter. After "solving" our electricity generation concerns, what's the next problem we'll ask alien extraterrestrials to fix? Soon, they'll become our nannies and babysitters. We can remove most fuel from the electricity generation process, but we won't, no matter what devices & alternatives come along, until mankind, *in toto*, is forced in that direction. We can ask alien extraterrestrials to come fix many things, or just show us how to do it ourselves. Nothing more than **inviting them** will bring ETs streaking into view. Mankind won't EVER reach the critical mass necessary to achieve this. Some humans are unaware, some don't care, some know and care a lot, but the majority who have heard of this subject think anybody who believes, **is a nut job**. *The Alien Handbook: A Guide To Extraterrestrials* explains the reasons for non-interference rules, in detail. I'm a nut job, by the way, in case it wasn't already obvious.

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**27 May 2020** Reader questions displace new posts, but here we go anyway.

**Reader Input:** (I get a kick out of the screen names and sometimes e-mail addresses readers use, so I've included the latest funny ones) "Chocolate Croissant" at [fakeemailaddress@gmail.com](mailto:fakeemailaddress@gmail.com), says: *Just a comment. Sugar is bad for us, yet we were born on a planet with delicious chocolate plants and sugar cane, which taste great together! What a cosmic joke.*

A: Quite true BUT both ingredients first require processing, the source plants combine badly. Bacon cheeseburgers and beer are also not the best combination, either, but once in a while, and **NOT** more than once a week, and only if a doctor has checked all the vital signs with blood tests and pronounced you in "good health".

**Reader Question:** *Once people realize that we have had contact with ETs and humans are willing to accept there is life elsewhere, how will that impact space programs (NASA, ESA, JAXA, etc.)? Will they go away, or focus on Earth? It doesn't make sense to send robotic spacecraft to other planets when we could just ask our ET cousins what's there. Will the Space Force and other branches of the military be impacted? If so in what ways? Thank you!*

A: The responsible offender & creator of this website wrote a book to address questions like this. *The Alien Handbook: A Guide To Extraterrestrials* © 2018 Ozark Mountain Publishing. (Amazon and Barnes & Noble websites will both take you to it.)

Human space programs will never go away, but yes will evolve and adapt. We have asked our ET cousins and they have explained in great detail to many "gubmint" operatives; the whole deal is tightly concealed. When I say tight, like a 300m deep diver's watch tight. The US Space Force is nothing more than a formalization of what has been happening already for decades. It is intended to continue favoring the USA's Earth bound interests. The "powers-that-be" know the idea humans would invest more efforts

in knowing about and pursuing evidence & existence of ETs would be wasted exercise. The ETs are around and above us all the time. Certain key human officials **know it**. Read the book, you'll know it, too. Don't wait for the BBC, Al-Jazeera, SkyNews and many others to grant permission for humans to believe.

*Reader Question: I'm reading of all available documents in The New Golden Era website Between various geophysical upheavals, just one stands out, even bigger than the "Dim Period", nothing short than a "wobbling" of Earth's rotational axis. Not the magnetic poles: just the damn inertial rotational axis!*

*My knowledge of mechanics and inertia say that this movement indeed exists, it is called "nutation", but it is slow, and follows cycles about 76.000 years long. NO WAY that such a movement in 20-40 years will be different than just barely noticeable.*

*BUT it is described to be large to the point it will be the trigger of a general redistribution of climatic patterns! Pole melting! (Short note: 10% of polar ice melted is a 16m / 48' sea level rise)*

*This notion clashes with elemental mechanics. A movement of a few degrees of the rotational axis, compressed (this is the right term, considering the millennial pace of this movement) into few decades should shatter Earth's crust to pieces. Also, the energy needed to divert the angular momentum of a planet is exceedingly large, it would in itself rip the crust like a tin can. Now the question:*

*Will the Earth's rotational axis move dramatically in an unexpected fashion in the next few decades, to the point that all climatic patterns will be overhauled?*

*Bonus question: If Yes, HOW?*

C: These are the same question and the answer is simple, magnetism. The described scenario is where external physical force causes the wobble or precession. If this happened, the effects suggested are correct. The effect will be neither gravitational nor physical but magnetic.

Magnetic pulsations from your central star, the sun, will be the cause of the wobble. The reason the Earth's surface will not be destroyed is, no force will act upon the surface. As you know from reading here, Earth is a magnet disguised as a planet, and this shield allows life inside the atmosphere, also allowing the atmosphere to develop and exist.

The flux lines of the magnetic field will be gripped and briefly seized much the way the handlebars of a motor- or bi-cycle, or the horns of a bull, would be grasped. The magnetic force will direct the planet from within; no physical forces will be exerted. There will be surface effects, and climate is the greatest of these.

To say this is an enormous force, is accurate in relation to massive surface physical forces humans know, such as tsunamis, earthquakes and volcanoes. It is not really so massive; wait until you can witness the effects magnetic power can achieve with your sibling planets Jupiter and Saturn. These planets will experience precession also. The Moon orbiting Earth, with a negligible magnetic field thus held in orbit, guided and directed by Earth's, will be caused to sway and weave much as would a trailer attached to a swerving car. No bad effects will come to either Earth or the Moon, but for the show th Moon shall provide.

This precession will occur as the magnetism likewise causes seismic and volcanic activity to increase, and satellite functions disturbed.

*Reader Questions: Who will win the 2020 US presidential election? C: Incumbents Trump and Pence. Where will the Dow Jones industrial average be in 5 years and 10 years? C: It will be in the New York Stock Exchange in five years, in ten years it will be nowhere, having been dissolved.*

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**26 May 2020** Two more reader questions.

*Reader Question: As soon as I heard about the virus [I assume Corona virus covid-19] at the very end of last year I knew there's (much) more behind it. The virus seems to have triggered a movement of digital warriors (Q) searching for the truth and exposing the deep state and other bad people. I am trying to participate as much as I can and since then I am feeling some sort of vibrations in my body and having goose bumps many times a day. Is this real and worth the effort? Is the "great awakening" really happening and transforming to another period? Is this a matter of years or even decades?*

A: The reality or illusion of the goose bumps you already know. I think you mean to ask if the goose bumps are a sign & signal, and the answer is YES. The transformation is underway now and will cover about two decades more. In the year 2040 we will be able to look back at 2015 and see the pattern clearly. The pattern has been laid out with descriptions of its key pieces, with a website called The Amendment.

It's only "worth the effort" for people who find advance appeal in what they hear, and also have continuous reinforcement of getting satisfaction, throughout the process. Other people who turn up their noses or take a skeptical "I need proof" reaction, will not find the exercise worth the effort. Folks willing to consider things not widely & socially "approved" for public expressions of belief (e.g. most established press organizations and booksellers have long had a silent prohibition on the topic of alien ETs - it's a taboo) will find the mental work to be anything but, and enjoy hearing about mankind's current and soon-to arrive development.

"Movement of digital warriors" = "newspeak" (author George Orwell created the term for his book "1984") meaning controversy, debate and discussion, much of it skeptical, doubtful and inquisitive? Free speech and discussion, in other words.

Yes, mankind is undergoing a shift, it can be labeled a great awakening or other things, but remain a little skeptical of this; too many users of such concepts & terms don't really mean a great re-awakening or first awakening, even though they say that. What they REALLY mean is, developing ability to force "newly awakened" ideas (e.g. the "woke" movement) upon "idiots" who disagree. In other words, some folks get to scream "Tolerance!" while simultaneously practicing rampant intolerance, which is fascism.

The Committee has already explained the corona virus origins, which are: it was intentionally created, but negligently released too early. It was created to be used as a pressure tactic. Leaders & officials worldwide have overreacted horribly, many among them taking full advantage to flex authoritarian muscles.

Here is new information from The Committee, not mentioned here before: predictions and forecasts issued "at the highest levels" in the USA have been so incorrect, the doctors involved should have their medical licenses revoked. Early assurances soon followed by dire predictions of an unstoppable plague were issued by the same medical professionals who knew the virus was planned to be released at some point. The goal of the early assurances that no alarm or high concern were necessary, was to allow the

virus to spread. Once enough cases took hold, it then became possible to credibly predict many millions of cases with millions of deaths.

- If your gardener said a certain shrub or tree would grow to ten feet but it only reached six inches in height....
- If statisticians and engineers predicted five thousand car crashes but only two or three hundred happen....
- If an investment advisor says values will fall to five percent of the current price but flattens out at 94%....

The economic effects in the USA have been privately welcomed as a tactic to harm the current US president overall and lessen the odds for re-election. The effects are self-inflicted, and essentially worldwide

A video is currently circulating which contains an excerpt of an interview with the USA's now well known Dr. Fauci predicting a surprise pandemic for the current US president, at the beginning of his presidency three years ago. Let's see how fast this information gets denounced, banned & censored.

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*Reader Question: I think a good idea is to do a short article with The Committee about the best food to eat. I guess drinking is easy - water - but food is not so obvious! Your latest feature about sugars was great but it was about what we better not eat - please do one about what's best to take. In this latest article the committee said to avoid regular consumption of bananas, carrots, rice, honey, etc. Please tell us what is considered to be good food for us...*

A: This depends on each person to a lesser or greater degree, and the answer is not simply a list of recommended foods. Ideal human diets are not about just ingredients; amounts, frequency and balance are also important, often extremely so.

The ideal diet has less to very little saturated fat and more of the monounsaturated variety, and it emphasizes lean proteins; to the first part of this sentence I refer. It contains good amounts of fiber, both soluble and otherwise, and of carbohydrates, mostly low glycemic variety. These are vegetables and some fruits. The great benefit here is such carbohydrates contain large amount of micronutrients, vitamins and minerals. Crisps, crackers, cookies, chips & biscuits do NOT.

Consistent consumption of chemically reduced and altered foods is harmful. Consistent regular consumption of high glycemic carbohydrates is likewise harmful to many people. Chemical additives should be avoided as much as possible, ideally always. Vegetarian and vegan diets are almost always harmful because of deficient protein and far too heavy reliance on vegetable proteins. Heavy, continuous consumption of soybean products is not ideal for male body chemistry, for example.

Overall the ideal diet balances protein, carbohydrates and fats. Most humans consume too many carbohydrates, too much food in general and insufficient protein and fat. The added chemicals and refined & extracted sugars just make things worse.

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**25 May 2020** A reader asks a sweet question.

[Our] esteemed GAGs, time and again, warn against intake of sugar (sucrose) in our diet, specifically any cane, beet, or corn. Also, some artificial sweetener is just as bad. Questions:

1. *Is natural sweetener, which is not derived from cane, corn or beet, e.g. honey, maple syrup, safe for consumption?*
2. *There are four popular kinds of artificial sweeteners, i.e. saccharin, aspartame, sucralose, and stevia/rebaudioside, which one is safe or not?*
3. *Why is sucrose so bad for health? Refined cane sugar (white crystal sugar) contains trace amount of H<sub>2</sub>S, that's pretty toxic. And now we also know it may calcify the pineal gland. What are other health hazard associated with refined sugar, other than putting on weight? I had thought un-refined cane sugar, e.g. yellow rock sugar, may not be so bad.*
4. *I know aspartame causes brain damage, and saccharin causes cancer, what is other health hazard associated with artificial sweetener?*
5. *Is glucose or fructose, as substitute for sucrose, safe for consumption? Or should we stay away from anything sweet?*

I'm no dietician or nutritionist, so let's see if I get this correct, from The Committee. They say:

"The questions in general we will answer in prose, as part of our explanation, and not item by number, or number by item as we often have done. We trust you all will understand well.

The first problem human metabolisms encounter with consumption of refined sugars is the absence of the many nutrients the source food originally contains. This is never ideal; unless a food contains poisons or toxins, which removes its status as food, at least for humans, the substances humans broadly label as vitamins and minerals are present. These have effects just as do manufactured or prepared chemicals, called drugs. This aspect alone is enough reason to avoid consuming refined sugars, the removal thus absence of natural and beneficial nutrients.

The greater and principal reason is elimination of the metabolic process to change a complex carbohydrate into a simple one. Much human study and understanding exists about insulin and blood sugar levels which are triggered by it. Less common in general knowledge but also well studied are the effects of pancreas produced insulin, carbohydrate conversion into stored body fat and stoppage of metabolization of fat already stored previously.

Refined sugars overstimulate the pancreas, and in many humans also deplete mineral and vitamin reserves more quickly. This causes diminished pancreatic function and is sometimes permanent, the condition labeled diabetes.

Elimination of metabolic process to simplify the complex carbohydrate is itself less than ideal and over time, also harmful to humans. The degree of harm varies by person, but all of you will suffer reduced health to a certain degree, if the natural digestive process is shunted.

We have long noticed how humans enjoy selecting an example who has been unaffected by a practice understood as possibly or potentially harmful, to then point to this person as justification for continuing what is preferred.

Artificial sweeteners are nothing more than chemicals which trick the tongue. They cause many side effects, depending on a person's frequency and cumulative amounts consumed, the general diet and health overall.

Honey and maple syrup will stimulate insulin production after causing blood sugar levels to rapidly rise, just as will refined sugars.

Overall, our recommendation is to avoid sweetening anything you eat or drink. If you cannot consume tea, coffee or yogurt or any liquid or solid you prefer, without adding sugar or other chemical sweeteners, we recommend no consumption of these foods. This is not necessary, because humans tastes and preferences will adjust and quickly; often within less than a half month will the habit, desires, urges even cravings to consume sweets fade away.

Eat an orange, not simply drink the juice. The fiber this fruit naturally contains provides two large benefits, digestive tract function and greatly slowed absorption of sugar into the bloodstream.

Overall, **avoid** artificial sweeteners. Eat refined or extracted sugars, irrespective of the source, very sparingly, no more often than once per week. Also lessen consumption of any food which contains simple carbohydrates in significant quantities, which affect the metabolism much the same. Rice, potatoes, carrots, bananas, beets, corn and wheat are examples. Prepared foods which contain these ingredients are often even more harmful. Never consume carbohydrates without protein, whether these are sugars or other foods.

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**24 May 2020**

**Reader Question:** *With people worldwide having been in virtual quarantine for the past couple of months and having to find things to keep themselves occupied, will there be a world wide baby boom 8-9 months from now?*

C: No. By baby boom, we understand you mean a statistically significant birth rate increase over the same period one year previous, or compared to the steady ongoing, continuous birth rate. There have been conceptions because of current impositions, insufficient in amount to be statistically significant.

**Reader question:** *Does chloroquine "decalcify" the pineal gland? Does our pineal gland need decalcification, in order to improve melatonin secretion for better sleep and better connection to the spiritual world (by opening the third eye)? If our pineal gland can use decalcification, is there any better way to do this other than taking chloroquine?*

C: No, and many such human glands are not calcified to a degree that function is adversely affected. Where this has happened, the solution is diet. Calcium compound build-up can be reversed; we suggest a diet with ingredients common to Asia and the Far East. Turmeric, cayenne and black peppers, red rice yeast, coriander, cumin and cinnamon. Refined sugar consumption leads to calcification as do some artificial sweeteners. Reduce consumption of sweetened foods, even if made so with carbohydrate free chemicals. Eliminate refined sugars from beets, corn and cane.

Effective methods which improve human sleep are already well studied and applied.

Better connection to the spiritual world does not exist for humans, this is not possible. Humans are permanent members of the spiritual world but have used great intelligence to develop beliefs that in some ways, any individual and all collectively, together, are not. This is not true and also it is not true that humans are connected but with reduced status, thus subject to material restrictions. From this misbelief grows the idea of higher self and oversoul. The suggestion humans could improve spiritual connections is the same as saying water could improve its self-hydration.

What can be developed is an improved ability to recognize the connection, which already exists and is as solid as anything in the universe. Your ability to telepathically send your thoughts never reduces whilst

incarnated, your ability to receive likewise never drops. Recognition and acknowledgement are what you temporarily turn down, however you can and may reverse course, to turn the volume back up at any point. No substance ingested and no change to the human body's metabolism are required; if you are alive as a human and not comatose, telepathic ability remains intact, complete and functioning if selected unacknowledged.

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**23 May 2020** *Reader Question: Will these pieces of legislation called "Nesara" and "Gesara" be implemented in my lifetime?*

C: Yes, versions of them, meaning modified from what is now proposed. The global versions of effects will be a summary of national legislations, laws and policies across and from different nations, superficially intended to coordinate for greatest worldwide benefit, however the concealed objective will also be, to strengthen thus concentrate global economic authority. Implementation at the national level will naturally incur variations, differences and alterations between nations. The global overlay will require a central authority to regulate variations, to prevent them from undermining stated objectives. As true as this will be, the parallel goal will be provision of power to the regulator authority. This activity and exercise, Nesara and Gesara, will not amount to a material effect; measurable improvements will not come to be, as a product of the effort.

## **22 May 2020 Recent Reader Questions**

Q: *I was just wondering if this actually happened.....*

A: Wonderment isn't really a question, but here goes nothing ....

Q: *(Continued.....) I read on another spiritual site that supposedly flight MH370 actually was transported to another planet similar to ours as part of a rescue operation of sorts.*

A: The debris and wreckage of the plane are on the floor of the Indian Ocean. Everybody aboard died, their souls are in Heaven. That could be called rescued, yes indeed. Many souls say the joy of returning home after an incarnated life is indeed, just like being rescued.

Q: *Thanks Patrick Thank you again for all the information you provide and the time it takes to do all that, post on your site, etc.*

A: You're welcome and my return thanks for the generosity of thought. I don't perform any "etcetera" however but I'll take the gratitude anyway! Okay, maybe the occasional bad joke and poem might qualify and too bad I mentioned that, now I'll tell not one but two. What's a boomerang that doesn't come back? A stick. Know what I saw today? Everything I looked at.

Q: *I just saw the question about first wave / second wave of virus. The answer confused me about there not being a "first wave". Is this a terminology / semantics thing? There's obviously something going around, but is the term "wave", implying to me a large mass occurrence, what is being noted as having not happened? In other words, the overall infection / death numbers reported compared to population as a whole really aren't statistically significant enough to be a "wave"? Just the media hype makes it seem so (like a wave)?*

What's a wave? Oscillating energy which flows through, temporarily distorting or displacing the medium. The USA has 38-40,000 motor vehicle fatalities per year every year, 35-60,000 from influenza every year and overall about 2,400,000 people die in the USA every year. These are never called or referred to as waves. Net fatalities from the corona virus, total deaths from infected victims minus otherwise expected deaths which have been avoided —e.g. from vehicle crashes, from viruses like the flu or West Nile and other reduced causes— are a temporary eddy in the steady, ongoing currents or flows of death. A wave has not been generated, figuratively or literally, except for the voluntary economic effects. The nearly universal, unquestioned use of "lockdown", "quarantine" and "social distancing" are other examples of semantic terminology, but it isn't media hype if nobody questions it. Not so many moons ago—at least

in the English language— lockdown meant prison inmates confined to cells, quarantine meant laboratory isolation and social distancing meant intentionally avoiding talking with people.

*Q: Then that media hype generates more fear by predicting another "wave", even though there really hasn't been one?*

*A: Makes you wonder, doesn't it? Who benefits from keeping business closed and in what way? Who gets to decide which business activity is essential or otherwise?*

*Q: What could justify or explain separating children from their parents and putting them in cages?*

*A: If the pronoun third word from last refers to parents, because said parent(s) are criminal suspects, which might be one explanation. If "them" refers however to children, how many? What ages? What are the circumstances? Could the children require protection? Are they being trafficked as sex slaves or could they be vulnerable to it? Could the children be criminal suspects themselves? How old/young are the children? (16-17 year old thug gang members who engage in violence and die, are often classified as victims of child violence because they're minors, but aren't usually what comes to mind when child violence gets mentioned.) Could separated, caged children be seriously contagious with disease? What's the difference between a cage, medical isolation and a jail cell? This question touches on several machines each with many moving parts.*

*Q: The only question I have is how I/we can help you? I can tell how much you devote to all of us, how can I/we help you? Best wishes to you and your family.*

*C: Thank you for those wishes. Help me by spreading the information The Committee gives us. The occasional donation never hurts, either.*

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19 May 2020 Reader Questions

*RQ1: We keep hearing there will be a second wave. Is this just further fearmongering or will a more deadly virus be released?*

*C: No first wave has occurred. A second is not possible.*

*RQ2: What about 5G? Will they use this the exterminator [sic] us?*

*C: No*