

## 2002 INTRODUCTION

(This is especially relevant for the next ten years of change on this planet.)

*"Sit down before a fact as a little child, be prepared to give up every preconceived notion, follow humbly wherever and to whatever abysses nature leads, or you will learn nothing."* Thomas H. Huxley

*"Almost always (persons) who achieve these fundamental inventions of a new paradigm have been either very young or very new to the field whose paradigm they changed."* Thomas S. Kuhn, "The Nature of Scientific Revolution"

*"An important scientific innovation rarely makes its way by gradually winning over and converting its opponents. What does happen is that its opponents gradually die out and that the growing generation is familiarized with the idea from the beginning."* Max Planck, Theoretical Physicist

*"Yesterday is history, tomorrow is a mystery, today is a gift, that's why they call it the present."* Author Unknown

*"Nothing will benefit human health and increase the chance of Survival of Life on Earth as much as the evolution to a vegetarian diet."* Albert Einstein

*"For keeping abreast, with the best for survival, thriving, "youth-ing" and healing information, please visit frequently [www.viktoras.org](http://www.viktoras.org)*

Viktoras

We have won. The world is coming closer to the last days of 2012, when time and space will be transcended and atonement will be experienced.

The series of recycling crises emanating out of the disharmonious relation to the One and with the All's.

The false daily criss- cross of the [www.lightwatcher.com/chemtrails/hos.html](http://www.lightwatcher.com/chemtrails/hos.html) and the buffering of the ionosphere breakdown can only be offset by 'green food oriented plant based diet within holistic lifestyles.

I am writing in light of September 11 and the follow up: Bush, Homeland Security, cover ups and political posturing. With wars and rumors of war swirling around us, it's my conviction that the message of **Survival**

**In the 21st Century** is even more relevant today than when it was first released over a quarter a century ago. As much of the world is mesmerized by the intensity of earthly affairs I am here to offer hope, vision and action. I believe our best hope lies in reawakening our body's natural instinctive capacity for self-healing; strengthening our minds connection to universal intelligence and reconnecting our soul with the divine essence of love within us.

In 2002, in light of the world-situation, the flow of world events may seem beyond our control, yet as micro-gods-in-drag (disguised as human beings) we still possess tremendous collective power to unite with other kindred souls to make a real difference. One may not have a direct line to the behind-the-scene decision-makers, however on an individual level, only oneself may prevent the preparation of one's bodily temple.

I believe all things are ultimately working out for the best, yet that doesn't mean there will not be challenges to overcome. Whatever does happen, let us pray we'll have the wisdom and courage to follow our highest light when our character and soul's integrity are tested. It's my belief that we are being tested here and now.

In the process of conveying this, I may at times sound pessimistic or alarmist. Other's may see me as an "internal alarm repair specialist in action." Hence, in spite of a strong desire to express my insights and feelings about the ongoing "violence", I will step back. For that too shall pass. One does not need to become a "victim of changes". Truly, I am an idealist and an optimist, for I believe nothing can extinguish the immortal divine spirit in humanity. So...my non-stop mantra for these challenging times is:

**"Love is my intention and now with my attention.....love grows and grows and grows."**

Place your attention on love and it will multiply. Place your attention on life and you will become more a-live.

### **Health Held Hostage, a Media Hype**

Nowadays, many of us are so caught up with the day-to-day demands of "making a living". The excuse is that we've lost touch with how to live

in tune with our natural instincts and intuition. The insidious effects of this ceaseless external assault keeps us in a perpetual state of frenetic business "in emergency mode" making it difficult to connect with the infinite source of inner wisdom and outer harmony.

What makes it even more difficult for one to get back in touch with our authentic needs is that 8 out of 10 Americans are "chemically altered" due to prescription drug use. The result is a drugged-out, weakened populace experiencing unprecedented levels of chronic "dis-ease." In fact, the so-called "health care system", more accurately referred to as the disease management system, is itself responsible for 4 out of every 10 casualties...5 times more people each year than the toll caused by auto accidents. Case in point: One would think that when doctors went on strike, mortality rate would go up for lack of medical care, right? However Dr. Mendelsohn tracked mortality rate statistics when doctors went on strike and found ...rates decreased significantly! Taking personal responsibility for your health, is the only cure for the "dis-eased" illusion.

**Survival into the 21st Century** continues to be a best-selling health classic because it presents a new paradigm of nutrition that shows people how to effectively detoxify, heal and rebuild the body temple, all while living in modern society. Sure, its longevity as a popular book had something to do with its home-grown charm: funky hand-written diagrams and lay-out, hip visionary artwork and quirky photos, but what mattered most were the foods themselves, the high-enzyme, easy-to-digest whole foods our modern culture had almost forgotten. However millions of years of cellular programming in us did not forget. So when a new health generation got the chance to taste these incredible, edible living foods, a love affair was born and a new movement was launched.

Germination was at first slow, but in each decade following **Survival's** release we witnessed the sprouting up of more and more living food healing centers, raw food support groups, gourmet "no-cooking" culinary schools, raw websites and a host of vacation resorts around the globe.

### **Dietary Recommendations to Ward Off Internal Toxicity**

At the time of the initial release of **Survival**, the general dietary direction I recommended was to eat progressively lighter high-energy foods such as fresh squeezed wheatgrass, green drinks and vegetable juices, indoor baby greens, sprout salads and fruit. One would eventually reach a level of internal purity that would not only enhance the ease of metabolic functioning, but also enable living fooders to tap into more subtle life-energies found in sunlight and air.

Without proper guidance, however, some people became "spacey", lost too much muscle mass and generally became too vibrationally sensitive in relation to their surroundings. I'm not completely dismissing this direction in dietary evolution...there's a time and a place for everything.

The awareness of mother earth's birth changes...her methods of cleansing, healing and growth, are all around us in many consciousness raising forms. We are aware that the nuclear power plants, "ill" municipal water supplies, anthrax, infected livestock and other various methods of mass chemical saturation are there. . So here's some updated nutritional advice for these turbulent times, gleaned from my nutritional counseling experience over a span of 30 years.

Many people I counsel have already come a long way in their dietary evolution since their years of eating the Standard American Diet (SAD).

In fact, a significant number of people have arrived at a primarily cooked vegan diet even before we have our consultation. Becoming a vegan takes a tremendous burden off the environment and oneself, yet the diet itself has drawbacks. Although many offending foods have been eliminated (animal food, dairy products), the typical starch based vegan diet doesn't supply sufficient quantities of enzymes/full-spectrum-minerals and other delicate nutritional co-factors that are destroyed by cooking.

To compensate for the cumulative effect of enzyme-deficient food over a lifetime, I recommend a transition to at least 80% uncooked foods "the more raw, the better". This change can be accomplished at your own pace, unless there's an existing health problem that can be helped by a more accelerated transition to living foods. The ease with which you move toward eating a higher percentage of raw foods depends on many factors: psychological make-up, living situation, work environment, constitutional strength, etc. That's why nutritional counseling is considered an art as well as a science. In addition to living foods themselves, I almost always recommend the daily intake of certain food concentrates such as plant-based enzymes to make up for past enzymatic losses, and blue green algae for the full spectrum of nutrients. Also the introduction of oral pro-biotic cultures (acidophilus, bifidus, and many other beneficial microbes) nourishes a healthy, non-toxic gastrointestinal tract and creates protection against Anthrax, Salmonella and Campylo- bacter, Staph, Botulism, etc.

Make sure to eat enough live plant protein each day. I've seen too many raw fooders deficient in essential amino acids. Eat the kind of protein that has its enzymes still intact. Sprouted grains, soaked seeds and nuts are the highest sources of high quality, enzyme-rich protein. They

can be consumed in fermented form as well. Eat plentiful amounts of green and blue-green foods. Blue-green algae from Klamath Lake, Oregon, wheatgrass juice, sea vegetables such as dulse, nori, wakame: organic green salads, vegetable juices and well-selected therapeutic herbs and spices also play a prominent role in my design of individual dietary programs. In addition, over the last 5 years or so, I advise many people to cut back on the quantity of fruit they consume, even carrot juice, as these sweet foods aggravate compromised immune systems and those suffering from candida yeast problems, chronic diseases and/or staph infection

As far as "cleansing diets", I'm all for them, however, as I alluded to above, I have one caveat: As you're bound to lose some muscle mass in the process, make an effort to rebuild as soon as possible. For if you get too skinny and yinny (spacey) you'll become too sensitive to environmental pollution as well as any psychic and physical discord around you. More specifically, I don't advise permanently losing more than 10-15% of your recommended weight for your height and body build during any single cleansing period. But if your weight does take a nose-dive, an exercise program which includes some form of resistance training (i.e. heavy lifting or weight training), in conjunction with, a diet of sprouted grain/soaked seed and soaked nut with other super foods will speed muscle mass recovery at rate of about pound a week.

### If You're Not Aging, You're "Youth-ing"

There's an evolutionary step beyond periodic internal cleansing which I call "youthing." It's the actual reversal of aging. To be able to become physiologically younger even as you chronologically get older, you'll need to increase your level of enzyme supplementation as well the quantity of enzyme-rich superfoods you eat. That's not all.. "Youthing" entails living in alignment with each and every component which contributes to health, such as mental poise, sufficient rest, sun, meditation, fresh air, pure water, etc. Many a health expert and famous nutritional author have consciously or unconsciously minimized the importance of one or more of the above health essentials and paid dearly in the form of premature aging or early death. Aside from the renewed sense of youthfulness you'll feel, a no-cost, low-tech way of tracking your youthing progress is to monitor changes in your iris through the diagnostic science of iridology. Healing lines and the disappearance of lesion marks on the iris are signs your body is rejuvenating. Consult the iris diagnosis map on page 197 in **Survival** if you're interested in the details of the wonderful healing going on inside you.

In summary, the way of the living food lifestyle is a path toward

freedom, inner joy, strength, youthfulness, clarity of mind and the blossoming of the heart. Be true to yourself and trust you'll be guided at every step.

### **Ten (More) Commandments for Thriving in the 21st Century**

1. Heal thyself, first and foremost. All else follows from this. Charity starts at home. True self-love, (not narcissism) precedes love of others. If possible, find a supportive group of kindred souls who are also working on themselves. Pick your friends and work conditions wisely.

Do your best to put into practice what you read in **Survival**, as well as other self-help books, videos and CD's. Become active in community service. Trust your intuition and instincts to where life leads you. Network with others by attending raw food events and any life-positive direction to which you're guided. Also wise is to drink lots of pure, clean water.

2. Everyone Gets To Play An Instrument in the Divine Symphony of Life. If you're a musician, sing songs that spread the message of love. In our culture, music is even more influential than the written word. I feel that by creating a major musical-dance-media event with a theme of "Back to Nature, healing with the planet and all Life forms, compassion and a return to simplicity... ", the live food community can create a visibility and a forum for sharing this natural, practical, economic way of life. Music is the language of the heart which will draw one to the vision of universal growth. I have outlined a format for events of this nature because I feel the time is now to "expand our sound". Please feel free to contact me if you are involved in the media and/or music industry.

If you're a money manager, support ecologically friendly investments. If you're a health practitioner, recommend high-enzyme live foods. In whatever way you can, use your energies in service of helping others. Any support they receive from you will help them get more in touch with their soul's internalized spiritual guidance system. Once they connect, they'll be better able to experience the beauty of life on earth and help others in the process.

### 3. Get with the Net

There's now a spin-off to the saying, "Think globally, act locally." It's "act locally, internet globally." The Internet is one of the most incredible networking/informational tools of the New Millennium. If

you're not yet familiar with using the technology, relax, all you need is a little encouragement and guidance. Simply find a friendly person to introduce you to the basics of how to "surf the net, send and receive e-mail, or do an information search, etc. If you're financially challenged and don't have your own computer...public libraries, friends, associates, storefront Internet cafes are other ways to get into cyberspace for little or no cash.

It's easy to receive free e-mail service you can access almost anywhere on earth. All you need is a telephone line and a computer that's online. A good first step is to get your own free e-mail address. This can be done on any online computer wherever you may be.

Examples of free e-mail services are "www.hotmail.com" & "www.yahoo.com." There are many others. In addition to the above basics, cyberspace chat-rooms (people at computers in different locales communicating with each other in real time) can accelerate both your personal growth as well as the healing of the planet. There are chat-rooms of every description, as well as, every type of club and support group under the sun.

#### 4. Love the Children

Many of our dreams for a better world may not occur in our own lifetime. We may plant the seeds of the future, but it will be our children and our children's children who will tend them to harvest. We need to nurture the children now so that they'll be able to nurture our dreams in their realities.

Your service of children may find expression in raising your own biological family. Or it might take the form of actively seeking out troubled youngsters or orphaned children who need mentoring and positive role models. Although we may feel many children need our help, guidance and love, all children truly come to earth in the role of helping and guiding others. There is a unique group that several contemporary writers call "Indigo children." These special souls come down to this earthly dimension at this critical time in history equipped with extra-ordinary soul-qualities, amazing intuitional and psychic abilities and often genius-level intelligence. It's predicted Indigo

Children will join the more progressive segment of our present population whom sociologists call the "cultural creatives"...people of all walks of life, political persuasions and socio-economic levels who share a common constellation of life-positive values. Together, they will form the necessary critical mass of light-workers that will lead humanity into a new Golden Age of peace and higher consciousness. So make yourself available to the children: Spend time with them. Teach them. Learn from them. Believe in them. Love them and let yourself be loved by them. "Let the children guide you".

## 5. Hope Is A Molecule

Feelings of optimism and high oxygen levels in the bloodstream are correlated. Reducing internal toxemia has been shown to reduce attention deficit disorder, increase mental focus and allow us to relax into deeper meditative states.

There's a bio-molecular foundation to optimizing physical, psychological and spiritual growth. Our thoughts, feelings, words and deeds are building blocks for the type of molecules we create on a moment-to-moment basis. Purifying and strengthening physical functioning transforms the old you into a more conscious vehicle for the expression of divine love and infinite creativity. Once sufficiently purified physically, it will be easier, as the Bible says, to be as mindful of what comes out of your mouth as what you put in it! When an animal is slaughtered, it releases a "fear" endorphin into it's bloodstream. When one ingests that animal product...one eats "fear".

Fear is a molecule, as well. By self-introspection and witnessing our thought patterns, we can halt the manufacture of fear-based molecules in favor of endorphin-like carrier-molecules of love and bliss.

When you find yourself emotionally out of sorts, pull up your short-term memory files of recent internal self-talk (thoughts you said to yourself in your head) that doesn't feel right to you. Then take the time to listen for corrective guidance and you'll surely be shown how to "make things more in tune."

If your introspection continues to bring up hidden fears, decide whether these fears have any basis in reality. If so, it's possible you can prevent or reduce the likelihood of any real uncomfortable situation manifesting. Think of concrete action steps you can take instead of worrying about or being afraid of what may happen in some imagined future. What we concentrate on, we create. Take these positive action steps and then move on. Do not linger in a state of fear. If somehow you still cannot completely shake off all of the fear...sing to yourself, either out loud or internally, "I am love, I am love, I am love..."

You may also want to focus your attention on your breath: Breathe in, hold your breath, then breathe out and relax. Repeat again and again.

Simply watch your thoughts float by until you are closer to an emotionally neutral, unattached state. We have the power to shift our thoughts, words and deeds in the direction that will make us feel safer and more in touch with what makes us and others in our life, happier. And if you feel you still need additional professional help to become clear of unpleasant holdovers from the past, by all means seek that special

person to assist you.

#### 6) Please do not judge yourself

if you make mistakes or sometimes backslide on your resolutions. Remember, every saint had his or her checkered past and every so-called sinner has his or her bright future to look forward to. Just as you fell many times when you were first learning to walk, be patient with yourself if you break your word or repeat again what you said you weren't going to do. If you fall short of your intentions, simply pick yourself up and gather up more resolve and courage to do better next time. I'll say it again, concentrate on where you want to be and eventually you'll get there.

#### 7) Death is an illusion, life is eternal.

Fear of death is considered the number one stress in people's lives. The idea that your essential self is the soul may or may not be something you believe in at this point in time. It's my conviction that all souls will at one time wake up to know, from direct experience, that we are more than our personality, roles and sense-based input. If you take the fast-track to inner and outer transformation as laid out in **Survival**, your spiritual awakening to the reality of soul may occur even sooner than later.

You may even learn to master the secrets of physical life-extension and be able to live a long, long time. Eventually, you may decide you've learned the lessons of this present incarnation and be able to make a fully conscious physical exit...gracefully moving in and out of various dimensional energies as a "spirit-soul."

#### 8. Cycles of Time

Countless past civilizations have existed on this earth for many millions of years. Carbon-dated fossils show human footprints walking side-by-side with dinosaurs, contradicting the official party line held by academic anthropology and archeology. From time immemorial and even today, spiritually awakened teachers have been reminding us that life on earth goes through cosmic evolutionary cycles of destruction and re-creation.

At the end of each grand cycle of the past, whole civilizations and their eco-systems have been dismantled by flood, fire, earthquake and other earth changes as the flower of human progress is once again blessed to start over again in the compost of stone-age conditions.

One example of this was the fall of Atlantis, which many believe was a much more advanced civilization than our own. We won't go the way of Atlantis, however. The good news...is that after the transitional period of political and social upheaval we're in the throes of now...prophecy predicts there will not be

another "fall". A new Golden Age is being born in which a collective "change of heart" will be our saving grace. It will be done... and you are one of the players in the New Millennium.

#### 9. The Healing Balm of Forgiveness

Embedded in the word "forgive" is the word "give." Give from the heart selflessly and live in communion with your divine self, the source of love, through deep meditation. Forgiveness is born out of compassion, not only for others, but also for oneself. When forgiveness is awakened in your heart, grudges and grumbling towards self and other disappear as night-shadows at dawn. Living without judgment in the "co-creative now", you'll feel the ecstasy of being in tune with the power of Unconditional Love. When you have true self-love for yourself, you'll effortlessly be able to forgive.

#### 10. Meditating on Your Divine Self

Having a human incarnation is a wonderful opportunity to realize the ultimate beauty of existence: Self-knowledge and spiritual illumination. As a human being, you've been given the gift of the hardware (human body) to access the ultimate software program..."the Infinite Bliss within you." As you have a body right now, do not miss out on this golden opportunity to meet the Divine Beloved within you. At your own pace, create a comfortable atmosphere to address whatever issues are keeping you blocked from experiencing your true nature.

Resist the common temptation to escape into the oblivion of "sense enjoyments" for loitering at the level of the three lower chakras may burn one out sooner than later. There are many types of meditation. To access the eternal "beyond time and space" part of your being, you must first learn how to relax without falling asleep.

Here's a universal form of meditation which you may wish to integrate into your current spiritual practice: Assume any comfortable position in which you can relax your body, and bring your attention just above and between your two eyebrows, located in the center of your forehead.

With eyes closed, look gently ahead of you, as if you were looking into a television screen about 7 or 8 inches directly in front of you. Don't strain your physical eyes as you gently gaze into the middle of whatever you see. You may see swirling darkness, lights of different colors, bright white or golden light, the sensation of traveling through a tunnel or even flying through inner space. If you just see blackness, look into the middle with more attention and light will eventually sprout forth.

Whatever you see and experience, know it is not being seen by your physical eyes but by the subtle faculty of the soul's inner sight. The spiritual center of perception is called the "third eye", "the single eye", "the inner eye" and many other names in different spiritual traditions. This inner Light is actually emanating from higher dimensions of reality beyond the physical universe. This light is keeping us alive. Even the life-energy found in living foods are a transmuted form of this same non-physical light.

At one point, you'll also hear an Inner Sound, which can be thought of as the "flip-side" of this Inner Light. This Inner Sound is not being heard by your physical ears but by the soul's intrinsic ability to hear. This Divine Melody itself has been called "Om", "the Word", "Music of the Spheres", "the Voice of Silence", "Holy Sound", "Tao", and many other titles.

Like the Inner Light, this Inner Music is reverberating from the inner planes of creation beyond the physical realm. Both the Light and the Sound can transport the soul to its True Home beyond the physical, astral and causal planes to the realms of Pure Spirit. Meditating on the Inner Light and Sound is a way of experiencing your soul directly. All the answers to life and the universe are present in these two primal manifestations of the God/Goddess principle. Ask and it shall be given, seek and ye shall find. In your asking for guidance, you may be led to a spiritual Master who will escort you into inner space, help you throughout life, even at the time of your rebirth.

### **Paradise Found**

After the publication of **Survival**, I traveled to several continents to spread the message of living foods and higher consciousness. During this time, only a few people really knew the extent of my own health challenges. I naturally sought to keep my personal health issues confidential, not wanting my students, clients and the people buying/reading my books to know I had chronic migraine headaches associated with high acidity and low enzyme levels. I also had a lot of emotional "demons" from my youth that I carried into my adult life. When I discretely sought the advice of colleagues and other health practitioners, I often didn't follow through on their wise counsel. So you could say I've been one of the slow learners to my own health advice! However, when I was 50 years old and I was sick and tired of being sick and tired, I finally got serious about getting rid of my persistent headaches and other signs of imbalance.

I created an individualized program for myself and began to experience more positive results. My program consisted of: frequent small meals, eating only when stomach was really empty, food concentrates of enzymes and Blue Green Algae, drinking plentiful amounts of toxin-diluting water, sufficient rest, yoga, meditation, chiropractic adjustments, weight-lifting, cultivating right relationship with significant others, learning better communication skills to express my needs and sharing more love with others and with myself. When I finally approached my own health holistically, on ALL levels, only then did I begin to feel the buoyant joy of what it feels like to be healthy in body, emotions, mind and spirit.

So be honest with yourself and see where you can be more in alignment with the laws of the universe. Seek the help and support you desire to be reborn. Come from your heart by living a life of truth and love. Discover your gifts and share them with the world. Everyone can find ways to serve, even if one is physically disabled and can't even get out of bed. How? By warmly expressing your gratitude to those who serve you! Paradise is within you and me and everyone. We can and will bring this paradise out into the world with visualization, meditation, focused intention and right action. We will do it. . . I believe in us.

In closing, let me state the eternal truth that love can travel beyond the limitations of earthbound time and space. Although we may not as yet have met physically, as you read these words I send you my love, without conditions, directly from my heart to yours. Can you feel it now? Take it in deeply and go out and spread your own love with others.

We are one  
All is love  
Love in Service,

Enzymatically Yours,  
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### **PROPHECY ABOUT OUR TIMES**

“And in those days  
the children shall begin to study the laws,  
And to seek the commandments.  
And to return to the path of righteousness.

“And the days shall begin to grow many  
And increase amongst those children of humans  
Till their days draw nigh to one thousand years, and to greater number  
of years than ( before) was the number of days.

“And there shall be no old people  
Nor one who is not satisfied with ones days,  
For all shall be as children and youths.

“And all their days they shall complete  
and live and peace and in joy ...

(Essene, The Book of Jubilees, XXIII: 26-30, Vol. II, p 49)