

We are so used to a fairly easy life, in my part of the World, being Western Canada, but regardless of whatever kind of Life we have now, it is about to drastically change. Yet, as critical spiritual forces are focused on sustaining Earth's status quo and offer guidance for those who would make "the call" for help, this pole shift is a major departure from our normalcy in a very big way and is only repeated approximately every 3,657 years. The enormity of this event is so beyond the concepts we live in, it takes leaps in consciousness to accept. Still, Pole shifts are a natural part of the Earth living experience.

Most of us don't remember our past lives where we may have experienced pole shifts, so it's easy to toss off the warnings of prophets (Nancy Leider of zetataalk.com) and not recognize this true warning.

I'm reminded of the Pitcher plant, with its bright-coloured opening to attract various insects. The insect, expecting a nice, easy meal, begins the convenient descent into the "Pitcher"; Finding it is not what it expected, it *turns* and wants to leave, but it is faced with a wall of downward facing spikes and a slippery slope preventing escape and is consequently consumed by the plant as food. Our sweet days prior to the heavy and difficult Earth changes are like the "pitcher" and the pole shift will be the similar fate for some, as of the hapless insect.



Juxtaposing our relatively easy life now, against the travails of adjustments to the first years of the aftertime, it seems prudent to prepare as early and as well as can be for this new life that will be upon us soon.

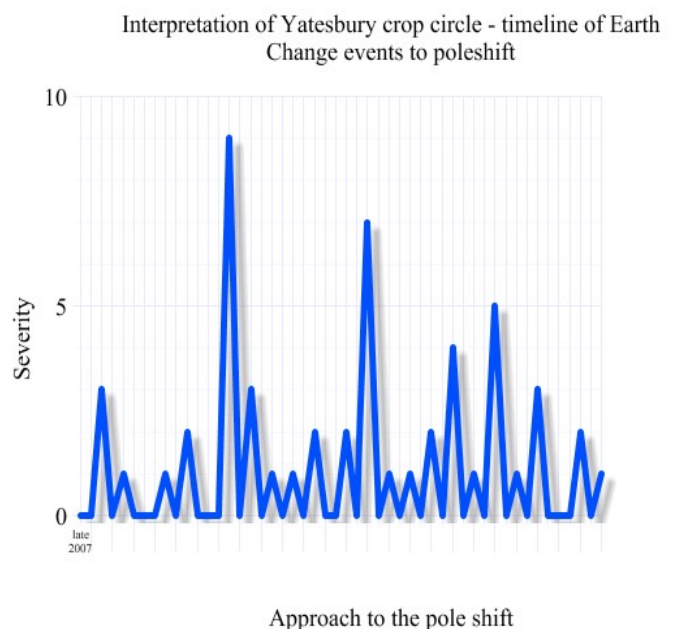
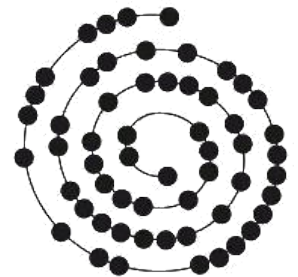
I hope the reader can forgive my previous analogy, an admonishment to those who think that all this is some delusion on my part (shared by many thousands of others), as I can assure them, it is *not*.

Key Earth change events, pre-pole shift, are *not* linear or exponential in progression as you may expect. Therefore, the attitude of this time tends to be an easy pretension and is not intuitive to our bodies. We usually experience crises preceded by increasingly intense warnings. Obvious? Yes. My point, nevertheless, is that Earth's warnings are obfuscated by the common meaningless and arbitrary choices of lifestyle, lack of education and cultural shortsightedness to trigger the populous as to the awareness of a global crises. This is greatly compounded, as our knowledge of Earth changes: the details, the context, the severity and even some *new* Earth conditions are either masked, ignored and/or deflected by the USGS, NASA and other powerful governmental bodies that control

access to information about our Earth. If you could talk to aboriginal peoples, *living in their natural way*, they would tell you that something is not right with Earth.

They see that the Sun is not setting or rising in the way their culture has known for thousands of years, living close to the Earth they really *know* it. I would venture that practically all of us in the Western culture do not observe the moon or sun on a daily basis, as we are so disconnected from natural living. Now, I am reading reports this month (May 2010) about people who have an intimate relationship with their home property over decades and are posting on forums about seeing obvious (to them), disturbing differences in the arch of the Sun, its heat and colour. So we still can, and do feel something is going on with Earth, but some allow news corporations, and the like, to do the thinking for them. We prefer soft and pretty reasons for the Earth Changes so that we can isolate ourselves from the harsh realities of Earth's history. By default, most people trust these organizations to report the truth: however, they report the *obvious*, the *believable*, or events *not repressible* by the powers that be, but *not* the truth. Hence, the general populous is soon going to have a major wake up call. *Don't* be one of them!

Using the Yatesbury Crop circle reduction (May 2007, right) and the Zetas confirmation that it indicates the pace of Earth Change events leading up to the pole shift, I have analyzed the points, and the spaces between them, to create the graph below to illustrate the point:



Looking at this graph, one does not get a sense of an

impending disaster. Finally, according to the Zetas, we are going to a 7 out of 10 in the overall scheme of the run up to the pole shift sometime this year (2010). A big event, look for it.

### Volcanoes

One of the main environmental conditions most surviving people in the aftertime will be troubled by, is ashfall from a volcano. All will be impinged upon by volcanic ash in some way, as it will permeate the upper atmosphere globally creating what is known as: Volcanic gloom. This is a dimming of the Sunlight by fine accumulations of very light ash distributed around the globe by the jet stream and prevailing winds. The Zetas suggest that any volcano that has erupted in the last 10,000 years will have some kind of eruption. Some may just burp and emit some hot ash and others will really blow, it depends on several factors that can't be covered here.

The ash comes in two flavours: heavy and light. Heavy volcanic ash just breaks everything and large accumulations will render soil sterile and can collapse a housing structure, but in the long run, will enrich your soil for growing food. You don't want it *in* or *on* your body. Light ash is slightly less harmful, but is easier to breath in, so protective masks are a must if you find yourself in a situation where you are experiencing any kind of an ashfall. The ash is essentially air born powdered rock, harmful for lung tissue.

Generally, you want to be at least 100 miles to 200 miles from a Volcano and not downwind from one. Prevailing winds are your first consideration, as they distribute the volcanic ash laterally. They are very likely to blow from a different direction in the aftertime. For example: On Vancouver Island, B.C. Canada, where I live, we are moving to the Sub Topics. This means that instead of having South Westerlies, North Easterlies will blow for the rest of our lives! This entirely changes the direction of the current ashfall tract for us. Fortunately, we are far enough away from Mt. Baker and Mt. Rainier, possibly sitting astride their ashfall tracts to avoid the heavy ashfall. Mt. Meager will be North of us in the aftertime, so not a direct threat. Baker's ashfall tract will drop heavy ash where Vancouver used to be and squamish. My guess: Rainier's heavy ash tract will be deflected by the Olympics.

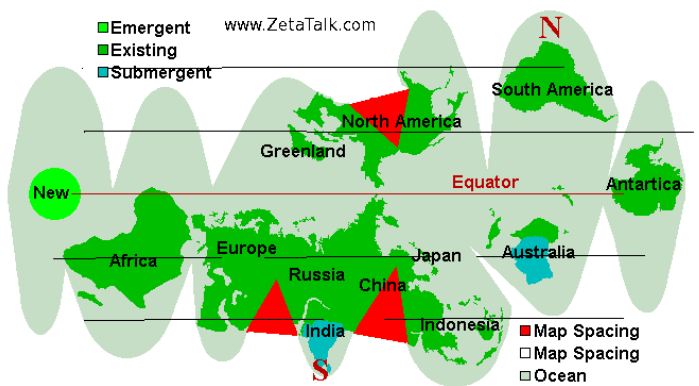
I have added the 30° and 60° parallel latitudes to the Zetataalk new geography map (shown in the next column). Take this information and correlate the prevailing winds graphic (below the new geography map, next column) by overlaying the prevailing wind directions according to the latitude where you will be living in the aftertime.

Wind is identified by the direction it flows *from*. There are circling winds you can see (left), in a band at about a 15% overlay on the 30° and 50° latitudes, consider this in your plans as well.

Below: Eyjafjallajökull volcano eruption April 19<sup>th</sup> 2010. You can see here the kind of power we are dealing with:

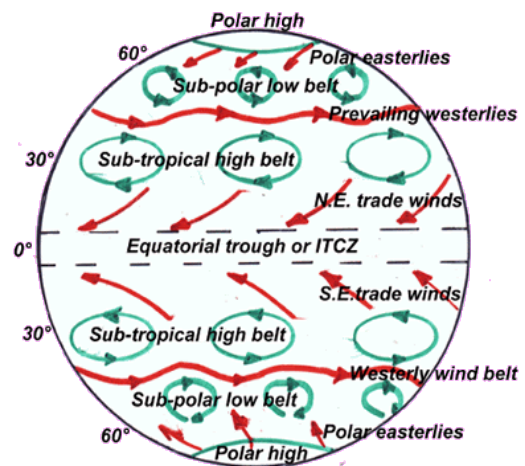


Below: Zetataalk.com new geography map



Note: Map may be printed and taped together to form a new globe.

Below: Global prevailing wind directions



Wind in the aftertime will be a slight order of magnitude *faster* as the atmosphere will be reduced somewhat leaving the air at ground level to be slightly thinner, easier to move through and therefore enabling wind speeds to be slightly higher. Perhaps this may help in deciding how close you want to be to an existing volcano in your area, if you have to cut a fine line.

### Ashfall protection

A face mask of some sort is a good addition to your survival kit. This one (white, right) is inexpensive and has dual bands for a tight fit and an out breath release valve.



I like this one (red, left), as it's washable, flexible wrap-around the face, all cotton with activated carbon as part of the fabric construction. Just in case you and your family cannot avoid a heavy



ashfall, *goggles* are also suggested by survival sites.

### Potable Water

A large supply of drinkable water is critical to prepare for the first days and weeks of the pole shift. We will all be in deep shock and will need to have adequate water, food close at hand and a warm shelter protected from the wind for this time period. Once we settle in to our new Lifestyles, then we will be able to be a little more flexible on these issues.

As Humans, we can live 3 weeks without food, but only last 3 days without water: Then we die, so remember to provide clean, purified and safe drinking water, and lots of it. The rain will have volcanic ash in it; rivers are not safe to drink from; Likewise for Lake water, drink only water that is, at the least, boiled first. Protecting your health at a time like this is *paramount*. Don't assume government help!

The various ways to "clean" and prepare water for ingestion are: boiling, filtering, chemicals, solar radiation (or SODIS), and distillation.

Since the aftertime skies will be darkened by volcanic ash, SODIS is not an option.

Chemical preparations do the job if properly applied, however, in my opinion, it's best to choose a sustainable system of water sterilizing: This method is very good for a backup plan, though. Iodine tablets or dual component liquid iodine preparations seem to be the simplest form and are completely effective. Additionally, the tablet style is cheap, \$6.50 will buy you a 50 tablet bottle (top right) and do 25 liters of water. Use as directed and

calculate temperature and contact time accurately. Vitamin C added to the treated water *afterward* or charcoal filtration will remove extraneous flavours. Choose another chemical if you have thyroid issues, are allergic to shellfish, or happen to be pregnant at the time.



### Charcoal

filtration is a viable option. The carbon filtration units we know today that connect to piped water will be useless as water delivery systems will break with the earthquakes, unless you can adapt them to new conditions. To the left, we have the Katadyn Siphon: it will purify 2,000 liters (max) of water for \$65.00. I would keep a couple of these in your survival kit for a *backup* to your backup. Alternative carbon granule filter systems will be

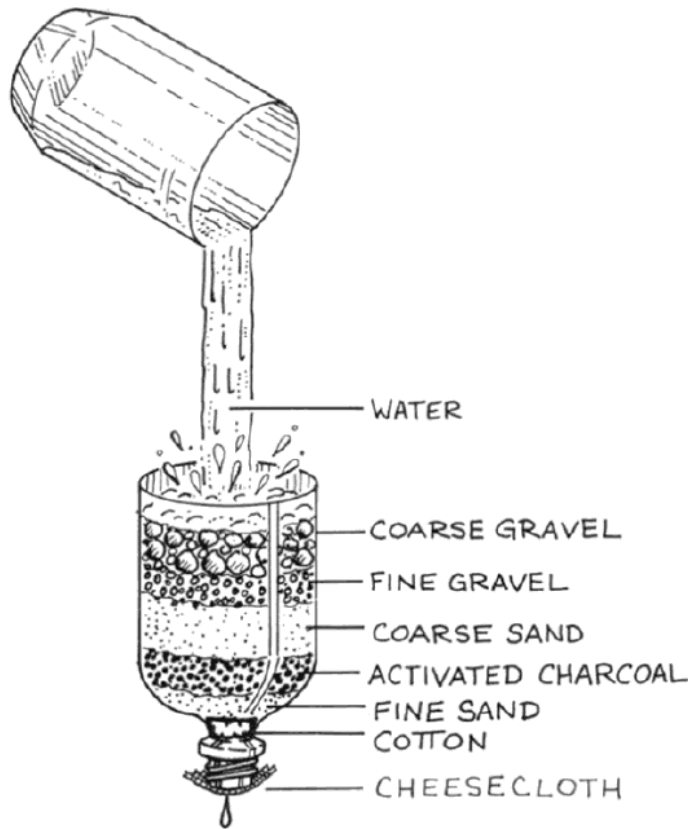


necessary, obviously, as the replacement filter components we know today will eventually be unavailable.

One method is to create your own carbon filtration power by baking wood chips or splinters of seasoned hardwood: Similar to wood you would burn in your fireplace or stove for cooking.. This is wood that has been left to dry out after being cut up from a living tree. You can recognize it as grayed and lighter in weight than "green" wood, don't use wood that is punky or soft (rotted). This [link](#) takes you to explicit instructions as to how to make your own charcoal. I do have an idea that you can use the black "char" of charred logs from a basic open fire as well. Hardwood is best: Oak, arbutus or maple will do or whatever is known to be a hardwood in the area of the world you live.

The image at the top of the next page assumes that you are pouring decanted, pre-filtered or otherwise: not muddy, too cloudy or swampy-green water into the filter. Boiled *and* somehow pre-clarified water would be best to pour into the entrance of your home-made charcoal-based water filter. The container is the familiar plastic 2 liter. Remember to pass boiled water through the sand and gravel to rinse it before you load it into your water filter. Remember, just because water is clear and doesn't smell, it does not mean it is safe to drink. It's not true that you have to boil water for 10 to 20 minutes to kill harmful pathogens. You should be heating it at 165°F for 30 minutes, 185°F for a few minutes or bring to a boil: then it is ready to consume or cook with.

The distillation method has a lot of cons. It's production rate is slow, and the yield is as low as 5 -to- 1, it requires a



constant source of heat to maintain the boiling of the supply source and if the water contains any petroleum products or other artificial chemicals they will end up in the finished product as their boiling point is lower than that of water. (ceramic filters provide this protection) Also, it is said that prolonged use of distilled "de-mineralized" water creates a trace element deficiency, furthermore it creates high acid water product. The only pro I found, was that since distilled water is boiled, it saves the one important step of sterilization.

The ideal source of water? An iceberg. It's perfectly clean and safe to drink. This is entirely possible for some people to be so lucky as to have washed up or pass by locally, for the ice of the South and North poles is going to be completely re-distributed. If I see an iceberg floating by, I would gather as much as I could chip off!

Finally, it looks like the best method to create safe, drinkable water is: 1.- decant or somehow prefilter sediments, 2.- bring to a boil, let cool, 3.- pour through charcoal filter, 4.- bring to boil again. *Not being able to boil*, the backup method being: 1.- decant and prefilter (the clearer the water, the more "contact" the iodine has with the water), 2.- use iodine preparation as per proportion of water and contact time, 3.- a finer filtration to remove undesirable flavour if possible, then use for consumption.

## Post-shift food growing and gathering

Certainly the broadest of subjects for me to research is post shift food growing and gathering. I combine a study of the vast Zetataalk repository of knowledge with Google search and a little spiritual guide communication, yet the reader will pursue the food of their choice, however limited in selection. What occurs to me in ever deepening layers, is that the Life we know as clear skies, bright Sun and gentle breezes are now in their last phases: a walk to the supermarket to just pick and choose from a vast array of food product in exchange for currency will be a fond memory of convenience. However, I am here to tell you that a normalcy will eventually return to our Lives.

Since we will have variable and fairly low light conditions for many years after the shift, new food types, alternative food production methods, updated eating habits and kinds of food will be in order for survival. Wildlife will migrate or die, some indigenous plants will die off as well as others thrive, so gathering, growing and eating what is available will be required. Wildlife *will* rebalance itself. Those people with the foresight to plan for indoor gardening (hydroponics) will do better than those who try to plant traditional crops exposed to the new elements.

Insect life will burgeon, primal plant life such as sea algae will do very well, so these food types may be included in one's personal choice for food consumption since it will be so plentiful. Insect protein is extremely healthy to eat. Crickets and various larvae are some examples, although unless you plan on living in the wild, it may not be necessary to consider insects as part of your diet.

Sea "weed" is incredibly healthy to eat: high in minerals and *protein* with additional food elements we usually don't get in traditional foods we are used to. The green plant to the right is known as green seaweed or *Ulva lactuca*.



To the left we have Dulse an edible alga harvested for thousands of years. High in Vitamin B, fiber and protein. Found in the intertidal zone, it can be eaten fresh or dried and added to soups. I use it, it's lovely to eat.



To the right, we have Laver from the *Porphyra* species. Like many seaweeds, it is high in vitamins, amino acids and is especially high in iron.



I have been ignoring this gold mine of life-sustaining food while beach walking as a slippery annoyance under my feet all my life! Although seaweed alga vary, they are fairly similar the world over.

Food accessibility for the 1<sup>st</sup> and 2<sup>nd</sup> years in the aftertime will probably be a combination of consuming stored food, gathering from the wild and trading or bartering within your community. Growing food obviously will take time and adjustment to the new environmental conditions. The majority of this food *will* be that which you have *set aside* for early survival in the aftertime. Start now!

After the poleshift, including time for normalization, venturing near the seashore will be more safe. There, one can gather seaweed in the intertidal zone for eating or to add to existing food stores. It is not advised to be too close to the sea, not-to-mention being *on* the sea, within a few weeks or months post-poleshift as unexpected and dangerous wave action is anticipated.

The sea level will also begin to rise as it already has. The National Oceanic and Atmospheric Administration, or NOAA, is responsible for [management](#) of the buoys that detect tsunami. Recently some data "leaked" before they cleared it from public view that indicated the sea floor was rising: (2 buoys-Coral Sea, 100 meter swell in 24 days between March 20<sup>th</sup> to April 13<sup>th</sup> - Lunar cycle not involved). Why would a buoy go into "event mode" in the case of no tsunami? The answer is, that because of the increased heat and expansion due to roiling magma, caused by the nearby presence of PX, is pushing the sea floor upwards.

The upshot of all this, is that the sea level will continue to rise for 2 years after the poleshift, and along with the melting of the poles, we will see land below 675 feet of current sea levels disappear. Still, seaweed will adapt quickly and do extremely well at this time and we can rely on it for food.

There are some books available that detail edible seaweed, and many [internet resources](#) covering this subject for the reader to use as a resource.

Green alga – near the surface of the ocean.

Brown – deeper, usually below the intertidal zone.

Red – Very deep.

All color - varieties are edible with exceptions. You need reference material to experiment.



red  
alga



brown  
alga



green  
alga

Wildcrafting and survival books are also available that is suggested reading. There are several types of food that grow in low light, plus a look at hydroponics as well, that I want to cover in a future newsletter.

### Earth change events



The Iceland Eyjafjallajökull volcano plume, pictured above, stranded hundreds and thousands of people transiting by air in Northern Europe. Notice how high the plume reaches: 6 km (3.7 miles). This is *not* a status quo event, this is an *Earth Change* event.

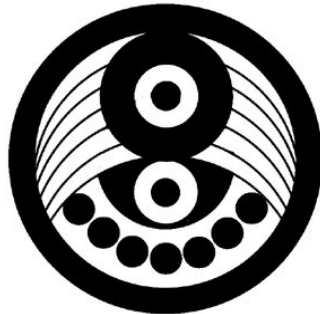
#### Some interesting facts:

- **The 'Council of Worlds'** is an organization of higher dimensional and physically incarnated beings that oversee all physical events that occur in the sector of the Universe that Earth resides. They have deemed the poleshift to proceed, as it is considered a natural disaster, moreover, it also serves to provide a means to an end: That end, is to clear the way for Earth's destiny as a planet broadly inhabited by spiritually motivated souls, as opposed to being a schoolhouse for mainly selfish and young souls, as it is today.
- **No** human knows the exact date and time of the poleshift.
- **Edgar** Cayce predicted a pole shift for approximately the year 2000.
- **Humans** do not feel the movement of Earth, we only see the result of it by reference points such as the stars, Sun or moon. My best understanding of the Zeta explanation, is that this is because of the way graviton particles manifest their density. Either way it doesn't matter, during the hour of the shift we will not feel Earth's crust actually rotating to it's new axis, it's only the earthquakes, tides, winds and the "sky events" we will be acutely aware of.

- **Continental** drift is not the only reason the global topography has dramatically changed over the millennia: PX passings are hard on Earth's surface.
- **Ice Ages** are caused by poleshifts. Not all poleshifts are created equal, some are more gentle (The upcoming is a *rough* one). The North and South axis points are swapped out with new locations: the ice melts at the old poles and reforms over the new poles.
- **The** Earth poleshift is nothing more than 2 magnets responding in close proximity: Earth, the weaker magnet, snaps it's North Pole away from the North pole of the more powerful magnet: Planet X, as it passes by us.
- **This** "quick" movement virtually separates Earth's Crust from the softer magma core during the poleshift event.

**New Crop Circle**

This rendering (right) represents the crop circle that appeared at Fort Old Sarum in Hampshire in the first week of May, deemed the first circle of 2010. It is genuine. The larger dark circle near the top is PX with the smaller circle below it being Earth. This arrangement clearly reflects the influence PX has over Earth. The downward arched "arms" that extend West and East from PX and cradle Earth, are the magnetic force lines holding Earth in a kind of stasis (what is also called the "cup"), held in place, stuck in front of the PX headlights, as it were. The 7 small circles represent the "degree of sway" Earth will have during our dramatic poleshift event. (Zeta interpretation)



Ancient Egyptian Artwork

Crop circles are divine messages from 4<sup>th</sup> dimensional beings tasked with providing these diagrams for our benefit. The geometric astrophysics inherent in the shapes is designed to talk to our subconscious, it is a Universal language.

Click on the saucer: Amazing. This video is the actual UFO that created the Fort Sarum circle, real night-vision footage of the UFO caught in action. (best part starts about 1:20 min in.)

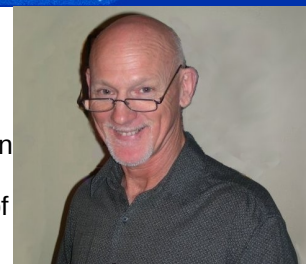


The circle at Fort Old Sarum is 180 foot in diameter and the crop is oil rape seed. The Farmer wanted £5 per person for an entrance to his field. :^)

Planet X – Date@bottom left – PX is fighting it's way North to South through the ecliptic, once above that, it's say bye bye to PX and hello to the poleshift.

Author and Zeta contactee, I create this newsletter for people to use as a resource to first realize, then accept and finally plan for the poleshift and the harsh living environment afterward. Do you *look* at the sky, *watch* the 2010/05/13 04:18

sunset, *stare* at the stars and *contemplate* the Moon? Unless you *do*, you miss seeing the subtle Earth changes not being reported. All my Life, I have taken in the sky, night and day, talked with the "man in moon", dreamt of many trips to the stars and planets. We are stardust.



Chris Thomas Wakefield