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Debunking the Debunker

By Robert Bruce Baird

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In History and Science:

By Robert Bruce Baird:

INSPIRATIONAL COMMENTS:

"Everybody was glad that I was living; but as I lay there thinking about the wonderful place where I had been and all that I had seen, I was very sad; for it seemed to me that everybody ought to know about it, but I was afraid to tell, because I knew that nobody would believe me. – John G. Neihardt, Black Elk Speaks."

Love deeply and passionately. You might get hurt but it's a good way to live life completely. Die each day to really live; and live to die with no fear of learning or changing your mind.

"All truth passes through three stages. First, it is ridiculed, second it is violently opposed, and third, it is accepted as self-evident." – Arthur Schopenhauer, Philosopher, 1788–1860

"All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others." – Danny Thomas

"The world always makes the assumption that the exposure of an error is identical with the discovery of the truth — that error and truth are simply opposite. They are nothing of the sort. What the world turns to, when it has been cured of one error, is usually simply another error, and maybe one worse than the first one." ---- H.L. Mencken

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"The problem is, of course, that not only is economics bankrupt but it has always been nothing more than politics in disguise ... economics is a form of brain damage." -Hazel Henderson.

"Rather than telling others that they should live up to American Principles, we should live up to them ourself." - Gary Hart, author of *The Fourth Power* and former Presidential candidate.

Einstein said: "Great spirits have always encountered violent opposition from mediocre minds."

"The miracle of the appropriateness of the language of mathematics for the formulation of the laws of physics is a wonderful gift which we neither understand nor deserve. We should be grateful for it and hope that it will remain valid in future research and that it will extend, for better or for worse, to our pleasure, even though perhaps also to our bafflement, to wide branches of learning." - Eugene Wigner

"I think the subject which will be of most importance politically is Mass Psychology... Its importance has been enormously increased by the growth of modern methods of propaganda. Although this science will be diligently studied, it will be rigidly confined to the governing class. The populace will not be allowed to know how its convictions are generated." – Bertrand Russell

"One of the saddest lessons of history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It is simply too painful to acknowledge -- even to ourselves -- that we've been so credulous." - Carl Sagan

INTRODUCTION:

The awesome and truly magnificent potential of our planet is a marvel to behold. We are broaching scientific awareness of the universes beyond the known and there appears to be alternatives and `possibilities' galore. The Many Worlds of macro universe still operate by the same precepts or laws and principles that affect our planet. The microcosm of our personal life becomes inundated and busy. It seeks to stabilize or limit the reality we could creatively manifest. It is mostly human ego and insecurity that devises these stable structures or hierarchies to keep status quo and other kinds of class structure rather than Brotherhood. But when did this start and will any history we might rightly have, create the ability to change the way people view themselves. What kind of future which could become real are we headed towards? I will not be able to state definitively the only way that these things have developed. At different times and places and even within the elite there have been different agendas. You will get to see the Merovingian family of Jesus and the Stuart Royals of The Da Vinci Code are quite real.

Aristotle referred to happiness as the most we can achieve.

It is easy to be happy without all the things we obsess over. The balance of our constituent selves and the possibility of participation in creating a whole or in conjunction with that WHOLE is going to be hard to beat for enlightenment. But most people over the last little blip of human existence have bought into systems that deny the whole or any sense of ONENESS. We have seen a 5000 year 'nightmare' as James Joyce wisely stated. The thoroughly amazing thing about this – it is those elites who have told

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us they speak for God or are Divine Kings who in fact have used or led us into this soulful wasteland. We find a similar paradigm exists in scientism which denies the observable outcomes or effects of the soul and ESP.

Barthold Niebuhr (I think it was) said that bringing something back from the past or discovering anything is a high that is akin to the greatest creativity. It is so wonderful to learn and see the way of those we have denigrated as barbarian or primitive as they frolic in the joy of adventure and oneness with Nature as they nurtured each other.

You are truly in an enviable position to decide the future for mankind. We have a plethora of artifacts and forensic tools now available to pierce the journalistic `spin' that has been foisted upon mankind as history. Marcus Aurelius may well have known something later philosopher priest-kings may not have told us about. Who can say how much anyone knows or knew? This is especially difficult when we consider how much outright propaganda and destruction of libraries and other Inquisitions have occurred. But this Aurelius guy (Cynic or questioner) that you see in the movie `Gladiator' was still talking about cycles of human culture and something not unlike the Hindu ages in their Mahapurana history.

Simone Weil, Joseph Campbell, Bucky Fuller, Barry Fell, Martin Bernal, Flinders-Petrie, Wigner, Jung and a host of other disciplined academics and authors I have laid out in other books form the basis for this evaluation of our macro to micro political analysis of history and Empire in this book. They all knew enough to see that Marcus and other ancients had a closer glimpse of the things time has shrouded; we are now uncovering a great deal due to better scientific tools. Still my opinion changes and remains open as I do this research; which I share with any who might read. In the last five thousand years you will see there have been members of the same core elite families in most Mediterranean and Western Empires or government who ran the show. They are becoming even more centralized and powerful. I am not your usual conspiracy theorist who has some agenda. In fact I am probably willing to support the New World Order, if it is honest and good for all life on earth. Perhaps transparent is the vernacular word for honesty in bureaucracy today. And I often ask those who accuse me of being a conspiracy theorist to tell me what the plan or its makers intend. Some people try to tell me there is no plan. If that is the case - we need one. So please suspend judgment and think along with me, as the Inspirational Comment by the Rosicrucian Thomas Paine suggests we should do.

Speaking at the meeting of the IMF in the year 2000, Vaclav Havel emphasised that the "the crucial task is to fundamentally strengthen a system of universally shared moral standards that will make it impossible, on a truly global scale, for the various rules to be time and again circumvented with still more ingenuity than had gone into their invention."

Let me assure you there is nothing `new' about the New World Order or the New Age philosophies. From the days of the Antonines in the first century BCE the local authority and borders have been established (2) in ever increasing bureaucracy. The Oxford History of the Roman World goes on to say: "More significant is the interference in the financial affairs of cities which became widespread during the second century AD... we find a momentous departure from the traditional laissez-faire attitude toward government which had hitherto prevailed."

Perhaps there will be many who might read a little of this and find it far too confronting, or irreligious. There is no doubt I do not accept the kind of structure or religion which has had power for some select people as its main objective. But, please do not jump to the conclusion that I don't believe or have great respect for spiritual pursuits. It may seem that way when I talk about religion and the abuse it levies on mankind - but I really think if you read past the things which you find are against your current belief that you will know I am all for religion; if it is not hypocritical and actually works for all lifeforms in our environment. Here is a quote from the Bible to chew on which clearly is for the benefit of our 'earthly masters': Ephesians 6:5 'Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.'

World-Mysteries.com Author of *Diverse Druids* Columnist in *ES Press E-zine*

Debunking The Aspartame Myth

By News Canada

Debunking The Aspartame Myth

by: **News Canada**

(NC)—Whether or not you've ever consumed products containing aspartame, you've surely heard all kinds of things about it – many of them contradictory. So who's telling the truth? Dr. Joe Schwarcz, Director of the McGill University Office for Chemistry and Society, devotes an entire chapter to aspartame in his new book *That's the Way the Cookie Crumbles*. He maintains that aspartame is safe: "Aspartame has probably been studied more than any other food additive. The vast body of research conducted over the past 20 years has shown it to be harmless to health."

Aspartame has given rise to many popular myths. But if you want to get to the bottom of things, you can't rely solely on rumours and hearsay: it's important to separate myth from reality. Myth: Daily consumption of aspartame-sweetened products is harmful to your health. Reality: Aspartame has undergone close to 200 studies over the past 20 years and is approved by Health Canada since 1981. Aspartame is used in thousands of products. The Acceptable Daily Intake recommended by Health Canada is approximately 3,000 mg/per person/per day. So, you would have to eat or drink the equivalent of 100 low-cal yogurt cups (113g) sweetened with aspartame, 20 cans of soft drink sweetened with aspartame, or 97 packets of the tabletop sweetener. The average Canadian consumes about 500 mg of aspartame per day, which is well below the acceptable limit. Myth: Aspartame causes headaches. Reality: Headaches can be caused by many factors, including stress and lack of sleep, as well as a variety of physiological and psychological disorders. It has not been proven that aspartame is more likely to cause headaches than other products. If you have headaches, it is important to consult your doctor to have a proper diagnosis made. Myth: Aspartame is harmful to people who are affected by diabetes because it increases blood sugar levels. Reality: According to the Canadian Diabetes Association, all sweeteners available in Canada go through rigorous testing. Once they have been approved it means that they are suitable for use by all Canadians, including those with diabetes. Since aspartame is a non-caloric sugar substitute that gives food a sweet taste without raising the level of glucose in the blood, people with diabetes can turn to aspartame-sweetened products to increase their variety of foods, while maintaining a diet appropriate for their condition. Myth: Aspartame is harmful to

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pregnant women and children. Reality: Aspartame is deemed safe by Health Canada. It is safe for pregnant women and children. Given that both groups have high energy requirements, however, it is important that their diets contain all the calories required for health, growth and development. People with phenylketonuria are one exception. This is a rare, hereditary disease that prevents the proper metabolism of phenylalanine, a substance found in protein foods such as chicken, milk and vegetables, and also in aspartame.

So before jumping to conclusions, be sure to get the scientific facts straight!

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