

SOUL-FOOD

It has been said that Rudolf Steiner was once asked why a person cannot hold the state of mind that one achieves during meditation, throughout the entire day. Mr Steiner is reported to have replied, "**humans cannot hold coherent frequencies because our food does not have enough SOUL-FORCE**". Note: I tried finding the reference for that quote but I cannot locate it, yet.

Whether the above story really happened is not that important because the words gave me reason to ponder what really is in our food. The search has led me down many rabbit holes, some more revealing than others. Some, simply mind-blowing. I started with Jadam Organic Farming. This led to the idea that our soils are depleted but with free and readily available inputs, food can be safely grown.

This led me to Steve Solomon and his books. Steve was an organic farmer for 8 years and it nearly killed him. He was sick and his teeth nearly fell out. Steve cured himself by taking care of his soil and he shares this in his books.

I then learned about something called Ramial Chipped Wood from Prof Lemieux, at the Laval University in Quebec. RCW has been used in Canada and some 'developing countries' to increase yields by up to 400%. RCW helps re-mineralize the soil AND adds humus 10 times faster than compost/manure.

Then I found Michael Astera and his manual titled "The Ideal Soil". This manual is a quick read. It outlines the problems in agricultural soil and how to fix them.

That led me to the final chapter of the research and that is Dan Kitteridge, his BioNutrient Food Association and his Real Food Campaign. Dan has a workshop free to watch online that is the A to Z of many topics on health. Healthy soil, healthy plants, healthy planet, healthy people, healthy communities, healthy ecosystems, healthy spirit. The spiritual aspect is what is most intrigued me and that is the purpose of my writing but they are all connected.

This document is an attempt to distill all the above information that I have researched as 'coherently' as I am capable. The goal is to awaken you to the fact that yet another set of dogma has clouded and distorted society for at least 2, perhaps 3 generations. This dogma has many purposes that are quite obvious to me. The first is to sequester wealth and power into the hands of a few people.

The second is to severely undermine the health of the population. The third is to create new industries (health care, pharma, big agriculture, gmo, etc) to ensure the first purpose has been met. Sick people spend way more money than healthy. The last purpose is to artificially stunt then spiritual development of society. This one is critically important however, especially because of that Steiner quote. In simple terms, my belief is the soul-force of our food supply is nearly at extinction levels. Here is why I say that.

Back to Basics - Biology

I am using the analogy that humans are simply thinking animals for this thesis. I trust this will not offend anyone. If it does, please note that this is just a simplification to make the concepts easier to remember. We humans also have consciousness which can alter the physical realm. This is known. But for the vast majority of the population, the techniques and spiritual evolution necessary to achieve this are simply outside their realm of what is considered possible. So, for the time being, let's pretend humans are just biologically animals.

1. Animals evolved with an INTERNAL digestive system
2. Animals evolved with a symbiotic relationship between their own bodies and the trillions of microbes living inside them
3. According to the National Institute of Health, approximately 90% of the number of cells inside you are non-human. They are bacterial, fungal and others. Science calls them microbiota. Their real purpose is to digest our food
4. Animals need this internal gut biome to be healthy and vibrant. If your gut flora is damaged, you can get sick and you can even die
5. Plants evolved with an EXTERNAL digestive system
6. Plants evolved with a symbiotic relationship to the microbial life in the soil. If the soil life is damaged, the plant will get sick and eventually die
7. There are approx 4.5 million different species of bacteria and fungi living in healthy soils
8. In barren soil these bacteria are dormant or missing and must be added for plants to grow, assuming the soil will support their existence. In time, they will build up to self-supporting levels however
9. In humans, the baby is given a bacterial load from the mother's very first breast milk (colostrum) because they are born without any in the GI tract
10. Plants need a flourishing web of bacteria and fungi to ingest what they need from the soil to be healthy and vibrant
11. Plants and animals have a minimum threshold for certain minerals to a) stay healthy and b) to stay alive

12. For example, vegans are sometimes found to have a vitamin B12 deficiency since it is primarily in animal flesh. Without enough B12 you can get anemia and even die
13. To make vitamin B12, cobalt is required. Strangely enough, about 80% of the soil bacteria need cobalt to live and without it, they die
14. It is not a big leap to say almost all animals and plants are dependent on cobalt for life to continue. How much cobalt is in your soil?

There is this idea that limiting factors will determine maximum growth or health. If a baby is not given enough calcium during its growing phase, that will limit how healthy it will be. The same applies to plants. Once a critical mineral runs out in the soil, the development of the plant stops or the plant will consume itself (yellow/dead leaves and branches) to have what it needs to produce fruit. It is akin to someone who is starving to death and how the body will digest all the muscle to keep the organs functioning.

Soil Concepts

15. Soils vary in their ability to hold minerals. The metaphor is a 'storage tank' or a 'battery'
16. Soils vary in the amount of minerals they have in storage today (how much charge is in the battery)
17. Newer (sandy) soils have a very small storage tank for minerals
18. Old soils (depleted by farming or simply lots of rain for many centuries) also have a very small storage tank for holding minerals
19. Fertile soils have a large storage tank
20. Colloidal clay, colloidal humus and colloidal charcoal all have a huge capacity to store minerals. Colloids are extremely small particles sizes that are so small, they will not sink in water
21. Colloidal humus is formed when the microbes in the soil digest everything they can from organic matter. It is essentially their waste. This means the soil will build this for free, provided the microbes have food and water
22. Colloidal charcoal is formed when wood is cooked at high temperatures without enough oxygen. This means people can make it for free (dig a hole and burn some wood and crush the charcoal it to a powder)
23. Colloidal clay can be added to soils but this is cost prohibitive at large scales.

Food, Digestion and the Soil Connection

24. Both plants and animals use enzymes to build and take apart nutrients
25. Enzymes are like mechanical tools. They can both build or take apart
26. As a plant grows, enzymes are used to first makes sugars and amino acids. Then it makes carbs. Then it makes proteins. Then it makes fatty acids, oils and waxes. Then after this is done, it matures and makes 'fruit'. At this stage, assuming enough resources, it will make vitamins, anti-oxidants and flavour molecules. Flavour comes last. Ever wonder why 'hot-house' tomatoes in February have no flavour?
27. The SAME enzyme used by a plant to build a nutrient is used by the animal to digest it
28. This explains why some foods are indigestible to animals. They simple do not have the enzyme necessary to take apart the nutrient
29. Every enzyme, at the core uses a mineral. Cobalt was the mineral in the vitamin B12 example above
30. If you are missing tools, it is very hard and sometimes impossible to build or take something apart without it. Likewise, if an enzyme is missing or broken, it can be impossible or very challenging for the nutrient to be built or digested
31. Animals are unique in that 'old' cells are destroyed, recycled and/or discarded, while new one are built to replace the old ones
32. In humans, the entire body is discarded and rebuilt in only 6 months (except for the bones which take 7 years). Every year, you are building 2 copies of your body using the food you eat
33. What you eat affects your entire body for up to 6 months. This means a sick person, given the proper restorative food could be healed of a disease in as little as 6 months or less
34. Therefore, the physical purpose of eating is to provide the energy needed to maintain the human body AND to provide the necessary vitamins and minerals to create and utilize all the enzymes needed for bodily functions
35. If your food is lacking certain minerals, you will lack certain minerals and then full health and vitality are challenged

36. Richard Olree who worked on the human genome project discovered that 64 different trace minerals are required for complete DNA replication. How many cells do you have? Each of the trillions of cells has DNA in it. Each cell needs at least 1 mineral in the DNA. How many minerals are in your food?
37. If any of those minerals are missing, then the strand is incomplete and science will tell you they found a 'genetic marker'. They will say it is a problem in your DNA that could manifest as a disease. This is not untrue, but it is half the story. They do not tell you that if you replenish the missing mineral(s) needed for that portion of the DNA, your body will repair itself and the 'marker' will go away
38. Dr. William Albrecht experimented with rabbits and food in the 30's and 40's. He discovered that animals with pure-bred heredity who were fed food from soils depleted of minerals will degenerate to birth defects and high infertility in only 2 generations. At the same time, he fed some of the same rabbits food grown on highly fertile soil. In as little as 2 generations, those rabbits were larger than their predecessors and produced larger litters. These animals were also more tame and a pleasure to be around, especially when compared to the ill-fed groups
39. Linus Pauling wrote 'at the root of every degenerative disease is a mineral deficiency'

SOUL-Food Connection

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." — **Nikola Tesla**

40. There is an oath said to derive from Hippocrates, "Do know harm. Let food be thy medicine. Let me never be conned, tricked or otherwise inspired to prescribe a poison". In my research, this is not what most doctors and nurses swear to, but it is a useful oath for anyone doing healing or growing good. And to be honest, anyone growing food should now consider themselves as HEALERS
41. Growing food is a sacred contract between the grower, nature and anyone eating that food. Being a grower is sacred because you are a custodian of life, ALL LIFE, from soil life, to plant life to animal life to human life. There is an implied contract between nature and growers that has been forgotten. Plants and animals agree to be part of our food supply in exchange for our custodianship. They agreed to this because humanity agreed to protect them and provide them with everything they need to thrive, to reproduce and to reach their full potentials
42. Phil Callahan found a connection between insects and pheromones. You may know that some female insects release a tiny amount of a pheromone

when ready for a mate. Male insects can detect this up to a mile away. He learned that the antenna of the male insect is actually tuned to the frequency of the pheromone molecule emitted by the female. They cannot smell this pheromone considering the huge distances involved. Add to this the fact that they HAVE NO NOSE! But the frequency of the pheromone can be detected at large distances and even through walls!

43. Plants also have antennas. Their roots and leaves can act as frequency detectors AND emitters
44. Plant leave emit their own inherent frequency. If a plant is mostly making amino acids it will have a certain frequency. If the plant is making complete proteins, it will have another frequency. There are insects that are only tuned to 'see' the frequencies of amino acids. They will 'attack' such a plant and lay eggs for their children to consume to continue. This is nature's way of ensuring the most vibrant and healthy plants survive. If that same plant is given all it needs to make proteins, those same insects will be blind to the plant. If they 'accidentally' land on it and lay their eggs, their children will starve because they simply cannot eat complete proteins
45. Lynn McTaggery found something she called The Field. In humans, our central nervous system is our antenna to connect to the non-physical. This field is also known as chi, prana, source energy, the divine, etc
46. Lynn found that men have essentially 3 brains (collections of nerve tissue). There is one in the head, heart and gut. Women actually have a 4th, in their uterus. Does that help explain some things?
47. It has been said by many people throughout history and in modern times, that the body is the vehicle with which we connect to the divine (or Akashic records etc). Science knows for a fact that memories are not stored in the brain
48. Science will also tell us that 94% of the universe is not detectable by any known instrument. They invented 'dark matter and energy' to explain this. That is partly right. Man-made instruments cannot detect the invisible. The animal and plant life is another story perhaps
49. If our body is the vehicle to connect to the divine, it is an easy step to say that our body is partly responsible for our conscious development. Memories are not stored in the brain, but in the field. If one has a poorly running vehicle, connecting to the source of universal knowledge is difficult. Listening to our gut, our heart our spirit is then a function dependent partly on the body. So, in turn, conscious development is impaired in a poorly functioning body.

50. It is simple to find an example. How hard will it be for someone is chronic pain to relax, calm themselves and listen to the universe for advice or to simply meditate for 30 mins? Quite hard actually. The opposite is true. How much easier is it to relax and connect to the divine if you are in perfect harmony and feel terrific?
51. Physics and science has also learned that human cells vibrate at $10e-14$ seconds (a decimal followed by 14 zeros). In addition, each molecule has its own frequency. When a molecule enters into a cell, everything inside the cells shifts until a harmonious resonance has been reached with all the particulates in the cell
52. If you want to raise the consciousness of the planet, it means that you need to create an environment for this to happen. The better the environment, the easier this shift will take place
53. If you haven't guessed by now, 'the environment' is the human body

SOULutions

54. If our goal is to help increase the consciousness of the planet, we need more people to raise their consciousness
55. If people cannot hold coherence and are not even attracted to it because of their lowered frequency, perhaps the best way to start is to upgrade their bodies in such a way to make this easier
56. The proper way to upgrade people's consciousness starts with their food
57. To upgrade the food supply means plants and animals need to be given everything necessary to allow them to fulfill their maximum potential
58. Soils need to be remineralized. The soil life needs to be repaired. Plants need to be given every possible chance to grow to their maximum potentials. Animals need to be treated humanely and given plants which were grown to maximal nutrition in fertile soil

How can this be accomplished?

Where do minerals come from? The last ice age in North American dumped a huge amount of minerals onto the surface. These minerals are quite literally ground up rocks. In other parts of the world, rivers flood seasonally and dump their load of minerals into deltas which farmers use to grow a huge amount of food. So, minerals are just rock dust. Just about anywhere on the planet, their exist quarries and mines who produce aggregate material for various industries.

They have a waste product called 'rock dust' and they usually just bury it. That rock dust is very affordable but you buy it by the ton. They challenge with rock dust is you are not sure of what percentages of minerals are present. What if it has a lot of iron and your soil already has enough iron. Too much can make it toxic. So, targeted re-mineralization is the best place to start.

This means buying materials with 1 or 2 specific elements instead of simply rock dust. However, rock dust can be added after you have targets met for key critical minerals. This is like a multi-vitamin for your soil.

Another source of trace minerals is sea water. There are 92 minerals dissolved in sea water. Diluted and applied to your soil, it is an excellent source of trace minerals. Sodium is a required element, but only to about a maximum of 5% so that is something to be cautious about with sea minerals. If you have no access to sea water, air/sun dried unprocessed sea salt is a very inexpensive option. All of this should first start with an Albrecht soil test. It is like a blood test for the soil.

Practical Steps (this should spark ideas flowing about what to learn to do)

59. Soils should be tested. Albrecht soil test costs are \$50 or less in most countries. Not all labs do this type so you have to shop around. Logan Labs in the USA is one
60. Soils should be remineralized to optimal levels based on the soil test. Many minerals have a maximum annual application and so this may take 1 to 3 years
61. Clean water should be sourced to keep the soil under moisture at all times (dry soil = lifeless soil)
62. Soils should always be kept covered (within reason). Mulch, compost, ramial wood chips and cover crops are often free or nearly free to accomplish this
63. Plant the best seeds you can find (see below)
64. Dedicate yourself to being a healer and custodian of life. This means your intent and actions will align to ensure the health and vitality of what you grow. If you want to experiment with energy, read The Ringing Cedars. Specifically book 1 gives a detailed description of how seeds should be planted to maximally support your personal health
65. Thoughts are things. Meditate in your garden and watch what happens. Stop for a minute and image what you 'think' the healthiest version of the

plants near you will look like at maturity. Doing so may adjust 'the field' in such a way as to manifest your desire (pun intended)

66. There are some people who are plant and animal whisperers. if you find one, embrace them and invite them over to have a 'talk' with your plants and animals. You might just learn something

67. Lastly, every time you are in the proximity of your plants and animals maintain a high positive frequency. If you have just received some bad news or had a negative experience, stay away from them.

Seeds of Change

68. Sadly, there are no known seed companies that are doing their best to maximize the growth, health and vitality of the plants they keep for seed

69. Heirloom seeds are the best ones to use

70. Buy the 'heaviest' heirloom seeds you can but because of 'business', the best seeds are not sold to you and I. If you are a home gardener or small scale farmer, there is almost no chance of getting the heaviest seeds. They are often reserved for 'vip' clients. However, you can influence local smaller seed companies by asking for a copy of their current soil report (they will likely not have one). If you have the patience you can help them learn and maybe in a year or two, they will have adapted. If not, ask them to weigh a handful of seed packets and buy the heaviest ones (bring your own scale with you)

71. No matter how you get the seeds, you will likely need to save the seeds from year to year to ensure the highest vigor and vitality of the next generation. In as little as 2 generations, you can have the strongest and healthiest plants producing seeds better than anyone can buy today. Remember Dr. William Albrecht and the rabbits (see #38 above)

What is possible?

What might happen if you and other growers were to embrace this theory? Well, the soul-force of the minerals would be picked up by the soil microbes. The microbial soul-force would in turn collect and aggregate in plants and animals. That would mean humans would be consuming soul-force in quantities that no living person has experienced before in at least 2 or 3 generations.

The people eating this food would now have the complete nutrition to fully restore physical health in perhaps 6 months or less. Food would taste better and due to higher nutrient density, QUANTITIES of food required would lower. This means the same foods would nourish more people.

The aggregation of all this newly available soul-force in the people would likely cause many of them to begin listening to their hearts and spirit. They would likely start seeking out others experiencing this. They would in turn harmonize better with each other which would again increase their own resonance. The combined affect would be a distinct leap in the frequency resonance of the entire planet.

At the same time, this would make those few money focused parasites obsolete. The agri-businesses/pharma/gmo industries would cease to exist because no one would need them. In as little as two generations, the world would be reborn in our image, not theirs.

Who knew ground up rocks could hold the key to unlocking consciousness and changing a planet?

Prologue:

None of this is new science. In fact, most of it has been known for 70 years or more. The 'newest' science is Ramial Chipped Wood which was discovered in the 1980's. After reading this, did it make you think what was possible when you work in harmony with nature. I have two stories to share about some world records.

Big Tomatoes:

In 1985, an Alabama man named Charles Wilber set a Guinness World Record with his 28-foot-tall tomato plant. The plant produced 400 pounds of cherry tomatoes. Even though they were a 'cherry' variety, they weighed up to 2.5 pounds each. In total, he grew 4, just 4 plants. The combined harvest weight was almost 1,400 pounds in just 4 plants. These were organic tomatoes. He did not remineralize the soil, so there is room for improvement, if you are seeking to be famous. He used a LOT of water, gave the plants lots of space to grow and used compost and ground cover to grow these monsters. You can read more here: <https://returntonow.net/2020/07/21/man-sets-guinness-world-record-with-28-foot-tomato-plant-that-produces-400-pounds-of-cherry-tomatoes/>

Dr. Carey and the quick beans:

I could not locate the book or article this came from. Dan Kitteridge in his webinar mentions in video 8, that a Florida scientist named Dr. Carey Reams (1904-1985) did an experiment with spraying his plants. The spray, known as a foliar spray, is a mix of minerals, water and nutrients necessary for plant growth. In his experiment, he setup a system to foliar spray green beans every 15 minutes. In the experiment he went from seed to harvest in only 3 weeks by constantly providing the plant with everything it needed for health. Dr. Reams was known for experiments increasing the Brix factor of plants (Brix is a method of detecting the solids dissolved in plant 'sap or juice'). In short, the greener the plant, the tastier the leaves and fruit, the more nutrition is in the plant and food and this is detected in a refractometer or Brix meter. People have this built in, it is called taste and smell. 30 percent of human DNA is dedicated to taste and smell.

Resources:

1. Jadam -- <https://en.jadam.kr/>
2. Steve Solomon -- <https://soilandhealth.org/steve-solomons-home-page/>
3. Ramial Chipped Wood -- Prof Lemieux, Laval University, Quebec, Canada -- <https://www.verdeterreprod.fr/wp-content/uploads/2019/05/Germain-2007-Ramial-Chipped-Wood-the-Clue-to-a-Sustainable-Fertile-Soil.pdf>
4. Michael Astera -- "The Ideal Soil" -- <https://bookstore.acresusa.com/products/the-ideal-soil>
5. Dan Kitteridge, BioNutrient Food Association and Real Food Campaign -- <https://bionutrient.org/site/library> and -- <https://bionutrient.org/site/real-food-campaign>