

SPRING 2009

## **Conscious Sustainability**

### **Remembering Our Place in the Natural Cycle of Things**

By [Samone Myers](#)

Often we see images of what is called the cycle of life or a natural cycle, we see the earth, moon, plants and animals. [1] However, it is not common to see where a Human Being fits into this cycle. Recently, after reading a piece posted in our *What's New* Section from Dr. Mae-Wan Ho, Founder of the Institute of Science in Society, I recognized a disconnect with how people perceive themselves in relation to nature.

For the most part, people generally view themselves as something outside this natural cycle. This disassociation has led to various behaviors which include, but are not limited to:

- 1) Treating the environment, plants and animals with disrespect
- 2) Mocking others who care about the environment (e.g., backlash against Al Gore for receiving the Nobel Prize for the Inconvenient Truth or the term "tree hugger")
- 3) Congress appropriating billions of dollars toward war and destruction versus toward sustainable solutions
- 4) Designing power plants, grid systems, buildings and other structures without regard to the immediate environment, impact, or long term effects
- 5) Holding unnatural standards for beauty and having prejudice against those beyond a certain age or weight when we all age and are of different sizes and shapes



On the other hand, it is easy to see, if we allow ourselves to, that we are in fact an inherent part of this natural cycle. For instance, I recall years ago a friend stating that she did not understand why anyone would want to study Astronomy or Astrology. She claimed, "What good is it? The stars and planets have no bearing on us?" I was somewhat surprised and immediately mentioned to her how the lunar

cycles affect the tides, plants, animal migration, and even people's behavior. She refused to believe me until later I showed her a report from a police department that indicated on a full moon there is a sharp increase in crime. [2] Or I reminded her that she had even noted personality traits that seemed to be associated with astrological signs, and how she could tell if someone was a Pisces vs. a Taurus, etc. "How could you distinguish traits from one person from another if astrology and planetary alignments had nothing to do with us?", I asked.

Once aware that we are a part of the natural cycle, we can begin to behave in respect to nature, plants, animals and to each other. Some of the outcomes coming from this state of awareness include the following:

- a. Combining aesthetics and function
- b. Considering everything as a cycle, and therefore designing from the beginning the transformation of waste and outcomes.
- c. Allowing for different conclusions previously rejected or not taken seriously
- d. Having sustainability in every requirement
- e. Creating new courses of study with an emphasis on sustainability
- f. Being open to what works to counter climate changes and to prevent further destruction

An excellent example of applying this kind of awareness comes from William McDonough, author of the book *Cradle to Cradle*. Mr. McDonough was hired by Ford to revitalize one of their plants, which was in disrepair and costing the company millions of dollars to operate. When Ford Executives first met with him, they were asked to state what their goals were. As expected, the responses were what we have come to know in the corporate world, i.e., revolving around profits. Mr. McDonough asked (paraphrasing), "What if we had the goal to have your grandchildren want to play here?" At first taken back, the Vice President of Ford was intrigued and asked what he had in mind.

As they say, the rest is history, and William McDonough went on to design one of the most innovative, self-sustaining, in-touch-with-nature buildings in the world. Ford did get their profits, the employees are happy to work there, migrating birds have returned, and yes, children want to play there. [3] It is this kind of forward thinking and understanding that we are all in this together in a natural cycle that will lead to sustainable solutions for solving global problems.

#### References:

1. The above image was created by the author to show embracing the relationship of Human Beings to natural cycles.
2. [Findings of the Utah Bureau of Criminal Identification Study](#) in 2001 indicate that the number of manslaughters during a full moon was more than 220 percent greater than on all other days.
3. For details on this revolutionary project down at the Ford plant in Dearborn, Michigan and more information about William McDonough, visit [www.mcdonoughpartners.com](http://www.mcdonoughpartners.com).

## Unified Community

### **Creating the Future using a Global Community**

By [Samone Myers](#)

The economic down turn is just one example of how we can no longer sit back and wait for one country to have a solution. Economics, like the environment, reflect that these problems are global issues. Together, we are better able to



come up with a solution than the divide-and-conquer mentality that has prevailed for a millennium.

However, reluctance to accept our differences and resistance to change hampers solutions. An example of how this happens was when one of my employees went to talk at an aerospace conference back in the early 1990's. It was being held at the Jet Propulsion Lab (JPL) in Pasadena, CA. Among the audience were some of the leading aerospace engineers and scientists. My employee was a little nervous coming from an administrative background with only a few years of programming experience. She reminded me who her audience was, and asked for my assistance. There were certain points she wanted to make during the talk. As it turned out we were in complete agreement about the overall message. The message was and is with our organization today is *"We must begin to utilize our skills and technologies for products and services more beneficial to people and the environment."*

One of the few women speakers, at first she was not taken seriously. But, she also had a charismatic personality and using humor, began to see attentive listeners. However, when she started giving examples of how aerospace technologies could be transferred to public transportation or even to a science fun park, she could tell she lost some people. She skipped over a few slides to get to specific examples, and after giving over 20 projects that could begin in Southern California, she could see members of audience nodding, smiling, and taking notes. She ended with pointing to various people and asking, "What is stopping you?" "Or you?" Ask yourself, "Is what you are working on today something you are proud of?" "What legacy are you leaving behind?" If you want change, then there is no better time to start than now. So just get out and start. OK. Thank you. That's all." There was a brief moment of silence as she stepped off the stage. Then instantaneously, the audience erupted into applause followed by the only standing ovation given during the conference.

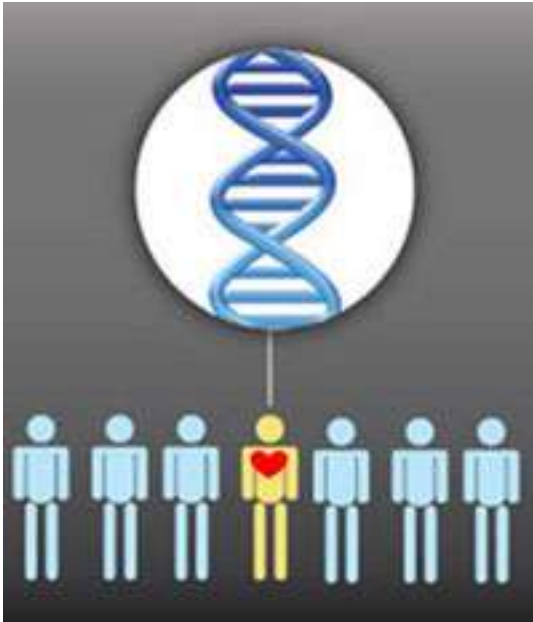
What can be learned from this? First, we have to decide to create the future we desire instead of more of the same. This requires having a vision. Upon accepting that it is up to each of us, we then have to take action. No matter how small, just do it! Every little bit counts. You will be glad that you did. Now here's a chance to partake directly or through support in a THINK TANK of the future. **The first Noosphere World Congress is being held this summer. Their focus is *Envisioning the Earth as a Work of Art, Mandate for a New Time - July 18-22, 2009* being held in Bali. So whether you attend, go to share your vision or support such efforts, this is a way to start creating a future that we can be proud of and will be a lasting solution for many generations to come.**

To view an already impressive line up of speakers, [click here](#). U.S.-based Foundation for the Law of Time is a 501 (c)(3) organization so your contributions are tax free. For more information on the conference and organization, go to [www.lawoftime.org/content/supportthefuture.html](http://www.lawoftime.org/content/supportthefuture.html). To sponsor the Director of EarthCURE, Samone Myers as a speaker, go to our membership/sponsorship page and use one of categories or the general payment feature at the bottom of the page. Our organization is also a 501(c)(3) so your donations are tax free in keeping with the U.S. IRS Code. ***Give what you think is appropriate. [Click here](#) to START creating the future we desire!***

## **Research From the Heart**

***PLEASE NOTE: As advocates of bridging the gap between traditional medicine and holistic health practices, we are pleased to bring you an article from [Jim Walden](#), Ed.D., R.Hy., who writes about Epigenetics. This area of study focuses on how energy connections, air quality, exercise, consciousness, diet, and other factors significantly impact our DNA, and consequently outlines how each of us is in the driver's seat in guiding our bodies back to health. (Permission***

## What is Epigenetics?



Epigenetics may not be a familiar word, yet. However, it is gaining recognition among scientists and health-care professionals as they change their beliefs about the programming of the human organism. PBS recently aired a two-part program about this new area of cellular biology, and researchers are explaining how reductionist philosophy (gaining understanding of the workings of organisms by dissecting them into cells and then dividing the cells into molecular parts) is changing traditional biology. As epigenetic research complexifies, more of the elegant simplicity of the body-mind's design is revealed; and, in my opinion, the revelations confirm the potentials of most holistic healing approaches.

As a result of epigenetic investigations, we now understand how negative, fearful thoughts can cause DNA strands to constrict and become entangled. Conversely, we've learned that positive, appreciative, and loving thoughts can result in lengthened and relaxed DNA strands. Until recently, however, we believed that we were victims of predetermined birth DNA and genetics.

'Epi' means above; and, therefore, epigenetics is defined as control above the genes, i.e., a second genetic code that controls the activity of genes and programming of DNA. This new science discovered that environmental factors (energy connections, air quality, exercise, consciousness, diet, etc.) control our gene expressions and the ways we function. Yes, this means that we are personally capable of changing our gene expressions.

Epigenetics encourages us to abandon obsolete beliefs that we are victims of predetermined genetic codes and explains how perceptions of our inner and outer environments shape our biology and behavior. Dr. Bruce H. Lipton (1), a cellular biologist, offered the following explanation:

This new hereditary mechanism reveals how behavior and gene activity are controlled by an organism's perceptions of its environment. The fundamental difference between the old DNA genetic code and the new epigenetics is that the former notion endorses genetic determinism--the belief that genes predetermine and control our physiological and behavioral traits--while epigenetics recognizes that our perceptions of the environment, including our consciousness, actively control our genes. Through epigenetic mechanisms, applied consciousness can be used to shape our biology and make us masters of our own lives.

Dr. Lipton's statement reinforces the realization that our lives are controlled by perceptions of our life experiences, rather than predetermined and unchanging genetic codes. Genes do not make decisions about being turned on or off. They can be thought of as blueprints that provide potentials, and the human body is structured to develop and regenerate itself from gene blueprints. The mind can be thought of as the building contractor that adjusts DNA blueprints. In reality, we create our biology with our minds based on perceptions of our environments.

This radically remodeled perspective of traditional biology necessitated corresponding shifts into the new supporting sciences of energy physics, vibrational chemistry, and energy psychology. Epigenetics may necessitate the development of new holistic healing perspectives, as well. Certainly, the immaterial mind and consciousness can no longer be dismissed as an epiphenomenon of a mechanistic body.

Epigenetics and other supporting sciences are teaching us that the body is not a single entity and that its cells are members of a community, just as people are citizens of a community. It is a harmonious community of possibly 50 trillion cells, and each cell has every function of the body in it. Liver cells aren't just liver cells. Each bodily system is present in every cell. All cells have receptors in their skin that are tuned to chemical and electromagnetic vibrations. Signals of the brain control the readout of the genes. Cells perceive the body's inner environment and make bodily adjustments the same way the outer skin reacts to perceptions of its environment. The cells' perceptions of their community environment change biology, chemically and electrically. Epigenetic controls select potentials from the blueprints and genes are switched on or off. Life is determined as it happens.

### Thoughts Play a Role In Epigenetic Mechanisms

Learning even basic epigenetic concepts should encourage greater attunement to the power of thoughts. Many perceptions of our environment (diet, energy connections, air quality, exercise, consciousness, etc.) are entwined with thought processes. If we understand that thoughts are an interface between the inner cellular community and the outer environment, we can understand how illness occurs and how wellness and well-being can be recreated. For example, the body-mind reacts to fearful perceptions and thoughts by stopping growth, closing off blood flow to the forebrain, and switching off the immune system. During a period of fearful reaction, the adrenal glands work to protect the body against threats from the outside; however, the body does not manufacture new cells or grow and the immune system does not protect the body against threats from the inside. Existing opportunistic organisms (parasites, bacteria, viruses, etc.) that are normally suppressed by the immune system gain strength, and illness occurs. Moreover, some excessive stress hormones destroy the body's own tissue -- particularly heart tissue. Imagine the outcomes of chronic fear and stress.

Epigenetics encourages the belief that problems caused by the mind can be fixed by the mind. In order for cells to respond positively, however, they must be given the right perceptual thought signals. An estimated 70 percent of all continuous-loop thoughts running through our minds are negative and redundant, however; and 95 percent of our life activity originates in the subconscious, which was programmed by observing others. Subconscious programs may be thought of as everything we don't pay attention to -- reactions versus responses. In order to change our thought patterns, and improve gene responses, we need to think of the subconscious as a machine, which is not "good" or "bad": just an accumulation of programs that became established and dominate our thinking. The conscious and subconscious minds do not communicate. Therefore, we must assume responsibility for eroding unhealthy, reactive subconscious programs and devote time and repetitive effort to developing mindfulness that will facilitate healthy perceptions of our environment.

#### READ MORE

To read the remainder of this article, which includes specifics on what we can do to positively impact our health, click on the link above. It will take you to an interesting nonprofit organization's site, the Ozark Research Institute at [www.ozarkresearch.org](http://www.ozarkresearch.org) whose mission is *Exploring the Power of Focused Mind*.



## **Educating With Humor**

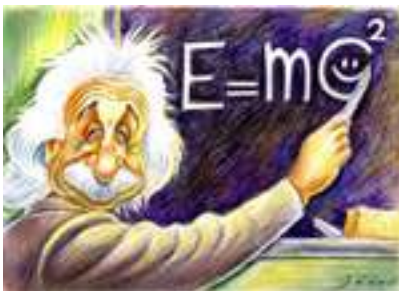
**Humor First**



## Education Second

*We have developed two award categories to educate people on the difference between conscious actions (Einstein Awards) and backward thinking (Darwin Awards). Here are just a few...*

Einstein Award #1 for Green Innovation proudly goes to: Craig Grimes, whose team at Pennsylvania State University came up with a sun powered device that converts CO<sub>2</sub> into fuel



Feb 2009 - Powered only by natural sunlight, an array of nanotubes is able to convert a mixture of carbon dioxide and water vapour into natural gas at unprecedented rates. Such devices offer a new way to take carbon dioxide from the atmosphere and convert it into fuel or other chemicals to cut the effect of fossil fuel emissions on [global climate](#), says [Craig Grimes](#), from Pennsylvania State University, whose team came up with the device.

Although other research groups have developed methods for converting carbon dioxide into organic compounds like methane, often using titanium-dioxide nanoparticles as catalysts, they have needed ultraviolet light to power

the reactions. The researchers' breakthrough has been to develop a method that works with the wider range of visible frequencies within sunlight. *For full article, [click here](#).*

Einstein Award #2 for those taking action to make alternative fuel-driven cars a reality January 2009 - California-based Better Place and Denmark utility operator DONG Energy will build a charging network so the nation's motorists can switch to electric cars.

Einstein Award #3 is given to governments who recognize the importance of removing greed from the equation by assisting to stimulate green technologies

Reuters, January 2009 - China's central government will subsidize purchases of clean-energy vehicles for public fleets in 13 cities to help the automobile industry develop green technology, the official Xinhua news agency reported. The trial scheme will promote the use of electric, hybrid and fuel-cell vehicles by public transport operators, taxi firms and postal and sanitary services in cities such as Beijing and Shanghai. *For full article, [click here](#).*

**Darwin Award #1 most definitely goes to General Motors.** In addition to them dragging one of the largest automobile companies into the ground and stealing billions of dollars of taxpayer money, let us remind you that GM deliberately destroyed their electric car, EV1. A documentary was done on this atrocity called, "*Who Killed the Electric Car?*" ([Click here](#) to see a preview.) And if that wasn't unbelievable enough, GM has designed A DIFFERENT electric car named, VOLT that is a fraction of performance that the EV1 did! *Talk about DE-evolved!*



**Darwin Award #2 is bestowed upon GE,** no longer known as General Electric, we have renamed them "Greed Energy."

In a series of advertisements run on the Internet, GE is claiming to promote alternative energy using a *new grid system*. However, in their own admission, they intend to use the existing grid system, and charge you for energy just as they are doing now. This is for the sole purpose of maintaining control of energy in order to charge you for it when it is from natural sources. We were never intended to PAY for energy, especially from Mother Earth. Besides, even now if you convert to alternative energy, your meter runs backwards and utility companies PAY YOU! To see these ads, click on the links for [ad 1](#) and [ad 2](#).

**Darwin Award #3 is given simultaneously to three automobile manufacturers.** First, it goes to Peugeot and Renault because they turned down producing the French-designed car that runs on compressed air. Not only would it have meant France leading the way in a viable solution to a clean energy-driven car and subsequent transportation, but it could have easily turned around these otherwise on-the-verge-of-bankruptcy companies financially. Thirdly, this award also goes to India's largest car manufacturer. They were smart enough to start producing the Air Car, but decided to put a special nozzle and cap on it, so you would have to go to AIR STATION's instead of gas stations, and PAY FOR AIR!!! *To watch a video of the Air Car, [click here](#).*

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