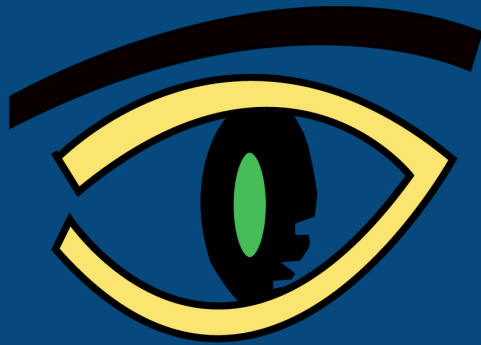


GUIDE TO POWER



THE PERSONAL REVOLUTION
TO FREEDOM AND POWER

ROBERT VANNOY

Guide To Power

&

Skeptic's Guide To Power

The personal revolution to freedom and power!

Guide to Power supplies special mind-guiding tools that raise the personal power and consciousness of its readers. The *Guide to Power* companion device, the Mind Guide, is useful in the mastery of personal power and in playing the Mind Guide game (*a unique game that interacts with the real world*). Ordering website: <http://www.guide2power.com/>



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About *Guide to Power*

Welcome to: *Guide to Power* Book 1, & *Skeptic's Guide to Power* Book II.

Guide to Power Book I, offers strategies and unique tools to raise intelligence, consciousness and power, and to fight what the following quotation declares:

- *The triumph of capitalism, the death knell of planet Earth.* - Author

Skeptic's Guide to Power Book II, offers a unique type of intelligence that appreciates truth wherever it is found. Most particularly, to counteract the corporate/state propaganda as the following quotation explains.

- "The heart of the State's power lies in its ability to maintain its people in a condition of false consciousness." - Charles A. Reich

The *Guide to Power* companion device, the Mind Guide, is useful in the mastery of *Guide To Power* and in playing the Mind Guide Game (a unique game that interacts with the real world). See page 28, for an important option and further objectives of *Guide to Power* Book I, and the *Skeptic's Guide to Power* Book II.

Invitation- Many people seek a quick evaluation about any book they read, therefore, have a look at the **Table of Contents** pages 3-6, and satisfy your curiosity about subjects of particular interest. Then take a look at **Power, the Basic List**, page 14, which serves as a *special introduction* to both the *Guide to Power* and *Skeptic's Guide to Power*. If you would like to know something about your author go to page 144.

There is a unique *Guide to Power* shortcut for the impatient reader - A *Guide to Power* shortcut that will increase intelligence and power in the fastest possible way! Simply read the subject listings **marked with this check mark ✓ first**, starting at the Table of Contents on page 3. Fortunately, taking this quick path to the heart of power will encourage the reader to master the entire *Guide to Power*. Please go to page 28, for an elaboration on the *Guide to Power*, Mind Guide, and *Skeptic's Guide to Power* objectives and advantages.

Curiosity Run- Whether you like or dislike mysteries you may wish to benefit track the story of Robert X, which is used to illustrate important aspects of *Guide to Power*. **Curious?** You can step through Robert's story immediately in the electronic version of *Guide to Power*, just type *Robert X* in the computer find window and hit the find key *repeatedly* to step through Robert's story. Alternatively, in the *Guide to Power* hard copy edition, you can use the *Main Book Index*.

Computer Navigation: Quotations and the Power of Words: The 259 quotations used in *Guide to Power* play their part in its mastery. The index listing all quotations starts on page 308. In this electronic .PDF guide version you can move quickly from quotation to quotation by typing two consecutive hyphens - - in the find window and clicking enter. Activate the find key repeatedly and you can step through all quotations beginning at the cursor location. If you enter a lower or upper case WZ in the find window starting at any *Guide to Power* cursor location, and repeat the find search, you will step through some original, unconventional, and generally overlooked power of words. Lastly, to go to any page number, or to find any word or phrase, use the .PDF search function.

Guide to Power - BOOK I

TABLE OF CONTENTS	3 ✓
Front Cover	
Copyright Page	1
About <i>Guide to Power</i>	2 ✓
INTRODUCTION	7 ✓
First Principles	9 ✓
Computer Analogy and Implications	12 ✓
Adaptability	13 ✓
Power, Basic List (80 Precepts of Power)	14 ✓
Pages 14-20 (items 1 to 57), pages 50-53 (items 58 to 73), page 102 (items 74 to 75), page 123 (items 76 to 80)	
CHAPTER I: <i>The Psychological Basis of Power</i>	21 ✓
<i>Sector 1, of the Mind Guide</i>	
The (37) Mind Guide keys are page numbered and explained in the first 5 chapters of <i>Guide to Power</i>	
(1) Ru, the Master Key	22 ✓
What can Ru do for you?	23 ✓
Activation of Ru	24 ✓
Self-Consciousness Preview	25 ✓
(2) Higher Consciousness	27 ✓
<i>Guide to Power - Objectives, and the Mind Guide Advantages</i>	28 ✓
<i>Skeptic's Guide to Power— Objectives</i>	28 ✓
The Two Brain Hemispheres	29 ✓
Table of Brain Attributes (Left Brain)	30 ✓
Table of Brain Attributes (Right Brain)	31 ✓
(3) Four Mind Functions	32 ✓
(4) Four Function Mind Patterns	33 ✓
Genes	34 ✓
(5) Changing Mind Patterns	35 ✓
(6) State of Being and Changing State of Being	37 ✓
State of Being Axiom	37 ✓
Dynamic Exchange	38 ✓
Dynamic State of Being	38 ✓
State-of-Being Evolutionary Path	39 ✓
Four Mind Functions and State of Being	39 ✓
Association of Mind Functions and Mind Patterns	40 ✓
Mind Functions Applied to Mind Patterns	41 ✓
Implications of Four Mind Functions and Their Patterns	42 ✓
(7) Traction Effect	45 ✓
(8) Traction Effect Escape & Negativity	46 ✓
(9) False Personality	47 ✓
(10) Imagination	47 ✓
Creative Imagination	48 ✓
Summary	49 ✓
Power, Basis List Cont...	50 ✓
We Are What We Continually Think	54 ✓
We Are What We Continually Do	55 ✓

CHAPTER II: <i>The Drives of Power</i>	57 ✓
<i>Sector II, of the Mind Guide</i>	
(11) Aim	58 ✓
(12) Energy	59 ✓
(13) Discipline	59 ✓
(14) Will Power	59 ✓
(15) Motivation	60 ✓
(16) Courage. Building Courage	60 ✓
Conclusion	61 ✓
Author's Note & the Concept of "Living Well"	62 ✓
CHAPTER III: <i>The Lines of Power</i>	63 ✓
<i>Sector III, of the Mind Guide</i>	
(17) The Four Kinds of Thinking	64 ✓
Natural	65 ✓
Logical	65 ✓
Mathematical	66 ✓
Creative	67 ✓
Creative and Logical Thinking	67 ✓
Simple Use of Logic	68 ✓
Logical Pathways – Deductive & Inductive Reasoning	70
(18) Stating the Case, Asking the Right Questions	72 ✓
(19) Nature of Systems	73 ✓
(20) Entry Level, Scale and Plan	74 ✓
(21) Positive, Neutral, Negative & <i>Feedback Spiral</i>	75 ✓
Changing Negative to Positive	76
(22) Machismo	76 ✓
Foundational to Machismo	78 ✓
Aggressive Drive	79 ✓
Machismo Dangers	80 ✓
Beyond Machismo	82 ✓
Advanced Man, Faults of Advanced Man	83 ✓
Superior Man	83 ✓
Conclusion	84 ✓
(23) List of Four	85 ✓
Talk/No-Talk Ratio	85 ✓
Questions of Power & Question Forming Rules	87 ✓
Rule of Reciprocation	89 ✓
Law of Needs and Desires	89 ✓
Self-Image	89 ✓
Myths, Slogans and Mind Patterns	90 ✓
Social Norms and the Autokinetic Effect	91 ✓
(24) Karma and Extended Karma	92 ✓
Karma, a Warning Story	92 ✓
(25) Yin and Yang	93 ✓
Male/Female Division	93 ✓
Love, Mating and the Hunt	95 ✓
Love on The Wild Side	99 ✓
(26) Luck, The Four Ways	100 ✓
Discoveries	100 ✓
Dynamic Reality	101 ✓
Word Power (list 1)	102 ✓

CHAPTER IV: <i>The Ways of Power</i>	103 ✓
<i>Sector IV, of the Mind Guide</i>	
(27) Position	104 ✓
(28) Information	105 ✓
(29) Time	105 ✓
The Inner Clock	107 ✓
(30) Cause and Effect, Change and Cycle, Impermanence	107 ✓
Personal and Impersonal Informational Sources of Prime Importance	109 ✓
(31) Foresight	110 ✓
Inherent Power	111 ✓
Dedication Pages	111 ✓
CHAPTER V: <i>The Creative Thinking Keys</i>	113 ✓
<i>Sector V, of the Mind Guide</i>	
(32) Ra, the Open Mind	114 ✓
Ra, the Catalyst (What If?)	114 ✓
Ra, the Anti-Set	115 ✓
Ra, the Anti-Dogmatic	115 ✓
(33) Candidate Mind Pattern Selection	118 ✓
(34) Reversal and Extremes	119 ✓
(35) Extremes & Rotating Attention	120 ✓
(36) Random Input and Change	121 ✓
(37) Brainstorming	121 ✓
Creativity	122 ✓
Power, the Basic List	123 ✓
Traps, their Causes and Control	124 ✓
Free Will	126 ✓
Power of Words	127 ✓
Word <i>Power</i> (list 2)	127 ✓
Main Mind Guide	128
CHAPTER VI: <i>Self-Consciousness Axiom, Plateaus</i>	129
Theory of Self-Consciousness	130
Observations	131
Divisions of Mind	132
Methods of Working on the Divisions of Mind	133
Finding the True I through the Four Mind Functions	133
Finding the True I through the Conscious and Subcon- scious Mind	134
Finding the True I through the Two-Hemisphere Brain	135
Physical Activities Conducive to the True I	136
Sublimation of the Four Mind Functions	136
Ego Mechanism	137
Main Line	138
Strengthening the Main Line	139
Conservation of Energy	140
Illustrative Mind Guide Device	141
Mind Control & Mind Guide Game	142
About Your Author & Remembrance	144 ✓
CHAPTER VII: <i>Health Essentials</i>	147
We Are What We Eat	148
The Heart of the Matter	151
Phytochemicals & Preventing Cancer	153
Consider Changing Your Beverage	158
Seven Simple Rules to Change Your Diet	158
The Mediterranean Diet & Food Pyramid	159

The Acid-Alkaline Diet	160
Shifting your pH toward Alkaline & Good Health	160
Food Enzymes	161
Alternative Medicine & Diabetes	161
About Diabetes	162
Chelation Therapy	162
<i>Skeptic's Guide to Power Book II</i>	165 ✓
Conspiracies	167 ✓
Elements of Danger	170 ✓
Uncommon Sense	174 ✓
The Arms Race	175
Greed, and Extraterrestrial Epitaph	179
Foreign Interventions & Iran-Contra	180
The Filtered Media	184
The Gulf Wars	186
Gatekeepers	189
The Empire Strikes Back	190
Secret Agendas	192
Criminality	195
Project Censored and the Alternative Press	197
Three Project Censored Top Stories	200
Four Selected Articles	205
Open Letter	211 ✓
Alternative Media and Addresses	216 ✓
Bibliography Subject Index	218
Bibliography	219
<i>Selected Books</i>	232 ✓
Glossary	233
What Every American Should Know	240 ✓
The 9/11 Tragedy & Its Aftermath	240 ✓
War is a Racket	249 ✓
Tweedledee & Tweedledum	250 ✓
Manchurian Candidates	256 ✓
Will the Chief Manchurian Candidate Step Forward?	258 ✓
Hyping Terror for Profit and Power	263 ✓
Coming to a Mall Near You	269 ✓
Iraq: Roll Over, George Orwell	271 ✓
The Public Cost of Privatization	273 ✓
Significant Questions	275 ✓
Significant Article Listings	277 ✓
Wrap-Up	279 ✓
Running In Reverse	284 ✓
The Multinational Criminalization of America & World	289 ✓
Taking Back America	290 ✓
They're All Against Jobs by Sen. Fritz Hollings	294 ✓
Essential Recent History & War	296 ✓
Torture Tape Fingering Bush as a War Criminal	303 ✓
Living On the Edge: Skirting with Nuclear Danger	305 ✓
Quotations Index	309
Book Index (Ideas from A-Z)	319
Selket (Back Cover)	

The challenging questions: What price would you pay to improve your life? Will you invest time, attention and effort to find a true improving pathway? Do you know that a single idea can transform your life? Guide to Power can be an unparalleled investment in your future, in your true treasure, in your life. Determine to live and breathe the Guide to Power environment for forty-eight hours, your view of what constitutes real power and wealth may never be the same. One final reason for immersing yourself in Guide to Power is that your mind patterns and those of others will decide your future. Therefore, can you conceive of anything more worth knowing?

FIRST PRINCIPLES

WE ALL POSSESS A PATTERN-sensitive mind. We are born and mind pattern imprinting begins. If our genes are in working order, and if through the roll of the biological dice we are born to parents with undistorted mind patterns* and if our instincts, feelings and thoughts are not too twisted by the powerful environment of people, places, economics, personal chemistry and more, we are indeed fortunate. The above translates into an important *subconscious mind script* that largely controls our lives! However, if we are not lucky, and the external environment savages our instincts, feelings and thoughts then serious mind pattern distortion will enter our lives. If we do not discover and correct the distorted mind patterns, then our personal power will be seriously limited (*our subconscious mind scripts will then serve us badly*).

Expose distorted mind patterns on the conscious level of mind to the light of reason and, even if unknowingly, one's brain will correct them subconsciously (*our subconscious mind scripts may then serve us well*). *Guide to Power* and its companion device, the Mind Guide, provide the means of discovery. You alone can supply the will to employ them!

Everyone has instinctual and self-created scripts with regard to one's state of being and life path, love interest, desires, emotions, fear, fight or flight to name a few. Corporations and governments, swindlers and thieves depend on the existing, and triggered instinctual scripts, to take advantage of their component elements i.e. emotions, greed, sex, desires and status. From mundane materialistic selling, to political manipulation (often for wicked ends, like selling a war), twisting an individual's personal reality is commonplace. If advertisers, swindlers, PR people, military and CIA recruiters, or other mediators know your motivating scripts, *then their focused manipulation is the name of the game!* The film "Groundhog Day" repeatedly showed the possibilities.†

* Free from the distorted reality induced by neurosis, a widespread mental and emotional disorder, in which anxieties, phobias, obsessions, etc., affect the personality.

† In the modern world, just about everything you see and hear is mediated. The dictionary meaning of Mediate: acting through, involving, or dependent on an intervening agency. Media people *in the middle*, deciding according to government/corporate ideology, what critical information *you will, or will not see and hear*, and if such information will have a *spin or twist in meaning!* Adding to the power of the *mediating media* is *framing*, repeating a uniform set of manipulative lies, views, opinions and arguments. *Framing* and *spin* are the dressed up equivalent of the repetitious big lie frequently used by totalitarian states, and now used by the U.S. corporate/government media. The Orwellian totalitarian world is not coming; it has arrived, and through the use of computers is growing exponentially in power (See Orwell, George, in the Glossary on page 237).

Power, the Basic List

-- “*This is the real world muchachos, and you are in it.*” – B. Traven

1). Before making an important commitment, *check, probe, and test the waters.* Essentially, *when in doubt, become a scout.*

2). Rarely make an important decision if you are not Ru, which means to be *calm, dispassionate* and *unhurried.* See next item.

3). The *Guide to Power* master key Ru, explains a practical method to utilize *mind over matter with great advantage.* After learning about Ru, you may come to realize that body and mind play together, they are that close. Body and mind are a two-way street, smile with your lips and facial muscles and your body will shape your mind’s attitude accordingly, *body over mind.* Adopt an optimistic or pessimistic view and you will likely find what you are looking for, *mind over body.* *Change your mental attitude sufficiently, and you can enhance your life!* Ru, *the master key* is fully explored starting on page 22.

4). *The power of a secret is a secret kept close!* This writer will share an unappreciated secret now, when it may have an early impact (See *Aerobics for health and brainpower*, at the top of page 235).

5). When you are not sure that you can succeed at something important, avoid revealing your weakness by trying and failing. The soft sounding word “caveat” applies here. Depending on your position, you may accept the risk of trying and failing (See items 6-7 below).

6). There is merit *in doing something* to gain a favorable position, time or *information*, particularly when faced with an intolerable, unacceptable reversal or loss. This is risky, perhaps desperate, and is usually avoidable at an earlier stage.

7). There is merit *in doing nothing* when lacking a favorable position, time or information, particularly if one can sustain and accept a reversal or loss.

8). The *one positive aspect of mistakes* is to learn from them. Moreover, take the risk of making minor mistakes and you will learn to avoid the major mistakes that truly matter (stated differently, to get something right you may have to get it wrong first). Also, it is far easier to forgive oneself small mistakes of experimentation than those of serious import.

9). It is often crucial to determine when a *crisis point, tipping point* or *critical threshold* has been reached in a relationship, situation or plan, after which improvement or deterioration will occur. See the common example on page 98, *love assurance number 9.*

10). There is value in the saving plan, i.e. in having one or more protective buffers between oneself and disaster (the famous, or if it fails, the infamous plan B backup). Most generally, protective buffers take the form of barriers, distractions, alternative plans, actions and possibilities. Specifically, buffers are most useful: when a plan goes wrong, when the unexpected occurs, in over-extending one’s position and when encountering *the wild card* (See next two items).

11). Irrational behavior, either real or pretended is difficult to defend against. *This is the wild card.*

12). There is value in the *recognition* and *sometimes* the *creation* of the false, the counterfeit, the illusory, particularly when embedded within a partial reality. *This is the subtle wild card.*

13). There is advantage in attack over defense. An attacker has the element of surprise (in time and point of attack), plus the ability to bring more force to an attacking point than the defense can oppose in the time available. Of course, one should know the case for the defense. Defenders know their territory well, they often have hidden resources, an attacker is often in an overexposed position allowing counterattacking possibilities, et cetera.

14). Personal problems, and other problems subject to growth, are more easily solved while still relatively minor.

15). There is continual value in examination and flexibility with regard to your mind patterns, attitudes, short and long term plans, actions and reactions. Analysis and flexibility is well considered throughout *Guide to Power.* The one inviolable line is your sense of honor, your conscience and principles, which is ultimately, your foremost guide and guardian.

Note: There are 64 additional Power, the Basic List items in the unabridged *Guide to Power.*

KEY 1: RU, THE MASTER KEY Ru

-- *Ru, transmuting emotion,
bias and time into personal power.*

– Author

When an individual views the world, what is seen depends on personal mind patterns triggered into excitement by the external environment. Personal mind patterns are in turn dependent on an individual's past and present state of being.

State of Being is the sum total of an individual's existence from conception to the present. It consists of, an individual's inherited genes and the entire mental, physical, social and instinctive characteristics to the last detail (combined nature and nurture). Ideally, state of being is a natural evolutionary path, directed towards higher states of being and fulfillment.

To have a clear vision of the world, to perceive more truly what is, certain fundamental qualities are desirable, even mandatory. To be *calm*, *dispassionate* and *unhurried* as symbolized by **Ru** is the essential foundational way.

Ru means to be *calm*, the prerequisite to examining anything in a systematic and receptive way. Calm is the recognizable antidote to emotions.

Ru means to be *dispassionate*, being less susceptible to internally and externally influenced passions and bias: that is to say *internally influenced* through one's unchecked, and largely unexamined emotions, desires and thoughts; *externally influenced* through uncritical reaction to the world of life, places, situations and events.

Ru means to be *unhurried*, to allow a rearrangement of information already known and information still forthcoming to have unhurried, thoughtful consideration.

Ru's short-term effect is to avoid the mental and emotionally restrictive locked mind and uptightness of not being calm, dispassionate and unhurried, and thus the ability to truly act. **Ru's long-term effect** is to change inferior mind patterns to better and more reliable ones. The effect of both is to greatly enhance personal power. *Note:* The three Ru qualities of *calmness*, *dispassion* and *unhurriedness* all contribute to the power of skepticism,

Ru is of transcendental importance; it is the master key of the Mind Guide. Ru is the path to self-mastery at its best and is in full accord with the intellect of man. Tellingly, Ru is a positive example of "mind over matter." Note should be taken that Ru has an inherent logic, the instinctive ring of truth, a practicality to support its validity. Ru must have personal reality for an individual; only then will it unlock its great power for knowledge and power.

What can Ru do for you?

-- *The extent to which we seek truth depends on the extent to which we employ Ru.* – Author

1) The *Guide to Power* master key Ru, explains practical methods to utilize *mind over matter to great advantage*. After learning about Ru, you may come to realize that body and mind play together, they are that close. Body and mind are a two-way street, smile with your lips and facial muscles and your body will likely change your mind's attitude accordingly, *body over mind*. Take an optimistic or pessimistic view about something and you will find what you are looking for, *mind over body*. Change your mental attitude sufficiently, *and you will change your life!*

Please note, people who strongly favor mental activity over the physical for an extended period should exercise on a regular basis, because the mind/body entity tends to separate with preference for the most active division! Regular physical exercise helps to normalize and maintain a more healthy balance to the mind/body connection. Moreover, exercise and the Ru qualities of *calmness, dispassion and unhurriedness* control fear and stress and may substantially improve longevity!

2) Never make an important decision unless you are Ru, (*calm, dispassionate and unhurried*). The last italicized words also make the *principle embodied* by Ru a great analytical tool.

3) Exercising Ru, can control or eliminate fear and stress, which is important to one's learning and thinking ability and for a whole range of health and survival issues.

4) Exercising Ru, has the ability to change state of being and mind patterns. Change state of being sufficiently, and intelligence and will to power must also change, and with far-reaching benefits (later fully explored on page 37 and elsewhere).

5) It will later become apparent that concentration and Ru, are an effective learning combination.

6) Exercising Ru, which is an intellectual mind function, is an effective counteracting factor to the faster emotional and instinctive mind functions (later explored under the Four Mind Function on page 32).

7) Logical thinking errors commonly occur when individuals are not Ru, *calm, dispassionate and unhurried*.

8) Ru, is useful in employing creative imagination and in the phenomenon known as "twilight sleep." The last accomplishment is a natural for Ru, i.e. in having conscious mind activate the subconscious mind (aka, also known as, unconscious mind). See *Creative Imagination* page 50, and *Twilight Sleep*, 2nd par, on page 137, See also, the next item.

9) Ru, can help restore the *Inner Clock*, with its important consequences (explored on pg. 107). One example is Ru's facilitating deep REM sleep, which has been shown to improve learning, adaptability and health.

10) Both *machismo* and its close-opposite attribute, the *self-consciousness phenomenon*, can be sublimated through the power of Ru. See *Self-Consciousness* on page 25 (after next page).

11) When you are *calm, dispassionate and unhurried*, you are far closer to saying, with justification and truth "I am."

12) There is coming chaos and conflict and the capitalist destruction of the world in the balance, and there is you. This writer's wish is that you are armed with Ru, and *Guide to Power* understanding, for your personal survival and happiness, and to help limit the role of arrogance, greed and stupidity in destroying the world.

Note: The activation of Ru follows in the unabridged *Guide to Power*.

SKEPTICS GUIDE

GUIDE TO POWER BOOK II



ROBERT VANNOY

What Every American Should Know

The 9/11 Tragedy & Its Aftermath

- *"The heart of the State's power lies in its ability to maintain its people in a condition of false consciousness."*

- Charles A. Reich (From *The Greening Of America*).

There is the expectation that the top priority of the CIA and FBI is to protect the people of the United States. Who then, in the CIA or FBI, was held accountable for the 9/11 tragedies? The history of the CIA and FBI, after World War II is entirely unequivocal, in that gathered intelligence is judged a success not when it accurately describes reality, but when it agrees with ideological policy. Combine the distortion of mission with FBI, CIA, NSA, and now Homeland Security power and budgetary rivalries and you have a sure-fire framework for confusion and disaster.

The 9/11 Commission, obstructed at every turn by the Bush Administration, released its final report, to wit, no individual inside or outside the Clinton or Bush administrations was at fault for the 9/11 tragedy. * The final report could have come from a popular song "It was just one of those things." The report made one major point, that there was a pervasive lack of imagination prior to 9/11! No imagination, no matter. That's just great, just one of those things, the American people pay billions of dollars for government and security service people lacking in imagination. That lack of imagination gem triggers a thought or two. Why don't corporations give more money for more imaginative, bought politicians? Why don't we put the thousands of imaginative Washington lobbyist drones directly on the public payroll, after all, "We The People" pay for them anyway? Why not scatter the most imaginative lobbyists into the national security services? They at least, will realize that planes can be used as weapons. Maybe, our imaginative lobbyists will get lucky with advance, back to back warning of a terrorist attack, just as the Bush administration repeatedly received from our own security services and those throughout the world.

Immediately after 9/11, Richard A. Clarke, the former counterterrorism czar for H.W. Bush, Bill Clinton and George W. Bush, was told to find intelligence linking Iraq to the 9/11 tragedies and al Qaeda. Fortunately, Mr. Clarke would not put loyalty before the Constitution and the American people (regrettably, Colin Powell did the opposite, he lied to the UN in urging for war against Iraq). The Bush administration relied on outright lies, discredited information on weapons of mass destruction, and the then high credibility of Colin Powell to justify the war against Iraq. See Clarke, Richard A, *Against All Enemies*, bibliog. page 231.

* Save at least four days of reading the official 9/11 Commission Report, instead, get an article entitled *WHITEWASH AS PUBLIC SERVICE: How The 9/11 Commission Report Defrauds the Nation* by Benjamin DeMott, in the Oct, 2004 copy of Harper's Magazine or do a search at www.commondreams.org. *Note:* Want an eye opener showing your government in action? Look for Pre-9//11 reports on al-Qaeda, at the National Security Archives <http://www2.gwu.edu/%7EEnsarchiv/index.html>

The President of the United States for seven months prior to 9/11 ignored the actual attacks and many threats to use planes as bombs that was attributed to al Qaeda. One particularly stark warning was a presidential daily briefing (PDB) of August 6, 2001 that clearly stated, "bin Laden Determined To Attack Inside The United States." The PDB went further: it referred to the World Trade Center, to seventy FBI field investigations of al Qaeda cells within the United States and to patterns of suspicious activity in the United States consistent with preparations for hijackings. National Security Adviser Condoleezza Rice, questioned by the 9/11 Commission called the PDB merely of historical interest. New York Times columnist Maureen Dowd quipped in her Sunday column, "What should have made Condi hysterical, she deemed historical." Which reminds me, since no one in high government office ever fails down, only up, lets find a lofty office for National Security Adviser Condoleezza Rice, where she can write the next, great, anti-terrorism tome undisturbed by the real world. Quite as predicted, Condoleezza Rice moved to Colin Powell's job as Secretary of State (meritocracy in reverse). President Bush received the now infamous PDB, "bin Laden Determined To Attack In The United States" on the first day of a vacation to his Texas ranch. While the security system of the U.S. was wildly "blinking red," instead of returning to the capital to mobilize a defense review with his security chiefs, he spent a further 27 critical days on vacation.

The establishment press immediately declared that the Bush administration did not have enough information before or after the August 6, PDB to prevent the 9/11 attacks. Apparently, the "bin Laden Determined To Attack Inside The United States" PDB, was not written in blood, the 9/11 terrorists did not bomb the US enough times at home and abroad, did not make a proper appointment, or set a precise date and time for their arrival. So very apparent is the need for what in past times was considered the real mainstream press, the present *alternative press*.

Air traffic controllers using radar screens, track all commercial and private aircraft flying over the USA, 24 hours a day, every day of the year. When a plane is having trouble, deviates from its prescribed route or does not respond to air traffic controllers, the controllers immediately report to (NORAD), the North American Air Defense Command. NORAD has fighter jets at the ready 24 hours a day ready to scramble and intercept any wayward flight. If the wayward flight does not respond and obey the F15 pilot's instructions it is shot down. None of the air security measures worked on the morning of 9/11. Why? The air security system in place throughout America cannot be altered or suspended without authorization from the highest federal authorities. The above why, is one of many unanswered questions prior to, and after, the 9/11 attack.

Think the unthinkable, think outside *the system constructed box*, consider the real possibility that the President of the United States for seven months prior to 9/11, *deliberately ignored* the actual attacks and many threats to use planes as bombs attributed to al Qaeda. *Deliberately ignored* the warnings of terrorist attacks, and after such attacks occurred, declared the doctrine of "National Security" to hide neoconservative crimes, malfeasance and criminal agendas. Shocking? So indeed was the string of assassinations of President Kennedy, Martin Luther King Jr., Robert Kennedy and many more. Can it be proven? Probably not, since as stated above, all incriminating information is covered up by the doctrine of "National Security." Recently, the people of the United States were even barred from knowing who attended a government meeting on national energy policy (the Enron crooks did). The reason for the denial? You guessed it, "National Security." Try using the Freedom of Information Act, to find out how many complaints were made about the

communication radios used by the firefighters and police at the World Trade Center before 9/11. Good luck.

The 9/11 tragedy established the maximum of government (i.e. corporate) power over the people and wealth of the United States, set the stage for the war against Iraq, and allowed an opening for other Neoconservative agendas, namely, the control of Iraqi oil, the establishment of permanent US military bases in Iraq and as justification to invoke the unethical, unconstitutional, and blowback prone preemptive first strike doctrine (blowback, the lesson of unintended consequences). Did the Bush administration know before 9/11, how horrific the twin tower attack would be? Of course not, they had their "Eyes Wide Shut." Whether you believe, or merely suspect that a great crime was committed, the lessons of American and world history and of unconscionable power establish precedence.

After the 9/11 attacks and the war in Afghanistan to root out al Qaeda, this President dissipated all advantage in having al Qaeda on the run, instead vastly energized that terrorist organization with a preemptive war of choice against the Iraqi people. Secretary of Defense Rumsfeld, instead of using our own superb special forces to capture or kill bin Laden, relied on soldiers of the Afghan Northern Alliance, the first serious mistake aside from the invasion itself. Remember, these were some of the same forces that fought alongside bin Laden against the former Soviet Union's occupation (Rumsfeld the General? had forgotten any knowledge of male bonding). Moreover, he shifted key intelligence personnel to Iraq, before their prime task of hunting down bin Laden was accomplished, the second serious mistake. The immediate effect of the war on Iraq was to reduce the pressure on bin Laden, and allow him to regroup. Additionally, because of Rumsfeld's incredibly bad planning in post-war Iraq, i.e. insufficient troops to secure the peace, and in leaving Saddam Hussein's nuclear facilities and conventional munitions dumps unguarded (adding further danger to existing, and future deployed US troops) the third and fourth serious mistakes, and the horrific torture exposé at Abu Ghraib prison, very much Rumsfeld's responsibility, the fifth serious mistake, the resistance to the U.S. occupation of Iraq and recruitment for al Qaeda soared! Because of the many blunders in Afghanistan and Iraq, and in handling the Israel/Palestine conflict, al Qaeda has grown from a relatively small and localized organization to one that is far larger, dispersed and more dangerous.

Defense Secretary Rumsfeld's overwhelming shock and awe military plan was no substitute for a substantial, post-war Iraq plan. Indeed, the only plan from the very beginning of this administration was to set up a puppet Iraqi government and privatize Iraqi oil. The true meaning of privatize in the context of this war of choice? To control Iraqi oil, expand the empire and promote war profiteering through the administration's crony companies at the expense of American taxpayers and American soldiers lives.

Not surprisingly, the Neoconservative agendas are doing badly since neither President Bush nor his administration gave any substantive thought to the history of Iraq and its people. Bush's Freudian slip of the word crusade was a foretaste of things to come. Not so strange then, that a President claiming direct contact with "the higher father," will rain death and destruction on innocent people. Hypocrisy is the word that readily comes to mind.

So let's get this straight, what we have is a Bush administration that ignored all terrorist threats to America prior to 9/11; allowed bin Laden to escape, which was the main reason for the invasion of Afghanistan; led America into an immoral, illegal, unnecessary, detrimental and counter-productive war with Iraq based on flagrant lies; badly mishandled the wars both in Afghanistan and Iraq, before, during and after the fact; is to a great extent responsible for the continuing, murderous cycle of violence between Israel and the Palestinians by abandoning an evenhanded Mideast policy; with

-- *The biggest con game of all time: the neoconservatives and neoliberals, the democrats and republicans, the tweedledees and tweedledums, by any name the acting Judas sheep leading the American people to Armageddon! * – Author*

-- *Change you can really believe in – vote all incumbent democrats and republicans out of office – period. – Author*

incredible arrogance, alienated most of our traditional allies that were sympathetic and supportive of America after the 9/11 attacks; is building 14 permanent, and very expensive US military bases in Iraq, which is a major reason any talk of an exit strategy is not credible (moreover, this last fact, is fueling the Iraqi insurgency and rarely does anyone in the filtered mainstream media remark on the fact); lastly, while the US is in the debilitating Iraqi sideshow and sidelining the real war against al Qaeda, North Korea has built between six and eight nuclear bombs and Russia has lurched back into authoritarian rule.

President Bush has said that he looked into President Putin's eyes and soul and liked what he saw, which would be okay if Putin only felt for his wallet and did not later announce that Russia will build a new generation of nuclear missiles. Who saw what in whose eyes? China has also announced joint military exercises with Russia on Chinese territory! The incompetent, dangerous and unilateralist Bush administration moved closer to igniting a new cold war by making what is seen as threatening moves in the countries encircling Russia and China. Bush, his puppeteers and Toady Blair, have lit a fire on many fronts that will burn for a long, long time.

As the world now knows things could not get any worse on this president's watch. There are many reports from the Red Cross, U.S. military investigators and ordinary American soldiers of systemic sexual abuse and torture of Iraqi prisoners in Saddam Hussein's notorious Abu Ghraib prison, Guantanamo Bay, Cuba, in Afghanistan and elsewhere. Update: *All of the above has been confirmed.*

* Judas sheep, a dominant sheep used repeatedly to lead lambs and ordinary sheep to fleecing or slaughter.

ABOUT YOUR AUTHOR & REMEMBRANCE

-- This author gave up eating pabulum at age two; the American people are now fed a corporate- government's pabulum of manipulative lies, feel good lies and damnable lies for their entire lives. -- Author

You may wish to know something about your author early on, so here are some details from my life. This writer is a patented inventor, entrepreneur, and former electronic salesman who enjoys chess, computers and organic gardening. As a boy I found challenge and excitement in rock climbing on the New Jersey side of the George Washington bridge and one fine day had the foolhardiness to climb the palisades to the top, without a rope, on dangerous, weathered rock. While walking from the New York side of the George Washington bridge to climb the NJ rock palisades I was tempted with the idea of rappelling from the bridge into the Hudson river below, but later settled for canoeing under the bridge instead. Always attracted to water and sea, I went from canoeing a river to sailing for four years on freighters and oil tankers around the world. To actually live at sea for three and a half years, in both the sweet, halcyon days of the Gulf Stream and the fierce storms of the North Atlantic was to discover something about Nature, life and creation.

I was once invited by an oil tanker officer to go diamond hunting in the Amazon jungles, but opted out when I discovered that quite aside from ordinary dangers there were active headhunters in the neighborhood (I liked my head even then). I despise people who are arrogant, and in high school physically defended other people from bullies. My mother called me Mr. UN, because I brought many minority students home to my predominantly Italian neighborhood. My dear mother's patience was severely tested when approached by a boxing manager, who thought I would make a good boxer and a circus scout who thought I had high wire potential, my mother took exception to both ideas. Some of the above is mentioned so the *Guide to Power* subject of Machismo is seen in proper perspective. Your author once had strong machismo tendencies, until brain caught-up with male anatomy.

Ordinarily, I am out-going, optimistic and genial, but become furious at the hypocrisy and betrayal of trust that is so common in today's America. My evaluation of governments, corporations and the environment is based primarily on how they impact on Nature and in turn the present and future life and health of children, which, in my eyes, made the departed neoconservative Bush Administration the Anti-Christ. The fact of turning America into the worlds foremost torture country was the final link in that verdict. Did Christians actually vote for Bush twice? The neo-fascist, neoconservative bastards did not only steal my country, but placed it on the path to environmental, economic and nuclear disaster.

Want to vote for George Walker Bush's idiotic neoconservative policies for a third time? Vote for dangerous change you cannot believe in, vote for the current Republic party or Barack Obama and the Democratic Party in 2012. Vote for more lies, financial ruin, torture, perpetual war, and perhaps most dangerous of all to build a nuclear shield in Romania and Poland without any guarantee that it will not be employed against Russia. In a televised statement on Wednesday Dec 30, 2011, Dmitry Medvedev, the Russian president, said that his country would have to take military countermeasures if the US continues the dangerous nuclear missile defense plan. Specifically, the US plan calls for placing land- and sea-based radars and interceptors in European locations, including, over the next decade upgrading them over time. The Obama administration has repeatedly said the shield is needed to fend off a potential threat from Iran, but Russia fears that it could erode the deterrent potential of its nuclear forces. Stopping radical policy requires strong opposition and electoral votes (vote out all incumbent senate republican representatives who voted for the missile deployment and against the power fanatic Barack Obama). President Barack Obama, the corporate imitator of former President Bill Clinton, and the warmonger and torture policy imitator of former President George Walker Bush. *

* A new political party has entered the fray as an alternative to Democrats and Republicans ahead of the 2012 elections. On Monday, former Salt Lake City Mayor Rocky Anderson announced he will run for president with the newly formed Justice Party. Although hailing from a solidly red state, Anderson has been known as one of the most progressive mayors of any major U.S. city in recent years. During his two mayoral terms from 2000 to 2008, Anderson was an outspoken champion of LGBT rights, environmental sustainability, and the antiwar movement in opposition to the Iraq War. Vowing to fight the influence of money over politics, Anderson kicked off his campaign on Monday with a pledge to limit individual donations to \$100 a person. Anderson and the Justice Party say they hope to build a grassroots movement heading into the November 2012 elections. "We launched the Justice Party because the entire system is so corrupt," Anderson says. "It's so diseased. We know that the public interest is not being served by anyone in the system right now, particularly the two dominant parties who have sustained this corrupt system and who are sustained by it."

- Congratulations Rocky Anderson in forming the new Justice Political Party, thoughtful Americans everywhere will be appreciative. - Author

One rare regret is that a book like *Guide to Power* and *Skeptic's Guide to Power* was unavailable when I was young, I would have been ecstatic. Very quickly, I would have realized that here was a book that could bless my life. I would certainly have foreseen the over-throw of the American democracy through the assassination of President John Kennedy, his brother Robert, along with Martin Luther King Jr., probably Rep Paul Wellstone, John Lennon and many others. Some facts of history that are almost forgotten today were familiar to me. For instance, that President Kennedy after a rancorous meeting with the nations top oil executives, was asked by a news reporter how the meeting went. His reply was right to the point: "They want it all." President Eisenhower, on leaving office, gave a somber warning about the growing power of the corporate/ congressional /military /industrial complex. To find out how the present corporate/state politicians have deceived the American people please read *What Every American Should Know*, starting on page 245.

My pivotal friend and influence in my early life was known as John Gordon by most people, to many others Scotty, but for me alone he was simply Pop. At home in Edinburgh, Scotland, Pop was made to pray five hours a day under penalty of eternal hell and damnation. Pop told me he escaped from Scotland on his seventeenth birthday exactly as planned, became a freethinker and never prayed again. He crewed as a sailor on the last of the sailing ships and never looked back, again, except out of concern for England during World War II.

Pop spent most of his early life in the opal fields of Australia and gold mining in New Guinea. He was forced to give up gold mining when medical expenses used up all his laboriously gained gold recovering from malaria. He eventually immigrated to America via Seattle, where he worked a combined job as a lumberjack and union organizer at the risk of life and limb in both pursuits. During the height of the great depression he agitated for unions across the entire country from west to east, for, as he put it, unions will be the only protection from the sharks of big business that the people will ever know. Finally settling down in New York, he startled me when he said, "suddenly I realized that I was old and could only captain an old river freight scow." I remember that touching expression of human frailty to this day.

Three years after Pop arrived in New York from his easterly trek, we met in New York, while watching the Washington Square park neighborhood chess players. Pop at the time was 73 and I was 12. At the time I was attending classes at St. Francis Xavier by day, where telling the truth was stressed, and night classes at Pop's where chess and searching for an elusive truth about the world was of prime

Pop was my best friend, my mentor, and a personal treasure. To me, Pop knew all that was worth knowing. He taught me chess and to appreciate the words of Dickens, Darwin, Eugène Sue, Victor Hugo, Jack London, Bertrand Russell, Charles Reade, Sir Walter Scott, Herbert Spencer and many others, regrettably, little read today. Through many nights of discussions and arguments Pop showed me the advanced evolutionary decency, sense and fulfillment of a genuine democracy based on the separation of church and state and safeguarded with a unique bill of rights.

I was 14 when earnest chess rivalry broke out between us, and 17 before I disagreed with Pop on a serious, worldly matter. He refused to sign a petition banning the atomic bomb, unless reworded to include all bombs. I pointed out that in no time at all there would be hundreds, perhaps even thousands of atom bombs (incredibly, the talented nuts went on to build thousands of hydrogen bombs). He assured me, that unlike past wars where the rich and powerful could simply withdraw from the mayhem, atom bombs had changed it all. For that reason, the rich and powerful would prevent a runaway arms race. Pop was a rational man in a pathologically ordered society.

One rather incredible day this writer woke up in a strange place, in what a former DA acquaintance described as monumental legal trouble, after which, it took a year of walking Santa Monica Ca. beaches to extricate myself. There was a positive side, for in discovering I had only imaginary power *Guide to Power* was created, and fortunately, with proverbial “cat with nine lives results.” We all have a story to tell, part of mine is above and in *Guide to Power and Skeptic’s Guide to Power*.

With so many wonderful American friends and neighbors, this writer sorely resents a government that stands for a worldwide empire of greed, wars and the assassination and torture of its own citizens. – Author

Note: The following items are *Guide to Power* specials, the first and second is because I have a granddaughter and grandson, the third is because I have empathy with people that cook for themselves, and the fourth is because I care about people.

1) Many cosmetics, sun blockers, and other lotions applied to, or in proximity to human skin have many toxic side effects including cancer. The following website has an extensive database of examined common chemical products to help you separate the safe from the toxic. “Skin Deep” is a safety guide to cosmetics and personal care products brought to you by researchers at the Environmental Working Group.

<http://www.cosmeticsdatabase.com/>

2) The following is from *Power*, the Basic List item (57) page 20. Periodically, as one’s state of being matures, consider a reassessment of your life position relative to goals, priorities and relationships. For example, this writer loved motorcycles, but decided they were too dangerous to more significant priorities like staying alive (four wheel drivers were the problem).

3) If you must cook for yourself consider a rice cooker, which has an excellent physical effort = to healthy eating ratio). You can then cook brown rice or preferably, you can enfold peas, beans, lentils, broccoli, celery, carrots, onions, and other healthy alkaline foods (*See next item**

* A good investment for lifetime health is a *stainless steel* rice cooker! I use a Miracle *Stainless Steel* Rice Cooker ME-81, on the pricy side but good.

[http://www.ultimate-weight-products.com/page/UN/PROD/rice/Q-MIR-ME8&QTS=adwords&QTK=rice cooker](http://www.ultimate-weight-products.com/page/UN/PROD/rice/Q-MIR-ME8&QTS=adwords&QTK=rice%20cooker)

4) Probably the most valuable health pages on the Internet and *Guide to Power* health section for food and dieting is the following hyperlink, explaining Alkaline/Acid foods (be smart, download and use these pages for health).

<http://www.rense.com/1.mpicons/acidalka.htm>

The hyperlink below, was sent in a recent email to this author, and came as a complete surprise. It described a gift from the Russian people to honor the 9/11 victims. Even more surprising, after six years in existence, the Russian teardrop monument is hardly known to the American people.

<http://www.hoax-slayer.com/tear-drop-monument.shtml>