

THE GATE

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Purpose, Introduction and Acknowledgments

The purpose of this book is to examine scriptures, both current and ancient, and opinions from members of The Church of Jesus Christ of Latter-

day Saints, Jewish leaders, Christian leaders, ancient prophets, and Jesus Christ himself to substantiate once and for all the absolute truth about what we should eat and what we should not eat, its major implications for ourselves and the world and that even this first and simple command has tremendous consequences. We will also learn to distinguish a true prophet from a false prophet so that we can act accordingly.

We must remember that this is a Little Book. It is an opening for study, an introduction that will illustrate the continuing thread that permeates all true scriptures of God and a pointer for those who are lost in a Bible which is a history of the early peoples — good and evil — who profited from the buying and selling of beasts of all kinds and did not wish to lose their power to make money, or to lead the people in such a way that they wouldn't come to a knowledge of the truth.

It is not the author's intention to rewrite history, but to give you direct quotes from prophets of God and others so that you can see them in the time line in which they are written and make your own judgments. It is the author's intention to present some of the pieces of the puzzle about diet since the world began so that you can fit those pieces into your personal puzzle and then act upon it. In light of the eleventh Article of Faith:

“We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.” (Pearl of Great Price, Articles of Faith)

It is well to say that the quotes in this book are from those who passionately believe in the gentle gospel of Jesus Christ , reflect the author’s opinion, and are primarily to present hidden and buried thought about this subject through the ages in order that the reader might reach correct knowledge which will enable him to choose the right.

Note that when there are major departures from original doctrine as presented in the standard King James Version of the Bible, the author has used the Joseph Smith Translation to give clarity to the scripture.

Introduction - The Little Book

The world is growing weary of waiting for the angel to come down with the little book that contains the mysteries of godliness. At least, I am growing weary of waiting. There are many who already know the mysteries and there are many who have part of the answer and others who have other parts. This book is an attempt by the compiler to assemble those parts into a coherent and understandable whole.

1 And I saw another mighty angel come down from heaven, clothed with a cloud: and a rainbow was upon his head, and his face was as it were the sun, and his feet as pillars of fire;

2 And he had in his hand a little book open; and he set his right foot upon the sea, and his left foot on the earth, ... (Revelation 10:1-2)

7 But in the days of the voice of the seventh angel, when he shall begin to sound, the mystery of God [mysteries of godliness] should be finished, as he hath declared to his servants the prophets.

8 And the voice which I heard from heaven spake unto me again, and said, Go and take the little book which is open in the hand of the angel which standeth upon the sea and upon the earth.

9 And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey.

10 And I took the little book out of the angel's hand, and ate it up; and it was in my mouth sweet as honey: and as soon as I had eaten of it, my belly was bitter. (Revelation 10:7-10)

8 But thou, son of man, hear what I say unto thee; Be not thou rebellious like that rebellious house: open thy mouth, and eat that I give thee.

9 And when I looked, behold, an hand was sent unto me; and, lo, a roll of a book was therein;

10 And he spread it before me; and it was written within and without: and there was written therein lamentations, and mourning, and woe. (Ezekiel 2:8–10)

1 Moreover he said unto me, Son of man, eat that thou findest; eat this roll, and go speak unto the house of Israel .

2 So I opened my mouth, and he caused me to eat that roll.

3 And he said unto me, Son of man, cause thy belly to eat, and fill thy bowels with this roll that I give thee. Then did I eat it; and it was in my mouth as honey for sweetness. (Ezekiel 3:1–3)

16 Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O Lord God of hosts. (Jeremiah 15:16)

10 But the wicked shall do wickedly and shall not understand, but the righteous shall purify

themselves and make themselves white. (Daniel 12:10, as found in the Dead Sea Scrolls, 494)

This little book is for the righteous or those who aspire to be righteous. This book is for those who are willing to understand, who wish not to talk about God and what He does and who He is — it is for those that wish to follow in His footsteps and do what He did if they only had the knowledge of exactly what He did do. This book is for the many, those who already follow the Savior with full intent, who understand that the spirit and the body are dual entities and that the cleansing of one will facilitate the cleansing of the other. This book is for those who wish to bring to pass their own eternal life and the eternal lives of their children.

Doing what He did has not been made understandable to those who desire plainness of words or intent. It has been obscured in the history of time, trouble, and the misfortunes of the people of the earth. It has purposely been obscured by “principalities, powers, the rulers of the darkness of this world, and spiritual wickedness in high places (loosely from Ephesians 6:12),” those spirits who followed the adversary, the Nefalim (the fallen ones) who lost their bodies, and seek to weaken ours so that they can have entrance.

The humble of the world will seek understanding, will put the past behind them and go forward as did Jeremiah , with joy and rejoicing of heart. This book is written for those who seek after truth with all their hearts — those who put the pride of false knowledge behind them, pray earnestly for truth and follow all the commandments of God from the beginning, once they understand them: those who persevere in following the Savior no matter the cost, and seek through His grace to be like Him.

These are they who realize they can't change the world with laws — but they can change their own personal world and the good or evil in it. Morality cannot be legislated. These are they who take full responsibility for their own lives and eternal soul development. They, when faced with knowledge of the truth, will make the correct choice, even though it could be difficult. These are they who have set before themselves a lofty goal, the indwelling and companionship of the Holy Spirit in its entirety. These are they who realize that they walk with the spirit of light and the spirit of darkness, who admit their thoughts are sometimes not as pure as they would wish for themselves and wish to eradicate the darkness with every method at their disposal. These are they who wish to follow the straight and narrow path that leads to eternal life and will confidently

face their Maker at the last day in purity of body, mind, and spirit.

Because strait is the gate, and narrow is the way, which leadeth unto life. (Matthew 7:14)

Acknowledgments

The understanding in this book was made possible by the teaching and understanding of many. Three people I would especially like to thank are Tom Rodgers for his patience in teaching me the truth, George Ritchie, Return from Tomorrow, whose near-death experience opened a mystery to me that I had long wondered about, and Chuck Juhn, who has also contributed to the book. I continue to be thankful to the members of The Church of Jesus Christ of Latter-day Saints who have shown me kindness and who have set an amazing example for me. I am thankful for friends and family members who have set an example of honesty and integrity and shown great patience with me. I am thankful for the Prophets of all dispensations who have known and practiced the truth and also for those individuals who have endeavored to practice this truth and have published peace in their books and articles – from which I have quoted from extensively. I am thankful for my parents whose love of truth inspired me to prize it above all else and albeit late in life, to seek it with all my heart.

Chapter One - The Law

29 And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. (Genesis 1:29)

It is curious, but this is one of two commandments given to Adam and in the beginning of our world, in our earliest recorded history, the Holy Bible. One might think that the instructions would have been: be kind to your neighbor, or ... as ye sow, so shall ye reap. These were things told to us later in this early recorded history, but evidently the great Father of us all wanted to emphasize this by making it first. The other communication was to multiply and replenish the earth.

Please note here that this first communication included the word meat. In this connotation it means nourishment. The word meat is consistently used many times throughout the Bible and in most instances it means nourishment. The Lord uses another word: flesh. We shall see later how He regards the eating of this item.

The communication was so important that it has had enormous repercussions in the history of God's

dealings with mankind. In fact, it is the primary focus of the Bible. In order to reiterate and solidify this commandment in the minds of his children, God gave it again to them in a different way:

16 And the Lord God commanded the man, saying
Of every tree of the garden thou mayest freely eat;

17 But of the tree of the knowledge of good and evil,
thou shall not eat of it, for in the day that thou
eatest thereof thou shalt surely die. (Genesis 2:16-
17)

Now when the Father created all these things on the face of the earth, he looked at his creation and saw that it was good.

31 And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day. (Genesis 1: 31)

The question here is, if it was all good, then what has happened? It is obvious to most educated observers that there is much rampant evil in the world. Evidently we are to understand that just by the simple act of eating or not eating certain things, other than what He originally gave us would introduce evil into the world. Then we now would have the knowledge of not just good, but of good and evil. By eating or not eating certain things we introduce evil into the world!

Obviously we all know that eating is important. But did we realize its great importance until we went back to the beginning to see that it was among the first commandments that our Father gave us. It is important to note that God had already told Adam that he had given him of every tree in which the fruit of a tree yields seed.

We are not told in our King James Version of the Bible which exact food Adam was forbidden to eat. However, we know the reaction of God when Adam disobeyed the commandment:

17 And unto Adam he said, Because thou has hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life.

18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it was thou taken: for dust thou art, and unto dust shalt thou return. (Genesis 3:17–19)

The purpose of this book is to examine ancient scriptures and myths from different sources to determine what the food was. Our primary sources

are the standard works: The Old Testament, The New Testament, The Book of Mormon, and The Doctrine and Covenants. Also included are ancient scriptures recently excavated in various parts of the world, which include The Lost Books of the Bible and the Forgotten Books of Eden, The Dead Sea Scrolls, and others. Why is it important to know? If we are to eradicate evil in our world, then this is the most important question of our time.

Two birds are mentioned in early literature and scripture which speak of eternal life:

The Phoenix

“The view that the phoenix lives in Paradise is also found in the rabbinical traditions. The bird Hol, which was also called Malham or Maltam, was said to have been the only bird or beast to refuse the fruit offered by Eve and for this reason to have been given the gift of eternal life by God. Here it is probably also assumed that this bird was allowed to remain in Paradise after the Fall. According to one tradition, after the fall of man the Jewish Phoenix went to reside in the mysterious city of Luz, to which even the angel of death could not gain admittance. (R. VanDenBrock, *The Myth of the Phoenix*, 326)

“In the grove of the sun there is no pale illness, sorrowful old age, cruel death, or raw fear: unutterable crime does not occur there, nor mad

passion for money and killing; and bitter sorrow, ragged poverty, sleepless cares, and gnawing hunger are not known. (R. VanDenBrock, *The Myth of the Phoenix*, 329)

“In this region, according to Claudian, the fortunate sun bird rules entirely alone and protected by the inaccessibility of the region. Its abode is free of sick animals. And it does not have to suffer dire infection from the world of man. The bird is the equal of the gods: the duration of its life makes it the match of the stars and it has eternal life because of its capacity to renew itself. (R. VanDenBrock, *The Myth of the Phoenix*, 333)

“The main accent (in Classical and Early Christian literature) consistently falls on the symbolism of the phoenix as inaugurator of a new era; the appearance at the beginning of the rule of a new King or emperor is a derivative aspect of this symbolism, even though it sometimes seems to occur almost independently.” (R. VanDenBrock, *The Myth of the Phoenix*, 415)

The Eagle

Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles. (Psalm 103:5)

But they that wait upon the Lord shall renew their strength: they shall mount up with wings as eagles;

they shall run and not be weary; and they shall walk, and not faint. (Isaiah 40:31)

26 For as the light of the morning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be.

27 And now I show unto you a parable. Behold, wheresoever the carcass is, there will the eagles be gathered together; so likewise shall mine elect be gathered from the four quarters of the earth. (Matthew 24:26–27)

36 And they answered and said unto him, Where, Lord, shall they be taken?

37 And he said unto them, wheresoever the body is gathered; or, in other words, whithersoever the saints are gathered; thither will the eagles be gathered together; or, thither will the remainder be gathered together.

38 This he spake, signifying the gathering of his saints; and of angels descending and gathering the remainder unto them; the one from the bed, the other from the grinding, and the other from the field, whithersoever he listeth.

39 For verily there shall be a new heavens, and a new earth, wherein dwelleth righteousness.

40 And there shall be no unclean thing; for the earth becoming old, even as a garment, having waxed in corruption. (Luke 17:36–40 JST)

Other ancient scriptures abound, which are considered by many scholars to be valid sources for truth. Joseph Smith had this to say about the Apocrypha:

1 Verily, thus saith the Lord unto you concerning the Apocrypha — There are many things contained therein that are true, and it is mostly translated correctly;

2 There are many things contained therein that are not true, which are interpolations by the hands of men.

3 Verily, I say unto you that it is not needful that the Apocrypha should be translated.

4 Therefore, whoso readeth it, let him understand, for the Spirit manifesteth truth;

5 And whoso is enlightened by the Spirit shall obtain benefit therefrom;

6 And whoso receiveth not by the Spirit, cannot be benefited. Therefore it is not needful that it should be translated. (D&C 91:1–6)

The Lost Books of the Bible and the Forgotten Books of Eden are also early sources. In the First Book of Adam and Eve we find these pertinent scriptures:

29 Of your own free will have you transgressed through your desire for divinity, greatness, and an exalted state, such as I have; so that I deprived you of the bright nature [Holy Ghost?] in which you then were, and I made you come out of the garden to this land rough and full of trouble. (Lost Books 6:29)

Then Adam said unto God, O Lord, Thou didst create us and make us fit to be in the garden; and before I transgressed, [stopped the eternal progression] Thou made all beasts come to me, that I should name them. Thy grace was then on me; and I named every one according to Thy mind; and Thou madest them all subject unto me. But now, O Lord God, that I have transgressed Thy Commandment, all beasts will rise up against me and will devour me, and Eve Thy handmaid; and will cut off our life from the face of the earth. (Lost Books 7:3-5)

We must now ask ourselves this question: Why would the beasts be angry with Adam for eating the forbidden fruit? Does this displeasure of the creatures give a hint as to what the forbidden fruit or food might have been?

So Adam and Eve have been cast out of the garden.

But when thou camest to dwell in this strange land, thy animal body could not be on earth without earthly food, to strengthen it and to restore its powers. (Lost Books 40)

There is a question here: Why do Adam and Eve now have animal bodies?

Then came the Word of God to Adam and said unto him: O Adam, as to what thou sayest, Bring me into a land where there is rest, it is not another land than this, but it is the kingdom of heaven where alone there is rest. But thou canst not make thy entrance into it at present; but only after thy judgment is past and fulfilled. Then will I make thee go up into the kingdom of heaven, thee and thy righteous seed; and I will give thee and them the rest thou askest for at present. (Lost Books 46:1-4)

God Said again to Eve, What is that he promised thee in the garden saying, at the time ye shall eat of the tree your eyes will be opened, and you shall become like gods, knowing good and evil. But Lo! He has burnt your bodies with fire, and has made you taste the taste of fire, for the taste of the garden; and has made you see the burning of fire and the evil thereof, and the power it has over you. (Lost Books 46:5)

Then came the Word of God to Adam and Eve, and said to them. This is he who was hidden in the

serpent, and who deceived you, and stripped you of the garment of light and glory (the Holy Ghost?) in which you were. This is he who promised you majesty and divinity. Where then, is the beauty that was on him? Where is his divinity? Where is the glory that rested on him? (Lost Books 51:5–6)

Obviously the adversary and the fallen ones (Nefalim) had long ago lost their bright natures.

But now that I have transgressed, that bright nature is gone from me and I am come to this miserable state. And now I come to this, that I cannot see you, and you do not serve me as you were wont. For I am become animal flesh. (Lost Books 55:3)

The adversary is expelled from heaven:

But when he fell from among us, there was great joy in heaven, because of his going down from us. For had he continued in heaven, nothing, not even one angel would have remained in it. But God in His mercy drove him from among us to this dark earth; for he had become darkness itself and a worker of unrighteousness. (Lost Books 55:3, 13–14)

Once Adam and Eve partook of the forbidden food — which one can see by the above scriptures that it was possibly a food that needed fire in order to be eaten — they lost their bright natures. They lost the Holy Ghost, which, if it had remained with them,

would have continually renewed their bodies and allowed them to have eternal life.

21 And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. (D&C 89:21)

They were disconsolate because they knew now that they were only animal flesh and were subject to death.

This also gives a clue as to why our enemy was expelled from heaven, undoubtedly for doing the things which he tempted Eve to do: eating a forbidden food in the exalted sphere, thus he became a fallen being himself and took a third of the hosts of heaven with him — they who had also fallen because of that sin; The fallen ones — the Nefalim.

Thus have you transgressed my commandment, and therefore have I brought upon you all these sorrows. For I am God the Creator, who when I created my creatures, did not intend to destroy them. But after they had sorely roused my anger, I punished them with grievous plagues, until they repent. But if on the contrary, they still continue hardened in their transgression, they shall be under a curse forever. (Lost Books 6:8–10)

The sin of choosing the forbidden food brought not only hardness of heart, but plagues upon mankind, plagues which are still upon us because we are choosing the same foods. Some of these plagues are colds, flu, allergies, leukemia, Epstein Barr, measles, mumps, baby-killing RSV; the maimers: polio, arthritis, osteoporosis, Alzheimer's, and MS; and the killers: heart disease, cancer, AIDS, mad cow disease (Creutzfeldt Jacob), Ebola, and on and on.

From what act of partaking or sin do these diseases come?

4 And I heard another voice from heaven, saying Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues. (Revelation 18:4)

It is interesting to note here that actual sins cause disease.

10 Then Adam and Eve took of the corn, and made of it an offering, and took it and offered it up on the mountain, the place where they had offered up their first offering of blood. [The story indicates it was their own blood — a metaphor for sorrow.] (Lost Books 68:10)

1 But when Adam saw that the elder brother hated the younger, he endeavored to soften their hearts,

and said unto Cain, Take, O my son, of the fruits of thy sowing, and make an offering unto God, that He may forgive thee thy wickedness and thy sin.

2 He also said to Abel, Take thou of thy sowing and make an offering and bring it to God, that he may forgive thy wickedness and thy sin.

3 Then Abel hearkened unto his father's voice and took of his sowing, and made a good offering, and said to his father Adam, Come with me, to show me how to offer it up.

4 And they went, Adam and Eve with him, and showed him how to offer up his gift upon the altar. Then after that they stood up and prayed that God would accept Abel's offering.

5 Then God looked upon Abel and accepted his offering. And God was more pleased with Abel than with his offering, because of his good heart and pure body. There was no trace of guile in him.

6 Then they came down from the altar, and went to the cave in which they dwelt. But Abel, by reason of his joy at having made his offering, repeated it three times a week, after the example of his father, Adam.

7 But as to Cain, he took no pleasure in offering; but after much anger on his father's part he offered up his gift once; and when he did offer up, his eye

was on the offering he made, and he took the smallest of his sheep for an offering, and his eye was again on it.

8 Therefore God did not accept his offering because his heart was full of murderous thoughts.

9 And they all thus lived together in the cave in which Eve had brought forth, until Cain was fifteen years old, and Abel was twelve years old. (Lost Books 77:1–9)

It is interesting that in this version, God is pleased with Abel because of his pure body. Obviously Abel had not partaken of the forbidden food. What is more interesting is that in this version, Cain is the keeper of the flocks as he makes an offering of the lamb, and Abel is the farmer. (Moses 5:17 and Genesis state the opposite.) To have been obedient to God, it seems that Abel would have obeyed this command from God:

19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art and unto dust shalt thou return. (Genesis 3:19)

The Creation Tablet: Courtesy of Duane Erickson...
see appendix

This is called The Creation Tablet. It is a Michigan plate that depicts Old Testament scenes, which demonstrate the use and correct understanding of the marks Son of the Right Hand and Son of the Left Hand as they are applied to various scenes throughout the Michigan tablets and the Illinois stones. The carving on the left side of the plate shows Cain killing Abel. On Cain's side of the picture are the flocks of sheep, indicating that they belong to him. This is presented for the reader to draw his own conclusions and is another witness that Cain was the keeper of the flocks. See page 7, Volume 4, Issue Number 26 of Ancient American, P.O. Box 370, Colfax, WI 54730 or go to www.ancientamerican.com for more information about the early Americans. Notice the staff in the hand of Abel, an indication that he held the priesthood.

It is easy to see that the following verses could have been a source for The Myth of the Phoenix:

Seth and his children dwelt on the mountain below the garden; they sowed not, neither did they reap; they wrought no food for the body, not even wheat, but only offerings. They ate of the fruit and of trees well flavored that grew on the mountain where they dwelt. They were happy, innocent, without sudden fear. There was no jealousy, no evil action, no hatred, among them. There was no animal passion;

from no mouth among them went forth either foul words or curse; neither evil counsel nor fraud. (Lost Books 11:10, 12)

There is a further indication that Adam's posterity knew of Adam and Eve's transgression, and knew that they had repented and followed their teachings. In The Lost Books of the Bible and the Forgotten Books of Eden, and in the Second Book of Adam and Eve, we see the continued curious teaching of the posterity of Adam to their children:

[Death of Seth] ... and he commanded him (Enos) to feed his people in righteousness, in judgment and purity all the days of his life. After the death of Seth, Enos rose at the head of his people in righteousness, and judgment as his father had commanded him. (Lost Books Chapter 12:12, 15)

1 After the death of Enos, Cainan stood at the head of his people, whom he fed in righteousness and innocence. (Lost Books 15: 1)

[Death of Cainan] Then Mahalaleel stood over his people, and fed them in righteousness and innocence. [Death of Mahalaleel] He then kissed his face, and said to him, O Jared my son, I adjure thee by Him who made heaven and earth, to watch over thy people, and to feed them in righteousness and in innocence. (Lost Books 16:1, 5)

1 Then Jared kept his father's commandment, and arose like a lion over his people. He fed them in righteousness and innocence, and commanded them to do nothing without his counsel. (Lost Books 17:1)

12 Then Jared turned to his son Enoch, and said unto him, Thou my son, abide in this cave, and minister diligently before the body of our father Adam all the days of thy life; and feed thy people in righteousness and innocence. (Lost Books 21:12)

7 Enoch said also to them, Watch over your souls, and hold fast by you fear of God and by your service of Him, and worship Him in upright faith and serve Him in righteousness, innocence, and judgment, in repentance and also in purity. (Lost Books 22:7)

What did these early Patriarchs mean when they said "upright faith" and told their children to feed the children in righteousness and innocence? The Book of Enoch, as translated by R.H. Charles gives us a hint. The Book of Enoch was most prized by the early Christians. It was drawn upon no fewer than 128 times in the New Testament:

[Enoch speaking to the people] Woe to you, ye obstinate of heart, who work wickedness and eat blood; whence have ye good things to eat and to drink and to be filled? From all the good things which the Lord Most High has placed in abundance on the

earth, therefore ye shall have no peace. (R.H. Charles, The Book of Enoch 140)

But in those days blessed are all they who accept the words of wisdom and understand them. (R.H. Charles, The Book of Enoch 142)

Be not Godless in your hearts, and lie not and alter not the words of uprightness, nor change with lying the words of the Holy Great one, nor take account of your idols; for all your lying and all your godlessness issue not in righteousness but in great sin. And now I know this mystery, that sinners will alter and pervert the words of righteousness in many ways, and will speak wicked words and lie and practice great deceits, and write books concerning their words. (R.H. Charles, The Book of Enoch 150)

Again Enoch mentions the word uprightness. There is obviously a great difference between the good foods mentioned by Enoch and the foods that have blood. Enoch considered the people of his day who ate blood (foods taken in violence) to be wicked. If Enoch were here today, he would have to consider the majority of the people of the world wicked, as we live in a world where partaking of the blood of innocents is a common practice and one that is accepted as normal.

12 There is none that doeth good, no not one. (Romans 3:12)

Once we have determined in our own minds what the food was that brought death into the world, we can then read the Bible with understanding and know that it was a perpetual source of irritation to the Lord that his children were not obeying this commandment and that this was the reason He continued to send His prophets to teach and warn the people throughout its recorded history. Was the disobedience of eating of this food the original sin? Did it bring upon us every other sin that was mentioned in the Bible? If it did, how did it? These questions will be answered in this treatise.

Important Questions: If we repent of eating the forbidden food, can we then regain the opportunity of having our bright nature, or the Holy Ghost which Adam and consequently his posterity lost because of the eating of this food? Will softening our heart to the plight of the innocent prepare us for this? And will the regaining of the Holy Ghost renew our bodies to the point of recapturing eternal life?

We shall continue our journey through the Bible with an opened understanding to see what God's prophets teach us about this.

Contemporary Jewish Thought Concerning this Period:

The original research for the following thoughts was done by Vasu Murti in his book, *They Shall Not Hurt or Destroy*:

“God did not permit Adam and his wife to kill a creature and eat its flesh. Only every green herb shall they all eat together. (Rabbi Solomon von Isaac 1030–1105)

“Maimonides taught that meat was prohibited because living creatures possess a degree of spiritual superiority, resembling the soul of rational beings. (Mose Maimonides 1135–1204 Judaism’s greatest and most influential theologian)

“The very earliest periods of Jewish history are marked with humanitarian conduct towards the lower animal kingdom.... it is clearly established that the ancient Hebrews knew, and perhaps were the first among men to know, that animals feel and suffer pain. It appears that the first intention of the Maker was to have men live on a strictly vegetarian diet. Talmud (Shabbat 151b), He who has mercy on his fellow creatures obtains mercy for himself. (Rabbi Simon Glazer, 1971 *Guide to Judaism*)

“Ill treatment of a brute beast is with us a capital crime. (Josephus, a first century Jewish historian)

“The greatest sin is ingratitude. It must not be shown even to the brute. That man deserves

punishment who overloads his beast, or beats or torments it, who drags a cat by the ears, or uses spurs on his horse... (Yehuda Ha-chassid, a Middle Ages Jewish historian)

“Be kind and compassionate to all creatures that the Holy One, Blessed be He, created in this world. Never beat nor inflict pain on any animal, beast, bird, or insect. Do not throw stones at a dog or a cat, nor should ye kill flies or wasps. (Sefer Chasidim, Book of the Pious)

“The Orthodox Code of Jewish Law says that there are no special blessings given for meat dishes. “It is not fitting to bless God over something which He created which man has slain.” Also in regards to the custom of not wearing leather shoes on Yom Kippur, “One does not ask for forgiveness of sins while wearing articles made from the skins of slaughtered animals.” Also, “It is forbidden, according to the Torah, to hurt any living creature. It is on the contrary, one’s duty to save any living creature, be he owner less, or if he belongs to a non-Jew. (Sulan Aruch, The Orthodox Code of Jewish Law)

“The boy who in crude joy finds delight in the convulsions of an injured beetle or the anxiety of a suffering animal will also be dumb towards human pain. (Rabbi Samson Raphael Hirsch)

“Tenderness towards animals is one of the most beautiful features of the Old Testament. (William Lecky, British historian)

“It is inconceivable that the Creator who had planned a world of harmony and a perfect way for man to live, should, many thousands of years later, find that this plan was wrong.” And, “How can it be that such a noble and enlightened moral position (Genesis 1:29) should pass away after it once has been brought into existence?” And “In that future state (in the age of the Messiah) people’s lives will no longer be supported at the expense of the animals. (Rabbi Abraham Isaac Kook, Chief Rabbi of pre-state Israel)

“The word dominion is derived from the original Hebrew word “rahe,” which refers to compassionate stewardship, instead of power and control. Parents have dominion over their children; they do not have a license to kill, torment, or abuse them. (The Talmud, Shabbat 119; Sanhedrin 7 interprets dominion to mean animals may only be used for labor.) (Dr. Michael Fox of the Humane Society)

“Thou thinkest that flies, fleas, mosquitoes are superfluous, but they have their purpose in creation as a means of a final outcome ... Of all that the Holy One, Blessed be He, created in His world, he did not

create a single thing without purpose. (Talmud, Shabbat 77b)

“The Hebrew words Nephesh Chayah, or living soul are used in reference to animals as well as humans in Genesis 1:21, 24, 2:7 and four hundred other places in the Bible. The books of the Bible emphasize vegetarian foods. Flesh-foods, however, are mentioned with distaste and associated with bloodshed, lust, slaughter, and sacrifice. (Vasu Murti, They Shall Not Hurt or Destroy)

“The practice of vegetarianism is implicit in the teachings of Judaism and is evident from the oft-repeated phrases in Genesis ‘to man and all creatures wherein there is a living soul.’ This indicates a common life and a shared destiny and the principle is exemplified throughout Biblical writings. Nowhere is it stated that the abundance of flesh shall be the reward for observing the Law; rather, there are promises of fruits of the vine and pomegranates, wheat and oil, peace where each man shall sit under the shade of his own fig tree, not, let it be stated under the shadow of his own slaughterhouse. (Phillip L. Pick, founder of the International Jewish Vegetarian Society)

“The first law in the Bible is a dietary one — do not eat the forbidden fruit. It is a hukim, or an unexplained edict with the purpose of inspiring

man's obedience and building his character. There is no reason to avoid the infamous fruit except that it is the will of God. Significantly it is only after Eve defies God and eats the fruit that killing animals for food is recorded in the Old Testament. Then until the time of Noah, he who killed an animal was as guilty as he who killed a man. (Janet Barkas, *The Vegetable Passion*)

"I believe man's downfall is paralleled by his cruelty to animals. In creating slaughterhouses for them, he has created slaughterhouses for himself ... what is the future for mankind? When the Day of Judgment comes, we will be given that same justice that we gave the less fortunate fellow creatures who have been in our power. It is essential for an orthodox Jew to be vegetarian. (Stanley Rubens, *Jewish Vegetarian Society*)

So he drove out the man; and he placed at the east of the garden of Eden "Cherubim, and a flaming sword which turned every way, to keep the way of the tree of life." (Genesis 3:24)

"The cherubim is the head of a man on a body constituted with the parts of the beasts: as long as we constitute (construct) our bodies upon or with the body parts of the beasts, we will stand arm-less (without fingers and hands), in our own way and prevent ourselves from ever being able to reach up,

(grasp, pick) and partake of the fruit of the tree of life.

“We are our own (clumsy and grotesque) cherubim! The flaming sword represents the fevers of our own disease (which is contracted from the body parts, blood and violation of those animals), the hellfire of our own mindlessly, murderous ways, hence our own hellish premature and violate deaths. Living by the abattoir’s sword, we die by that selfsame sword! — barbecue and cook stove heated. (Thomas L. Rodgers)

Noah

After humanity partook of the forbidden food, the earth began to grow corrupt and full of violence. Humans began to experience pain, discomfort and sorrow. Cain murdered Abel. It is thought that sacrifice of animals began at this time. It is important to remember here that the only acceptable sacrifice to God is a broken heart and a contrite spirit.

17 The sacrifices of God are a broken spirit, a broken and contrite heart — these O God, You will not despise. (Psalm 51:17)

11 The earth also was corrupt before God, and the earth was filled with violence.

12 And God looked upon the earth, and behold, it was corrupt; for all flesh had corrupted his way upon the earth.

13 And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and behold I will destroy them with the earth. (Genesis 6:11–13)

The Lord chose Noah to continue the human race because of his righteousness.

“According to the Torah, Genesis 6:9, Noah is considered a tzaddik, or a righteous man. Commentators say this is because he provided charity (tzedakah) for so many animals on the ark. The high level of awareness and concern given to the care and feeding of the animals aboard the ark reflects the traditional Jewish value of not causing harm to animals, or tsa’ar ba’alei chayim. This moral principle — officially set down as law in the Bible and elaborated upon in the Talmud (Shabbat 128b), the medieval commentaries and the Responsa literature—permeates the many legends that grew up around the leading figures in the Torah and in Jewish history. (Vasu Murti, They Shall Not Hurt or Destroy)

Kindness to animals has always been valued by the Jewish tradition; it has also been considered an

important measure of a person's piety, compassion and righteousness.

Here the controversy begins:

Although some Bible commentators believe that God gave man permission to eat flesh after the flood because apparently, everything had been flooded. Man had to have something to eat until he could begin growing his food. However, Noah and his family had carried grains with them — certainly they could make bread and sprout the food they needed as they had done on the ark. It is apparent what the instruction to Noah was in JST Genesis

9: 10, 11:

10 But the blood of all flesh which I have given you for meat, shall be shed upon the ground, which taketh life thereof, and the blood ye shall not eat.

11 And surely, blood shall not be shed, only for meat, to save your lives; and the blood of every beast I will require at your hands.

And Noah builded an altar unto the Lord, and took of every clean beast and of every clean fowl and offered burnt offerings on the altar: and gave thanks unto the Lord, and rejoiced in his heart.
(Genesis 9:4 JST)

Referring to the Books of Adam and Eve, we remember what was burnt or offered. The Lord told them to take of their sowing (corn) It wasn't the animals. We also know from Psalms:

17 The sacrifices of God are a broken spirit, a broken and contrite heart—these O God, You will not despise. (Psalm 51:17)

5 And the Lord spake unto Noah, and he blessed him. And Noah smelled a sweet savor, and he said in his heart;

7 I will call on the name of the Lord, that he will not again curse the ground any more for man's sake, for the imagination of man's heart is evil from his youth; and he will not again smite any more every thing living, as he hath done, while the earth remaineth;

8 And, that seed-time and harvest, and cold and heat, and summer and winter, and day and night, may not cease with man.

9 And God blessed Noah and his sons, and said unto them, Be fruitful and multiply, and replenish the earth. And the fear of you, and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered.

10 Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

11 But, the blood of all flesh which I have given you for meat shall be shed upon the ground, which taketh life thereof, and the blood ye shall not eat.

12 And surely, blood shall not be shed, only for meat, to save your lives; and the blood of every beast will I require at your hands. (Genesis 9:5,7-12 Joseph Smith Translation)

If the Bible doesn't make sense, then why should we as rational people be concerned with it? Is God a person who says one thing and then does another? Would he tell us not to eat a forbidden food and then a few years later tell us it is all right? There had to be an underlying reason for us not to eat flesh in the first place. First and foremost, it brought death into the world for the animals and as long as we continue to partake of it, it not only causes the loss of that bright nature (the Holy Ghost) which removes the armor, and consequently opens us up to every other sin, but it continues to cause premature suffering, pain and eventually death to the animals and then to us as we contract their diseases and eventually die from them. The livestock industry as we know it today has become a nightmare for the animals, a disaster for the people who work in the slaughter

houses, a source of pollution, and desertification and erosion of the environment. In fact, God never changed concerning this first and important commandment. The consequences would be too enormous for the entire world. He is a God who loves his children and his creatures and for this reason would not bring suffering upon them for generations to come. His original plan could not be changed. However He has had patience with his children although they have caused him much irritation and long suffering. One cannot say that God does not shed tears for the pains of his children. One only has to be a mother or a father to know this.

6 For I am the Lord, I change not. (Malachi 3:6)

8 Jesus Christ the same yesterday, and today, and forever. (Hebrews 13:8)

18 For he is the same yesterday, today and forever: and the way is prepared for all men from the foundation of the world, if it so be that they repent and come unto him.

19 For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round.

20 Therefore remember, O man, for all thy doings, thou shalt be brought into judgment.

21 Wherefore, if ye have sought to do wickedly in the days of your probation, then ye are found unclean before the judgment-seat of God; and no unclean thing can dwell with God; wherefore, ye must be cast off forever. (1 Nephi 10:18-21)

2 For God doth not walk in crooked paths, neither doth he turn to the right hand nor to the left, neither doth he vary from that which he hath said, therefore his paths are straight, and his course is one eternal round. (D&C 3:2)

It is preposterous to think that the Lord would destroy the earth and every living soul in it for the sins which are brought about by the specific act of partaking of the forbidden food and then change his mind and decide that it's all right now. Because these verses have been misunderstood for so long, we have told ourselves:

8 ... Eat, drink, and be merry; nevertheless, fear God — he will justify in committing a little sin; yea, lie a little, take the advantage of one because of his words, dig a pit for thy neighbor; there is no harm in this; and do all these things, for tomorrow we die; and if it be so that we are guilty, God will beat us with a few stripes, and at last we shall be saved in the kingdom of God.

9 Yea, and there shall be many which shall teach after this manner, false and vain and foolish doctrines, and shall be puffed up in their hearts, and shall seek deep to hide their counsels from the Lord; and their works shall be in the dark.

10 And the blood of the saints shall cry from the ground against them.

11 Yea, they have all gone out of the way; they have become corrupted. [first in body and then in mind.]

12 Because of pride, and because of false teachers, and false doctrine, their churches have become corrupted, and their churches are lifted up; because of pride they are puffed up.

13 They rob the poor because of their fine sanctuaries; they rob the poor because of their fine clothing; and they persecute the meek and the poor in heart, because in their pride they are puffed up.

14 They wear stiff necks and high heads; yea, and because of pride, and wickedness, and abominations and whoredoms, they have all gone astray save it be a few, who are the humble followers of Christ; nevertheless, they are led, that in many instances they do err because they are taught by the precepts of men.

15 O the wise, and the learned, and the rich, that are puffed up in the pride of their hearts, and all those who preach false doctrines, and all those who commit whoredoms, and pervert the right way of the Lord, wo, wo, wo be unto them, saith the Lord God Almighty, for they shall be thrust down to hell!

16 Wo unto them that turn aside the just for a thing of naught and revile against that which is good, and say that is of no worth! For the day shall come that the Lord God will speedily visit the inhabitants of the earth; and in that day that they are fully ripe in iniquity they shall perish. [Iniquity means treating things or beings unequally.]

17 But behold, if the inhabitants of the earth shall repent of their wickedness and abominations they shall not be destroyed, saith the Lord of Hosts.

18 But behold, that great and abominable church, the whore of all the earth, must tumble to the earth, and great must be the fall thereof.

19 For the kingdom of the devil must shake, and they which belong to it must needs be stirred up unto repentance, or the devil will grasp them with his everlasting chains, and they be stirred up to anger, and perish.

20 For behold, at that day shall he rage in the hearts of the children of men, and stir them up to anger against that which is good. (2 Nephi 28: 8–20)

The Lord here is speaking again of the destruction of the wicked. The same sins that brought upon the flood in Noah's time are the same sins that will again bring upon us our destruction. When the Lord spoke of the wicked then and the corruption of the body, He is again speaking of the wicked now. The same things that corrupted the body then will corrupt the body now. The abominations the people of Noah practiced are the same abominations we practice now because we cannot, or will not, let go of the sin which brings all this upon us, the unjust and inequitable partaking of the forbidden food. We are not responsible for the whole world. In this instance, we can only be responsible for ourselves. At the last day, we will not stand as a group before the Lord our maker. We will stand individually and answer to Him for our sins alone. It is our responsibility to get this information or knowledge for ourselves and to act upon it. We cannot be saved in ignorance.

6 It is impossible for a man to be saved in ignorance. (D&C 131: 6)

18 Whatever principle of intelligence we attain unto in this life, it will rise with us in the resurrection.

19 And if a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come. (D&C 130:18–19)

18 And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones:

19 And shall find wisdom and great treasures of knowledge, even hidden treasures. (D&C 89:18–19)

It is easy to see that if we walk in obedience, we will obtain knowledge. This means to act upon the knowledge obtained. Knowledge has no efficacy if we do not act upon it.

61 If thou shalt ask, thou shalt receive revelation upon revelation, knowledge upon knowledge, that thou mayest know the mysteries and peaceable things—that which bringeth joy, that which bringeth life eternal. (D&C 42:61)

57 And now I say unto you, all you that are desirous to follow the voice of the good shepherd, come ye out from the wicked, and be ye separate, and touch not their unclean things. (Alma 5:57)

We have quoted some verses from the Book of Mormon, the Doctrine and Covenants, and the

writings of Joseph Smith. There are many who say that Joseph Smith is not a true prophet of God.

11 And many false prophets shall rise, and shall deceive many. (Matthew 24:11)

How can we know if Joseph Smith is a true prophet of God? We can compare the teachings of Joseph Smith to the original word of God to Adam and Eve. We can also compare the teachings of Joseph Smith to the teachings of the important prophets of the Old Testament and finally we can compare the teachings of Joseph Smith to the teachings of Jesus Christ. It is incumbent upon us in these crucial times to examine these teachings and to follow truth.

There are many members of the church, which was founded by Joseph Smith, who do not follow completely his original teachings because they are confused by tradition and/or habit, and obviously many members feel that breaking the Word of Wisdom is of little consequence. This cannot be a deterrent to finding and following the truth, either on the part of a Christian or on the part of each member of the church, to accept this responsibility of knowing the absolute truth for himself.

An early prophet of the church, Heber J. Grant, said, "The man who ignores the word of wisdom, does so at his peril."

The current prophet of the church, Gordon B. Hinckley, is a vigorous man, age 96, who had this to say about it:

"I thank the Lord for a testimony of the Word of Wisdom. I wish we lived it more fully. But even though we do not, the Lord pours out his blessing on those who try. The promise is before us that if we will do so, we shall have health in the navel and marrow in the bones and shall find wisdom and great treasures of knowledge, even the destroying angel shall pass by us as the children of Israel and not slay us.

To me it is marvelous that beyond the promise of a physical nature, it is the promise of hidden treasures of knowledge concerning things divine and eternal. (Gordon B. Hinckley, General Priesthood Session 1993)

34 And again, verily I say unto you, that which is governed by law is also preserved by law and perfected and sanctified by the same.

35 That which breaketh a law, and abideth not by law, but seeketh to become a law unto itself, and willeth to abide in sin, and altogether abideth in sin, cannot be sanctified by law, neither by mercy, justice, nor judgment. Therefore, they must remain filthy still. (D&C 88:34–35)

20 There is a law, irrevocably decreed in heaven before the foundation of this world, upon which all blessings are predicated —

21 And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated. (D&C 130:20–21)

Is God Pleased with His Church?

30 And also those to whom these commandments were given, might have power to lay the foundation of this church, and to bring it forth out of obscurity and out of darkness, the only true and living church upon the face of the whole earth, with which I, the Lord, am well pleased, speaking unto the church collectively and not individually—

31 For I the Lord cannot look upon sin with the least degree of allowance;

32 Nevertheless, he that repents and does the commandments of the Lord shall be forgiven;

33 And he that repents not, from him shall be taken even the light which he has received; for my Spirit shall not always strive with man, saith the Lord of Hosts. (D&C 1:30–33)

We see that He is pleased with those who repent.

12 Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly;

13 And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine. (D&C 89:12–13)

Again, the purpose of this book is to examine scriptures both current and ancient as well as opinions from members of The Church of Jesus Christ of Latter-day Saints, Jewish leaders, Christian leaders, ancient prophets, and Jesus Christ himself to substantiate once and for all the absolute truth about what we should eat, what we should not eat; at the same time we shall learn to distinguish a true prophet from a false prophet and may act accordingly. We can come unto Christ with clean hands and stand before Him at the last day confident that we have done our utmost to follow Him. There has to be a reason for this original teaching of what we should eat and not eat. We will learn that it not only affects the body, mind, and spirit of every individual, but has had major consequences for the earth itself and the animals which live upon it.

Search, ponder and pray are injunctions to us from the prophets to feed ourselves spiritually. It is

believed that by so doing, we will arrive at the complete truth about what the scriptures really mean -- with the help of the Holy Ghost.

Chapter Two - The Old Testament

Abraham, Isaac, and Jacob

Of the sons of Noah, were Shem, Ham and Japheth. Shem was the righteous son from whom Abraham descended many generations later. The Semites were descended from Shem.

1 And when Abram was ninety years old and nine, the Lord appeared to Abram, and said unto him, I, the Almighty God, give unto thee a commandment; that thou shalt walk uprightly [When one walks upright, he does not walk on all fours as does an animal — the tissues of his body are not built with animal protein.] before me and be perfect.

2 And I will make my covenant between me and thee, and I will multiply thee exceedingly.

3 And it came to pass, that Abram fell on his face, and called upon the name of the Lord.

4 And God talked with him, saying, My people have gone astray from my precepts, and have not kept mine ordinances, which I gave unto their fathers;

5 And they have not observed mine anointing, and the burial, or baptism wherewith I commanded them;

6 But have turned from the commandment, and taken unto themselves the washing of children [instead of baptism by immersion], and the blood of sprinkling [sacrificing in blood and violence, not giving of the broken heart in blessed repentance]; And have said that the blood of the righteous Abel was shed for sins; and have not known wherein they are accountable before me

7 But as for thee, behold, I will make my covenant with thee, and thou shalt be a father of many nations. (Genesis 17:1–7 JST)

At this point, apparently the covenant was reiterated. The blood of animals was not to be shed. We must assume here that the original injunction to man still stood, which was:

12 And surely, blood shall not be shed, only for meat to save your lives; and the blood of every beast will I require at your hands. (Genesis 9:12 Joseph Smith Translation)

We all know the story of Abraham, Isaac, and Jacob. Joseph, the righteous son of Jacob, was taken into Egypt. During the time of famine, Jacob's entire family was led to Egypt by the hand of the Lord. The sons of Jacob multiplied exceedingly during their time in Egypt. Some scholars say they were there 450 years and others say 250 years. At this time, with the cattle cult of the Egyptians, it was easy to fall away from the original teachings. Sacrifice, which was practiced by the Egyptians, became acceptable to the children of Jacob.

The following quotes were taken from Vasu Murti in his book, *They Shall Not Hurt or Destroy*:

"In his 1961 book, *Moses and the Original Torah*, Abba Hillel Silver cites biblical texts such as:

21 Thus saith the Lord of hosts, the God of Israel; Put your burnt offerings unto your sacrifices, and eat flesh.

22 For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices. (Jeremiah 7:21-22)

25 Have ye offered unto me sacrifices and offerings in the wilderness forty years, O house of Israel? (Amos 5:25)

“He notes differences in the style and content of passages referring to animal sacrifice when compared with other parts of Torah, to prove his thesis that the original Mosaic Law contained no instructions concerning sacrifice. The sacrificial cult, Silver insists, was a pagan practice which became absorbed into Torah.

“Many Rabbis do not agree with Silver. They voice the view that the Hebraic sacrificial system differed considerably from those in the pagan world as animals were supposedly sacrificed primarily to celebrate the glory of God, and only secondarily to satisfy the cravings of the worshipers. Select portions of the carcass, and sometimes entire carcasses, were offered before God on a flaming altar. Blood, believed to contain the essence of life, was ceremoniously separated from the flesh. The blood was returned to the Giver of Life. With wine, bread, and music, the corpse of the animal became part of a banquet of thanksgiving. In this reshaped and reformed sacrificial cult, the pagan values were replaced with those of Judaism: monotheism, holiness, cleanliness, thanksgiving, etc.

“Significantly, one could not slaughter an animal whimsically, outside of religious sacrifice. To do so was to commit a very sinful act: Blood guilt shall be imputed to that man; he has shed blood, and shall be cut off from among the people. (Leviticus 17:3,4)

Indeed, throughout the Bible, the spilling of innocent blood is condemned.

“The exact Hebrew in Exodus 20:13: Thou Shalt not Kill, is Lo tirtzach. One of the greatest Modern Hebrew scholars, Dr Reuben Alcalay, writes that tirtzach refers to any form of killing whatsoever. (Rabbi Shmuel Golding, Guide to the Mised.)”

In our continuing quest to make sense of God’s original teachings we shall examine the major teachings of the prophets of the Old Testament to know if they reiterate the original teaching of God or if they agree with the sacrificial cult of the early Hebrews and we will begin with Moses, who led the people away from the sacrificial cult of the Egyptians.

Moses

10 A righteous man cares for his animals, but even the mercy of the wicked is cruel. (Proverbs 12:10)

“A Jewish legend says Moses was found righteous by God through his shepherding. While Moses was tending his sheep of Jethro in the Midian wilderness, a young kid ran away from the flock. Moses ran after it until he found the kid drinking by a pool of water. Moses approached the kid and said, “I did not know that you ran away because you were thirsty; now, you must be tired.” so Moses placed the animal on

his shoulders and carried him back to the flock. God said, "Because thou has shown mercy in leading the flock, thou will surely tend my flock, Israel." (Vasu Murti, Thou Shall Not Hurt or Destroy, 3)

26 And said, if thou will diligently hearken to the voice of the Lord thy god, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee. (Exodus 15: 26)

It is significant here that as the Lord leads Moses and His people out of Egypt, He leads them away from the flesh pots which were there (modern term butcher shops). He makes reference again to the plagues or diseases that He talked about in the garden with Adam and Eve — diseases caused from partaking of the forbidden food. Early in the journey, as the children of Israel, were led in the wilderness by Moses, they became hungry for their accustomed food, and complained:

4 Would to God we had died by the hand of the Lord in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger. (Exodus 16: 4)

An ancient Greek scripture called The Philokalia, written by monks in the 3rd to the 8th centuries after Christ, refers to this scripture as saying:... "when we did eat meat to the full." Who made that scriptural change? Was it one of the changes that Enoch foresaw? ... "who changed the truth of God into a lie?"

5 Then said the Lord unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no. (Exodus 16: 5)

The Lord did rain bread (manna) from heaven upon the people for 40 years. Was this to purify them so that in effect their bodies (temples) would be prepared (purified) to receive the Holy Ghost? By leading them out of physical bondage, the Lord was also leading them out of spiritual bondage. Some scholars think that God works in natural ways, using natural laws to cause many of His miracles, and that the manna was actually flax which grew on the sides of mountains and that God caused the winds to blow it into their camp. Flax is the most purifying food on the planet as the oil actually dissolves the harmful fats in the body (animal origin), allowing the body to then dispose of this fat along with the toxins that the human body stores there. Flax also has the characteristic of manna in that, once ground, it

becomes rancid very quickly and must be used right away.

Some of the Israelites quickly tired of the manna and continued to murmur, "Where is the flesh for our tables?" The Lord became quite irritated with these people as you can see in two different versions of the same occurrence in Numbers, chapter 11 and then again in Psalm 78:

18 And say thou unto the people, Sanctify yourselves against tomorrow, and ye shall eat flesh: for ye have wept in the ears of the Lord, saying, who shall give us flesh to eat? For it was well with us in Egypt: therefore the Lord will give you flesh and ye shall eat.

19 Ye shall not eat one day, nor two days, nor five days, neither ten days, nor twenty days:

20 But even a whole month, until it come out at your nostrils, and it be loathsome unto you: because that ye have despised the Lord which is among you, and have wept before him, saying, Why came we forth out of Egypt?

21 And Moses said, the people, among whom I am, are six hundred thousand footmen; and thou hast said, I will give them flesh, that they may eat a whole month.

22 Shall the flocks and the herds be slain for them to suffice them? Or shall all the fish of the sea be gathered together for them, to suffice them?

23 And the Lord said unto Moses, Is the Lord's hand waxed short? Thou shalt see now whether my word shall come to pass unto thee or not.

24 And Moses went out, and told the people the words of the Lord, and gathered the seventy men of the elders of the people, and set them round about the tabernacle.

25 And the Lord came down in a cloud, and spake unto him, and took of the spirit that was upon him, and gave it unto the seventy elders: and it came to pass, that, when the spirit rested upon them, they prophesied, and did not cease.

26 But there remained two of the men in the camp, the name of the one was Eldad, and the name of the other Medad: and the spirit rested upon them; and they were of them that were written, but went not out unto the tabernacle: and they prophesied in the camp.

27 And there ran a young man, and told Moses, and said, Eldad and Medad do prophesy in the camp.

28 And Joshua the son of Nun, the servant of Moses, one of his young men, answered and said, My Lord

Moses, forbid them And Moses said unto him, Enviest thou for my sake? Would God and all the Lord's people were prophets, and that the Lord would put his spirit upon them? (Numbers 11:18-28)

Here is an indication that the Lord wants us all to be prophets, i.e., to have the gift of the Holy Ghost and have the powers of the prophets which can only come by being totally obedient to his laws ... and thus far in what we have learned, specifically the law of pure diet.

30 And Moses gat him into the camp, he and the elders of Israel.

31 And there went forth a wind from the Lord, and brought quails from the sea, and let them fall by the camp, as it were a day's journey on this side, and as it were a day's journey on the other side, round about the camp, and as it were two cubits high upon the face of the earth.

32 And the people stood up all that day, and all that night, and all the next day, and they gathered the quails; he that gathered least gathered ten homers: and they spread them all abroad for themselves round about the camp.

33 And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled

against the people, and the Lord smote the people with a very great plague. [See also Revelation 18:4 And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.]

34 And he called the name of that place Kibroth-hattaavah: because there they buried the people that lusted.

35 And the people journeyed from Kibroth-hataavah unto Hazeroth; and abode at Hazeroth. (Numbers 11:30–35)

10 They kept not the covenant of God, and refused to walk in his law;

18 And they tempted God in their heart by asking meat for their lust.

21 Therefore the Lord heard this, and was wroth: so a fire was kindled against Jacob, and anger also came up against Israel: Because they believed not in God, and trusted not in his salvation.

23 Though he had commanded the clouds from above, and opened the doors of heaven,

24 And had rained down manna upon them to eat, and given them the corn of heaven.

25 Man did eat angel's food: He sent them meat to the full.

26 He caused an east wind to blow in the heaven: and by his power he brought in the south wind.

27 He rained flesh also upon them as dust, and feathered fowls like as the sand of the sea.

28 And he let it fall in the midst of their camp, round about their habitations.

29 So they did eat and were well filled: for he gave them their own desire;

30 They were not estranged from their lusts. But while their meat was yet in their mouths,

31 The wrath of God came upon them, and slew the fattest of them, and smote down the chosen men of Israel.

32 For all this they sinned still and believed not his wondrous works. (Psalms 78:10,18,21,23-32)

Did God slay the people? Or did they bring death upon themselves by disobeying the law and partaking of the forbidden food — the food that originally brought death into the world and is still bringing death into the world? Here we are shown a great distinction between the word "meat," which in

nearly all scriptures means nourishment, and the word "flesh."

There are many Jewish people who adhere to this doctrine and do not eat flesh foods to this day. After India, Israel has the largest number of faith-based vegetarians in the world. (Jewishveg.com)

Around this time, the Lord gave Moses the Ten Commandments. The one we are concerned with here is the commandment: Thou shalt not kill. Again, Dr. Reuben Alcalay, one of the greatest Modern Hebrew scholars, states "the exact Hebrew in Exodus 20:13 (Thou shalt not kill) is 'lo tirtzach.' which refers to any form of killing whatsoever."

Obviously all the time that Moses led the Israelites in the desert, even though the Lord provided them with manna for forty years, there were those who wouldn't and didn't obey the Law. At some point in time, probably about 800 or 900 bc, there was an actual change made in the written scriptures.

5 The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant. (Isaiah 24:5)

25 Who changed the truth of God into a lie, and worshiped and served the creature more than the

Creator, who is blessed for ever, Amen. (Romans 1:25)

These changes are reflected in the writings of Leviticus, Numbers, and Deuteronomy as these books do not reflect the teachings of a gentle god, but of a god who wreaks vengeance, demands sacrifice and war and initiates the eating of specific animals only. Was there a new teaching from God? Or is He in fact a God who changes not? (Also, note that these specific books are never mentioned in The Book of Mormon.)

6 For I am the Lord, I change not. (Malachi 3:6)

19 And behold I say unto you he changeth not; if so he would cease to be God; and he ceaseth not to be God, and is a God of miracles. (Mormon 9:19)

2 For God doth not walk in crooked paths, neither doth he turn to the right hand nor to the left, neither doth he vary from that which he hath said, therefore his paths are straight, and his course is one eternal round. (D&C 3:2)

25 Who changed the truth of God into a lie, and worshipped and served the creature more than the creator. Who is blessed forever. Amen. (Romans 1:25)

So, why did some scribes change the truth of God into a lie? To understand this, we read:

7 For thus saith the prophet against Israel: Woe be to their soul, because they have taken wicked counsel against themselves, saying let us lay snares for the righteous, because he is unprofitable to us. (The Lost Books of the Bible, Barnabas 5:7) [The vegetarian makes no \$profit\$ for the purveyor of flesh foods.]

Barnabas was Paul's missionary companion and many of the early Church fathers (Clemens, Alexandrinis, Origen, Eusebius, Jerome) said that the Epistle of Barnabas lays greater claim to canonical authority than others — this may be found in the Lost Books of the Bible and the Forgotten Books of Eden. Although many people use Leviticus 11 as an excuse to eat flesh foods, in this same epistle Barnabas explains that the commands of Moses were of spiritual significance rather than which animals we should and should not eat.

Epistle of Barnabas

Barnabas in Chapter 9, explains that the commands (which are in Leviticus 11) of Moses concerning clean and unclean beasts were designed for spiritual signification:

1. But why did Moses say Ye shall not eat of the swine, neither the eagle nor the hawk; nor the crow; nor any fish that has not a scale upon him? Answer, that in the spiritual sense, he comprehended three doctrines, that were to be gathered from thence.

2. Besides which he says to them in the book of Deuteronomy, And I will give my statutes unto this people. Wherefore it is not the command of God that they should not eat these things; but Moses in the spirit spake unto them.

3. Now the sow he forbade them to eat; meaning thus much; thou shalt not join thyself to such persons as are like unto swine; who whilst they live in pleasure, forget their God; but when any want pinches them, then they know the Lord; as the sow when she is full knows not her master; but when she is hungry she makes a noise; and being again fed, is silent.

4. Neither, says he, shalt thou eat the eagle, nor the hawk, nor the kite, nor the crow; that is thou shalt not keep company with such kind of men as know not how by their labour and sweat to get themselves food: but injuriously ravish away the things of others; and watch how to lay snares for them; when at the same time they appear to live in perfect innocence.

5. [so these birds alone seek not food for themselves, but] sitting idle seek how they may eat of the flesh others have provided; being destructive through their wickedness.

6. Neither, says he, shalt thou eat the lamprey, nor the polypus, nor the cuttle-fish; that is thou shalt not be like such men, by using to converse with them; who are altogether wicked and adjudged to death. For so those fishes are alone accursed, and wallow in the mire, nor swim as other fishes, but tumble in the dirt at the bottom of the deep.

7. But he adds, neither shalt thou eat of the hare. To what end? To signify this to us; Thou shalt not be an adulterer; nor liken thyself neither be like to such persons. For the hare every year multiplies the places of its conception; and so many years as it lives, so many it has.

8. Neither shalt thou eat of the hyena; that is, again, be not an adulterer, nor a corruptor of others; such. And Whereforeso? Because that creature every year changes its kind, and is sometimes male and sometimes female.

9. For which cause also he justly hated the weasel; to the end that they should not be like such persons who with their mouths commit wickedness by reason of their uncleanness; nor join themselves with those impure women, who with commit

wickedness. Because that animal conceives with its mouth.

10. Moses therefore, speaking as concerning meats, delivered indeed three great precepts to them in the spiritual signification of those commands. But they according to the desires of the flesh, understood him as if he had only meant it of meats.

11. And therefore David took aright the knowledge of his threefold command, saying in like manner.

12. Blessed is the man that hath not walked in the counsel of the ungodly; as the fishes before mentioned in the bottom of the deep in darkness.

13. Nor stood in the way of sinners, as they who seem to fear the Lord, but yet sin, as the sow.

14. And hath not sat in the seat of the scorers; as those birds who sit and watch that they may devour.

15. Here you have the law concerning meat perfectly set forth, and according to the true knowledge of it.

16. But, says Moses, ye shall eat all that divideth the hoof, and cheweth the cud. Signifying thereby such an one as having taken his food, knows him that nourisheth him; and resting upon him, rejoiceth in him.

17. And in this he spake well, having respect to the commandment. What, therefore, is it that he says? That we should hold fast to them that fear the Lord; with those who meditate on the command of the word which they have received in their heart; with those that declare the righteous judgments of the Lord, and keep his commandments.

18. In short, with those who know that to meditate is a work of pleasure, and therefore exercise themselves in the word of the Lord.

19. But why might they eat those that clave the hoof? Because the righteous liveth in this present world; but his expectation is fixed upon the other. See, brethren, how admirably Moses commanded these things?

Leviticus, Numbers, and Deuteronomy

Although there are brief verses in Leviticus, Numbers, and Deuteronomy which are choice and do reflect the reverence the Jewish People had for the lives of their animals, the entire tone of these books is quite different from the clear and plain early writings in the Bible. These chapters are filled with sacrifice, blood, murder, and violence. Most young people who want to read the Bible from cover to cover, begin at Genesis and stop reading at some point in any of these three books. It is because young people, by nature, don't want to accept a God

who is violent and commands his children to pillage and plunder and murder innocent animals and people as is evident in these three chapters.

Hundreds of laws here are given to replace the simple Ten Commandments, which the people wouldn't follow. If we choose to read and follow the teachings in these three books, we entirely confuse our minds as to who God is. Is He our gentle father who only wants us to live and obey his commandments so that we can live a long and righteous existence, worthy of eternal life in the heavens with Him? Many people who wish to live godly lives skip the reading of these books altogether as it is evident that maybe this was the time in ancient history when the scriptures were changed as Enoch had prophesied (The Book of Enoch, R.H. Charles) and also as it says in Romans 1:25 "... who changed the truth of God into a lie."

Certainly those who read and follow the teachings of these books do live contradictory lives and most times commit violence against not only the innocent animals but people as well. Certain books are included in the Bible, which is basically a history of the people, but this does not mean that we have to accept them as true teachings of our Father in Heaven. We can peruse them and reflect upon them as a dark period in the world's history, then learn from the mistakes they made. We cannot justify

what we do in this life — good or bad — by these teachings simply because they are included in a holy book.

It is helpful to remember that we always have our free agency. We are free to choose the bad or good in this life, hopefully remembering that as we sow, so shall we reap, and that if we have mercy, God will have mercy upon us. It is good to remember that when we wreak violence against that which has life, we are messing with things that belong to the Creator. He doesn't like it if we hurt or destroy his handiwork. He didn't like it during the days of Noah and He doesn't like it now. If we have to do this to meet a basic need (to keep ourselves alive) then we can face him after our life has ended without fear of retribution.

Also we have to remember that there are those who wish to profit from our lives by convincing us that certain things we eat are good for us ("Milk, It does a body good") and that we need them and could possibly die if we didn't get them. We can know that they lie if they go against the very first basic teaching of our Father in Heaven. We can also know that they lie if the evidence points to the fact that, in truth, these foods are not good for us and are not keeping us alive but are gradually killing us in myriad ways. Food is the big seller and has always

been from the beginning because it is something we have to have three times a day.

Note: After confirming a scientific link between milk consumption and diabetes, the magazine, *Scientific American*, responded to the above dairy slogan.

“Milk, It does a body good, sounds a little hollow these days”. (*Scientific American*, Oct 1992)

“Also in 1992, the *Journal of Clinical Microbiology* reported:

It is reasonable to conjecture that *M. paratuberculosis* may be responsible for some cases of Crohn’s disease.

“In September of 1996, the Proceedings for the National Academy of Sciences reported in their journal:

“*Mycobacterium paratuberculosis* RNA was found in 100 percent of Crohn’s disease patients, compared with 0 percent of controls.

“The most serious bacterial disease of cows is caused by *mycobacterium paratuberculosis*. *Mycobacterium paratuberculosis* causes a bovine disease called “Johne’s.” Cows diagnosed with Johne’s disease have diarrhea and heavy fecal shedding of bacteria. This bacterium becomes cultured in milk and is not destroyed by

pasteurization. Occasionally, the milk borne bacteria will begin to grow in the human host, and irritable bowel syndrome and Crohn's results." (Robert Cohen, notmilk.com)

"Over 20 years of independent research links a common disease in humans characterized by chronic diarrhea and severe abdominal pain with sick cows and contaminated milk.

"We are not describing a disease process on another continent, or another era. I'm sad to say that we're talking about the United States in 2004.

"According to the U.S. Department of Agriculture, from 20 percent to 40 percent of U.S. dairy farms have sick cows. These cows aren't mildly ill, they're infected with Mycobacteria paratuberculosis, which produces massive diarrhea and incredible weight loss. But on factory farms, sick cows still provide commercial milk. Milk from sick cows is pooled with milk from healthy cows. The result: contaminated milk and, apparently, a whole lot of sick people.

"Think of the worst stomach flu you ever experienced. Then imagine trying to live with that every day.

"That's Crohn's disease.

“Pasteurization in the United States is accomplished predominately by the HTST (high temperature short time) method, where milk is exposed to 72 degrees centigrade (165 degrees F) for 15 seconds, as milk streams through the pasteurization coils.

“In the laboratory, 72 degrees C, for 15 seconds doesn’t kill *M. paratuberculosis*. In fact 90 degrees (194 F) for 15 seconds doesn’t kill the bacteria. Part of the reason is that the organism is concentrated in pus cells in milk which protect the bacteria from heat damage during pasteurization. Again, sadly, the USDA allows the highest number of pus cells in commercial milk in the Western world.

“Without adequate research and a responsive government, the sad reality is that across the country, literally hundreds of thousands of children cry themselves to sleep every night, because when they eat it hurts so bad, and sometimes the steroids [inadequate medical treatment] don’t work. (Chris Bennett, Crohn’s disease, sick cows and contaminated milk, World Net Daily, Friday, October 1, 2004)

There are also those who do not know good from evil.

Contemporary Thought about Sacrifice — Original research was done by Vasu Murti, They Shall Not Hurt or Destroy:

“Moses Maimonides says, “By redefining the sacrifices, “idolatry was eradicated, and the vital principle of our faith, the existence and unity of God, was firmly established—without confusing the minds of the people by the abolition of sacrificial worship to which they were accustomed.” Maimonides taught that animal sacrifice served as a substitute for child sacrifice, a practice which was widespread among ancient peoples.

“Rabbi Joseph Hertz writes that human sacrifice was a religious practice, ‘rife among the Semitic peoples, as well as their Egyptian and Aryan neighbors.’ Among these ancient peoples, the sacrifice of animals was a well-established mode of religious worship, much like the reciting of prayers or the singing of hymns is today.

“According to Rabbi Hertz, the sacrificial cult was necessary to ancient religious practice, and unless the laws of Moses included this ‘universal expression or religious homage,’ Moses’ mission’ would assuredly have failed, and his work would have disappeared.

“Animal sacrifice was an acceptable form of worship in biblical times. At no place in Leviticus, or any of the other books of the Bible, is the ritual of animal sacrifice formally explained. Like prayer and praise, animal sacrifice was regarded as a ‘universally

current expression of religious homage.’ The rabbis say animal sacrifices were too prevalent in the ancient world to be abolished. Thus they had to be reformed, replacing pagan values with those of Judaism.

“The book of Leviticus radically transformed the pagan ritual of animal sacrifice, and used this ritual to confront man with the glaring contradiction between his desire for animal flesh and God’s designation of life as something holy. Animal sacrifice was once an occasion for indulging in magical sadistic and gluttonous impulses. It was subsequently redefined as a rite of atonement performed by Temple priests.

“Animals were supposedly sacrificed primarily to celebrate the glory of God, and only secondarily to satisfy the cravings of the worshipers. In the reshaped and reformed sacrificial cult, the pagan values were replaced with those of Judaism: monotheism, holiness, cleanliness, thanksgiving, etc.

“Significantly, one could not slaughter an animal whimsically, outside of religious sacrifice. To do so was to commit a very sinful act: ‘Bloodguilt shall be imputed to that man; he has shed blood, and shall be cut off from among his people. (Leviticus 17:3,4)

“Christian scholar, Erdman, The Life, Teachings and Death of Rabbi Y’shua (Jesus) are “the perfect sacrifice.” He regards the entire Book of Leviticus as prophecy.

“In his 1961 book, Moses and the Original Torah, Abba Hillel Silver cites biblical texts such as Jeremiah 7:21,22 and Amos 5: 25, and notes differences in style and content of passages referring to animal sacrifice when compared with other parts of Torah, to prove his thesis that the original Mosaic Law contained no instructions concerning sacrifice. The sacrificial cult, Silver insists, was a pagan practice that became absorbed into Torah:

“Thus saith the Lord of hosts, the God of Israel; Put your burnt offerings unto your sacrifices, and eat flesh.

For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices.”
(Jeremiah 7:21,22)

Have ye offered unto me sacrifices and offerings in the wilderness forty years, O house of Israel? (Amos 5:25)

As we continue our search for God’s teachings, as defined by the teachings of the holy prophets, we

find there are many things that are virtuous, lovely and of good report and praiseworthy in the Holy Bible. Following are just a few:

22 And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams. (I Samuel 15:22)

7 But now ask the beasts, and they shall teach thee, and the fowls of the air, and they shall tell thee.

8 Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee

9 Who knoweth not in all these that the hand of the Lord hath wrought this?

10 In whose hand is the soul of every living thing, and the breath of all mankind.. (Job 12:7–10)

6 Thy righteousness is like the great mountains; Thy judgments are a great deep; O Lord, Thou preservest man and beast. (Psalm 36:6)

6 Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required. (Psalm 40: 6)

8. I will not reprove thee for thy sacrifices or thy burnt offerings, to have been continually before me.

9. I will take no bullock out of thy house, nor he goats out of thy folds.

10. For every beast of the forest is mine, and the cattle upon a thousand hills.

11. I know all the fowls of the mountains and the wild beasts of the field are mine.

12. If I were hungry, I would not tell thee: for the world is mine, and the fullness thereof.

13. Will I eat the flesh of bulls, or drink the blood of goats?

14. Offer unto God thanksgiving, and pay thy vows unto the most High: (Psalms 50:8-14)

16. For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering.

17 The sacrifices of God are a broken spirit, a broken and contrite heart, O God, thou will not despise. (Psalms 51:16,17)

14 He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; (Psalms 104:14)

3 To do justice and judgment is more acceptable to the Lord than sacrifice. (Proverbs 21:3)

20 Be not among winebibbers; among riotous eaters of flesh: (Proverbs 23:20)

1 Keep thy foot when thou goest to the house of God, and be more ready to hear, than to give sacrifice of fools: for they consider not that they do evil. (Ecclesiastes 5:1)

Testimony of the Prophets: Old Testament

There has to be reason in the Bible. This is the major recurring theme from the beginning:

God is the Creator, not the destroyer. Who is this destroyer who not only wanted to destroy the beautiful animals of the world, but in so doing, knew that we would eat their flesh and then destroy ourselves with the weakness and disease caused from the partaking of the forbidden food — the weakness and disease which leads to spiritual poverty. Just as the bright nature left Adam and Eve, the Holy Spirit leaves us when we harden our hearts to the plight of the innocents.

“Satan never owned the earth; he never made a particle of it; his labor is not to create, but to destroy; while on the other hand, the labor of the Son of God is to create, preserve, purify, build up and exalt all things — the earth and its fullness — to his standard of greatness and perfection; to restore all things to their paradisiacal state and

make them glorious. The work of the one is to preserve and sanctify, the work of the other is to waste away, deface and destroy.” (Journal of Discourses 10:320, July 31, 1864, Brigham Young. Original research done by Richard D. Stratton: Kindness to Animals and Caring for the Earth.)

“Satan, spitefully determined to destroy everything that God has commanded to live and multiply, began his earthly career by making war on the birds and fishes and systematically destroying the animals and trees. This, we are told, was because he was envious of the beautiful rapport that existed between Adam and the animals.” (Hugh Nibley, New Era, page 52, Jan–Feb 1981) (Original research done by Richard D. Stratton: Kindness to Animals and Caring for the Earth.)

Some questions we should ask ourselves about the Prophets: Are their teachings consistent with the teaching of God to the children in the Garden of Eden concerning what they should and should not eat? Do they continue the basic theme that began when Eve partook of the forbidden food? And does this golden thread that begins in the garden and continues throughout the Bible continue to lead the people to stop this particular evil? In fact, the Prophets had a sacred responsibility to not only teach God’s children, but to call them to repentance and to warn them of what would come if they didn’t

repent. They not only called the people to repentance, but gave them amazing promises if they did repent — promises which would, in effect, negate the effects of the original sin of Adam and Eve and restore the bright nature (Holy Ghost) to those who obeyed. Remember that we are counseled not only in the Book of Mormon to study the words of Isaiah, but also by our church leaders.

Isaiah

11 To what purpose is the multitude of your sacrifices unto me? saith the Lord: I am full of the burnt offerings of rams, and the fat of fed beasts; and I delight not in the blood of bullocks, or of lambs, or of he goats.

12 When you come to appear before me, who has required this at your hand, to tread my courts?

13 Bring no more vain offerings to me; their savour is an abomination to me; in the new moons and Sabbaths, you call an assembly; I do not eat that which is obtained wrongfully, and taken by force. (This verse is taken from the Peshitta (Aramaic), and was translated by George M. Lamsa. It is traditionally know as The Authorized Bible of the Church of the East.) (Isaiah 1-13)

15 And when ye spread forth your hands, I will hide mine eyes from you: yea, when ye make many prayers, I will not hear: your hands are full of blood.

16 Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil;

17 Learn to do well; seek judgement, relieve the oppressed, judge the fatherless, and plead for the widow

18 Come now, and let us reason together, saith the Lord: though your sins be red like crimson, they shall be as wool.

19 If ye be willing and obedient, ye shall eat the good of the land. (Isaiah 1:15–19)

2 And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruning hooks: nation shall not lift up sword against nation; neither shall they learn war anymore. (Isaiah 2:4)

9 The shew of their countenance doth witness against them; and they declare their sin as Sodom, they hide it not. Woe unto their soul! For they have rewarded evil unto themselves.

10 Say ye to the righteous, that it shall be well with him: for they shall eat the fruit of their doings.

11 Woe unto the wicked! It shall be ill with him: for the reward of his hands shall be given him. (Isaiah 3:9–11)

4 But with righteousness shall he judge the poor, and reprove with equity for the meek of the earth: and he shall smite the earth with the rod of his mouth, and with the breath of his lips shall he slay the wicked.

5 And righteousness shall be the girdle of his loins, and faithfulness the girdle of his reins.

6 The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. [See also Luke 18:17 Verily I say unto you, whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein. [Little children, are harmless and innocent. Compare to Daniel 6:23]

7 And the cow and the bear shall feed; their young ones shall lie down together; and the lion shall eat straw like the ox.

8 And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice den.

9 They shall not hurt nor destroy in all my holy mountain for the earth shall be full of the knowledge of the Lord, as the waters cover the sea. (Isaiah 11:4-9)

We must ask ourselves who "They" are. "They" are the meek, those who hurt not nor destroy. According to Jesus Christ, they will inherit the earth. "They" are the people of the Lord. Whatever our religious persuasion, are we numbered in this group?

5 The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant. (Isaiah 24:5)

1 Woe to the crown of pride, to the drunkards of Ephraim, whose glorious beauty is a fading flower, which are on the head of the fat valleys of them that are overcome with wine! [Compare this with Lamentations 4, which follows later.] (Isaiah 28:1)

7 But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment.

8 For all tables are full of vomit and filthiness, so that there is no place clean.

9 Whom shall he teach knowledge? And whom shall he make to understand doctrine? Them that are weaned from the milk, and drawn from the breasts.

10 For precept must be upon precept, precept upon precept; line upon line, line upon line, here a little and there a little;

11 For with stammering lips and another tongue will he speak to this people.

12 To whom he said this is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear. (Isaiah 28:7-12)

15 Because ye have said, We have made a covenant with death, and with hell are we at agreement; when the overflowing scourge [See Revelation 18:4] shall pass through, it shall not come unto us: for we have made lies our refuge, and under falsehood have we hid ourselves. (Isaiah 28:15)

1 Woe to the rebellious children, saith the Lord, that take counsel, but not of me; and that cover with a covering, but not of my spirit, that they may add sin to sin. (Isaiah 30:1)

15 He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, [he that hates profit by extortion, compare to D&C 59:20] that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil;

16 He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure. (Isaiah 33:15 – 16)

6 Is this not the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and let the oppressed go free and that ye break every yoke? [In Hebrew, the words Sam, Samah, mean to fast. They also have another meaning: vegetarian.] (Isaiah 58:6)

Who are the oppressed in this world in which we live? We understand that 45 billion animals yearly are sacrificed (slaughtered) to feed us when we could be eating the good of the land, the green herb, the fruits, the vegetables, and the grains that the Lord provided from the very beginning. The blood and gore from this slaughter oppress the earth, which groans in despair from such destruction. Great tears are shed in heaven because of the ignorance of the children of God.

We understand that these animals are not killed in a humane manner (if there could be a humane

manner in which to commit the murder of an animal). The following gives us an idea of one oppressed animal we slaughter for the express purpose of giving thanks to God:

“About 45 million turkeys are produced for a typical Thanksgiving. They are crammed 15,000 to 20,000 per building in warehouses with no windows, with automated food and air. Just a few weeks old, these birds are debeaked with a hot iron, which also cuts their nerves and muscle tissue; and their back toes are cut off, all without anesthesia, a mutilation to prevent their attacking each other in this man made hell. Confined to darkness, they are forced to exist in filth, including their own feces, which gets into their food. Those not making it are thrown onto a dead pile. Others monsterized by growth hormones, are forced with brooms, sticks and kicking to climb steep ramps onto trucks headed for the slaughter house. Those too weak for loading are left to starve to death. At 4 to 5 months the turkeys are hung by their legs for 5 to 6 minutes awaiting the killer’s knife. Some are dropped into vats of boiling water alive as production speed misses them. Others fall unto the floor to die a slow death in puddles of blood. The contented gobbles and clucks we once knew are replaced with pitiful cries and screams.” (Nancy Robinson, Founder: Earth’s Best Friend is Vegetarian.)

How can we fool ourselves to the point that we believe the Lord hears our prayers of thanksgiving when we sit down to a feast of this degraded magnitude? These turkeys certainly didn't fulfill the measure of their creation or find joy therein. This is the tip of the iceberg where farm animals are concerned. To know more about the indignities, pain, suffering and death animals face every day, read *The Jungle*, by Upton Sinclair, or *Diet for a New America*, by John Robbins. Contemplate the 45 billion animals worldwide that are penned in filthy conditions, poor, wet, cold, bedraggled, in fear of what is coming, waiting for the ultimate trip to the slaughterhouse where, before their final moments, they will experience the indescribable blood and horror of this generation.

Their final remains will be cremated in the ovens and upon the countless backyard barbecue grills in the sad and damaging unconsciousness of a people trapped in darkness, and by many with hardness of heart and greed who have not considered the Biblical adage, "As ye sow, so shall ye reap." This law of the universe says that for every action there is an equal and opposite reaction — this law that had to be atoned for by the sacrifice of a God in order to annul it. This law which no one ever seems to repent from because Holy scriptures have been altered to the point that even the Popes think it is

not a sin eat flesh and it is apparent in most instances that their health reflects it.

6 We are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away. (Isaiah 64:6)

If we are to be forgiven of these sins, then we must repent just as we do from secondary sins, because as long as we partake of this forbidden food, we will be held responsible for this travesty. Secondary sins are those sins that abound in us because of disobedience to the original sin. Again ... removing the armor of God, allows in the enemy of righteousness.

More from Isaiah:

8 [In the day of restoration] And an highway shall be there, and a way, and it shall be called The way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein. (Isaiah 35:8)

30 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (Isaiah 40:30)

1 Awake, awake; put on thy strength, O Zion; put on thy beautiful garments, [the bright nature or the Holy Ghost] O Jerusalem, the holy city: for henceforth there shall no more come into thee the uncircumcised [of heart?] and the unclean. (Isaiah 52:1)

11 Depart ye, depart ye, go ye out from thence, touch no unclean thing; go ye out of the midst of her; be ye clean, that bear the vessels of the Lord. (Isaiah 52:11)

2 Wherefore do ye spend money for that which is not bread? And your labour for that which satisfieth not? Hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness. (Isaiah 55:2)

16 Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil;

17 Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, and plead for the widow

18 Come now and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

19 If ye be willing and obedient, ye shall eat the good of the land. (Isaiah 1:16–19)

Let us consider the innocents: Animals have feelings, fears and emotions. They suffer pain just as we do.

“The animals see and hear and love and fear and suffer. They use their organs far more faithfully than many human beings use theirs. They manifest sympathy and tenderness toward their companions in suffering. Many animals show affection for those who have charge of them, far superior to the affection shown by some of the human race. They form attachments for man which are not broken without great suffering to them.” (Ellen G White, Ministry of Healing, 315.)

In the future great judgment we will look to Christ and say, “Have mercy.” He will wonder what we thought about all those 50 to 70 plus years we spent here on this dark sphere called Earth. He will wonder if we had a copy of His holy scriptures and if we read them prayerfully. Of course we read them, we say, but we just didn’t recognize that the common enemy of us all had dirtied the water somewhat before we got them. In our unthinking adherence to tradition, and to repeated brainwashing from the powers that be, whether from magazines, radio, or the big-brother-instruction-box which we all have in

our houses, or maybe even lust for flesh, we ignored and didn't even want to know what went on in the slaughter house conveniently hidden from public view — the plight our innocent neighbors, the animals, faced daily in their poor and sad existence.

We do these things when we kill an animal:

1. Stop its eternal progression, which has repercussions throughout eternity. (It is my opinion that animals progress through eternity just as humanity. Life in our universe is one great round of eternal progression for all living creatures. How could it be any other way? How could God be a fair and equitable Father unless this was so?

“As to where the beasts, birds, and fish, and all other creatures will go after the resurrection, we can only express an opinion. John saw many of them in heaven in the presence of God. It is very probable that they, like mankind, will be distributed in the various kingdoms, celestial, terrestrial, and telestial. We may well believe that in each of these kingdoms such creatures will be assigned.”(Answers to Gospel Questions 2:51, Joseph Fielding Smith, from Richard D. Stratton, Kindness to Animals and Caring for the Earth.)

2. There is no way to restore or make restitution for the life of this animal.

3. We become dependent upon Christ to make atonement for this sin.

We must take responsibility for this sin at an innermost level. We must ask only ourselves, are we by the foods we eat personally causing hurt and pain to another? Simply because most people don't care about it doesn't make us any less responsible. Just because most churches don't think it is a sin, does not mean that it isn't. We are given free agency. We alone are the judges. With this free agency goes the responsibility to choose the right, something we have been taught since an early age.

How can we choose the right if we don't know what it is? Continuing Isaiah's diatribe about the law of the fast:

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? (Isaiah 58:7)

9 Then shalt thou call and the Lord shall answer.... [James 5:16 the effectual fervent prayer of a righteous man availeth much.] (Isaiah 58:9)

11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make *fat thy

bones; and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; [genetically] and thou shalt be called the repairer of the breach, the restorer of paths to dwell in. (Isaiah 58:11–12)

*High animal protein diets deplete calcium from the bones to buffer the acid they create:

“More Americans Are Getting Osteoporosis”

“Chicago — The number of Americans diagnosed with osteoporosis surged sevenfold over the past decade, coinciding with the development and marketing of new drugs to treat the bone-thinning condition, a study found.” (NewsMax.com, July 27, 2004)

“If I don’t drink milk or eat meat, How will I satisfy my protein needs? Hospitals are filled with Americans who have eaten too much dietary animal protein. It is nearly impossible to live in America and not satisfy your protein needs. The average man in the U.S. eats 175 percent more protein than the recommended daily allowance and the average woman eats 144 percent more.” (Surgeon General’s Report on Nutrition and Health,” 1988, found in Robert Cohen, Notmilk Newsletter)

“Osteoporosis is caused by a number of things, one of the most important being too much dietary protein.” (Science 1986: 233)

“Countries with the highest rates of osteoporosis, such as the United States, England, and Sweden, consume the most milk. China and Japan, where people eat much less protein and dairy food, have low rates of osteoporosis.” [i.e. they have fat bones.] (Nutrition Action Healthletter, June 1993)

In this passage Barnabas quotes Isaiah.

15 Is it such a fast that I have chosen? Is it to bow down his head like a bulrush, and to spread sackcloth and ashes under him? Wilt thou call this a fast, and an acceptable day to the Lord?

16 But to us he saith on this wise, is not this the fast that I have chosen, to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free; and that ye break every yoke? [See also D&C 59:20, neither by extortion.]

18 Then shall thy light break forth as the morning, and thy health shall spring forth speedily; and thy righteousness shall go before thee, the glory of the lord shall be thy reward. [Will the reward be the Holy Ghost? — an amazing promise] (The Lost Books of the Bible, Barnabas 2:15–16,18)

When a person gives up an animal flesh diet, his health improves dramatically.

2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

3 For your hands are defiled with blood, and your fingers with iniquity; your lips have spoken lies, and your tongue hath muttered perverseness. (Isaiah 59:2-3)

8 [In the last days the Lord will call his ministers and make an everlasting covenant with the people] For I the Lord love judgment, I hate robbery for burnt offering; and I will direct their work in truth, and I will make an everlasting covenant with them.

9 And their seed shall be known among the Gentiles, and their offspring among the people: all that see them shall acknowledge them, that they are the seed which the Lord hath blessed. [It will be obvious because of their health.]

10 I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, [The Holy Ghost?] he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with jewels. (Isaiah 61:8-10)

3 A people that provoketh me to anger continually to my face; that sacrificeth in gardens, and burneth incense upon altars of brick;

4 Which remain among the graves, and lodge in the monuments, which eat swine's flesh, and broth of abominable things is in their vessels; (Isaiah 65:3-4)

3 He that killeth an ox is as if he slew a man; he that sacrificeth a lamb, as if he cut off a dog's neck; he that offereth an oblation, as if he offered swine's blood; he that burneth incense, as if he blessed an idol. Yea, they have chosen their own ways, and their soul delighteth in their abominations.

4 I also will choose their delusions, and will bring their fears upon them; because when I called, none did answer; when I spake, they did not hear; but they did evil before mine eyes, and chose that in which I delighted not. (Isaiah 66:3-4)

These two statements are in the last chapter that we hear about Isaiah in the Old Testament and there is an unsubstantiated tradition that Isaiah died by being sawed in two during the reign of Manassah (Heb. 11:37). It is recorded in the pseudepigraphical writing, the Ascension of Isaiah.

Jeremiah

7 And I brought you into a plentiful country, to eat the fruit thereof and the goodness thereof; but when ye entered; ye defiled my land and made mine heritage an abomination. (Jeremiah 2:7)

13 For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water [cannot hold the Holy Ghost?] (Jeremiah 2:13)

20 For of old time I have broken thy yoke, and burst thy bands; and thou saidst, I will not transgress; when upon every high hill and under every green tree thou wanderest, playing the harlot.

21 Yet I had planted thee a noble vine, wholly a right seed: how then art thou turned into the degenerate plant of a strange vine unto me:

22 For though thou wash thee with nitre, and take thee much soap, yet thine iniquity is marked before me, saith the Lord God. [It is hard to hide a sick, degenerated body.] (Jeremiah 2:20–22)

20 To what purpose cometh there to me incense from Sheba, and the sweet cane from a far country? Your burnt offerings are not acceptable, nor your sacrifices sweet unto me. (Jeremiah 6:20)

21 Thus saith the Lord of hosts, the God of Israel; Put your burnt offerings unto your sacrifices, and eat flesh

22 For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices;

23 But this thing commanded I them, saying, Obey my voice, and I will be your God, and ye shall be my people: and walk ye in all the ways that I have commanded you, that it may be well unto you.

30 For the children of Judah have done evil in my sight, saith the Lord: they have set their abominations in the house which is called by my name to pollute it. (Jeremiah 7:21–23,30)

Notice in the above scripture where the Lord says specifically that the children of Judah have set their abominations in the house that was called by His name to pollute it. This indicates that the Twelve Tribes, who came through the wilderness with Moses, did not offer sacrifices in His house.

The following scriptures are taken from The Epistle of Barnabas (Lost Books of the Bible and the Forgotten Books of Eden) to show how Barnabas related to Jeremiah:

9 For so the Lord saith again to those heretofore: Did I at all command your fathers when they came out of the land of Egypt concerning burnt-offerings or sacrifices?

10 But this I commanded them, saying, Let none of you imagine evil in your hearts against his neighbor, and love no false oath. (The Lost Books of the Bible, Barnabas 2:9–10)

12 And therefore he thus bespeaks us, the sacrifice of God (is a broken spirit,) a broken and contrite heart God will not despise.

13 Wherefore brethren, we ought the more diligently to inquire after those things that belong to our salvation, that the adversary MAY NOT HAVE ANY ENTRANCE INTO US and deprive us of our spiritual life. (The Lost Books of the Bible, Barnabas 2:12–13)

Here is an indication that not abiding by the commandments, i.e. hardening the heart and weakening the body by partaking of the foods of sacrifice, can allow the enemy of righteousness to enter our bodies, i.e. possession.

18 And first I will recompense their iniquity and their sin double; because they have defiled my land, they have filled mine inheritance with the carcasses of

their detestable and abominable things. (Jeremiah 16:18)

4 Because they have forsaken me, and have estranged this place, and have burned incense in it unto other gods, whom neither they nor their fathers have known, nor the kings of Judah, and have filled this place with the blood of innocents; [Is there anything more innocent than any life which cannot speak or act in its own defense?] (Jeremiah 19:4)

During the great forty-year trek of Moses and the children of God, there was a group of people who took a vow to eat no flesh or drink no wine. They were the Nazarites, and the ancestors of Jesus Christ. (Josephus, in his history of the Jews, speaks about the Nazarites.) See in the following verses how Jeremiah in Lamentations compares them with the rest of the people:

1 How is the gold become dim! how is the most fine gold changed! The stones of the sanctuary are poured out in the top of every street.

2 The precious sons of Zion, comparable to fine gold, how are they esteemed as earthen pitchers, the work of the hands of the potter!

3 Even the sea monsters draw out the breast, they give suck to their young ones: the daughter of my

people is become cruel, like the ostriches in the wilderness.

4 The tongue of the sucking child cleaveth to the roof of his mouth for thirst: the young children ask bread, and no man breaketh it unto them.

5 They that did feed delicately are desolate in the streets: they that were brought up in scarlet embrace dunghills.

6 For the punishment of the iniquity of the daughter of my people is greater than the punishment of the sin of Sodom, that was overthrown as in a moment, and no hands stayed on her.

7 Her Nazarites were purer than snow, they were whiter than milk, they were more ruddy in body than rubies, their polishing was of sapphire.
(Lamentations 4:1-7)

31 Behold, the days come, saith the Lord, that I will make a new covenant with the house of Israel, and with the house of Judah:

32 Not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the Lord:

33 But this shall be the covenant that I will make with the house of Israel: After those days, saith the Lord, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. (Jeremiah 31:31–33)

See how the above compares with Isaiah 11:9:

9 They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of the Lord, as the waters cover the sea. (Isaiah 11:9)

Ezekiel also speaks of this time:

25 And I will make with them a covenant of peace, and will cause the evil beasts to cease out of the land: and they shall dwell safely in the wilderness, and sleep in the woods.

26 And I will make them and the places round about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing.

27 And the tree of the field shall yield her fruit, and the earth shall yield her increase, and they shall be safe in their land, and shall know that I am the Lord, when I have broken the bands of their yoke, [Ezekiel is speaking here of a spiritual yoke i.e. possession- See Chapter 7 of this book for a full explanation.]

and delivered them out of the hand of those that served themselves of them.

28 And they shall no more be a prey to the heathen, neither shall the beast of the land devour them: but they shall dwell safely, and none shall make them afraid.

29 And I will raise up for them a plant of renown, and they shall be no more consumed with hunger in the land, neither bear the shame of the heathen any more.

30 Thus shall they know that I the Lord their God am with them, and that they, even the house of Israel, are my people, saith the Lord God.

31 And ye my flock, the flock of my pasture, are men, and I am your God, saith the Lord God. (Ezekiel 34:25–31)

14 Then said I, Ah Lord God! Behold, my soul hath not been polluted: for from my youth up even till now have I not eaten of that which dieth of itself, or is torn in pieces; neither came there abominable flesh into my mouth. (Ezekiel 4:14)

11 Wherefore, as I live, saith the Lord god; surely, because thou hast defiled my sanctuary with all thy detestable things, and with all thine abominations, therefore will I also diminish thee; neither shall

mine eye spare, neither will I have any pity. (Ezekiel 5:11)

24 Thus Ezekiel is unto you a sign: according to all that he hath done shall ye do: and when this cometh, ye shall know that I am the Lord God. (Ezekiel 24:24)

Israel shall inherit the land in the resurrection. Israel shall be gathered and cleansed; they shall receive the everlasting gospel covenant:

25 And they shall dwell in the land that I have given unto Jacob my servant, wherein your fathers have dwelt; and they shall dwell therein, even they, and their children, and their children's children for ever: and my servant David shall be their prince for ever.

26 Moreover I will make a covenant of peace with them; it shall be an everlasting covenant with them for evermore. (Ezekiel 37:25–26)

Isaiah, Jeremiah, and then Ezekiel all speak of the everlasting covenant that the Lord will make with his people in the last days. Remember who his people are: those who hurt not and harm not as spoken by the prophet Isaiah. "And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine" (D&C 89:13). As educated people of the Lord, as those who understand the Lord's intention from the beginning,

it is up to us, his people, to now make that covenant of peace. We don't have to wait until the entire church makes the covenant. We have our agency and this is an individual choice as to whether we want to stand above the evil in our own personal lives. We alone will stand at the last day before the Lord. No prophet or pope will stand with us and take the blame or credit for what we have done. The Lord will look at our hands. Will he find blood there?

Maybe it is a covenant we have already made and are not abiding by it.

Daniel

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

9 Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? Then shall ye make me endanger my head to the king.

11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

14 So he consented to them in this matter, and proved them ten days.

15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams. [Compare with D&C 89:19 "... And shall find wisdom and great treasures of knowledge, even hidden treasures."] (Daniel 1:8–17)

22 My God hath sent his angel, and hath shut the lion's mouths, that they have not hurt me; for as much as before him innocence was found in me; and also before thee, O king, have I done no hurt. (Daniel 6:22)

Daniel chose to feed himself in righteousness and innocence as did the early posterity of Adam and Eve..

10 [In the last days] Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand. (Daniel 12:10)

Later in the document, note the same text that was found in Qumran (Dead Sea Scrolls), which says:

"Many shall purify themselves," rather than many shall be purified. Most scholars would agree that the earlier scripture found at Qumran was undoubtedly the original as it had not been tampered with by the Nicene council or the King James Bible translators.

"Now Daniel and his kinsmen had resolved to use a severe diet, and to abstain from those kinds of foods which came from the king's table, and entirely to forbear to eat of all living creatures: so he came to Ashpenaz who was that eunuch to whom the care of them was committed, and desired him to take and spend what was brought for them from the king; but

to give them pulse and dates for their food, and anything else besides the flesh of living creatures, that he pleased, for that their inclinations were to that sort of food and that they despised the other. [After a 10 day trial] ... they grew plumper and fuller in body than the rest, insomuch, that he thought that those who fed on what came from the king's table seemed less plump and full, while those that were with Daniel looked as if they had lived in plenty, and in all sorts of luxury, Arioch, from that time, securely took himself what the king sent every day from his supper, according to custom, to the children, but gave them the forementioned diet, while they had their souls in some measure more pure, and less burdened, and so fitter for learning, and had their bodies in better tune for hard labour; for they neither had the former oppressed and heavy with variety of meats, nor were the other effeminate on the same account; so they readily understood all the learning that was among the Hebrews, and among the Chaldeans, as especially did Daniel, who, being already skilled in wisdom, was very busy about the interpretation of dreams; and God manifested himself to him." (Josephus Complete Works, 222–223)

Hosea

Hosea here again speaks of the covenant in the last days — note with whom the covenant is made!

18 And in that day will I make a covenant for them with the beasts of the field, and with the fowls of heaven, and with the creeping things of the ground: and I will break the bow and the sword and the battle out of the earth, and will make them to lie down safely. (Hosea 2:18)

6 For I desired mercy, and not sacrifice; and the knowledge of God more than burnt offerings.

7 But they like men have transgressed the covenant: there have they dealt treacherously against me.

8 Gilead is a city of them that work iniquity, and is polluted with blood. (Hosea 6:6–8)

Note here that Adam and Eve were the first to transgress the covenant, or in other words, change the (eternal) progression. They could no longer progress until they repented.

12 I have written to him the great things of my law, but they were counted as a strange thing.

13 They sacrifice flesh for the sacrifices of mine offerings, and eat it; but the Lord accepteth them not; now will he remember their iniquity, and visit their sins: they shall return to Egypt. (Hosea 8:12–13)

Here the Lord makes reference to the sins of the children of Israel when they were in Egypt as they sat by the fleshpots and partook of the same food as the Egyptians.

Amos

21 I hate, I despise your feast days, and I will not smell in your solemn assemblies,

22 Though ye offer me burnt offerings and your meat offerings, I will not accept them: neither will I regard the peace offerings of your fat beasts.

23 Take thou away from me the noise of thy songs; for I will not hear the melody of thy viols.

24 But let judgment run down as waters, and righteousness as a mighty stream.

25 Have ye offered unto me sacrifices and offerings in the wilderness forty years, O house of Israel? (Amos 5:21–25)

This scripture is an indication that when Moses was in the wilderness for forty years with the children of Israel, most of them kept the covenant — except of course the time when they desired flesh for their tables. This is also an indication that the books of Leviticus, Numbers, and Deuteronomy were devised after the forty-year trek by those wicked priests who wished to profit from the innocents.

1 Woe to them that are at ease in Zion, and trust in the mountain of Samaria, which are named chief of the nations, to whom the house of Israel came! (Amos 6:1)

4 That lie upon beds of ivory, and stretch themselves upon their couches, and eat the lambs out of the flock, and the calves out of the midst of the stall. (Amos 6:4)

Micah

6 Wherewith shall I come before the Lord, and bow myself before the high god? Shall I come before him with burnt offerings, with calves of a year old?

7 Will the Lord be pleased with thousands of rams, or with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?

8 He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God. (Micah 6:6–8)

Habakkuk

There is a reward for following the commands of the Lord:

19 The Lord god is my strength, and he will make my feet like hinds feet, and he will make me to walk upon mine high places. To the chief singer on my stringed instruments.

(Habakkuk 3:19)

Zechariah

7 And I will take away his blood out of his mouth, and his abominations from between his teeth....
(Zechariah 9:7)

Contemporary Thought Concerning the Old Testament.

The original research on the following quotations was done by Vasu Murti, They Shall Not Hurt or Destroy:

“Cruelty to animals is forbidden by Jewish law.... Cruelty to animals is known ... as tza’ar ba’aley hayim — pain inflicted upon living creatures. This is a grave sin according to Jewish law.” (The Jewish Spectator, June 1969.)

“Rabbi Isaac Luria (1534–72) Rabbi Luria was a student of the Kabbala, concerning Jewish mystical thought. “Born in Jerusalem, he became a brilliant student, noted for his intelligence, logic and reasoning abilities. By the age of 15, Luria had surpassed all the sages in Egypt in his

understanding of Talmudic law. With a thirst for higher knowledge, he studied the Zohar and the Kabbala. For seven years, he lived as an ascetic on the banks of the Nile River; fasting often, seeing his wife only on the Sabbath, and merely for brief conversation, if necessary. During this time, he experienced many strange voices and ecstatic visions. At times, the prophet Elijah appeared to teach him the secrets of the Torah. Luria later went to Safed (in Palestine) and became the spiritual master of the community of mystics there. He taught that the good souls in heaven could be brought down to inhabit human bodies.

“Luria saw spirits everywhere. He heard them whispering in the rushing waters of rivers, in the movement of trees, in the wind and in the songs of birds. He could see the soul of a man leave the body at the time of death. Intimate conversations were often held with the soul of past figures in the Bible, the Talmudic sages and numerous respected rabbis.

“His disciples said he could perform exorcisms and miracles and speak the language of animals. They wrote: Luria could read faces, look into the souls of men, and recognize that souls migrated from body to body. He could tell you what commandments a man had fulfilled and what sins he had committed since youth.

"Many of Rabbi Luria's contemporaries were convinced he was Mashiach, the Messiah or the one anointed by God to establish His Kingdom on earth. It is said Luria's respect for life was so great that he would avoid stepping on insects, or treading on grass."

"Stanley Rubens of the Jewish Vegetarian Society says: "I believe man's downfall is paralleled by his cruelty to animals. In creating slaughterhouses for them, he has created slaughterhouses for himself.... What is the future for mankind? When the Day of Judgment comes, we will be given that same justice that we gave the less fortunate fellow creatures who have been in our power." According to Rubens, "It is essential for an orthodox Jew to be vegetarian."

"Rabbi Chaim Zundel Maccoby settled in London around 1890. He was a great and saintly preacher and a dedicated vegetarian, who wore shoes of cloth to indicate his revulsion towards leather. He brought happiness into the lives of London's East End Jews by teaching them compassion for all living creatures. A deeply religious man, he had an enormous following. The crowds were so large that traffic was held up whenever he preached in the streets."

"Isaac Bashevis Singer, who won the Nobel Prize in Literature, became a vegetarian in 1962. He asked,

“How can we pray to God for mercy if we ourselves have no mercy? How can we speak of rights and justice if we take an innocent creature and shed its blood?” Singer has compared humanity’s mass slaughter of 45 billion animals every year to the Nazi Holocaust. In 1987 he wrote, “This is my protest against the conduct of the world. To be a vegetarian is to disagree — to disagree with the course of things today. Nuclear power, starvation, cruelty — we must make a statement against these things. Vegetarianism is my statement. And I think it’s a strong one.”

“Singer has also expressed the view that unnecessary violence against animals by human beings will only lead to violence in human society: “I personally believe that as long as human beings will go on shedding the blood of animals, there will never be any peace. There is only one little step from killing animals to creating gas chambers a la Hitler and concentration camps a la Stalin — all such deeds are done in the name of ‘social justice’. There will be no justice as long as man will stand with a knife or with a gun and destroy those who are weaker than he is.”

“Dr. Richard H. Schwartz reported in The Jewish Spectator in 1980 that legislation outlawing meat eating had been unsuccessfully introduced in the Israeli Knesset (Parliament) by Mordecai Ben Porat.

In secular, political language, Porat argued that Israel's fragile economy was impaired by rising health-care costs — the increasing expenditures went primarily to combating diseases caused by eating animal flesh."

"Shlomo Goren, former Chief Rabbi of Israel, is vegetarian. Rabbi David Rosen, former Chief Rabbi of Ireland, and Shear Yashuv Cohen, Chief Rabbi of Haifa, endorse the vegetarian way of life. One of the greatest modern Jewish thinkers, Martin Buber, advocated vegetarianism, as did Albert Einstein. Austrian writer and poet Franz Kafka (1883–1924) was vegetarian. The late Rabbi M. Kossowsky, who was not vegetarian, called vegetarianism, The very pinnacle of ethical achievement."

Chapter Three – The Book of Mormon

Another Testament of Christ

About 600 years before Christ was born — and we are assuming here that he listened to the prophet Jeremiah — Lehi understood that Jerusalem was going to be destroyed and why. Obviously he was already a righteous man and so was able to believe Jeremiah.

He took his family, and guided by the Lord, began a long journey through the wilderness. During this time he has a vision of the tree of life. (See Nephi 8; it is also quoted in its entirety at the end of this book.) It is interesting that he also talks about the straight and narrow path. It is evident that he knows the intention of the Lord from the beginning in the garden, and that he will guide and teach his children the same teachings taught by the major prophets of God. This sets the stage for the teachings in the Book of Mormon. There was a time as they traveled through the wilderness that the Lord allowed them to slay animals for their food. Be assured that it was totally necessary to save their lives:

13 And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine....

15 And these hath God made for the use of man only in times of famine and excess of hunger. (D&C 89:13,15)

Before we begin to examine the teachings of the Book of Mormon, we must first discuss Matthew 7:15

15 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. (Matthew 7:15)

We now know the teachings of the Old Testament from the beginning in the garden. We know what the original sin was. We know that God sent his prophets Isaiah, Jeremiah, Ezekiel, ad infinitum, to reiterate the original word of God, and to teach, reprove, lift, and lead the people from their bloody and fallen state.

Lehi, the first prophet of the Book of Mormon, was a contemporary of Jeremiah. He heard Jeremiah, he was righteous to begin with, and/or he repented and began to preach the same word of God that Jeremiah preached. His preaching was so powerful that the people in Jerusalem sought his life. He was led away from Jerusalem, as many righteous men before him, over a period of hundreds of years, had been led by the hand of the Lord to another land where they and their families could freely follow the teachings of God and worship Him in purity of body/heart, mind and spirit.

In Lehi's preaching to his children, Nephi, Lemuel, Laman, Sam, and Jacob, he didn't have to be as specific as Isaiah had been to the people of his day. His children already knew what the teachings of the gospel were. It is significant that he sent his children back to Jerusalem to obtain the original scriptures which were kept by the people from the beginning and that Isaiah was considered the choice scripture to be studied by his people. However, Leviticus,

Numbers, and Deuteronomy were never mentioned in the Book of Mormon.

Now that we know these things, we must ask ourselves, Are the prophets of the Book of Mormon true or false? Are they wolves in sheep's clothing? Can we accept them as prophets of God and confidently follow their teachings? Will their teachings further our eternal progress? In order to answer these questions, we will go forward in our search for truth and compare their teachings with the original teachings of God and His prophets of the Old Testament.

We must remember again that this is a Little Book, an opening for study, an introduction that will illustrate the continuing thread that permeates all true scriptures of God. As well, it is a pointer for those who are lost in a Bible that is a history of the early peoples' good and evil, who profited from the buying and selling of beasts of all kinds and did not wish to lose their power to make money, or to lead the people in such a way so that they couldn't come to a knowledge of the truth. In continuing our study, we should remind ourselves of the words which we have learned so far and what they mean:

Wicked: people who destroy and consume the flesh of beasts.

Righteous: people who follow the teaching of God and serve as stewards of God's creation, not destroying but helping to further the eternal progression of themselves and even the beasts.

"The ancients taught that Adam's dominion was nothing less than the priesthood, the power to act for God and in his place. The idea is that God, while retaining his unshakable throne in the heavens, extended his glory to a new world below in the work of the Creation; then as the culmination of that work he created man to be in charge [li-mshol] of all the beings he had created, with the understanding that from this time forth man must work to improve the earth and preserve and take care of all that is in it, exactly as God had done before." (Hugh Nibley, *New Era*, Jan–Feb 1981, 48, found in *Kindness to Animals and Caring for the Earth*, Richard D. Stratton)

"Man's dominion is a call to service, not a license to exterminate. It is precisely because men now prey upon each other and shed the blood and waste the flesh of other creatures without need that "the world lieth in sin." (D&C 49:19–21) Such, at least, is the teaching of the ancient Jews and of modern revelation." (Hugh Nibley, *New Era*, Jan–Feb, 1981, 48, found in *Kindness to Animals and Caring for the Earth*, Richard D. Stratton)

Iniquity: The consideration that all things that God has created are not equal and treating them as such.

Clean: Clean from the blood of destroyed animals.

Unclean: Further definition later.

Purity: Pureness of body — consequently, mind, and then spirit.

Lust: There are clearly two meanings for lust; the meaning we are concerned with here is the desire for the flesh of animals (i.e., lusting for flesh for their tables as recorded in Numbers 11 and in Psalm 78).

We also assume (and it is reflected in the Book of Mormon) that Lehi and his family did not take with them huge herds of animals so that they would have food to eat, but rather all kinds of seeds and provisions so they would have food in the wilderness. It was obvious that the only time they were allowed by God to eat flesh was when their lives were threatened with famine. At that time they were shown where to find wild game in the wilderness.

13 And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine....

15 And these have God made for the use of man only in times of famine and excess of hunger. (D&C 89:13,15)

16 ... and also having great desires cry unto the Lord; and behold he did visit me, and did soften my heart to know of the mysteries of God, wherefore He did visit me and soften my heart that I did believe all the words which had been spoken by my father; wherefore I did not rebel against him like unto my brothers.

17 And I spake unto Sam, making known unto him the things which the Lord had manifested unto me by his Holy Spirit. And it came to pass that he believed in my words.

18 But, behold, Laman and Lemuel would not hearken unto my words; and being grieved because of the hardness of their hearts, I cried unto the Lord for them.

19 And it came to pass that the lord spake unto me saying: Blessed art thou, Nephi, because of thy faith, for thou has sought me diligently, with lowliness of heart. (1 Nephi 2:16–19)

The above scriptures set the stage for the teachings of the Book of Mormon. We can assume here that the Lord did teach the mysteries of God to Nephi. When he sought to teach them to Laman and

Lemuel, they hardened their hearts. Throughout the Book of Mormon are the righteous people who seek to obey every word of God from the beginning, and those who, after hearing the prophets teach the gospel, harden their hearts (to the sad plight of the animals) and still wish to consume the flesh of beasts.

The people of Lehi, just as the people of the Old Testament, stoned the prophets and sought their lives and the lives of their people. The Book of Mormon foreshadows our time in that many of the people who harden their hearts, disobey, and pollute their bodies with flesh, become hardened and evil. There are wars and rumors of wars until the wicked not only destroy and consume the flesh of beasts but seek the total destruction of the people as did the people before the flood.

The Lord here is speaking of Laman's descendents, the Lamanites:

22 And thus saith the Lord God: I will cause that they shall be loathsome unto thy people, save they shall repent of their iniquities.

23 And cursed shall be the seed of him that mixeth with their seed; for they shall be cursed even with the same cursing. And the Lord spake it, and it was done.

24 And because of their cursing which was upon them they did become an idle people, full of mischief and subtlety, and did seek in the wilderness for beasts of prey. (2 Nephi 5:22–24)

It is interesting that when it was absolutely necessary for the family to survive, they were even led by the Lord to find beasts of prey. Yet when they had plenteous other foods to eat and didn't have to have flesh to survive, they ate it anyway, and the Lord put a curse on them. Why did the Lord curse the seed of those who mixed with their seed? The answer lies in the fact that they were unclean in this behavior. Can we inherit uncleanness? It is difficult to be part of a family that partakes of flesh foods and then not partake ourselves.

40 O, my beloved brethren, give ear to my words. Remember the greatness of the Holy One of Israel. Do not say that I have spoken hard things against you; for if ye do, ye will revile against the truth; for I have spoken the words of your Maker. I know that the words of truth are hard against all uncleanness; but the righteous fear them not, for they love the truth and are not shaken. (2 Nephi 9:40)

Do these teachings reflect the same teachings of the Old Testament? Did God change his mind and decide to let the children have their flesh?

17 ... I, Nephi, was desirous also that I might see, and hear, and know of these things, by the power of the Holy Ghost, which is the gift of God unto all those who diligently seek him, as well in times of old as in the time that he should manifest himself unto the children of men.

18 For he is the same yesterday, today, and forever; and the way is prepared for all men from the foundation of the world, if it so be that they repent and come unto him.

19 For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round.

20 Therefore remember, O man, for all thy doings thou shalt be brought into judgment.

21 Wherefore, if ye have sought to do wickedly in the days of your probation, then ye are found unclean before the judgment seat of God; and no unclean thing can dwell with God; wherefore, ye must be cast off forever. (1 Nephi 10:17–21)

These are hard words against the wicked and the unclean. For those who recognize their wickedness and uncleanness, there is the act of repentance,

which brings the blessing of redemption and restoration to the presence of the Lord. There is the major danger that those who harden their hearts will fall completely away from the teachings of the Lord and fall into forbidden paths.

4 And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plow-shares and their spears into pruning hooks — nation shall not lift up sword against nation, neither shall they learn war any more.

5 O house of Jacob, come ye and let us walk in the light of the Lord; yea, come, for ye have all gone astray, every one to his wicked ways. (2 Nephi 12:4–5)

10 For the time speedily cometh that the Lord God shall cause a great division among the people, and the wicked will he destroy; and HE WILL SPARE HIS PEOPLE, yea, even if it so be that he must destroy the wicked by fire. [Emphasis added.]

11 And righteousness shall be the girdle of his loins, and faithfulness [faith enough to repent?] the girdle of his reins.

12 And then shall the wolf dwell with the lamb; and the leopard shall lie down with the kid, and the calf,

and the young lion, and the fatling, together; and a little child shall lead them.

13 And the cow and the bear shall feed; their young ones shall lie down together; and the lion shall eat straw like the ox.

14 And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice's den.

15 THEY SHALL NOT HURT NOR DESTROY in all my holy mountain; for the earth shall be full of the knowledge of the Lord as the waters cover the sea. (2 Nephi 30:10–15. Emphasis added.)

It is easy to see here who the Lord's people are and to know that Nephi is teaching the same thing that Isaiah taught. The people will not divide into two armed camps, but they will separate themselves from Babylon, while still living in it, by their compassionate daily actions — being in the world, but not of it.

20 And I bear record that the people of Nephi did seek diligently to restore the Lamanites unto the true faith in God. But our labors were vain; their hatred was fixed, and they were led by their evil nature that they became wild, and ferocious, and a blood-thirsty people, full of idolatry and filthiness; feeding upon beasts of prey; dwelling in tents, and

wandering about in the wilderness with a short skin girdle about their loins and their heads shaven; and their skill was in the bow, and in the cimeter, and the ax. And many of them did eat nothing save it was raw meat; and they were continually seeking to destroy us. (Enos 1:20)

It is curious that Enos went out into the wilderness to hunt, decided to pray powerfully, was touched by the Spirit, and then speaks of his repentance. We assume that he repented of that action we have all been enjoined to repent of since the commandment was given in the garden.

6 And it came to pass that king Mosiah did walk in the ways of the Lord, and did observe his judgments and his statutes, and did keep his commandments in all things whatsoever he commanded him.

7 And king Mosiah did cause his people that they should TILL THE EARTH.... (Mosiah 6:6–7, Emphasis added)

57 And now I say unto you, all you that are desirous to follow the voice of the good shepherd, come ye out from the wicked, and be ye separate, and touch not their unclean things; ... (Alma 5:57)

21 And he doth not dwell in unholy temples; neither can filthiness or anything which is unclean be received into the kingdom of God; therefore I say

unto you the time shall come, yea, and it shall be at the last day, that he who is filthy shall remain in his filthiness. (Alma 7:21)

21 And it came to pass that the man received him into his house; and the man was called Amulek; and he brought forth bread and meat and set before Alma.

22 And it came to pass that Alma ATE BREAD and was filled. (Alma 8:21–22. Emphasis added.)

37 And I say unto you again that he cannot save them in their sins; for I cannot deny his word, and he hath said that no unclean thing can inherit the kingdom of heaven; therefore, how can ye be saved, except ye inherit the kingdom of heaven? Therefore, ye cannot be saved in your sins. (Alma 11:37)

Later in our studies we learn from the Savior that the kingdom of God is within. In other words, those who inherit the kingdom of God inherit the fullness of the Holy Ghost or the indwelling of the Holy Spirit.

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. (1 Corinthians 3:16–17)

We defile our holy temples by disobeying the word of God from the beginning, by hardening our hearts to the blood and horror of animal slaughter and then by partaking of the flesh of these sad innocents.

10 And therefore, he that will harden his heart, the same receiveth the lesser portion of the word; and he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full. (Alma 12:10 ... [Compare D&C 89:19])

34 Therefore, whosoever repenteth, and hardeneth not his heart, he shall have claim on mercy through mine Only Begotten Son, unto a remission of his sins; and these shall enter into my rest. (Alma 12:34)

22 Yea, he that repenteth and exerciseth faith, and bringeth forth good works, and prayeth continually without ceasing — unto such it is given to know the mysteries of God; yea, unto such it shall be given to reveal things which never have been revealed; yea, and it shall be given unto such to bring thousands of souls to repentance, even as it has been given unto us to bring these our brethren unto repentance. (Alma 26:22)

The following scriptures shed light upon the original law or covenant of God with his children:

13 Therefore, it is expedient that there should be a great and last sacrifice, and then shall there be, or it is expedient there should be, A STOP TO THE SHEDDING OF BLOOD; then shall the law of Moses be fulfilled; yea, it shall be all fulfilled, every jot and tittle, and none shall have passed away. [Emphasis added.]

14 And behold, this is the whole meaning of the law, every whit pointing to that great and last sacrifice; and that great and last sacrifice will be the Son of God, yea, infinite and eternal.

15 And thus he shall bring salvation to all those who shall believe on his name; this being the intent of this last sacrifice, to bring about the bowels of mercy, which overpowereth justice, and bringeth about the means unto men that they may have faith unto repentance. (Alma 34:13–15)

We can see from the above scriptures that it is not necessary for us to sacrifice animals in our day in order to live. We can live upon the gentle fruits, vegetables, and grains as we were enjoined by God from the beginning. So far, do we have faith that this is the truth? If not, we can pray for faith unto repentance as faith is a gift, but does not come without an effort and the sacrifice of a broken heart. And when we positively know the truth, our hearts will definitely be broken because of the gentle,

innocent creatures that we have caused to die in pain and suffering because of our ignorance, and consequently our lust for flesh.

26 But behold, an awful death cometh upon the wicked; for they die as to things pertaining to things of righteousness; for they are unclean, and no unclean thing can inherit [receive the fullness of the Holy Ghost which will teach them how to become worthy of the kingdom] the kingdom of God.... (Alma 40:26)

Joseph Smith, an innocent boy of fourteen, was led to restore the truth of the primitive church — the church that existed during the time of Adam and continued during the time of Christ. Those of us who understand the truth need to now restore our bodies to their undefiled and pristine purity so that the spirit we house is that of the Holy Ghost. Upon our baptism, we were given the gift of the Holy Ghost by one having authority, or the right to have Him as our constant companion. If we are not worthy of the Spirit as Christ was, and do not remain clean from the blood and sins of this generation, He will not tarry.

23 A man may receive the Holy Ghost, and it may descend upon him and not tarry with him. (D&C 130:23)

11 And now, my son, all men that are in a state of nature, or I would say, in a carnal state, are in the gall of bitterness and in the bonds of iniquity; they are without God in this world, and they have gone contrary to the nature of God; therefore, they are in a state contrary to the nature of happiness.

12 And now behold, is the meaning of the word restoration to take a thing of natural state and place it in an unnatural state, or to place it in a state opposite to its nature?

13 O, my son, this is not the case; but the meaning of the word restoration is to bring back again evil for evil, or carnal for carnal, or devilish for devilish—good for that which is good; righteous for that which is righteous, just for that which is just; merciful for that which is merciful. (Alma 41:11–13)

23 Do ye suppose that God will look upon you as guiltless while ye sit still and behold these things? Behold, I say unto you, Nay. Now I would that ye should remember that God has said that the inward vessel shall be cleansed first, and then shall the outer vessel be cleansed also. (Alma 60:23)

The inward vessel is the inside of the body. The body is that container or vessel which holds the spirit within. Has the inside of our vessel become defiled? How can the spirit remain pure if it is housed in a vessel, or container, which is defiled and polluted

within? It is well known among those who study natural health that when one stops eating animal tissue, the body begins an automatic cleanse. The body has always tried to eliminate those abominable things (foreign proteins, fats and materials). Under modern (allopathic treatment based) medicine, the effort is to suppress rather than prevent the disease (or cleansing) process.

Article found in Reuters News Service, Tuesday, Sept. 30, 2003:

“A non-human molecule found in red meat and milk makes its way into the human system when eaten — and seems to build up especially in tumors, U.S. Researchers reported on Monday.

“The compound, called sialic acid, is found on the surfaces of animal cells but is not found in people, and may be one reason why animal-to-human organ and tissue transplants do not work well. Animals have a version called Neu5Gc, while humans carry Neu5Ac.

“But researchers at the University of California San Diego found it does show up in the human body and showed it can be absorbed from eating red meat and milk.

“They also showed that the body PRODUCES AN IMMUNE RESPONSE AGAINST THE MOLECULE!”
[emphasis added]

This is an indication that the body is always using its energy to eliminate foreign animal tissue such as milk and meat. This weakens the body:

24 And they saw that they had become weak, [weak from eating the wrong kinds of foods] like unto their brethren, the Lamanites, and that the Spirit of the Lord did no more preserve them; yea, it had withdrawn from them because the Spirit of the Lord does not dwell in unholy temples. (Helaman 4:24)

19 [Voice of Jesus Christ] And ye shall offer up unto me no more the shedding of blood; yea, your sacrifices and your burnt offerings shall be done away, for I will accept none of your sacrifices and your burnt offerings. (3 Nephi 9:19)

11 Ye remember that I spake unto you, and said that when the words of Isaiah should be fulfilled — behold they are written, ye have them before you, therefore search them —

12 And verily, verily, I say unto you, that when they shall be fulfilled then is the fulfilling of the covenant which the Father hath made unto his people, O house of Israel. (3 Nephi 20:11–12)

40 And then shall they say: How beautiful upon the mountains are the feet of him that bringeth good tidings unto them, that publisheth peace; that bringeth good tidings unto them of good, that publisheth salvation; that saith unto Zion: Thy God reigneth!

41 And then shall a cry go forth: Depart ye, depart ye, go ye out from thence, touch not that which is unclean; go ye out of the midst of her; be ye clean that bear the vessels of the Lord. (3 Nephi 20:40-41)

And no unclean thing can enter into his kingdom: therefore nothing entereth into his rest save it be those who have washed their garments in my blood, because of their faith and the repentance of all their sins, and their faithfulness unto the end. (3 Nephi 27:19)

28 Be wise in the days of your probation; strip yourselves of all uncleanness; ask not, that ye may consume it on your lusts, but ask with a firmness unshaken, that ye will yield to no temptation, but that ye will serve the true and living God. (Mormon 9:28)

6 For the Lord said unto me: They [the interpreters] shall not go forth unto the Gentiles until the day that they shall repent of their iniquity, and become clean before the Lord. (Ether 4:6)

19 For the Lord worketh not in secret combinations, neither doth he will that man should shed blood, but in ALL THINGS HATH FORBIDDEN IT, FROM THE BEGINNING OF MAN. (Ether 8:19. Emphasis added.)

3 Wherefore I would speak unto you that are the peaceable followers of Christ, and that have obtained a sufficient hope by which ye can enter into the rest of the Lord, from this time henceforth until ye shall rest with him in heaven.

4 And now my brethren, I judge these things of you because of your peaceable walk with the children of men.

5 For I remember the word of God which saith by their works ye shall know them; for if their works be good, then they are good also.

6 For behold, God hath said a man being evil cannot do that which is good; for if he offereth a gift, or prayeth unto God, except he shall do it with real intent it profiteth him nothing.

7 For behold it is not counted unto him for righteousness. (Moroni 7:3–7)

19 Wherefore, I beseech of you, brethren, that ye should search diligently in the light of Christ that ye may know good from evil; [life vs. death — health

vs. sickness?] and if ye will lay hold upon every good thing, and condemn it not [And be not destroyers, living by the plowshare — not by the sword! As the Ammonite mothers and fathers whose covenant brought the blessings of health and strength to their sons who were the warriors for Helaman], ye certainly will be a child of Christ. (Moroni 7:19)

46 Wherefore my beloved brethren, if ye have not charity, ye are nothing, for charity never faileth. Wherefore cleave unto charity, which is the greatest of all, for all things must fail —

47 But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him.

48. Wherefore my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear, we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen. (Moroni 7:46–48)

Contemporary Thought Concerning the Book of Mormon

Hyrum Smith, brother of the Prophet Joseph Smith:

“There were many of the commands of God that seemed to be overlooked by this generation, and he was fearful that many of the Latter Day Saints in this respect were following their old traditions, and former practices of spiritualizing the word of God, and through a vain philosophy departing from the pure principles of eternal truth which God had given by revelation for the salvation of the human family; but, that every word of God is an importance, whether it be the word contained in the Bible, in the Book of Mormon, or in the Book of Doctrine and Covenants, for ‘man shall not live by bread alone, but by every word that proceedeth from the mouth of god.’

“The principles that are taught in the Bible are pure, and ought to be adhered to; and if people adhere to that teaching it will prove their salvation. The principles that are taught in the Book of Mormon are also pure, and holy and righteous, and will if followed lead men to God. And the principles that are taught in the Book of Doctrine and Covenants, are from God, they are principles of righteousness; — they are given for a blessing to the human family, and the salvation, TEMPORAL and spiritual, of his saints; and that man who wantonly departs from any of the revelations of Jehovah, and treats lightly the word of God, whether contained in the Book of Doctrine and Covenants, the Book of Mormon, or

the Bible, is void of understanding: he is not wise concerning the doings of the Lord, the plan of salvation, the past dealings, present designs, or future purposes of the Almighty. The God of the armies of Israel is a wise God, he comprehended the end from the beginning, and adapted his plans, his designs and teaching, to the peculiar wants, the local situation, the exigencies of mankind; and the present and future good of the human family; and every thing that he has deigned to notice by way of instruction to the children of men, is given by infinite wisdom; by the intelligence of Jehovah; and if obeyed, when his designs shall be fully unraveled, it will be seen that there was wisdom in it beyond the comprehension of man in his present state.

“When God first made man upon the earth, he was a different being entirely to what he now is; his body was strong, athletic, robust, and healthy; his days were prolonged upon the earth; he lived nearly one thousand years, his mind was vigorous and active, and his intellectual faculties clear and comprehensive, but he has become degenerated; his life has dwindled to a span; disease preys upon his system; his body is enervated and feeble; and his mental and intellectual faculties are impaired, and weakened; and man is not now that dignified, noble, majestic, honorable, and mighty being that

he was when he first proceeded from the hands of his maker.

“The Lord has in his wise designs revealed unto us his will; he has made known unto us his future purposes; he has told us as he did his ancient prophets that the ‘earth shall be redeemed — that the curse shall be removed from it — that the wolf and the lamb shall lie down together — that the lion shall eat straw like the ox; — and that they shall not hurt nor destroy — that the knowledge of the Lord shall cover the earth, as the waters cover the sea’ — that man’s days shall be as the ‘days of a tree,’ that he shall again live one thousand years on the earth — this is the ‘time of restoration of all things,’ and this has got to be brought about by the wisdom and power of God, and the wisdom, obedience and faith of man combined.

“Everything has become degenerated from what it was in its primitive state: ‘God made man pure, but he has found out many inventions: ‘his vices have become innumerable, and his diseases multiplied; his taste has become vitiated, and his judgment impaired; he has fallen — fallen — fallen, from that dignified state that he once occupied on the earth; and it needs a restorative that man has not in his possession — wisdom which is beyond the reach of human intellect; — power which human philosophy, talent and ingenuity cannot control. God only is

acquainted with the fountain of action, and the main springs of human events; he knows where disease is seated, and what is the cause of it; — he is also acquainted with the spring of health; the balm of Gilead — of life; he knows what course to pursue to restore mankind to their pristine excellency and primitive vigor, and health; and he has appointed the word of wisdom as one of the engines to bring about this thing, to remove the beastly appetites, the murderous disposition and the vitiated taste of man; to restore his body to health, and vigor, PROMOTE PEACE BETWEEN HIM AND THE BRUTE CREATION, and as one of the little wheels in God's designs, to help to regulate the great machinery, which shall eventually revolutionize the earth, and bring about the restoration of all things, and when they are restored he will plant 'the tree of life [He will plant the Holy Ghost in the heart of man, that indwelling or companionship of the Holy Ghost which we lost in the garden], whose leaves shall be for the healing of nations.'

"The Lord has told us what is good for us to eat, and to drink, and what is pernicious; but some of our wise philosophers, and some of our elders too, pay no regard to it; they think it too little, too foolish, for the wise men to regard — fools! Where is their wisdom, philosophy and intelligence? From whence did they obtain their superior light: Their capacity,

and their power of reasoning was given them by the great Jehovah: if they have any wisdom they obtained it from him: and have they grown so much wiser than God that they are going to instruct him in the path of duty, and to tell him what is wise, and what is foolish. They think it too small for him to condescend to tell men what will be the nutritious or what will be unhealthy. Who made the corn, the wheat, the rye, and all the vegetable substances? And who was it that organized man, and constituted him as he is found? Who made his stomach, and his digestive organs, and prepared proper nutriment for his system, that the juices of his body might be supplied; and his form be invigorated by that kind of food which the laws of nature, and the laws of God has said would be good for man? And has God made his food, and provided it for the use of man; and shall he be ashamed to speak of the work of his hands: Has he become so fantastical, so foolish, so weak and effeminate, that it has become impolitic for him to tell what is the best distribution to make of the work of his hands? Oh shame! Let it not be heard among the saints; let that man who inculcates such principles hide his face. We are told by some that circumstances alter the revelations of God — tell me what circumstances would alter the Ten Commandments? They were given by revelation — given as a law to the children of Israel — who has a right to alter that law? Some think that they are too

small for us to notice, they are not too small for God to notice, and have we got so high, so bloated out, that we cannot condescend to notice things that God has ordained for our benefit? Or have we got so weak that we are not fit to be called saints? For the word of wisdom is adapted to the capacity of all that are or can be called saints.

“Listen not to the teaching of any man, or any elder who says the word of wisdom is of no moment; for such a man will eventually be overthrown. These are principles that I have always acted upon; that I have always practiced; and they are what my family practices; they are what Brother Hyrum has always contended for, and what I now contend for; and I know that nothing but an unwavering, undeviating course can save a man in the kingdom of God.

“... Let men attend to these instructions let them use the things ordained of God; let them be sparing of the life of animals; ‘it is pleasing saith the Lord that flesh be used only in times of winter, or of famine’ — and why to be used in famine? Because all domesticated animals would naturally die, and may as well be made use of by man, as not. (Hyrum Smith, Brother of the Prophet Joseph Smith, Times and Seasons, Vol. III, No. 15, City of Nauvoo, Illinois. June 1, 1842, found in Commentary on the Word of Wisdom, by Vonda Thorpe.)

Joseph Smith, first President and Prophet of The Church of Jesus Christ of Latter-day Saints:

“Evening with Hyrum and Sidney and the 12 [Apostles] and the wives at John Taylor’s at 5 pm for supper. Very pleasant time. I prophesied at the table that 5 years would not roll round before the company would all be able to live without cooking.” (Scott Faulring, *An American Prophet Record, the Diaries and Journals of Joseph Smith*, 445. See also pages 446, 447)

“In pitching my tent, we found three Mississauga or prairie rattlesnakes, which the brethren were about to kill, but I said, “Let them alone — don’t hurt them! How will the serpent ever lose its venom, while the servants of God possess the same disposition, and continue to make war upon it? Man must become harmless before the brute creation, and when men lose their vicious dispositions and cease to destroy the animal race, the lion and the lamb can dwell together, and the sucking child can play with the serpent in safety.” The brethren took the serpents carefully on sticks and carried them across the creek. I exhorted the brethren not to kill a serpent, bird or an animal of any kind during our journey unless it became necessary in order to preserve ourselves from hunger.” (Teachings of the Prophet Joseph Smith, compiled by Joseph Fielding Smith, 71)

“[Moses 3:4–5,7,9,19] Thus we see that the affirmative of the question, “Do Animals Have Souls?” is amply sustained by divine revelation.... And Joseph Smith so believed, or he would not have said (as he is reputed to have said) concerning his favorite horse when it died, that he expected to have it in Eternity, Nor would he have uttered his heaven-inspired pronouncement, that “the four beasts” seen in vision by John the Revelator (Rev. 4:6) “in describing heaven,” “represent the glory of the classes of beings” — men, beasts, fowls, and creeping things — in their destined order or sphere of creation, in the enjoyment of their eternal felicity” (D&C 77:1-3).

“This is enough I think, to convince any Latter-day Saint that animals do have souls — that is to say, each animal is a spirit and a body, these together constituting the soul; and the same is true of the trees, plants and flowers. They were not formed for any merely temporary purpose, and are to be eternally perpetuated”. (Improvement Era 30:855, Aug. 1927, Orson F. Whitney, found in Kindness to Animals and Caring for the Earth, Richard D. Stratton.)

President Brigham Young said:

“When man lives to the age of a tree, their food will be fruit. If the people were willing to receive the true

knowledge from heaven in regard to their diet they would cease eating swine's flesh. I know this as well as Moses knew it. (Journal of Discourses, Volume 2, pp. 269–71)

President John Taylor:

"Next, we learn from Genesis 1:29,30 — And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree, yielding seed, to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. From these verses we learn, that the earth yielded neither noxious weeds nor poisonous plants, nor useless thorns and thistle; indeed, everything that grew was just calculated for the food of man, beast, fowl, and creeping thing; and their food was all vegetable; flesh and blood were never sacrificed to glut their souls, or gratify their appetites; the beasts of the earth were all in perfect harmony with each other; the lion ate straw like the ox — the wolf dwelt with the lamb — the leopard lay down with the kid — the cow and bear fed together, in the same pasture, while their young ones reposed, in perfect security, under the shade of the same trees; all was peace and harmony, and nothing to hurt nor disturb in all the holy mountain.

“But now Brothers Taylor and Pratt sadly describe us at the point to which we (of mankind) have fallen, degenerated and currently become. You will also read of the fear, sorrow, and pollution experienced by the creatures and the Earth at our divisive, mindless, self-absorbed and too oft murderous hands. And of our own loss of blessings, vigor and life and the precious lives of our children as consequence. This is not a complimentary description of either the past or us, the current children of God — no matter how righteous we may believe ourselves to have become. It is now time for us to fully understand, fully repent and return to our once primeval garden wisdom, our creation-loving nature and divine reverence and behavior!” (John Taylor, *The Government of God*, Chapter 12. *The Effects of the Establishment of Christ’s Kingdom, or The Reign of God, Upon the Earth*, found in *Commentary on the Word of Wisdom*, Vonda Thorpe.)

President J. Reuben Clark, Jr. :

“The Word of Wisdom is not a rule of conduct; it is a law — the Lord’s law — of health. It was promulgated by Him. The law existed before He told it to us: it would exist if the revelation were blotted from the book. The Church authorities have nothing to do with the law. God, speaking through the forces

of the physical world, has prescribed it, and so long as those forces exist, the law will remain.”

President Ezra Taft Benson:

“To a great extent we are physically what we eat.... What needs additional emphasis are the positive aspects — the need for vegetables, fruits, and grains, particularly wheat. In most cases, the closer these can be, when eaten, to their natural state — without over-refinement and processing — the healthier we will be. To a significant degree, we are an overfed and undernourished nation digging an early grave with our teeth, and lacking the energy that could be ours because we over-indulge in junk foods.... we need a generation of young people who, as Daniel, eat in a more healthy manner than to fare on the ‘king’s meat’, and whose countenances show it.... We need a generation of people who eat in a healthier manner. In general, the more food we eat in its natural state and the less it is refined, without additives, the healthier it will be for us.” (Ezra Taft Benson, Teachings of Ezra Taft Benson, 476, 477.)

President Gordon B. Hinckley:

“I thank the Lord for a testimony of the Word of Wisdom. I wish we lived it more fully. But even though we do not, the Lord pours out his blessing on those who try. The promise is before us that if we will do so, we shall have health in the navel and

marrow in the bones and shall find wisdom and great treasures of knowledge, even the destroying angel shall pass by us as the children of Israel and not slay us.

“To me it is marvelous that beyond the promise of a physical nature, it is the promise of hidden treasures of knowledge concerning things divine and eternal. (Gordon B. Hinckley, October 8, 1993, General Priesthood Session Address)

At this point it is important to again note Hyrum Smith’s admonition to the early members of the church:

“There were many of the commands of God that seemed to be overlooked by this generation, and he was fearful that many of the Latter Day Saints in this respect were following their old traditions, and former practices of spiritualizing the word of God, and through a vain philosophy departing from the pure principles of eternal truth which God had given by revelation for the salvation of the human family.”

Spiritualizing the word of God means exactly what it says. It is a false doctrine that teaches people that only the spirit will survive in Heaven and teaching and perfecting the spirit is the way, the truth, and the light. In other words all emphasis is put upon love and thought life, which of course is necessary and wonderful, but we must remember the

dictionary definition of LIFE: the joining of the animate with the inanimate.

Yea, over mere dust has Thou wafted Thy [holy] spirit, [and has so molded that] clay that [it can have converse with] angels and be in communion with beings celestial. (Book of Hymns [Fragments] 2:10 The Dead Sea Scrolls)

“A saint, who is one in deed and in truth, does not look for an immaterial heaven but he expects a heaven with lands, houses, cities, vegetation, rivers, and animals; with thrones, temples, palaces, kings, princes, priests, and angels; with food, raiment, musical instruments, etc.; all of which are material.” (Orson Pratt, The Latter Day Saints Millennial Star 28: 722, Nov. 1866, found in Kindness to Animals and Caring for the Earth, Richard D. Stratton.)

We are the ends of creation but there is great progress to be made-- eternal life. eternal progression, not only for us, but for the animal kingdom. We must continually remember that our common adversary and one third of the hosts of heaven who followed him lost their lives (their bodies). For what reason? For the reason of all that we have learned and talked about so far. He fell from the celestial sphere (author's opinion) because he became carnivorous, “idle, full of mischief and

subtlety, and did seek in the wilderness for beasts of prey” as did the Lamanites in the Book of Mormon who hardened their hearts to the gospel.

This adversary fell to this dark earth and he, with the hosts that followed him (Nefalim), eventually lost their lives as do we all because of the fall. The difference between him and between us is that he wouldn't repent and thus became an evil spirit bent upon first: our possession (he still wants a body and the pleasures it brings, so he weakens our bodies with lies, and then steals them), and second: because of his jealousy, he wants our destruction, so that we too will suffer the misery he suffers.

However, there was an atonement made. Eventually all the people of the world will be resurrected and be required to stand before God their maker.

“We have the assurance that through the sacrifice made on the cross all mankind and every other creature, even the earth itself, are redeemed from death and shall receive the resurrection and be restored to immortal life.” (Man, His Origin and Destiny, p. 359, Joseph Fielding Smith, found in Kindness to Animals and Caring for the Earth, Richard D. Stratton.)

To the repentant, God promises the restitution of their bodies during the early part of the Millennium. At that time we can again begin to make progress

in perfection as we are enjoined by God. "Be ye therefore perfect, even as your Father which is in heaven is perfect." (Matthew 5:48)

17 Wherefore, do the things which I have told you I have seen that your lord and your Redeemer should do; for, for this cause have they been shown unto me, that ye might know the gate by which ye should enter. For the gate by which ye should enter is repentance and baptism by water; and then cometh a remission of your sins by fire and by the Holy Ghost. (2 Nephi 31:17)

Baptism by water is a sacred form. Christ can only cleanse our sins as long as we remain free of them by our daily compassionate actions. There are many forms or symbols in the church that we have to be true to by our continual actions. Baptism is the gate but it is a continual gate and a path we must follow each day. If we follow it, we eventually purify our bodies in preparation for the baptism of fire, the Holy Ghost.

13 Enter ye in at the strait gate; for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. (Matthew 7:13-14)

Those who haven't repented in this life will not be the first to be resurrected. When we are resurrected, we will be resurrected in the exact same body we left, and at that time, will learn ourselves how to bring it health and perfection. Joseph Fielding Smith sheds light upon this:

The Teachings of Joseph Smith"

"As concerning the resurrection, I will merely say that all men will come from the grave as they lie down, whether old or young; there will not be added unto their stature one cubit, neither taken from it; all will be raised by the power of God, having spirit in their bodies, and not blood. The body will come forth as it is laid to rest, for there is no growth or development in the grave. As it is laid down, so will it arise, and changes to perfection will come by the law of restitution. But the spirit will continue to expand and develop and the body, after the resurrection, will develop to the full stature of man." (Teachings of the Prophet Joseph Smith, Joseph F. Smith, 199)

If in fact we were given a body that we had to learn to live in for all eternity, and we didn't learn to live in it in this life, would it make sense for the Lord to give us another perfect one in the resurrection? It might make more sense for us to restore and regenerate the one we have and learn how to make

it last for all eternity, having learned from the experience.

33 For whoso is faithful unto the obtaining these two priesthoods of which I have spoken are sanctified by the Spirit unto the renewing of their bodies. (D&C 84:33)

32 And they who remain shall also be quickened; nevertheless, they shall return again to their own place, to enjoy that which they are willing to receive, because they were not willing to enjoy that which they might have received.

33 For what doth it profit a man if a gift is bestowed upon him and he receives not the gift: Behold, he rejoices not in that which is given unto him, neither rejoices in him who is the giver of the gift.

34 And again, verily I say unto you, that which is governed by law is also preserved by law and perfected and sanctified by the same.

35 That which breaketh a law, and abideth not by law, but seeketh to become a law unto itself, and willeth to abide in sin, and altogether abideth in sin, cannot be sanctified by law, neither by mercy, justice nor judgment. Therefore, they must remain filthy still.

36 All kingdoms have a law given:

37 And there are many kingdoms; for there is no space in the which there is no kingdom; and there is no kingdom in which there is no space, either a greater or lesser kingdom.

38 And unto every kingdom is given a law; and unto every law there are certain bounds also and conditions.

39 All beings who abide not in those conditions are not justified. (D&C 88:32–39)

20 There is a law irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated —

21 And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated. (D&C 130:20–21)

President Joseph Smith:

“God himself was once as we are now, and is an exalted Man, sits enthroned in yonder heavens. You have got to learn how to be Gods yourselves, and to be kings and priests to God, the same as all Gods have done before you; namely by going from one small degree to another, and from a small capacity to a great one; from grace to grace, from exaltation to exaltation.” (Joseph Smith)

“God himself was once as we are now, and is an exalted man, and sits enthroned in yonder heavens! That is the great secret. If the veil were rent today, and the great God who holds this world in its orbit, and who upholds all worlds and all things by his power, was to make himself visible, -- I say, if you were to see him today, you would see him like a man in form – like yourselves in all the person, image, and very form as a man; for Adam was created in the very fashion, image and likeness of God, and received instruction from, and walked, talked and conversed with him, as one man talks and communes with another.” (The King Follett Discourse, Joseph Smith as printed in *History of the Church*, Vol. 6, p. 302-317)

Chapter Four - The New Testament

Before we begin the New Testament and the preparation that began long before the New Testament for the birth of Christ, let us remember the Myth of the Phoenix — and what does Jesus Christ have to do with this myth. Is He the Phoenix?

In a place called Shifta, which is located not too far from Beersheba, Israel, are the ancient remains of what was once a village inhabited by the once nomadic tribes of the Negev desert. These people were called Nabateans (in Hebrew, Nabatean means sprouter, and in Arabic, Nabatean means

vegetarian) There is evidence that the Nabateans changed from being nomads to being farmers or agriculturists (even vegetarian) around the years 90 A.D. to about 100 A.D. It is well known that the Nabateans were Christians. What a drastic change in such a short length of time! What mysterious event caused these people to change? Could it be that they became vegetarian at the same time they became Christians? And in order to become vegetarian, they had to give up their nomadic life of following their flocks?

To get a clue as to what the reason was and to make a connection with the Myth of the Phoenix, let us examine some of their architecture. On supporting posts of many of the buildings of the Nabateans, one finds carvings of animals and trees, the main theme being a huge bird (the Jewish bird Hol, or the Phoenix) standing next to the desert palm tree (known in the desert as the Tree of Life). What do the Phoenix and the Tree of Life have to do with Christ?

We know something more about the Tree of Life because of Lehi's (Book of Mormon) vision of the tree of life. (1 Nephi 8, last few pages of this book)

Who was the Phoenix that brought the good news of the Gospel 2000 years ago? And in what way did the Gospel restore the idea of the Tree of Life that was

first represented in the Garden of Eden? Did someone preach the Gospel of Jesus Christ to these nomads of the desert, who for thousands of years had been very much involved with the growing of livestock for human use and consumption, and who then uncharacteristically broke with their tradition of roaming the desert and settled into communities? The question is: Who preached the gospel to these people? Paul? And if Paul preached the gospel of vegetarianism, then was this part of what is considered the primitive Gospel of Jesus Christ? Is vegetarianism central to the peaceful gospel that Christ taught?

We hope in this chapter, among others, to illuminate some of the plain and precious scriptures that were taken from the New Testament. And why were they taken? We hope that by the time one has finished the book, he will have a comprehensive idea as to why they were removed. (We have used the Joseph Smith Translation to reflect the changes.) If you will notice, each scripture that has been changed, misunderstood, or taken out, has to do with diet: What did the people eat? And what didn't they eat?

During the time of Moses, many of the people chose to obey every word that proceeded from the mouth of God. They called themselves Nazarites and took a vow to neither eat flesh nor drink wine. Many of the prophets were descended from these people and

so too was John the Baptist, and the family of Jesus Christ. Later they were called Nazarenes and were the first Christians — the believers of the coming Christ, the disciples, then the apostles of Christ. Their beliefs are reflected mostly in the gospel of Saint Matthew and the Epistle of James and witnessed in the writings of Paul. (Josephus, Complete Works)

Anna, the mother of Mary was called a prophetess (remember the teachings and beliefs of all the early prophets) because she lived pure (as a Nazarite) before God. (The Gospel of the Birth of Mary, The Lost Books of the Bible and the Forgotten Books of Eden)

9 Therefore Anna your wife shall bring you a daughter, and you shall call her name Mary.

10 She shall, according to your vow, be devoted to the Lord from her infancy, and be filled with the Holy Ghost from her mother's womb.

11 She shall neither eat nor drink anything which is unclean, nor shall her conversation be without among the common people, but in the temple of the Lord; that so she may not fall under any slander or suspicion of what is bad. (The Gospel of the Birth of Mary, 2:9–11, The Lost Books of the Bible and the Forgotten Books of Eden)

She was called virgin. Was it also that her body was virgin because it had never been adulterated by an unclean food or food taken in violence?

7 Behold a virgin shall conceive, and bear a son, and shall call his name Immanuel. (Isaiah 7:14)

Compare this to the story of the Ten Virgins:

1 And then, at that day, before the Son of Man comes, the kingdom of heaven shall be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom.

2 And five of them were wise, and five were foolish

3 They that were foolish took their lamps, and took no oil with them.

4 But the wise took oil in their vessels with their lamps.

5 While the bridegroom tarried, they all slumbered and slept.

6 And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him.

7 Then all those virgins arose, and trimmed their lamps.

8 And the foolish said unto the wise, give us of your oil; for our lamps are gone out.

9 But the wise answered, saying, Not so; lest there be not enough for us and you; but go ye rather to them that sell, and buy for yourselves.

10 And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage; and the door was shut.

11 Afterward came also the other virgins, saying, Lord, Lord, open to us.

12 But he answered and said, Verily I say unto you, I know you not.

13 Watch therefore, for ye know neither the day nor the hour wherein the Son of Man cometh. (Matthew 25:1–13 JST)

56 And at that day, when I shall come in my glory, shall the parable be fulfilled which I spake concerning the ten virgins.

57 For they that are wise [Word of Wisdom] and have received the truth, and have taken the Holy Spirit for their guide, and have not been deceived — verily I say unto you, they shall not be hewn down and cast into the fire, but shall abide the day.

58 And the earth shall be given unto them for an inheritance; and they shall multiply and wax strong, and their children shall grow up without sin unto salvation. (D&C 45:56–58)

In contemplating the story of the Ten Virgins, keep the following from the Bible Dictionary in mind:

Bible Dictionary: "Most teachers, especially Oriental teachers, have used some form of parable in their instruction, but none so exclusively as Jesus at one period of his ministry. During part of the Galilean ministry the record states that "without a parable spake he not unto them" (Mark 4: 34). From our Lord's words (Matt. 13:13-15; Mark 4:12; Luke 8:10) we learn the reason for this method. It was to veil the meaning. The parable conveys to the hearer religious truth exactly in proportion to his faith and intelligence; to the dull and uninspired it is a mere story, "seeing they see not," while to the instructed and spiritual it reveals the mysteries or secrets of the kingdom of heaven. Thus it is that the parable exhibits the condition of all true knowledge. Only he who seeks finds." [Also note that in the parable of the Ten Virgins it speaks of those that are wise. See how this relates to D&C 89:19: And shall find wisdom and great treasures of knowledge, even hidden treasures.]

Does God have reason? Does he make sense? Yes. Then we must have reason, and we must make sense of things if we would be like him. Does it make sense that Mary would teach her child her beliefs? After all, she was a Nazarite, the child of a prophetess. She never tasted of anything unclean.

Her child was to be a prophet, yes, more than a prophet. Would she feed him common food?

The reference we have for this is from Isaiah:

15 Butter and honey shall he eat, that he may know to refuse the evil, and choose the good. (Isaiah 7:15)

It is obvious that after he was born, he knew the good, just as Adam and Eve knew the good. They as well as He would have to be introduced to the evil in order to know the difference. This makes sense.

The first cousin of Christ, John the Baptist, was filled with the Holy Ghost while he was in his mother's womb.

8 And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey. (Matthew 3:8)

Obviously this is a mistranslation. There is a tree in Israel called the Honey Locust tree. And to this day they call it St. John's Bread. John the Baptist was a Nazarite, as was Jesus, and therefore ate no flesh.

"At that time, a man was going about Judea remarkably dressed: he wore animal hair on those parts of his body not covered by his own. His face was like a savage's [unshaven]. He called on the Jews to claim their freedom, crying: God sent me to

show you the way of the Law, so that you can shake off any human yoke: no man shall rule you, but only the most high who sent me. His message was eagerly welcomed, and he was followed by all Judea and the district around Jerusalem. All he did was to baptize them in the Jordan and dismiss them with an earnest exhortation to abandon their evil ways: if they did so, they would be given a king who would liberate them and master the unruly, while himself acknowledging no master. This promise was derided by some but believed by others. The man was brought before Archelaus and an assemblage of lawyers, who asked who he was and where he had been. He replied, "I am a man, called by the spirit of God, and I live on stems, roots, and fruit." (The Slavonic Edition of The Jewish Wars, Josephus.)

Of course we know that John the Baptist had the honor of baptizing Jesus Christ. Before he baptized the Savior, he said,

11 He that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire. (Matthew 3:11)

Reason. Logic. If Christ was mightier, and John the Baptist, who was filled with the Holy Ghost in the womb, didn't consider himself to be worthy, then to also be worthy, Christ must have been obeying

every single commandment uttered by God. We have already established that the major sin of the Bible at that time was the eating of flesh and worshiping of false gods. John the Baptist drank no wine nor ate flesh. Reason says that if Christ was more worthy than John the Baptist, he must also have been an abstainer. This should set the stage for the New Testament so that we can examine it for truth and read it with understanding. We assume that if Christ broke the commandments of God, then He as did Adam and Eve before him would have lost the bright nature or the fullness of the Holy Ghost. If this had happened, people would not have considered him a prophet, nor could he have prophesied, nor performed his many miracles.

In fact, if the two major commandments given in the Garden of Eden were:

- 1) To multiply and replenish the earth, and
- 2) To eat only the herbs of the field,

Then because Christ was the only perfect person who ever lived, he must have obeyed those two commandments.

He said, "Follow me." If in fact he was perfect and he wanted not only his followers, but the people of the earth in every generation to follow him, then wouldn't he have obeyed the Father in those two

original commandments? In other words, he would have to have set the example for us to follow, otherwise he would have been a hypocrite (and certainly couldn't have been our Savior).

We must keep this in mind when we begin to study individual verses in the Bible: Would Christ have set the example of eating fish for us to follow, when we know that fish first have to be killed before they're eaten and are considered to be the dirtiest food on the planet?

Because fish are, in fact, the cleansers of our rivers, lakes, and oceans and they eat dead things that fall into them, including dead animals. Disease is rampant in the carcasses of dead beasts. Most animals go to streams or rivers to die, and then are washed down to lakes, or oceans. Fish don't usually die of the diseases they carry because they live in colder water and the disease organisms don't thrive and multiply. Once they are caught and put on your warm kitchen counter, the organisms begin to multiply and then the fish begins to stink. Fish and turtles not only have been found to have a flesh-eating infection called MRSA, which can also affect humans, but have elevated levels of mercury as well, which is a great danger to fetuses and to children — also to adults if they eat fish as many as three times a week or more often. These things have been found in the news lately. (Washington

Post, Thursday Dec. 11, 2003, and Local6.com on October 20, 2003.)

Now. Does it make sense that a loving Savior, Jesus Christ, would set the example of eating fish if he knew ahead that fish would cause these problems? Would he endanger the lives of children by setting this example? Of course not!

While we are on this subject, let us examine the diseases people get in different parts of the world caused by the flesh foods they eat:

Ebola: a common disease in Africa, caused from handling and then eating monkeys infected with the virus.

SARS: a flu-like disease in Asia caused from eating civet cats that are infected with the disease.

Bird flu: causes bird flu in humans, among other things; birds (chickens) give us measles, mumps and chicken pox.

Arthritis, cancer, mad cow and a multitude of diseases are caused from eating the meat and drinking the fluids from cattle. (We will elaborate on which diseases come from which animals in a subsequent chapter.)

Giardia, Clostridium, Staph, Strep, Salmonella, Shigella, Schistosomiasis, Cholera, Leptospirosis,

Picene Influenza or Picene RSV and parasites of all kinds are common in areas where fish are consumed.

Again, would Christ have set this example if He loves us? Would he have set the example of drinking wine if he knew ahead all of the problems that alcohol causes people, its addictions, its delusions, etc.?

Wouldn't Christ have followed the same teachings of his parents, and also the teachings of all the Major Prophets? Reason says that he did.

When Christ told us that we could have eternal life, would he have set the example of eating a flesh food, which in fact, leads to death and not life? (Remember the fact that the forbidden food in the Garden of Eden brought death into the world.) More important, would he have disobeyed His Heavenly Father by eating foods taken in violence?

There is a Jewish Law that says that bread cannot be served with a flesh food or fish on the same platter, because bread comes from Heaven or God, and flesh is taken in violence. Jewish people cannot even say a blessing over flesh foods! Think about this when you get to the part in the New Testament, which talks about the loaves and the fishes. Evidence indicates that the story of the loaves and the fishes did not originally include fish. For

example, the earliest (pre-Gospel) accounts of this miracle do not include fish, and Jesus, when he refers to it, refers only to the bread.

9 Do ye not yet understand, neither remember the five loaves of the five thousand, and how many baskets ye took up?

10 Neither the seven loaves of the four thousand, and how many baskets ye took up? (Matthew 16:9–10)

19 When I brake the five loaves among five thousand, how many baskets full of fragments took ye up? They say unto him Twelve.

20 And when the seven among four thousand, how many baskets full of fragments took ye up? And they said, Seven. (Mark 8:19–20)

26 Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled. (John 6:26)

Who would have benefited by having fish added as an acceptable food in the Bible? Remember the Bible at that time was a main source of knowledge for the people. They didn't have the American Journal of Medicine.

Tom Rodgers writes:

“Embracing the Christians in order to bring an end to the infighting within his growing empire and in pretending to be a convert to Christianity, Constantine could not afford to offend or financially harm the powerful marine industry of the Mediterranean and its major source of his taxes, income offerings and influence for his empire. So Christ and His healing Christianity had to be changed. It’s about the money.”

A very sad thing also happened during the reign of Constantine. In 325 at the council of Nicea, where many things about Christianity were defined and delineated and changed, it was declared that God was a being who had no body, parts or passions. This erroneous statement made it almost impossible for people to understand the Godhead. As a direct consequence, how could they then realize the importance of coming to earth to get a physical body, learning to live with it for all eternity, and eventually progressing to Godhood. This statement almost guaranteed that the Christian Church would apostatize.

Did Christ bring the idea of peace into the world? Wouldn’t he also have wanted it for all creation, as did Isaiah, and Nephi as they spoke of the Millennium and the peace for all creatures that would ensue then?

By being born in a stable, did He not show his love and respect for the innocent animals?

Christ said many times: "The Father and I are one." If this is the case, He would then have known of all the prophets that were sent by God to the children for 4000 years, who told the people to repent of sacrificing and eating animal flesh. Then by all rights, it would be reasonable for him to follow suit.

If there is no reason to the Bible, then there is nothing but chaos. Remember that there was no chaos in God's perfect creation. The heavenly orbs circled their suns in perfect precision, the seas stayed within their bounds, the plant and animal life of the garden was in perfect harmony. Nature was in balance. Beauty and harmony reigned.

Is our civilization chaotic today? If the answer is yes, then there must be a reason. The reason primarily being that certain changes were made in the New Testament during the early period:

24 And the angel of the Lord said unto me: Thou hast beheld that the book proceeded forth from the mouth of a Jew; and when it proceeded forth from the mouth of a Jew it contained the fullness of the gospel of the Lord, of whom the twelve apostles bear record; and they bear record according to the truth which is in the Lamb of God.

25 Wherefore, these things go forth from the Jews in purity unto the Gentiles, according to the truth which is in God.

26 And after they go forth by the hand of the twelve apostles of the Lamb, from the Jews unto the Gentiles, thou seest the formation of that great and abominable church, which is most abominable above all other churches; for behold, they have taken away from the gospel of the Lamb, many parts which are plain and most precious; and also many covenants of the Lord have they taken away.

27 And all this have they done that they might pervert the right ways of the Lord that they might blind the eyes and harden the hearts of the children of men.

28 Wherefore, thou seest that after the book hath gone forth through the hands of the great and abominable church, that there are many plain and precious things taken away from the book, which is the book of the Lamb of God.

29 And after these plain and precious things were taken away it goeth forth unto all the nations of the Gentiles; and after it goeth forth unto all the nations of the Gentiles, yea, even across the many waters which thou hast seen with the Gentiles which have gone forth out of captivity, thou seest — because of the many plain and precious things which have been

taken out of the book, which were plain unto the understanding of the children of men, according to the plainness which is in the Lamb of God — because of these things which are taken away out of the gospel of the Lamb, an exceedingly great many do stumble, yea, insomuch that Satan hath great power over them. (1 Nephi 13:24–29)

Note here that the words “plain and precious things were taken away” are repeated four times! Evidently the Lord wanted to emphasize this point!

We have bought into the lies and changes that were made and have all gone astray, every one of us.

6 All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all (Isaiah 53:6. See also Mosiah 14:6)

We have not done what God the Father, his prophets, and finally his son Jesus Christ have taught: what to eat, and what not to eat. What we eat is somehow not only affecting the world in which we live but is affecting our health and our very nature in that we are warlike and not peaceful.

In the article, “Don’t Let the Rage within Continue,” Thomas L. Rodgers discusses how flesh foods cause aggressive behavior:

“Genghis Kahn, Attila the Hun, Napoleon, Hitler, and history’s most brutal warriors knew nothing of the bio-chemistry of cholesterol! But they intuitively understood the relationship of a dairy and flesh diet in raising the aggression and violence levels of their soldiers — and so made certain that pre-battle meals were high in animal-sourced foods! [The amino acid tyrosine, which is abundantly supplied in protein-rich diets, produces in the brain the chemical dopamine; a behavioral marker of dopamine is enhanced activity and aggression.]

“Both Hitler’s and the Allies’ seasoned and experienced soldiers knew ahead, when they were going to be called to battle — in the next few days if their rations of cheese, eggs, milk, and flesh were raised! (see book/film: All Is Quiet on the Western Front).

“So today, like them, we ignorantly feed ourselves and our children for battle — at every meal! Then wonder why behavioral disorders, stress, tension, aggression, violence, and the mania in its multitudes of forms pervade!

“Then we prescribe Ritalin, Prozac, lithium, amitriptyline (Elivil), imipramine, desipramine (under hundreds of other trade names, Percodan, Percoset, Darvon, Darvoset) — more — all the

psychotropic drugs to manage this inner-destructive, chemically-driven war!

“Utah is the Ritalin capital of the world. We use double that of our closest competitor: Idaho, then Arizona. Familiar ring? And they are more than double any other place on earth! Why? Because no people on earth devour more dairy, ovum, and blood foods than do we! The Gadiantons had nothing on us — except we barbecue ours first!

“Then with this, in our ignorant super-doping of sterols, we must ‘manage’ our mania, in equal ignorance with the long-term, damaging and addictive countersterols — the neuro- and psychotropic/trophic medications listed above to only re-direct this chemical war’s rage to a quietly suppressed destruction — within!

“So what will you do when your drugs are no longer effective, affordable, or available?

“Your homes and streets will become violent, and may run with your blood!

“Here is a better plan: Don’t feed your home troops for battle! Live by the plowshare, not by the sword!

“Depend on God’s prescriptions — the gentle, peaceful foods such as the yam and banana — not blood, cholesterol, Prosac and Ritalin!

“Yam/banana: best source of L-Lysine, precursor to serotonin and the other thought and pain managing endorphins.

“Prosac/Ritalin: beta endorphin (homing) blockers are effective temporary neuro-therapies but do impair serotonin replicator cells, hence may perpetuate their own, or stronger medications, uses as added damage from their very use may progress to permanent dependence! Caution: Do not stop Prosac/Ritalin without professional management!”
(Thomas L. Rodgers, The Western Wheatgrass Journal)

The question now must be, Was Jesus Christ a prophet? It is important to establish the fact that he was a prophet. Why? Because if he was a prophet and was considered a prophet, He would then do and preach as the prophets before Him did. Did He consider himself a prophet and was he considered by the people a prophet? Did He follow the tradition of the prophets of earlier times such as Isaiah, Jeremiah and Ezekiel? Did He preach the same thing as the prophets before him, who preached against animal sacrifice and the consuming of the flesh of beasts?

Jesus Christ placed himself in the tradition of the prophets before him:

17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill.

18 For verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven.

20 For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and the Pharisees, ye shall in no case enter into the kingdom of heaven. (Matthew 5:17–20)

57 And they were offended in him. But Jesus said unto them, A prophet is not without honor, save in his own country, and in his own house. (Matthew 13:57)

The people considered John the Baptist and Jesus Christ prophets.

9 But what went ye out for to see? A prophet? Yea, I say unto you, and more than a prophet. (Matthew 11:9)

11 And the multitude said, this is Jesus the prophet of Nazareth of Galilee.

26 But if we shall say, of men; we fear the people; for all hold John as a prophet.

46 But when they sought to lay hands on him, they feared the multitude, because they took him for a prophet. (Matthew 21:11,26,46)

32 But if we shall say, of men; they feared the people: for all men counted John, that he was a prophet indeed. (Mark 11:32)

16 And there came a fear on all: and they glorified God, saying, that a great prophet is risen up among us; and, That God hath visited his people. (Luke 7:16)

Christ also compared his ministry to the ministries of Noah, Lot, and Jonah:

15 Verily I say unto you, it shall be more tolerable for the land of Sodom and Gomorrah in the Day of Judgment, than for that city. (Matthew 10:15)

Jesus Christ was called Rabbi or teacher 42 times in the gospels. Again, reason says that after all these things, He considered himself a prophet, the people considered Him a prophet, and He compared himself to Noah, Lot, and Jonah. These things show that he

preached the same message as the prophets before him, calling the people to repentance.

Two times which were allowed to come through the pages of the New Testament showed that he preached the same message and considered sacrifice and all that came with it a sin.

13 But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance. (Matthew 9:13)

7 But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless. (Matthew 12:7)

There is more to clarify before we can read the New Testament with understanding. Vasu Murti brings out many questions in his book They Shall Not Hurt or Destroy:

“Did Christ eat meat? Many of the verses in the New Testament which refer to ‘meat’ were mistranslated from the original Greek. The reverend V.A. Holmes-Gore published his research on this subject in the autumn 1947 issue of World Forum in an article entitled Was the Master a Vegetarian? Which includes these texts:

4 And the same John [the Baptist] had his raiment of camel's hair and a leathern girdle about his loins, and his meat was locusts and wild honey. (Matthew 3:4)

[The original Greek word for meat here is bromia, which means food. The word for locusts refers to locust beans, or carob, also known as St. John's bread.]

55 And her spirit came again [referring to a woman Jesus raised from the dead], and she arose straightaway: and he [Jesus] commanded to give her meat. (Luke 8:55)

[The word used for meat here is phago, meaning to eat. Jesus commanded that she be given something to eat.]

37 And as he [Jesus] spake, a certain Pharisee besought him to dine with him: and he went in, and sat down to meat. (Luke 11:37)

[The word used here for meat is anepesen, or reclined. This verse says Jesus went in and sat down.]

41 And while they yet believed not for joy, and wondered, he said unto them, Have ye here any meat?

42 And they gave him a piece of a broiled fish, and of an honeycomb

43 And he took it, and did eat before them. (Luke 24:41-43)

[The word used here for meat is brosimos, or eatable. Notice that Christ took it--meaning that he took only one of the two things offered. We who know that he preached the same message as did the prophets before him, know that he took only the honeycomb.]

8 For his disciples were gone away unto the city to buy meat. (John 4:8)

[Meat here is trophe, or nourishment.]

19 And when he had received meat, he was strengthened. (Acts 9:19)

[The word used here is trophe, or nourishment.]

34 He set meat before them and rejoiced, believing in God with all his house. (Acts 16:34)

[The word used here is trapeza, or table.]

33 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.

34 Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.

35 And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.

36 Then were they all of good cheer, and they also took some meat. (Acts 27:33–36)

In these scriptures, all three words which refer to meat are trophe, or nourishment. Notice that the text says he took bread, which clearly shows that what Paul was referring to was bread.

15 But if thy brother be grieved with thy meat, now walkest thou not charitably if thou eatest. Destroy him not with thy meat, for whom Christ died. (Romans 14:15 JST)

[The words here used for meat, are bromia, or food.]

17 For the kingdom of God is not meat and drink, but righteousness, and peace and joy in the Holy Ghost. (Romans 14:17)

[The word used here is brosis, which means the act of eating.]

20 For meat destroy not the work of God. All things indeed are pure: but it is evil for that man who eateth with offence.

21 It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth, or is offended, or is made weak. (Romans 14:20–21)

[The word for meat is bromā, which means food. The word for flesh is from the Greek kreas, which translates literally as flesh or meat.]

8 But meat commendeth us not to God, for neither, if we eat, are we the better, neither, if we eat not, are we the worse. (1 Corinthians 8:8)

[Meat here is bromā, or food. This shows that eating in itself has nothing to do with our relationship with God.]

13 Wherefore, if meat makes my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend. (1 Corinthians 8:13)

[Meat here is bromā, and the word for flesh is kreas, which actually means flesh.]

3 And did all eat the same spiritual meat. (1 Corinthians 10:3)

[Meat here is bromā, or food.]

3 Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. (1 Timothy 4:3)

[The word used here for meats is bromia, which means food. Bible scholar Kenneth Rose says, "To use this passage to discredit Christian vegetarianism is really a misapplication of these verses, since the issue here is not food but Christian freedom, and that Paul was warning against forced asceticism, not vegetarianism based upon compassion for animals."]

Now we can go into the New Testament and read with understanding.

1 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:

2 And he opened his mouth and taught them, saying,

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn; for they shall be comforted.

5 Blessed are the meek: for they shall inherit the earth.

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled [with the Holy Ghost?]

7 Blessed are the merciful for they shall obtain mercy.

8 Blessed are the pure in heart: for they shall see God.

9 Blessed are the peacemakers: for they shall be called the children of God. (Matthew 5:1–9)

Those who mourn are those who come to a realization of the truth, and realize the harm they have done by their unconscious consuming of animal flesh.

The definition of meek in the Oxford Universal Dictionary includes the words: gentle, courteous, kind and merciful.

Those who forgo the eating of flesh do in effect hunger and thirst more for righteousness than they do for that type of food. They will be eligible to be filled with the Holy Ghost because they have in effect softened, not hardened their hearts to all of God's creation.

Those who show mercy can expect to be shown mercy.

Those who are peacemakers are truly children of God as they follow the Savior in making peace with all creation.

10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. (Matthew 5:10)

During the time of Christ, the righteous that followed him were hunted, persecuted, and killed for their beliefs. Why? Because they were of no \$profit\$ to those who bought and sold flesh, and most important, this practice purified the body, made them eligible for the Holy Ghost and consequently did not allow the adversary entrance into the body. Why? Because the Christians who had been "filled" with the Holy Ghost — in other words, had "put on the whole armor of God, were able to stand against the wiles of the devil."

Christians and Jews will always be persecuted as long as the adversary is able to enter the bodies of the people of the earth.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. (Ephesians 6:11–12)

11 Blessed are ye, when men shall revile you, and persecute you, and say all manner of evil against you falsely, for my sake.

12 Rejoice and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

20 For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

48 Ye are therefore commanded to be perfect, even as your Father which is in heaven is perfect. (Matthew 5:11–12,20,48 Joseph Smith Translation)

This is strong language. We are commanded to be perfect. It certainly would be easier to achieve this perfection by obeying all of the commandments.

Here is a curious bit of information: Hippolytus (170–236 C.E.) says this in his Refutation of all Heresies: Book 7 Chapter 22, Page 114:

“The Ebionaeans [Judaic Christians], however acknowledge that the world was made by Him Who is in reality God, but they propound legends concerning the Christ similarly with Cerinthus and Carpocrates [leaders of Gnostic Christian Churches.] They live conformable to the customs of

the Jews, alleging that they are justified according to the Law, and saying that Jesus was justified by fulfilling the Law. And therefore it was, (according to the Ebionaeans) that (the Savior was named (the) Christ of God and Jesus, since not one of the rest (of mankind) had observed completely the Law. For if even any other had fulfilled the commandments (contained) in the Law, he would have been the Christ. And the (Ebionaeans allege) that they themselves also, when in like manner they fulfill (the Law), are able to become Christs: for they assert that our Lord Himself was a man in a like sense with all (the rest of the human family).” (The Vegetarianism of Jesus Christ, by Charles P.Vaclavic.)

Joseph Smith affirms this when he states: “As man is, God once was, and as God is, man may become.” Compare with D&C 93.

11 And I, John, bear record that I beheld his glory, as the glory of the Only Begotten of the Father, full of grace and truth, even the Spirit of truth, which came and dwelt in the flesh, and dwelt among us.

12 And I John saw that he received not of the fullness at the first, but received grace for grace

13 And he received not of the fullness at first, but continued from grace, until he received a fulness.

14 And thus he was called the Son of God, because he received not of the fulness at the first.

15 And I, John, bear record, and lo, the heavens were opened, and the Holy Ghost descended upon him in the form of a dove, and sat upon him, and there came a voice out of heaven saying: This is my beloved Son.

16 And I, John, bear record that he received a fulness of the glory of the Father;

17 And he received all power, both in heaven and on earth, and the glory of the Father was with him, for he dwelt in him. [Notice that he repeats 'he received not of the fulness at first' three times.] (D&C 93:11–17)

Epiphanius says this in *A Critical Investigation of Epiphanius' Knowledge of the Ebionites: A Translation and Critical discussion of "Panarion" 30*, Glenn Alan Koch, Ph.D., University of Pennsylvania, 1976, Religion, history, Chapter 2, page 139–140:

"When the people were being baptized Jesus also came and was baptized by John. And as he went up from the water the heavens were opened and he saw the Holy Spirit in the form of a dove descending and entering into him. And a voice from heaven said, "You are my beloved son; I am pleased with you" and again: "This day I have begotten you." And

straightway a great light illuminated the place, which, when he saw it, (it says) John said to him, "Who are you Lord?" And again a voice from heaven came to him, "This is my beloved son, in whom I am well pleased." And then, (it says) John falling down before him said, "I beg you, Lord you baptize me." But he forbid him saying, "Let it be, because thus it is fitting that all things should be fulfilled." (The Vegetarianism of Jesus Christ, by Charles P. Vaclavic)

Latter-day prophets teach that Jesus Christ is the Son of God. Are we to believe that He was the Spirit Son of Heavenly Father, and when the Holy Ghost overshadowed Mary, that this was the instant this spirit Son entered into the body that was being prepared for Him, and in fact, was the same spirit Son who had led Moses and the children through the wilderness. John Taylor, third President of The Church of Jesus Christ of Latter-day Saints, clarified this when he said:

"He, in the nearness of His relationship to the Father, seems to occupy a position that no other person occupies. He is spoken of as His well beloved Son, as the Only Begotten of the Father — does not this mean the only begotten after the flesh? If He was the first born and obedient to the laws of His Father, did He not inherit the position by right to be the representative of God, the Savior and Redeemer

of the world? And was it not His peculiar right and privilege as the firstborn, the legitimate heir of God, the Eternal Father, to step forth, accomplish and carry out the designs of His Heavenly Father pertaining to the redemption, salvation and exaltation of man? And being Himself without sin (which no other mortal was), He took the position of Savior and Redeemer, which by right belonged to Him as the first born. And does it not seem that in having a body specially prepared, and being the offspring of God, both in body and spirit, He stood preeminently in the position of the Son of God, or in the place of God, and was God, and was thus the fit and only personage capable of making an infinite atonement?

“Though others might be the sons of God through Him, yet it needed His body, His fulfillment of the law, the sacrifice or offering up of that body in the atonement, before any of these others, who were also sons of God by birth in the spirit world, could attain to the position of sons of God as He was; and that only through His mediation and atonement. So that in Him, and of Him, and through Him, through the principle of adoption, could we alone obtain that position which is spoken of by John: “Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him

as he is.” Thus His atonement made it possible for us to obtain an exaltation, which we could not have possessed without it.” (The Mediation and Atonement of Jesus Christ, 135–38, by John Taylor)

6 And Jesus said unto his disciples, Beholdest thou the scribes, and the Pharisees, and the priests, and the Levites. They teach in their synagogues, but do not observe the law, nor the commandments; and all have gone out of the way, and are under sin.

7 Go thou and say unto them, Why teach ye men the law and the commandments, when ye yourselves are the children of corruption? (Matthew 7:6–7 JST)

It is clear here that the law they were not obeying was the sacrificing and consuming of flesh, the main sin that the Prophets from the beginning had told the people to repent from — the sin that invariably brought upon them all other sins. Corruption in this context means corruption of the body, which leads to corruption of thoughts, words, and actions, in other words, the mind and spirit.

2 And behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer: Thy sins be forgiven thee. (Matthew 9:2)

Evidently this man was sick because of sin. The main sin of that day was partaking of the forbidden food: A food that caused not only sickness, but eventually death — a food which is still causing not only sickness, but eventual death.

1 And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease. (Matthew 10:1)

Disembodied spirits who are unclean can only enter into someone who is unclean. Someone can be unclean only by partaking of foods that are unclean.

33 Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit. (Matthew 12:33)

It is clear here that the good fruit is the Holy Spirit or Holy Ghost and that one cannot be filled with this Holy Ghost if he has corrupted his tree (body) with animal flesh — as the obtaining or accepting of such a food causes him to harden his heart (to the pain and suffering of the animal.)

12 For whosoever receiveth, to him shall be given; and he shall have more abundance; but whosoever continueth not to receive, from him shall be taken away even that he hath. [Christ is speaking here of knowledge.] (Matthew 13:12 JST)

Again, The Fish Question:

17 And they say unto him, We have here but five loaves, and two fishes.

18 He said, bring them hither to me. (Matthew 14:17-18)

Irenaeus, who wrote *Against Heresies* between 180 and 188 C.E., quotes these scriptures taken from the gospels in his time.

“He there, seeing a great crowd had followed Him, fed all that multitude with five loaves of bread, and twelve baskets of fragments remained over and above.

Our Lord, after blessing the five loaves, fed with them 5000 men.” (The Vegetarianism of Jesus Christ, by Charles P. Vaclavic, 391,395)

It seems possible that early copies of the gospels did not include fish being served. Who would have benefited from having that change made? The question here is why didn't Joseph Smith change this scripture to the truth in the Joseph Smith Translation? We have to remember who our enemies are:

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the

rulers of the darkness of this world, against spiritual wickedness in high places. (Ephesians 6:12)

At the time, the Saints were already being persecuted (the Word of Wisdom had been revealed) — in my opinion the issue was vegetarianism. Plural marriage was just an excuse. Why would the adversary care about plural marriage? Sixty thousand people in Utah today practice plural marriage and the adversary doesn't seem to care. The adversary from the beginning has been trying to get us to weaken our bodies by eating the forbidden food so that he can have access to our personal temples and then destroy them. He will fight and persecute anyone who teaches differently. Wasn't this the reason Joseph Smith was martyred? Wasn't this the reason the early Christians were persecuted? At the time that Joseph Smith made the translation, if he had changed the verse about fish, he would probably have been murdered eleven years earlier. Rather than changing the scripture in the Joseph Smith Translation, he answered the question in the Word of Wisdom. See D&C 89:

13 And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine. (D&C 89:13)

In the Teachings of the Prophet Joseph Smith:

“I suppose I am not allowed to go into an investigation of anything that is not contained in the Bible. If I do, I think there are so many over-wise men here, that they would cry treason and put me to death. So I will go to the old Bible and turn commentator today.” (Teachings of the Prophet Joseph Smith, compiled by Joseph Fielding Smith, 348)

If Christ had actually eaten the fish (a food which he would have had to have killed), he not only would have contradicted himself in that he was a prophet of God who preached against this sin as had the prophets before him, and He would have lost the bright nature (the Holy Ghost) as Adam and Eve lost their bright natures when they partook of the forbidden food. Would Christ have set the example of eating the disease and filth exposed fish from the large communities with their untreated effluents and runoff surrounding the Sea of Galilee? When he told us in D&C 61:14:

“Behold I, the Lord, in the beginning blessed the waters; but in the last days, by the mouth of my servant John, I cursed the waters.”

Then in Revelation 8:11:

“And the name of the star is called Wormwood: and the third part of the waters became wormwood [wormwood in Hebrew means disease]; and many

men died of the waters, because they were made bitter.”

Also remember that in Refutation of all Heresies, Book 7, Chapter 22, page 112, the Ebionaeans said that Christ had observed completely the Law.

Again, would Christ have set the example of eating fish when He knew what was to come? And would a loving God, who cares about our welfare, have set the example of eating fish, or serving it to the people?

And what was to come?

Drug Resistant Bacteria Found in U.S. Rivers

Chicago — Some rivers flowing through major American cities carry bacteria that are resistant to many forms of antibiotics and may transfer their drug resistant properties to other germs.

While the bacteria, found in 14 rivers that cut through 21 cities, do not usually cause sickness in healthy people, they can trigger serious infections in those with damaged immune systems, said Ronald Ash, professor of biology at Washburn University in Topeka, Kansas.

The research presented Thursday at the American Society of Microbiology’s annual meeting may have implications for healthy people, however.

If you were involved in some recreational or occupational activity [on the river], they could get into your gut and transfer their resistant genes to you, Ash said.

Should you become ill from one of these bacteria, they could become tougher to treat and you could deposit resistant bacteria back into the environment yourself, adding to the problem.

Scientists from Sul Ross State University in Alpine, Texas, found that the Upper Rio Grande near El Paso contains bacteria resistant to Vancomycin, a powerful antibiotic that is often the last line of defense against stubborn bacteria.

Most of the concern about antibiotic resistance these days stems from the overuse of antibiotics to treat common human illnesses, plus their use in livestock feed. But bacteria can develop resistance naturally, without human intervention. Penicillin is made from mold, for example, and bacteria that come in contact with that mold in nature develop resistance to protect themselves. (Salt Lake Tribune, June 4, 1999)

This is one of hundreds of articles that inform us every day that our waters are polluted. We read of the flesh-eating infection that strikes not only fish and turtles, but also fishermen, in Daytona Beach, Florida. (Local6.com October 20, 2003). The federal

government itself warns us of mercury dangers found in fish that affects small children and growing fetuses. (Washington Post, December 11, 2003.)

Gordon B. Hinckley continually enjoins us to keep up with what is going on in the news. Is it his responsibility to notify us of every danger in the world, tell us every move to make, and every bite to eat? It is the responsibility of the brethren to teach the scriptures, urging us to obey all the commandments, so that we might govern ourselves with the help of the Holy Ghost:

3 Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, 'feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.

4 Wherefore, now after I have spoken these words, if ye cannot understand them it will be because ye ask not, neither do ye knock; wherefore, ye are not brought into the light, but must perish in the dark.

5 For behold, again I say unto you that if ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do.

6 Behold, this is the doctrine of Christ, and there will be no more doctrine given until after he shall manifest himself unto you in the flesh. And when he

shall manifest himself unto you in the flesh, the things which he shall say unto you shall ye observe to do.

7 And now I, Nephi, cannot say more; the Spirit stoppeth mine utterance, and I am left to mourn because of the unbelief, and the wickedness, and the ignorance, and the stiffneckedness of men; for they will not search knowledge, nor understand great knowledge, when it is given unto them in plainness, even as plain as word can be. (2 Nephi 32:3–7)

25 Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross and follow me.

26 And now for a man to take up his cross is to deny himself all ungodliness, and every worldly lust, and keep my commandments. (Matthew 16:25–26 JST)

There are two kinds of lust; the lust for flesh, and the lust for sex. Christ says every worldly lust, so he obviously also means lust for flesh as was spoken of by those who lusted for flesh and were inundated with quails in the wilderness. (Psalms 78.)

22 Woe unto you, scribes and Pharisees, hypocrites! For ye make clean the outside of the cup, and of the platter; but within are full of extortion and excess. [See D&C 59:20 “and it pleaseth God that he hath

given all these things unto man; for to this end were they made to be used, with judgment, not to excess, neither by extortion." [To extort means taking that which does not belong to you.]

23 Ye blind Pharisees! Cleanse first the cup and platter within, that the outside of them may be clean also.

24 Woe unto you, scribes and Pharisees, hypocrites! For ye are like unto whited sepulchers, which indeed appear beautiful outwardly, but are within full of the bones of the dead, [note here the comparison in the King James Version which says dead men's bones] and of all uncleanness.

25 Even so, ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity. [iniquity – unrighteous or as opposed to the quality of being equal or giving all an equal opportunity to live, experience the full measure of their creation and find joy.] (Matthew 23:22–26 JST)

21 And then came certain men unto him, accusing him, saying, Why do ye receive sinners, seeing thou makest thyself the Son of God?

22 But he answered them and said, Verily I say unto you, all sins which men have committed, when they repent, shall be forgiven them; for I came to preach repentance unto the sons of men

23 And blasphemies, wherewith so ever they shall blaspheme, shall be forgiven them that come unto me, and do the works which they see me do.

24 But there is a sin which shall not be forgiven. He that shall blaspheme against the Holy Ghost hath never forgiveness; but is in danger of being cut down out of the world. And they shall inherit eternal damnation.

25 And this he said unto them because they said, He hath an unclean spirit. (Mark 3:21–25, JST)

This was another indication that Christ never partook of any food which was unclean — certainly including fish of the effluent contaminated waters of the lower than sea level Sea of Galilee. Were there any sewage treatment plants in operation at the time of Christ? Where did the sewage of the great cities surrounding the Sea of Galilee go?

15 There is nothing from without, that entering into a man, can defile him, which is food; but the things which come out of him; those are they that defile the man that proceedeth forth out of the heart. (Mark 7:15)

When a man partakes of an unclean food, he weakens his body and opens himself to an unclean spirit, which can enter his heart. That unclean spirit

can cause that man to curse, to lie, to cheat, and to blaspheme.

For behold at that day shall he rage in the hearts of the children of men and stir them up to anger against that which is good. (2 Nephi 28:20)

38 And as he spake, a certain Pharisee besought him to dine with him; and he went in, and sat down to meat. [The word used here for meat is anepesen, or reclined. This verse says Jesus went in and sat down.]

39 And when the Pharisee saw him, he marveled that he had not first washed before dinner.

40 And the Lord said unto him; Now do you Pharisees make clean the outside of the cup and the platter; but your inward part is full of ravening and wickedness.

41 O fools, did not he who made that which is without, make that which is within also?

42 But if ye would rather give alms of such things as ye have; and observe to do all things which I have commanded you, then would your inward parts be clean also.

53 Woe unto you, lawyers! For ye have taken away the key of knowledge, the fullness of the scriptures; ye enter not in yourselves into the kingdom; and

those who were entering in, ye hindered. (Mark 11:38-42,53 Joseph Smith Translation)

This last verse tells these things:

1) The scribes and the Pharisees had definitely changed the scripture.

2) By so doing they had removed the key of knowledge.

3) And we know the key of knowledge comes by being obedient to the Word of Wisdom:

19 And shall find wisdom and great treasures of knowledge, even hidden treasures. (D&C 89:19)

How can we accept the Holy Bible as the complete word of God when we realize that some of the scriptures have been changed and the complete meaning has been removed? It is hoped that with the help of Joseph Smith and ancient scriptures of different kinds, that this little book can paint the broad picture of the Bible, illustrate the general theme that weaves throughout the tapestry of good and evil, and restore (in an easy way to understand) the keys of knowledge to those who seek it with all their hearts.

32 And the scribe said unto him, Well, Master, thou has said the truth: for there is one God; and there is none other but he:

33 And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbor as himself, is more than all whole burnt offerings and sacrifices.

34 And when Jesus saw that he answered discretely, he said unto him, Thou art not far from the kingdom of God. And no man after that durst ask him any question. (Mark 12:32–34)

36 And they answered and said unto him, Where, Lord, shall they be taken?

37 And he said unto them, Wheresoever the body is gathered; or, in other words, whithersoever the saints are gathered; thither will the eagles be gathered together; or, thither will the remainder be gathered together.

38 This he spake, signifying the gathering of his saints; and of angels descending and gathering the remainder unto them; the one from the bed, the other from the grinding, and the other from the field, whithersoever he listeth. [This verse indicates that there will be those dwelling among us, in our homes and in our neighborhoods who will choose the right.]

39 For verily there shall be a new heavens, and a new earth, wherein dwelleth righteousness.

40 And there shall be no unclean thing; for the earth becoming old, even as a garment, having waxed in corruption. (Mark 17:36–40 Joseph Smith Translation)

John the Baptist: “He was a strange creature, not like a man at all. He lived like a disembodied spirit. He never touched bread; even at the Passover Feast he would not eat the unleavened bread or pronounce the words “In thankfulness to God, who delivered the nation from slavery, shall you eat this; it was given for the flight, because the journey was made in haste.” Wine and other strong drink he would not allow to be brought anywhere near him, and animal food he absolutely refused — fruit was all that he needed. The whole object of his life was to show evil in its true colors.” (Josephus, *The Jewish War*, translated by G.A. Williamson, 398, found in *Vegetarianism of Jesus Christ*, by Charles VaClavic)

Baptism: It is known that baptism was an ordinance during the time of Abraham. (See Joseph Smith Translation, Genesis 17:1–7)

5 And they have not observed mine anointing, and the burial or baptism wherewith I commanded them:

6 But have turned from the commandment, and taken unto themselves the washing of children, and

the blood of sprinkling; and have said that the blood of the righteous Abel was shed for sins; and have not known wherein they are accountable before me.

7 But as for thee, behold, I will make my covenant with thee, and thou shalt be a father of many nations. (Genesis 17:5–7 Joseph Smith Translation)

In the Recognitions of Clement, Peter preaching to Clement first demonstrates the anti-sacrifice stand of the Nazarenes. Then he explains about baptism:

“But when the time began to draw near that what was wanting in the mosaic institutions should be supplied, as we have said, and that the Prophet (Jesus) should appear, of whom he had foretold that he should warn them by the mercy of God to cease from sacrificing; lest haply they might suppose that on the cessation of sacrifice there was no remission of sins for them, he instituted baptism by water amongst them, in which they might be absolved from all their sins on the invocation of His name, and for the future, following a perfect life, might abide in immortality, being purified not by the blood of beasts, but by the purification of the Wisdom of God.” (Anti-Nicene Fathers, Edited by Alexander Roberts, D.D., and James Donaldson LL.D, 88, as found in *The Vegetarianism of Jesus Christ*, by Charles Vaclavic.)

“Following a perfect life” does not mean never making a mistake. It means purifying the body by abstaining from animal flesh so that the destroyer can have no entrance.

10 Jesus saith to him, He that is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all.

11 For he knew who should betray him; therefore said he, Ye are not all clean. (John 13:10–11)

Evidently Judas was still partaking of the forbidden food, had hardened his heart, and was still open to the influence of the adversary. In other words, he was possessed by an unclean and obviously evil spirit.

12 Wherein were all manner of fourfooted beasts, and wild beasts, and creeping things, and fowls of the air.

13 And there came a voice to him, Rise, Peter; kill and eat.

14 But Peter said, Not so, Lord; for I have never eaten anything that is common or unclean. (Acts 10:12–14)

Common is generally considered acceptable by most other people, but not for Peter, now converted to Christ the Nazarite.

13 Then the priest of Jupiter, which was before their city, brought oxen and garlands unto the gates, and would have done sacrifice with the people.

14 Which when the apostles, Barnabas and Paul, heard of, they rent their clothes, and ran in among the people crying out,

15 And saying, Sirs, why do ye these things: We also are men of like passions with you, and preach unto you that ye should turn from these vanities unto the living God, which made heaven, and earth, and the sea, and all things that are therein: (Acts 14:13–15)

29 That ye abstain from meats offered to idols, and from blood, and from things strangled. (Acts 15:29)

Following is another indication that the scriptures were changed into a lie:

24 Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves;

25 Who changed the truth of God into a lie, and worshiped and served the creature more than the Creator, who is blessed for ever. Amen. (Romans 1:24–25)

10 As it is written, There is none righteous, no not one: [If not one single person is righteous, it must be something they are drinking, eating or doing?]

11 There is none that understandeth, there is none that seeketh after God.

12 They are all gone out of the way, they are together become unprofitable: there is none that doeth good, no not one.

13 Their throat is an open sepulcher: with their tongues they have used deceit; the poison of asps is under their lips.

14 Whose mouth is full of cursing and bitterness: [Compare this with the 2 Book of Adam and Eve — those who ate the fruit of the trees 11:10,12]

15 Their feet are swift to shed blood:

16 Destruction and misery are in their ways:

17 And the way of peace have they not known. (Romans 3:10–17)

9 And David saith, Let their table be made a snare, and a trap, and a stumbling block, and recompense unto them. (Romans 11:9)

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice,

holy, acceptable unto God, which is your reasonable service. (Romans 12:1)

23. But if thy brother be grieved with thy meat, thou walkest not charitably if thou eatest. Therefore destroy not him with thy meat, for whom Christ died.

24. It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth, or is offended, or is made weak. (Romans 14:23–24 Joseph Smith Translation)

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

17 If any man defile the temple of God, him shall God destroy: for the temple of God is holy, which temple ye are. (1 Corinthians 3:16–17)

12 All these things are not lawful unto me, and all these things are not expedient. All things are not lawful for me; therefore I will not be brought under the power of any.

13 Meats for the belly, and the belly for meats: But God shall destroy both it and them. (1 Corinthians 6:12–13 Joseph Smith Translation)

1 Now as touching things offered unto idols, we know that we all have knowledge. Knowledge puffeth up, but charity edifieth.

2 And if any man think that he knoweth any thing, he knoweth nothing yet as he ought to know.

3 But if any man love God, the same is known of him.

4 As concerning therefore the eating of those things which are in the world offered in sacrifice unto idols, we know that an idol is nothing, and that there is no other God but one. (Joseph Smith Translation.)

5 For though there be that are called gods, whether in heaven or in earth, (as there be gods many, and lords many,)

6 But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we in him.

7 Howbeit there is not in every man that knowledge: For some with conscience of the idol unto this hour eat it as a thing offered unto an idol; and their conscience being weak is defiled.

8 But meat commendeth us not to God: for neither, if we eat, are we the better; neither if we eat not are we the worse. [The word here for meat is broma, or food.]

9 But take heed lest by any means this liberty of yours become a stumbling block to them that are weak.

10 For if any man see thee which hast knowledge sit at meat in the idol's temple, shall not the conscience of him which is weak be emboldened to eat those things which are offered to idols;

11 And through thy knowledge shall the weak brother perish, for whom Christ died?

12 But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

13 Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend. (1 Corinthians 8:1-13)

18 Behold Israel after the flesh: are not they which eat of the sacrifices partakers of the altar?

21 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's Table, and of the table of devils.

22 Do we provoke the Lord to jealousy? Are we stronger than he?

23 All things are not lawful for me, for all things are not expedient; all things are not lawful, for all things edify not. (1 Corinthians 10:18,21-23 JST)

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

20 But ye have not so learned Christ;

21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

22 That ye put off concerning the former conversation of the old man, which is corrupt according to the deceitful lusts [lust for flesh]

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.
(Ephesians 4:17-24)

The new man is created by repentance, because in so doing, the body cleanses and regenerates and becomes fit to contain the Holy Spirit.

17 Brethren be followers together of me, and mark them which walk so as ye have us for an ensample [An indication that Paul in following Christ also

wanted to be an example to all those who chose to follow Christ — now and in the future.]

18 For many walk, of whom I have told you often, and now tell you even weeping, as the enemies of the cross of Christ:

19 Whose end is destruction, whose God is their belly, and who glory in their shame, who mind earthly things

20 For our conversation is in heaven, from whence also we look for the Savior, the Lord Jesus Christ;

21 Who shall change our vile body that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself. (Philippians 3:17–21 JST)

Christ gave us the truth so we can change our vile bodies. Once we have the truth, repent and change our behaviors, His promise is that there will begin a cleansing and a regeneration of ourselves. This is the body, not the spirit, He is talking about, because once the body is clean, the enemy leaves and it is easier to cleanse the spirit. Then, and only then, can He step in by his ultimate atonement and make the ultimate change by filling us with the Holy Ghost, which will then sanctify us to Him.

1 Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;

2 Speaking lies in hypocrisy; having their conscience seared with a hot iron;

3 Forbidding to marry, *and commanding* to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. (1 Timothy 4:1–3 Joseph Smith Translation)

4 For the creation of God is good, and nothing to be refused, if it be received with thanksgiving. (1 Timothy 4:4 JST)

Notice also that the phrase, "*and commanding*," was added by the King James translators. [The Bible dictionary notes that changes made by translators are put in italics.] In the Joseph Smith Translation, Joseph Smith left Timothy exactly the same as it is in the New Testament. However, when he wrote the Doctrine and Covenants, he corrected the error:

18 And whoso forbiddeth to abstain from meats, that man should not eat the same, is not ordained of God. (D&C 49:18)

By removing "*and commanding*," Joseph Smith changed the entire meaning of the scripture. Now

the scripture means: If you are an abstainer, and I forbid you to abstain, then I am not of God.

In all Greek and Ethiopian versions of the New Testament, the words "and commanding" were never there, so the true verb passed through in the object string of "to marry" and "to abstain from meats" was forbidding, and not commanding.

After making this change in the Doctrine and Covenants, Joseph adds this verse and then following it, a footnote:

21 And woe be unto man that sheddeth blood or that wasteth flesh and hath no need.

*Footnote 21A JST 9-11 And surely, blood shall not be shed, only to save your lives; and the blood of every beast I will require at your hands.

4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. (2 Peter 1:4)

The correct meaning of this scripture is that we might be filled with the Holy Ghost if our bodies have not been corrupted because we lusted for and consumed flesh.

The scriptures are innumerable and it would be impossible to name all of them that refer to this phenomenon — or this sin — of eating flesh and the righteousness of those who do not partake. We have included a partial number of scriptures that indicate the truth and hope this will lead one to explore and find others which are included in both the Old and New Testaments.

14 But I have a few things against thee, because thou hast there them that hold the doctrine of Balaam, who taught Balac to cast a stumbling block before the children of Israel, to eat things sacrificed unto idols, and to commit fornication.

20 Notwithstanding I have a few things against thee, because thou sufferest that woman Jezebel, which calleth herself a prophetess, to teach and to seduce my servants to commit fornication, and to eat things sacrificed unto idols. (Revelation 2:14,20)

13 And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet.

14 For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle

of that great day of God Almighty. (Revelation 16:13–14)

It is instrumental here that true prophets of God will not be seduced by unclean spirits because they will not have defiled their bodies with the King's meat (flesh food).

18 And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues. (Revelation 18:4)

God is telling those who choose to follow Christ completely that they must not partake of the sins of the world, the chief sin being the partaking of flesh food because that is where the plagues are coming from. Isn't it evident that the Chinese are getting SARS because they handle the uncooked flesh and eat civet cats, the Africans are getting Ebola because they handle the uncooked flesh and eat monkeys, the South East Asians are getting parasites from the fish they eat, the Americans and Europeans are getting diseases from the disease organisms in cattle, chickens and pigs? It is in the handling or butchering that the virus or parasite is passed. Even Eve was told not to touch the fruit.....also in the Book of Mormon the people are told not to touch the unclean gift. I imagine a campfire and one man brings in a slain deer or

bison, and then gifts everyone in the tribe. (A complete list appears later in the book.)

Contemporary Thought Concerning the New Testament:

The following quotations are taken from the original research done by Vasu Murti, *They Shalt Not Hurt or Destroy*:

“Chapter 15 of the Book of Acts gives an account of a dispute which had divided the early church: to which extent were the gentile converts to observe the Law of Moses? The final verdict came from James, the brother of Jesus (Matthew 13:55, Mark 6:3, Galatians 1:19) He said the gentile converts were to abstain from food offered to pagan idols, from blood, from anything that had been strangled, and from fornication. (Acts 15:29, 21:25)

“These commands were not whimsically concocted; they were originally given by God Himself.... The prohibition against consuming animal blood was given by God to Noah, who was not a Jew. This prohibition was intended for the entire human race.

“Author Joseph Benson noted, ‘It ought to be observed that the prohibition of eating blood, given to Noah and all his posterity, and repeated to the Israelites ... has never been revoked, but, on the contrary, has been confirmed under the New

Testament, Acts 15; it is, thereby, a perpetual obligation.””

“Christian theologian Etienne de Courcelles (1586–1659) believed the apostles had discouraged at least the eating of blood, if not meat altogether: ‘Although some of our brothers would reckon it a crime to shed human blood, they did not think the same against eating animal (blood). The apostles, by their decree, wished to remedy the ignorance of these persons.’”

“Church history relates that when the early Christians were accused of eating children, a woman named Biblias (AD 177) bravely protested against such charges, even under torture: “How would such men eat children, when they are not allowed to even eat the blood of irrational animals?”

“William Bancroft Hill explains the Apostles’ decree in his book, *The Apostolic Age*: “A pious Jew shrank from contact with the gentile world, because it seemed to him everywhere foul with pollution of idols, disgusting foods and licentiousness. Food offered to idols was held to be a communion with demons, blood was the life element and therefore sacred to God; things strangled retained blood.”

[In the book, *Joseph and Acenath* (a love story of Joseph of Egypt and Acenath), also called *The*

Prayer of Acenath, Joseph refuses to sit at the same table with those who partook of animal flesh.]

“Contemporary Bible scholar William Barclay describes the impact of Christianity upon gentile converts: “Christianity would disrupt their social life. In the ancient world, most feasts were held in the temple of some god...part of the meat went to the priests as their prerequisite; and part of this meat was returned to the worshiper. With his share he made a feast for his friends and relations.”

“One of the gods most commonly worshiped was Serapis. And when the invitations to the feast went out, they would read: “I invite you to dine with me at the table of our Lord Serapis.” Could a Christian share in a feast held in the temple of a heathen god? Even an ordinary meal in an ordinary house began with a libation, a cup of wine, poured out in honor of the gods. It was like a grace before meat.”

“Could a Christian become a sharer in a heathen act of worship like that? Again, the Christian answer was clear. The Christian must cut himself off from his fellows rather than by his presence give approval to such a thing. A man had to be prepared to be lonely in order to be a Christian.”

“James, the brother of Jesus, was called by early Christian writers (Clement, Eusebius) the Bishop of Jerusalem. His authority came about because of his

strength of character, his relationship to Jesus Christ, and his staunch adherence to Judaism. He had a reputation of purity among the Jews and was known as James the Just. The Church historian Eusebius, in his Church History, Book II Chapter 23, quotes from the early church father Hegisuppus's 5th book of Memoirs (AD 160): "James, the brother of Jesus, was holy from birth. He never drank wine, nor ate the flesh of animals, nor had a razor touch his head."

"Both Hegisuppus and Augustine, orthodox sources, testify that James was not only a vegetarian, but was raised a vegetarian," writes Keith Akers in the 1986 edition of A Vegetarian Sourcebook. [If Jesus' parents raised James a vegetarian; why would they not also be vegetarians themselves, and raise Jesus as a vegetarian?]

"Early Jewish converts to Christianity became known as Ebionites, or the poor. The Ebionites were strict vegetarians. The Ebionites taught that Jesus did not come to abolish the Law and the Prophets (Matthew 5:17-19, Luke 16:17), but only the institution of animal sacrifice (Matthew 9:13, 12:7, Hebrews 10:5-10). The Ebionite Gospel of Matthew quotes Jesus as saying, "I came to destroy the sacrifices, and if ye cease not from sacrificing, the wrath of God will not cease from you." According to

the Ebionites, animal sacrifice was a pagan custom which became incorporated into Mosaic Law.”

“Earnest Renan, in his controversial 19th century book, *The Life of Jesus* (a secular study of Jesus), described Jesus as the very human child of Joseph and Mary. According to Renan, ‘Pure Ebionism’ was the original doctrine of Jesus. Renan depicted Jesus as seeking the abolition of the sacrifices which had caused him so much disgust, and wrote, “The worship which he had conceived for his Father had nothing in common with scenes of butchery.”

“Clemens Prudentius, the first Christian hymn writer, in one of his hymns exhorts his fellow Christians not to pollute their hands and hearts by the slaughter of innocent cows and sheep, and points to the variety of nourishing and pleasant foods obtainable without blood-shedding.”

“Seneca (5 BC–65 AD), a leading Stoic philosopher and tutor of Nero, was an ardent vegetarian. He started a vegetarian movement during one of Rome’s most decadent periods. Yet he had to abandon his cause. The early Christians were vegetarian. The Emperor became suspicious that Seneca might also be a Christian, so Seneca went back to eating animal flesh. He wrote, “Certain foreign religions (Christianity) became the object of the imperial suspicion and amongst the proofs of

adherence to the foreign culture or superstition was that of abstinence from the flesh of animals. At the earnest entreaty of my father, I was induced to return to my former habits."

"Clement I, Bishop of Rome: "The unnatural eating of flesh-meats is as polluting as the heathen worship of devils, with its sacrifices and impure feasts, through participation in which a man becomes a fellow-eater with devils."

"Early church father, Origen (AD 185–254) a vegetarian, explained, "When we do abstain (from animal flesh), we do so because 'we keep under our body and bring it into subjection."

"One of the greatest theologians, Tertullian, wrote extensively on the subject of vegetarianism. He wrote, "Flesh-eating is not conducive to the highest life, it violates moral law, and it debases man in intellect and emotion."

"Clement of Alexandria (AD 150–220) founded the Alexandrian School of Christian Theology and succeeded Pantaeenus in 190, referred to vegetarian philosophers Pythagoras, Plato, and even Socrates as divinely inspired, but the true teachings, he insisted, are to be found in the Hebrew prophets and in the person of Jesus Christ. He taught that a life of virtue is one of simplicity, and that the apostle Matthew was a vegetarian. Clement said that eating

flesh and drinking wine is rather characteristic to a beast, and the fumes rising from them, being dense, darken the soul. Destroy not the work of God for the sake of food.

“He said, “Those who bend around inflammatory tables, nourishing their own diseases, are ruled by a most licentious disease which I shall venture to call the demon of the belly: the worst and most vile of demons. It is far better to be happy than to have a devil dwelling in us, for happiness is found only in the practice of virtue. Accordingly the apostle Matthew lived upon seeds, fruits, grains and nuts and vegetables without the use of flesh.”

“St. Basil (AD 320–79) taught, “The steam of meat darkens the light of the spirit. One can hardly have virtue if one enjoys meat meals and feasts.”

“St. John Chrysostom (AD 347–407) wrote about the Christian Saints, “No streams of blood are among them; no butchering and cutting of flesh...with their repast of fruits and vegetables, even angels from heaven, as they behold it, are delighted and pleased.”

“Saint Francis of Assisi (1182–1226) taught: “All things of creation are children of the Father and thus brothers of man.... God wants us to help animals, if they need help. Every creature in distress has the same right to be protected.

“He felt that a lack of mercy towards animals leads to a lack of mercy towards men: “If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

“St. Thomas More (1478–1535) wrote a book called Utopia in which the killing of animals was abolished. He stated that citizens should kill no animal in sacrifice, nor should they think God has delight in blood and slaughter, who has given life to animals to the intent they should live. More was a vegetarian and spoke out primarily against butchering and meat-eating.”

“Dostoevsky (1821–1881) in his book, The Brothers Karamazov, spoke through Father Zossima, a brother in the faith with St. Francis: “Love all God’s creation. Love every leaf, every ray of God’s light! Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you perceive it you will begin to comprehend it better every day. And you will come at last to love the whole world with an all embracing love.

“Love the animals: God has given them the rudiments of thought and joy untroubled. Do not trouble it, don’t harass them, don’t deprive them of their happiness, don’t work against God’s intent.

Man, do not pride yourself on your superiority to the animals; they are without sin, and you with your greatness defile the earth by your appearance on it, and leave the traces of your foulness after you.”

“Brother Aelred, a Catholic monk living in Australia, in his book, *Encounter*, says, “My position is that Jesus’s teachings on mercy in the Beatitudes require an open-ended ethical inquiry. I ask, for example, how a Christian may speak of ‘mercy’ in the terms of Jesus Christ, and deny mercy to creatures of God who, as we do, experience fear and suffering. Isn’t it the case that Jesus constantly went beyond the ‘letter of the law’ to its spirit?”

“Joseph Smith (1805–1844), founder of The Church of Jesus Christ of Latter-day Saints, preached the humane treatment of animals:

“God glorified Himself by saving all that His hands had made, whether beasts, fowls, fishes or men; and He will glorify Himself with them.

“Kindness to the whole animal creation and especially to all domestic animals is not only a virtue that should be developed but is the **ABSOLUTE DUTY OF MANKIND**; [Emphasis added] Children should be taught that nature in all forms is our heavenly Father’s Great Book of Life. Furthermore, he who treats in a brutal manner a poor dumb animal, at

that moment disqualifies himself for the companionship of the Holy Spirit.

“In Joseph Smith’s inspired version of the Bible, Genesis 9:11 reads, “Blood of animals shall not be shed only for meat to save your lives; and the blood of every beast I will require at your hands.”

Hugh Nibley, LDS church leader and writer: “It is precisely because men now prey upon each other and shed the blood and waste the flesh of other creatures without need that the world lieth in sin.”

“German Composer Richard Wagner (1813–1883) believed flesh eating to be responsible for the downfall of man. He felt vegetarianism could help mankind return to Paradise. He wrote, “Plant life instead of animal life is the keystone of regeneration. Jesus used bread in place of flesh and wine in place of blood at the Lord’s Supper.”

“Dr. Charles Filmore, founder of Unity School in Lee’s Summit, Missouri, taught that the time will come when man will look back upon eating animal flesh as he now looks upon cannibalism.

The commandment, ‘Thou shalt not kill’ considered in its fullest sense, includes the killing of animals.”

“Ellen White, contemporary of Joseph Smith and founder of the Seventh-Day Adventist Church, says,

“Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and soul.” She urged her followers to, “Think of the cruelty that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard these creatures of God!”

She says in her book *Patriarch and Prophets*, “A record goes up to heaven, and a day is coming when judgement will be pronounced against those who abuse God’s creatures.”

“Reverend Holmes-Gore wrote, “The day is surely dawning when it will become clear that the idea of the blessed Master giving His sanction to the barbaric habit of flesh-eating is a tragic delusion, foisted upon the church by those who never knew Him.” He said that vegetarianism is absolutely necessary for the redemption of the planet. “Indeed we cannot hope to rid the world of war, disease and a hundred other evils until we learn to show compassion to the creatures and refrain from taking their lives for food, clothing, or pleasure. The church is powerless to free mankind from such evils as war, oppression and disease, because it does nothing to stop man’s oppression of victimizing living creatures.

“Every evil action, whether it be done to a man, a woman, a child, or an animal, will one day have its effect upon the transgressor. The rule that we reap what we sow is a Divine Law from which there is no escape.”

“Dr. Albert Schweitzer preached an ethic of reverence for life: “Not until we extend the circle of compassion to include all living things shall we ourselves know peace.” When a man questioned his philosophy, saying God created animals for man to eat, Schweitzer replied, “Not at all.”

Concern for Animals in Protestant Christianity:
(Original research done by Vasu Murti, They Shalt Not Hurt or Destroy:

“Martin Luther, “Adam would not have used the creatures as we do today, but rather for the admiration of God and a holy joy.”

“John Calvin (1509–1564) Calvin said that animals exist within the framework of human justice: “But it must be remembered that men are required to practice justice even in dealing with animals. In a word we are to do what is right voluntarily and freely, and each of us is responsible for doing his duty.”

“John Wray (1627–1705) In 1691 Wray published The Wisdom of God Manifest in the Works of His

Creation, which emphasized the sanctity and value of the natural world. Wray advocated vegetarianism and said that God can best be seen and understood in the study of His creation in understanding His infinite goodness and wisdom in the formation of them but that man has been deficient in noticing and admiring His works. He said that God placed animals here for their own sake, and not just for the pleasure of humans. Animals have their own intrinsic value. "If a good man be merciful to his beast, then surely a good God takes pleasure that all His creatures enjoy themselves that have life and sense and are capable of enjoying."

"Thomas Tyron in his book, *The Way to Health, Wealth, and Happiness*, defended vegetarianism as a physically and spiritually superior way of life. His knowledge was acquired from his study of the scriptures. He wrote against "that depraved custom of eating flesh and blood."

"He made an eloquent plea for mercy toward the animals: "Refrain at all times from such foods as cannot be procured without violence and oppression, for know, that all the inferior creatures when hurt do cry and fend forth their complaints to their Maker.... Be not insensible that every creature doth bear the image of the great Creator according to the nature of each, and that He is the vital power in all things. Therefore, let none take pleasure to

offer violence to that life, lest he awaken the fierce wrath, and bring danger to his own soul. But let mercy and compassion dwell plentifully in your hearts, that you may be comprehended in the friendly principle of God's love and holy light. Be a friend to everything that's good, and then everything will be a friend to thee, and co-operate for thy good and welfare." Tyron told the first Quaker settlers in Pennsylvania that their 'holy experiment' in peaceful living would fail unless they extended their Christian precepts of nonviolence to the animal kingdom."

"John Wesley, founder of Methodism, said, "Thanks be to God! Since the time I gave up the use of flesh-meats and wine, I have been delivered from all physical ills." Wesley was a vegetarian for primarily spiritual reasons and based his vegetarianism on the Biblical prophecies concerning the Kingdom of Peace, where "on the new earth, no creature will kill, or hurt, or give pain to any other."

"He urged parents to educate their children about compassion to animals."

"John Woolman (1720–1772) was a Quaker preacher and abolitionist who traveled throughout the American colonies attacking slavery and cruelty to animals. Woolman wrote that he was "early convinced in my mind that true religion consisted in

an inward life, wherein the heart doth love and reverence God the Creator and learn to exercise true justice and goodness, not only toward all men, but also toward the brute creatures.”

“Joshua Evans (1731–1798) was also a Quaker, a contemporary of Woolman’s. He stated that reverence for life was the moral basis of his vegetarianism. He said, “I considered that life was sweet in all living creatures, and taking it away became a very tender point with me.... I believe my dear Master has been pleased to try my faith and obedience by teaching me that I ought no longer to partake of anything that had life.”

“John Greenleaf Whittier (1807–1892) was known as the Quaker poet. He said, “The sooner we recognize the fact that the mercy of the Almighty extends to every creature endowed with life, the better it will be for us as men and Christians.”

“William Paley (1743–1805), one of the most respected of English theologians, taught that killing animals for food was unjustifiable.”

“Dr. Charles Filmore, in the 19th century, founded Unity School. Unity School teaches: “As man unfolds spiritually he more and more perceives the necessity of fulfilling the divine law in every department of his life. From experience and observation Unity believes that somewhere along

the way, as he develops spiritually, man comes to question seriously the rightness of meat as part of his diet. Man is naturally loathe to take life, even though the idea of killing animals for food has so long been sponsored by the race that he feels it is right and proper to do so.

“However, the Commandment, ‘Thou shalt not kill’, considered in its fullest sense, includes the killing of animals....There is a kindred spirit in all living things — a love for life. Any man who considers honestly the oneness of life feels an aversion to eating meat: that is a reaction of his mind towards anything so foreign to the idea of universal life.”

“Reverend Holmes-Gore called vegetarianism absolutely necessary for the redemption of the planet. Indeed we cannot hope to rid the world of war, disease and a hundred other evils until we learn to show compassion to the creatures and refrain from taking their lives for food, clothing or pleasure.

“The church is powerless to free mankind from such evils of war, oppression and disease; because it does nothing to stop man’s oppression of victimizing living creatures ... Every evil action, whether it be done to a man, woman, a child, or an animal will one day have its effect upon the transgressor. The

rule that we reap what we sow is a Divine Law from which there is no escape.”

“God is ever merciful, but He is also righteous, and if cruel men and women will learn compassion in no other way, then they will have to learn through suffering, even if it means suffering the same tortures that they have themselves inflicted. God is perfect Love, and He is never vengeful or vindictive, but the Divine Law of mercy and compassion cannot be broken without bringing tremendous repercussions upon the transgressor.

“We have made many great reforms, but there remains much to be done. We have improved the lot of children, of prisoners, and of the poor beyond all recognition in the last hundred years. We have done something to mitigate the cruelties inflicted upon the creatures. But though some of the worst forms of torture have been made illegal, the welter of animal blood is greater than ever, and their sufferings are still appalling.”

“What we need is not a reform of existing evils, but a revolution in thought that will move Christians to show real compassion to all God’s creatures. Many people claim to be lovers of animals who are very far from being so. For a flesh-eater to claim to love animals is as if a cannibal expressed his devotion to

the missionaries he consigns to the seething cauldron.”

“Kenneth Rose, in a 1984 essay, said this: “Vegetarianism among those who base their lives on the bible is quite rare. Nevertheless, vegetarianism remains God’s ultimate will since, according to the Bible; the goal of history is the transformation of the predatory principle in the principle of universal love, it seems reasonable to suppose that people who take the Bible seriously should strive to bring their lives into accord with the righteousness and nonviolence that will prevail in God’s kingdom. Surely we can’t in this life fully escape the consequences of the Fall, but we can try, with God’s grace, to live in accord with God’s perfect will.” The Reverend George Laughton taught, “The practice of kindness towards dumb creatures is a sign of development to the higher reaches of intelligence and sympathy. For, mark you, in every place there are those who are giving of their time and thought and energy to the work of protecting from cruelty and needless suffering the beasts of the field and streets. These are the people who make the earth clean and sweet and more like what God intended it to be.”

The preceding quotes were taken from the book: They Shalt Not Hurt or Destroy by Vasu Murti.

Chapter Five - The Doctrine and Covenants

Revelation given to the prophet Joseph Smith,
found in the Doctrine and Covenants:

23 And in that day shall be heard wars and rumors of wars, and the whole earth shall be in commotion, and man's hearts shall fail them, and they shall say that Christ delayeth his coming until the end of the earth

24 And the love of men shall wax cold, and iniquity shall abound.

25 And when the times of the Gentiles are come in, a light shall break forth among them that sit in darkness, and it shall be the fullness of my gospel.

26 But they receive it not; for they perceive not the light, and they turn their hearts from me because of the precepts of men.

27 And in that generation shall the times of the Gentiles be fulfilled.

28 And there shall be men standing in that generation that shall not pass until they shall see an overflowing scourge; for a desolating sickness shall cover the land.

29 But my disciples shall stand in holy places, and shall not be moved; but among the wicked, men

shall lift up their voices and curse God and die. (D&C 45:23–29)

Fifty-six percent of all deaths in the United States are related to coronary disease. Coronary disease is a direct result of the partaking of animal fat. It is probably not yet the overflowing scourge, but it is a weakening of the body in preparation for it.

Those disciples who shall stand in holy places will not necessarily be standing in their ward house or in the Temples, but the ground they stand on will be the cleanliness and holiness of their bodies because they have softened their hearts to the true teaching of the Gospel of Jesus Christ and are not partaking of forbidden foods which lead a darkened understanding and to dark paths.

9 Wherefore, I say unto you that I have sent unto you mine everlasting covenant, even that which was from the beginning. (D&C 49:9)

18 And whoso forbiddeth to abstain from meats, that man should not eat the same, is not ordained of God;

19 For behold, the beasts of the field and the fowls of the air, and that which cometh of the earth, is ordained for the use of man for food and for raiment, and that he might have in abundance.

20 But it is not given that man should possess that which is above another, wherefore the world lieth in sin.

21 And woe be unto man that sheddeth blood or that wasteth flesh and hath no need. (D&C 49:18–21)

Footnote 21A: And surely, blood shall not be shed, only for meat to save your lives; and the blood of every beast will I require at your hands. (Genesis 9:11 JST)

Explanation of verses:

D&C 49:18:

When Joseph Smith removed and commanding from 1Timothy 4:3 he changed the entire meaning of the scripture

18 And whoso forbiddeth to abstain from meats, that man should not eat the same, is not ordained of God;

Whoso forbids a man to be an abstainer is not of God. In other words, if you are already abstaining (vegan or vegetarian) and someone tells/forbids you to do this, he is not of God.

He followed this with:

21 And wo be unto man that sheddeth blood or that wasteth flesh and hath no need.

[Footnote 21A Genesis 9:11, "And surely, blood shall not be shed, only for meat to save your lives; and the blood of every beast will I require at your hands.]

Opinion on D&C 49:19:

If we use animals for (not as) food and for raiment, then we are using the ox to help us plow for (to obtain) food, the chicken to eat bugs in our garden for more of an abundance of food, the goat for the price of the field (Goats will clear your land of weeds and leave a rich fertilizer behind), the sheep for wool for clothing, etc. However if we use them AS food, then we no longer have them to help us obtain it. (If an ox lives 25 years, think of the many meals he can help us obtain. If we butcher him, it is obvious he can only last a few meals.)

Opinion on D&C 49:20:

It is not given that one man should possess that which is above another: People always ask this question: If

God is so good, why does he let some people in the world starve, while others have plenty? The answer is that some people in the world take what is not

theirs. Study the Hunger Argument from the Earth Save Foundation, below:

1. Amount of total US grain production consumed by livestock: 70 percent
2. How frequently a child on earth dies as a result of malnutrition and starvation: Every 2.3 seconds
3. Amount of US grain exports consumed by livestock: 66 percent
4. Number of children who die as a result of malnutrition and starvation every day: 38,000
5. Amount of world grain harvest consumed by livestock throughout the eighties: Half
6. Number of people who will die as a result of malnutrition and starvation this year: 20,000,000
7. Number of people who could be fed using the land, water, and energy that would be freed-up from growing livestock feed if Americans reduced their intake of meat by 10 percent: 100,000,000.

Again think of the Joseph Smith Translation of Genesis 9:11:

And surely blood shall not be shed, except for meat to save your lives, and the blood of every beast will I require at your hands. (Genesis 9:11)

It is obvious that eating the flesh of beasts is a tradition that we are steeped in within this culture from the time we are children. It is time to grow up and realize the damage we have done. It is time to grow up and realize the sins that we have committed — it was for these sins that Christ suffered. We can make restitution for many of our sins. Stealing, for example: we can repay the person from whom we stole.

The sins for which we cannot make restitution — the taking of life, were paid for by our Savior. We can repent, but we can never restore the life of that creature. We can never repay the Savior for the suffering that He has already suffered in our behalf. We can only repent and cause Him not to suffer more than He already has. Think of this: if I repent now, instead of ten years from now, that will be that many sins less that Christ had to suffer for in the Garden of Gethsemane so many years ago.

17 Yea, and the herb, and the good things which come of the earth, whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards,

18 Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart.

19 Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul,

20 And it pleaseth God that he hath given all these things unto man; for unto this end were they made to be used, with judgment, not to excess, neither by extortion. (D&C 59:17–20)

If we extort, we take something that does not belong to us: flesh from the beasts, milk from the cows, honey from the bees, on and on.

34 Behold, the Lord requireth the heart and a willing mind; and the willing and obedient shall eat the GOOD of the land of Zion in these last days. (D&C 64:34. Emphasis added.)

75 That I may testify unto your Father, and your God, and my God, that you are clean from the blood of this wicked generation; that I may fulfill this promise, this great promise, which I have made unto you, when I will.

86 Abide ye in the liberty where with ye are made free; entangle not yourselves in sin, but let your hands be clean, until the Lord comes. [We are made free from the blood and sins of this generation. We are made free from the yoke of bondage of whatever unclean spirit chooses to enter and inhabit our weak bodies.]

124 Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.

125 And above all things clothe yourselves with the bond of charity, as with a mantle, which is the bond of perfectness and peace.

138 And ye shall not receive any among you into this school save he is clean from the blood of this generation. (D&C 88:75,86, 124–125,138)

It is easy to see that Joseph Smith preached the same gospel message as Isaiah:

15 And when ye spread forth your hands, I will hide mine eyes from you: yea, when ye make many prayers, I will not hear: your hands are full of blood.

16 Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil. (Isaiah 1:15–16)

The Word of Wisdom:

The Word of Wisdom is the centerpiece of the gospel for our temporal and eternal salvation. It is also a section that many Saints do not understand and Heber J. Grant said, "They ignore at their own peril." Joseph Smith does much here to restore the plain

and precious parts of the Gospel of Jesus Christ that were taken away.

1 A Word of Wisdom for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion

2 To be sent greeting; not by commandment or constraint, but by revelation and the Word of Wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days.

3 Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints who are or can be called saints.

4 Behold, verily, thus saith the Lord unto you: In consequence of the evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this Word of Wisdom by revelation.

5 That inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet in the sight of your Father, only in assembling yourselves together to offer up your sacraments before him.

6 And, behold, this should be wine, yea, pure wine of the grape of the vine, of your own make.

7 And, again strong drinks are not for the belly, but for the washing of your bodies.

8 And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill.

9 And again, hot drinks are not for the body or belly.

10 And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man —

11 Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.

12 Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly;

13 And it is PLEASING UNTO ME that they SHOULD NOT BE USED ONLY IN TIMES OF WINTER, OR OF COLD OR FAMINE.

14 All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth;

15 And these hath God made for the use of man only in times of famine and excess of hunger.

16 All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground —

17 Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

18 And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

19 AND SHALL FIND WISDOM AND GREAT TREASURES OF KNOWLEDGE, EVEN HIDDEN TREASURES.

20 And shall run and not be weary, and shall walk and not faint.

21 And I the Lord give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. (D&C 89:1–21. Emphasis added.)

Repeating Verse 21: And I the Lord, give unto them (all those mentioned in verses 1 and 3) a promise,

that the destroying angel (angel of death) shall pass by them, as the children of Israel, and not slay them. Amen.

Vonda Thorpe says in her paper Sanctity of Life: (This is a most interesting statement and contains an even more remarkable promise.)

“In the supplementary student manual [Religion 301] — Old Testament: Genesis to 2 Samuel — that gospel doctrine teachers use, we find the following statement on page 54:

“During the first 2200 or so years of the earth’s history, i.e., from the fall of Adam to the ministry of Melchizedek, it was a not-uncommon occurrence for faithful members of the Church to be translated and taken into heavenly realms without tasting death. Since that time there have been occasional special instances of translation, instances in which a special work of the ministry required it. “... Methuselah, the son of Enoch, of his loins (Moses 8:2). But during the nearly 700 years from the translation of Enoch to the flood of Noah, it would appear that nearly all of the faithful members of the Church were translated, for ‘the Holy ghost fell on many, and they were caught up by the powers of heaven unto Zion.’ ... that he breaketh the bands of death, that the grave shall have no victory ...” Pondering this ‘mystery’ causes me to ask, “Were they all

translated at once or one by one as each gained sufficient faith and purity to part the veil? To cover 700 years indicates individual worthiness. How was it done? Could we? Their 'world' must have been similar to ours. There were righteous Saints among them, just as now. Noah's people' ...ate, drank, and were merry' right up to Noah's departure ... not unlike us today. "In the September 1980 Ensign article on Melchizedek, p. 14, "we learn that Melchizedek was spiritually prodigious as a child (Joseph Smith Translation, Gen. 14:26; Heb.11:33-34) ... Melchizedek was a man of faith, ... and his people obtained heaven." (Joseph Smith Translation, Gen 14: 26,34).... In fact, this miracle of both Melchizedek and Enoch preparing and then seeing translated an entire city into the presence of God is indeed a feat so powerful that none should misunderstand. Read D& C 89:21 again. And John 8:51 says: "If a man keep my saying, he shall never see death." (Vonda Thorpe, "Sanctity of Life," page 9)

It is obvious that we have sold our birthright for a mess of pottage, as did Esau, because we have hardened our hearts and will not or cannot follow the Word of Wisdom in its entirety — we have forsaken the promise of the Gospel.

This is the fullness as Christ received it: The Holy Ghost as our constant companion, the Holy Spirit as

our guide, the kingdom of Heaven, which is within, as Christ taught. We have been satisfied with only a testimony of the truthfulness of the gospel, a paltry tidbit of its entirety, a part when we could have had the whole. We have grown old when we could have stayed young, we have gotten sick when we could have been healthy, and we have caused pain to the Savior when we could have repented. In other words, we have not magnified our callings and been sanctified by the Spirit unto the renewing of our bodies.

33 For whoso is faithful unto the obtaining these two priesthoods of which I have spoken, and the magnifying their calling, are sanctified by the Spirit unto the renewing of their bodies. (D&C 84:33)

31 Behold, here is the agency of man, and here is the condemnation of man; because that which was from the beginning is plainly manifest unto them, and they receive not the light.

32 And every man whose spirit receiveth not the light is under condemnation.

33 For man is spirit. The elements are eternal, and spirit and element, inseparably connected receive a fulness of joy.

34 And when separated, man cannot receive a fullness of joy.

35 The elements are the tabernacle of God; yea, man is the tabernacle of God, even temples; and whatsoever temple is defiled, God shall destroy that temple. (D&C 93:31–35)

Obviously we are destroying ourselves with the foods we eat.

Concerning the temple, a representation of one's body:

8 And ye shall not suffer any unclean thing to come in unto it; and my glory shall be there, and my presence shall be there. (D&C 94:8)

22 For behold, and lo, vengeance cometh speedily upon the ungodly as the whirlwind; and who shall escape it?

23 The Lord's scourge shall pass over by night and by day, and the report thereof shall vex all people; yea, it shall not be stayed until the Lord come;

24 For the indignation of the Lord is kindled against their abominations and all their wicked works.

25 Nevertheless, Zion shall escape if she observe to do ALL THINGS whatsoever I have commanded her. (D&C 97:22–25. Emphasis added.)

It would be good here to explain the problems with disobedience regarding the eating of flesh and to see how it relates to Section 97:

There is inherent disease in flesh of all kinds. The following research has been provided by old veterinary manuals, (Animal Diseases, Yearbook of Agriculture 1956, Ezra Taft Benson, Secretary of Agriculture) new and old research done by medical scholars, and was taken from an article written by Tom Rodgers, health researcher:

The Pathogen Load of Man's Slaughterhouse: Here we speak of pathogens as being viruses, bacteria, parasites of all kinds.

1. Clean plant food: fruits, herbs, grains, vegetables, legumes and nuts, all if uncontaminated in the handling contains: 10 pathogens per gram.

2. Animal foods for acceptable sale — (per US/Utah Dept of Agriculture) contains:

Milk (cow's) begins at 20,000 pathogens per gram

Butter, Cheese, Ice Cream: 300,000 to 1 million pathogens per gram

Eggs average 50,000 to 500,000 pathogens per gram.

Flesh: Most flesh foods such as beef, poultry, lamb, pork, and seafood all fall within a 300,000 to 1 million pathogens per gram range

Raw Honey: botulism — 150,000 pathogens per gram

Average servings:

One 4-ounce serving of fruit contains: 100 pathogens or less

One glass of milk contains: (pasteurized: 5 million pathogens, many living as the flash pasteurization process does not kill all pathogens.)

Four ounces ice cream contains: 112 million pathogens which begin to thaw, come alive, and replicate once in the warm confines of the intestines.

Butter contains: 7 million pathogens per pat

An average serving of meat, fish or poultry contains: 336 million pathogens per gram [of course the reason we cook animal foods is to destroy the pathogens, however it is in the handling of raw animal food that we introduce the pathogens into our bodies. The pathogens then rapidly reproduce and cause illness and eventually death.]

So why should we worry that we will get the plagues of the last days or the Lord's scourge? We don't have to worry if we are obeying all commandments, especially the Word of Wisdom. There are not many disease organisms in fruits and vegetables, and this diet will protect us against pathogens. However, if we allow ourselves to partake of a little flesh, milk or eggs, we are causing our immune systems to break down. Day after day, month after month, year after year, our army of white cells begins to lose the battle because of the load of millions and millions of pathogens we continue to ingest every day of our lives. Thus our army of white cells is so overwhelmed fighting the pathogens in the flesh foods we consume that when a really serious pathogen comes along, it gets ignored in the battle.

Plagues of our day

SARS in Asia: a disease humans get because they eat civet cats, which have this pathogen.

Ebola in Africa: a disease humans get because they eat monkeys who are infected with this pathogen. Avian Flu is a disease in chickens worldwide, which humans are contracting. Milk/Cattle diseases in humans: asthma, cholesterol, E.Coli, heart disease, hepatitis, hormones, gonorrhoea, leukemia, lupus, pertussis, pneumonia, polio, strep, tetanus, tuberculosis, cancer, bovine AIDS, Mad Cow disease

(variants are Cruetzfeld Jakobs, Alzheimer's), schizophrenia, ADD, Johne's disease are diseases of milk/cattle and become our diseases when we consume their fluids and flesh. Gelatin from cows: Glycine, hormones, hyperactivity

MSG: headaches from monosodium glutamate or natural flavor from beef Chickens: asthma, cholesterol, CMV, Epstein Bar virus, hepatitis, herpes simplex, hormones, influenza, measles complex, including chicken pox, smallpox, Hanta virus, salmonella, tetanus, cancer Eggs: asthma, asparagines, cholesterol, herpes simplex, hormones, Pork: asthma, cholesterol, E. Coli, salmonella, swine flu, trichinosis, cancer Mutton: asthma, gonorrhoea, hormones, syphilis, cancer, Cruetzfeld Jakobs Fish: giardia, clostridium, staph, strep, salmonella, shigella, schistosomiasis, cholera, leptospirosis, picene influenza or picene RSV, asthma, cholesterol, heavy metals, hormones, insecticides, omega 3 arterial corrosion, cancer Honey: neuromuscular dysfunction, multiple sclerosis, cerebral palsy, epilepsy, botulism Hydrogenated oil or margarine: cancer, allergens, antihistamines, asthma,

Let us now remember the fourth verse of the Word of Wisdom:

4 Behold, verily, thus saith the Lord unto you: In consequence of the evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation. (D&C 89:4)

If there is a conspiracy in these last days, it is basic. We are purposely kept uninformed by the powers that make money from death and horror and those who make money on the sicknesses of men and beasts. The major problems are the pain and suffering caused to our innocent creatures of the world and our immune systems that are breaking down under the heavy load we carry, thus weakening our bodies so that the adversary may gain entrance into them. (To understand this illustration further, please read *Return from Tomorrow*, by George Ritchie.)

In Ritchie's account, just as alcohol weakened the bar patrons and enabled the adversary to gain entrance into their bodies, we gradually weaken our bodies with dead flesh and hardness of heart, and whether we would like to admit it or not, we allow entrance to the spiritual parasites of the universe. We can also allow their entrance by disobedience to other parts of the scriptures. In other words, if we lie repeatedly, we open ourselves to a lying spirit. As during the time of Christ, so is it now.

31 And I beheld multitudes of people who were sick and who were afflicted with all manner of diseases, and with devils and unclean spirits; and the angel spake and showed all these things unto me, And they were healed by the power of the Lamb of God; and the devils and the unclean spirits were cast out. (1 Nephi 11:31)

The scriptures have warned and forewarned us. Some of us know by personal experience and would like to change the past, but it is too late. However, we can go forward as did Jeremiah with joy in our hearts for finally we know the truth.

28 Come unto me all ye that labor and are heavy laden, and I will give you rest. (Matthew 11:28)

Isn't this why we are to come unto Christ, to do his bidding, to follow his teaching, to lighten the burdens of sickness, disease, and unclean spirits?

15 Therefore, let your hearts be comforted; for all things shall work together for good to them that walk uprightly, and to the sanctification of the church.

16 For I will raise up unto myself a pure people that will serve me in righteousness. (D&C 100:15–16)

26 And in that day the enmity of man, and the enmity of beasts, yea, the enmity of all flesh, shall cease from before my face. (D&C 101:26)

23 Verily, verily, I say unto you, darkness covereth the earth, and gross darkness the minds of the people, and all flesh has become corrupt before my face.

28 But purify your hearts before me; ...

33 Verily I say unto you, behold how great is your calling. Cleanse your hearts and your garments, lest the blood of this generation be required at your hands. (D&C 112:23,28, 33)

Go ye out from Babylon. Be ye clean that bear the vessels of the Lord. (D&C 133:5)

Other ancient scriptures found in The Complete Dead Sea Scrolls in English:

“But they, like Adam, have broken the Covenant.

“Note furthermore that Community rule 4:6 lists healing as the chief eschatological reward and that according to the Palestinian Aramaic paraphrases of Genesis iii, 15, the days of the Messiah will bring an ultimate cure to the children of Eve wounded by the serpent in the Garden of Eden. (Geza Vermes, The Complete Dead Sea Scrolls in English, 23)

"... four ... vacat [Then] I, Noah, went out and walked on the earth, through its length and breadth ... delight on her in their leaves and in their fruit. And all the land was filled with grass and herbs and grain. Then I blessed the Lord of heaven who made splendid things. He is for ever and praise is his. And I repeated the blessing on account of his grace for the earth and on account of his removing and causing to perish from it all those who do violence and wickedness and lies and on account of his rescuing the righteous man ... vacat [God] was revealed to me and [the Lord] of heaven spoke to me and said to me: 'Do not fear, Noah. I shall be with you and with your sons who will be like you for ever ... of the earth and rule over them ... and over its deserts and its mountains and all that are on them. And behold, I give all of it to you and to your sons to eat the green things and the grass of the earth. But you shall not eat any blood. Your fear and awe ... forever ... (Geza Vermes, The Complete Dead Sea Scrolls in English, 451)

"[And] He crowned the mountains with pro[duce] and poured food on them, and he satisfied every soul with good fruit. 'Whoever does my will, let him eat and be satisfied', says [the Lo] rd. 'And let them bless [my holy] name. But behold, they have done what is wicked in my eyes,' said the Lord. They rebelled (?) against God through their ac [tio] ns.

And the Lord judged them according to all their ways, and according to the thoughts of the inclination of their [evil] hearts. And He thundered at them in [His] power, and all the foundations of the earth [tr]embled, [and the wa]ters burst forth from the abysses. All the windows of heaven opened, and all the abyss[es] overflowed [with] mighty waters. And the windows of heaven [emptied out] rain and He destroyed them by the Flood.... Therefore everything [perished] on the dry land; and men, beasts, birds and winged creatures [died]. And the g [iant] s did not escape ... And God made [a sign...and] set his bow [in the cloud] that He might remember the covenant... [that there might no more be on earth] waters of flood...and that the mass of waters [might not let [loo]se ... (Geza Vermes, The Complete Dead Sea Scrolls in English, 518)

“And the people murmured ag[ainst Moses] saying, What shall we drink? And Moses cried to [the lord who showed him] a tree, and he threw it into [the wate]r, and the water became sweet. There he made for them a statute and [an ordinance and there he proved them. And he said, If [you will lis]ten di[li]gently [to the v]oice of the Lord your God and do that which is right in his eyes and [give heed to his commandments and judgements, and keep] all his statutes, [I will put none] of the diseases

[upon you] which I put on the E[gyptians]. For I am the Lord, your [heale]r.” (Geza Vermes, The Complete Dead Sea Scrolls in English, 444)

The diseases from which the Egyptians suffered were the diseases of cattle. They, as did other peoples of the world, suffered from the diseases of the animals they butchered, handled and ate, so it was easy to see what the Lord was telling the people through Moses 444.

“And before I lift my hands to eat of the pleasant fruits of the earth ... holiness shall be on my tongue. And no abominations shall be found upon it.” (Geza Vermes, The Complete Dead Sea Scrolls in English, 113)

“Hear now, my sons and I will uncover your eyes that you may see and understand the works of God that you may choose that which pleases Him and reject that which He hates, that you may walk perfectly in all His ways and not follow after thoughts of the guilty inclination and after eyes of lust. [Lust for flesh.] For through them, great men have gone astray and mighty heroes have stumbled from former times till now. Because they walked in the stubbornness of their heart the Heavenly Watchers fell; and they were caught because they did not keep the commandments of God. And their sons also fell who were tall as cedar trees, and

whose bodies were like mountains. All flesh on dry land perished; they were as though they had never been because they did their own will and did not keep the commandments of their Maker so that His wrath was kindled against them.

“Through it, the children of Noah went astray, together with their kin, and were cut off. Abraham did not walk in it, and he was accounted a friend of God and party to the Covenant for ever. The children of Jacob strayed through them and were punished in accordance with their error. And their sons in Egypt walked in the stubbornness of their hearts, conspiring against the commandments of God and each of them doing that which seemed right in his own eyes. They ate blood, and He cut off their males in the wilderness. (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 128–129)

Exhortation to seek wisdom

“Seek her and find her, grasp her and possess her!

With her is length of days and fatness of bone,

The joy of the heart and

Happy is the man who works it. (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 398)

“But the wicked shall do wickedly and shall not understand but the righteous **shall purify**

themselves and make themselves white. (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 494)

Now compare this with:

10 **Many shall be purified**, and made white, and tried; but the wicked shall do wickedly and none of the wicked shall understand but the wise shall understand. (Daniel 12:10) (As found in the King James Version of the Bible.)

We can't just sit back and expect the Lord to purify us. We have to willingly become a participant in the process. The word wicked refers specifically to those who partake of flesh. The word righteous specifically refers to those who don't partake of animal flesh. Only the righteous can purify themselves and be made perfect or white.

18 Come now, and let us reason together, saith the Lord: Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

19 If ye be willing and obedient, ye shall eat the GOOD of the land. (Isaiah 1:18–19 Emphasis added)

The following denotes how the Essenes regarded themselves:

“Taken together, however, it is clear from this literature that the sectaries regarded themselves as the true Israel, the repository of the authentic traditions of the religious body, from which they had seceded. (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 26)

“(IQS v, 13–14 True purification comes from the ‘spirit of holiness and true cleansing from the ‘humble submission’ of the soul to all God’s precepts. For it is through the spirit of true counsel concerning the ways of man that all his sins shall be expiated ... he shall be cleansed from all his sins by the spirit of holiness ... and his iniquity shall be expiated by the spirit of uprightness and humility. And when his flesh is sprinkled with purifying water and sanctified by cleansing water, it shall be made clean by the humble submission of his soul to all the precepts of God. IQSIII, 6–9)

“The second issue has to do with the sect’s attitude towards the Temple and Temple sacrifice. While some Essenes, notwithstanding their vow of total fidelity to the Law of Moses, rejected the validity of the Sanctuary and refused to participate (temporarily) in its rites (cf. Philo, *Omnis Probus* 75; Josephus, *Antiquities* XVIII, 19) they evaded the theological dilemma in which this stand might have placed them by contending that until the rededication of the Temple, the only true worship of

God was to be offered in their establishment. The council of the Community was to be the 'Most Holy Dwelling for Aaron' where, 'without the flesh of holocausts and the fat of sacrifice', a 'sweet fragrance' was to be sent up to God, and where prayer was to serve 'as an acceptable fragrance of righteousness' (IQS VIII, 8-9; IX, 4-5) The Community itself was to be the sacrifice offered to God in atonement for Israel's sins (IQSVIII, 4-5; 4Q265 fr.7 ii).

"He has created man to govern the world, and has appointed for him two spirits in which to walk until the time of His visitation: the spirits of truth and injustice. Those born of truth spring from a fountain of light but those born of injustice spring from a source of darkness. All the children of righteousness are ruled by the Prince of Light and walk in the ways of light, but all the children of injustice are ruled by the Angel of Darkness and walk in the ways of darkness. The Angel of Darkness leads all the children of righteousness astray, and until his end, all their sin, iniquities, wickedness, and all their unlawful deeds are caused by his dominion in accordance with the mysteries of God. Every one of their chastisements, and every one of the seasons of their distress, shall be brought about by the rule of his persecution; for all his allotted spirits seek the

overthrow of the sons of light. (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 101–103)

In his book, *Approaching Zion*, Hugh Nibley teaches us about the doctrine of the “Two Ways” — the way of darkness and the way of light — as taught in the early church:

“It was impossible to try to compromise between them [the two ways] because they led in opposite directions. Yet in the ancient church it was the compromisers, the dyophysites who won. When we try to mix Zion and Babylon, Babylon has already won the game. It is amazing that any teaching so fundamental and so elect could be so effectively silenced today among people professing to preach and to practice the restored gospel. Here is an example from President Joseph Fielding Smith of what I mean:

“Our innocent little birds, natives of our country, who live upon the vermin, are indeed enemies to the farmer and to mankind. It is not only wicked to destroy them, it is abominable, in my opinion. I think that this principle should extend, not only to the bird life but to the life of all animals ... I never could see why a man should be imbued with a blood-thirsty desire to kill and destroy animal life. I have known men and they still exist among us — who enjoy what is to them the sport of hunting birds ... I

think it is wicked for men to thirst in their souls to kill almost everything which possesses animal life. It is wrong, and I have been surprised at prominent men whom I have seen whose very souls seemed to be athirst for the shedding of animal blood. They go off hunting deer, antelope, elk and any thing they can find, and what for? Just for the fun of it.'

"Here is a practice designated by the president and prophet of the church as abominable, the ancient sport of the masters of Babylon – the descendants of Cain, of Ham, of Nimrod, all of whom were mighty hunters. And yet there are men today engaging in such practices, who at the same time speak piously of building Zion. How is this possible? It is the old word game of the early Christians and of others. In the newly discovered gospel of Philip, there is a wonderful passage describing how Satan rules this world by the skillful manipulation of labels. In this world we communicate through symbols, through labels, it explains. Therefore in this Satan Possesses a powerful tool to comfort the wicked, enabling them to discredit the righteous and to brand the righteous with whatever epithets suit them and to load their own guilt on others.

"Today as in the ancient church: Those who embrace Babylon in its stark reality do not renounce Zion. They don't need to. As the great apostasy progressed, the Christian world got ever more

mileage out of the name Christianity. As the apostolic fathers and the early apologists observed, the farther they fall away from real Christianity, the more loudly they proclaim and the more enthusiastically they display the name and the banner of Christ. (Hugh Nibley, *Approaching Zion*, pp. 19,20)

Remembering the “Two Ways” –the way of darkness and the way of light — as taught in the early church:

When we are under the dominion of the Angel of Darkness, could it be that we are possessed by one of his demons? And could the reason be that we may be possessed because we have hardened our hearts and weakened our bodies in such a way that the Holy Spirit cannot dwell there, thus it cannot protect us from this spirit of darkness? It is as though we voluntarily removed the armor of God.

“But the God of Israel and His angel of Truth will succor all the sons of light. For it is He who created the spirits of Light and Darkness and founded every action upon them and established every deed [upon] their [ways]. And He loves the one IV everlastingly and delights in its works for ever; but the counsel of the other He loathes and for ever hates its ways.

“These are their ways in the world for the enlightenment of the heart of man, and so that all

the paths of true righteousness may be made straight before him, and so that the fear of the laws of God may be instilled in his heart; a spirit of humility, patience, abundant charity, unending goodness, understanding, and intelligence: (a spirit of) mighty wisdom which trusts in all the deeds of God and leans on His great loving-kindness; a spirit of discernment in every purpose, of zeal for just laws, of holy intent with steadfastness of heart, of great charity towards all the sons of truth, of admirable purity which detests all unclean idols, of humble conduct sprung from an understanding of all things, and of faithful concealment of the mysteries of truth. [Could the reason for concealment be because it brought upon them persecution (see Ephesians 6:12), and could this be the reason our prophets do not stress this truth to the world?] These are the counsels of the spirit to the sons of truth in this world."

"And as for the visitation of all who walk in this spirit, it shall be healing, great peace in a long life, and fruitfulness, together with every everlasting blessing and eternal joy in life without end, a crown of glory and a garment of majesty in unending light.

"But the ways of the spirit of falsehood are these: greed, and slackness in the search for righteousness, wickedness and lies, haughtiness and pride, falseness and deceit, cruelty and

abundant evil, ill-temper and much folly and brazen insolence, abominable deeds [committed] in a spirit of lust, and ways of lewdness in the service of uncleanness, a blaspheming tongue, blindness of eye and dullness of ear, stiffness of neck and heaviness of heart, so that man walks in all the ways of darkness and guile.

“And the visitation of all who walk in this spirit shall be multitude of plagues by the hand of all the destroying angels, everlasting damnation by the avenging wrath of the fury of God, eternal torment and endless disgrace together with shameful extinction in the fire of the dark regions. The times of all their generations shall be spent in sorrowful mourning and in bitter misery and in calamities of darkness until they are destroyed without remnant or survivor.

“The nature of all the children of men is ruled by these [two spirits], and during their life all the hosts of men have a portion of their divisions and walk in [both] their ways. And the whole reward for their deeds shall be, for everlasting ages, according to whether each man’s portion in their two divisions is great or small. For God has established the spirits in equal measure until the final age, and has set everlasting hatred between their divisions. Truth abhors the works of injustice, and injustice hates all the ways of truth. And their struggle is fierce in all

their arguments for they do not walk together. But in the mysteries of His understanding and in His glorious wisdom God has ordained an end for injustice, and at the time of the visitation He will destroy it forever. Then truth, which has wallowed in the ways of wickedness during the dominion of injustice until the appointed time of judgment, shall arise in the world forever. God will then purify every deed of man with His truth; He will refine for Himself the human frame by rooting out all spirit of injustice from the bounds of his flesh. He will cleanse him of all wicked deeds with the spirit of holiness: like purifying waters He will shed upon him the spirit of truth (to cleanse him) of all abomination and injustice. And he shall be plunged into the spirit of purification, that he may instruct the upright in the knowledge of the most High and teach the wisdom of the sons of heaven to the perfect of way. For God has chosen them for an everlasting Covenant and all the glory of Adam shall be theirs. There shall be no more lies and all the works of injustice shall be put to shame. ." (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 101–103)

The word upright is the root of the word righteous. Those who walk uprightly walk in the body of a man, not in a body made from the flesh of animals, thus on all fours.

“Until now the spirits of truth and injustice struggle in the hearts of men and they walk in both wisdom and folly. According to his portion of truth so does a man hate injustice, and according to his inheritance in the realm of injustice so is he wicked and so hates truth. For God has established the two spirits in equal measure until the determined end and until the Renewal, and He knows the reward of their deeds from all eternity. He has allotted them to the children of men that they may know good [and evil, and] that the destiny of all the living may be according to the spirit within [them at the time] of the visitation....” (Geza Vermes, *The Complete Dead Sea Scrolls in English*, 101–103)

Finally: the Resurrection. The question now is: Will we be resurrected in a twenty-year-old perfect body? Joseph Smith answered the question in this way:

“As concerning the resurrection, I will merely say that all men will come from the grave as they lie down, whether old or young; there will not be added unto their stature one cubit, neither taken from it; all will be raised by the power of God, having spirit in their bodies, and not blood. (The Teachings of Joseph Smith, Compiled by Joseph Fielding Smith, 199)

Footnote by Joseph F. Smith:

“The body will come forth as it is laid to rest, for there is no growth or development in the grave. As it is laid down, so will it arise, and changes to perfection will come by the law of restitution. But the spirit will continue to expand and develop, and the body, after the resurrection, will develop to the full stature of man.” (Joseph F. Smith, The Improvement Era, June 1904)

If, in fact, we were given a body that we had to learn to live in for all eternity, and we didn't learn to live in it in this life, would it make sense for the Lord to give us another perfect one in the resurrection? It might make more sense for us to restore and regenerate the one we have and learn how to make it last for all eternity, having learned from that experience.

33 For whoso is faithful unto the obtaining these two priesthoods of which I have spoken are sanctified by the Spirit unto the renewing of their bodies. (D&C 84:33)

See also D&C 88:32–39:

32 And they who remain shall also be quickened; nevertheless, they shall return again to their own place, to enjoy that which they are willing to receive, because they were not willing to enjoy that which they might have received.

33 For what doth it profit a man if a gift is bestowed upon him and he receive not the gift: Behold, he rejoices not in that which is given unto him, neither rejoices in him who is the giver of the gift.

34 And again, verily I say unto you, that which is governed by law is also preserved by law and perfected and sanctified by the same.

35 That which breaketh a law, and abideth not by law, but seeketh to become a law unto itself, and willeth to abide in sin, and altogether abideth in sin, cannot be sanctified by law, neither by mercy, justice, nor judgment. Therefore, they must remain filthy still.

36 All kingdoms have a law given;

37 And there are many kingdoms; for there is no space in which there is no kingdom; and there is no kingdom in which there is no space, either a greater or a lesser kingdom.

38 And unto every kingdom is given a law; and unto every law there are certain bounds also and conditions.

39 All beings who abide not in those conditions are not justified. (D&C 88:32–39)

It is clearly helpful when we understand the words clean and unclean:

31 And I, God, said unto man, Behold, I have given you every herb, bearing seed, which is upon the face of all the earth; and every tree in the which shall be the fruit of a tree, yielding seed; to you it shall be for meat.

32 And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein I grant life, there shall be given every CLEAN herb for meat; and it was so, even as I spake. (Genesis 1:31–32 Joseph Smith Translation, Emphasis added.)

Did God give this commandment just so He could see if we would obey it? Maybe. Maybe He wanted to alleviate the pain and sicknesses we would and have suffered for generations. There are indications in the scriptures that we are His children. For this reason and His love for us, He wishes to bless us, but how can he bless us if we do not obey the laws of heaven?

20 There is a law, irrevocably decreed in heaven before the foundation of this world, upon which all blessings are predicated —

21 And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated. (D&C 130:20–21)

What are the promised blessings if we obey the law?

The indicated scriptures are too numerous to mention. In scripture after scripture we are told our health would be restored, that our sins will be forgiven. In scripture after scripture, we are told that if we repent, we will have the companionship of the Holy Ghost. In scripture after scripture, we are told that we will have life eternal. Here are just a few examples of blessings given for obedience.

17 ... I, Nephi, was desirous also that I might see, and hear, and know of these things, by the power of the Holy Ghost, which is the gift of God unto all those who diligently seek him as well in times of old as in the time that he should manifest himself unto the children of men

18 For he is the same yesterday, today and forever; and the way is prepared for all men from the foundation of the world, if it so be that they repent and come unto him.

19 For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round.

20 Therefore remember, O man for all thy doings thou shalt be brought into judgment.

21 Wherefore, if ye have sought to do wickedly in the days of your probation, then ye are found unclean before the judgment seat of God; and no unclean thing can dwell with God; wherefore, ye must be cast off forever. (1 Nephi 10:17–21)

7 Wherefore I beseech of you brethren, that ye should search diligently in the light of Christ that ye may know good from evil; and if ye will lay hold upon every good thing, and condemn it not, ye certainly will be a child of Christ. (Moroni 7:19)

24 And secondly, he doth require that ye should do as he hath commanded you: for which if ye do, he doth immediately bless you; and therefore he hath paid you. And ye are still indebted unto him and are, and will be, forever and ever; therefore, of what have ye to boast? (Mosiah 2:24)

41 And moreover, I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven that thereby they may dwell with God in a state of never ending happiness. O remember, remember that these things are true; for the Lord hath spoken it. (Mosiah 2:41)

18 And all saints who remember to keep and do these sayings, walking in obedience to the

commandments, shall receive health to their navel and marrow to their bones;

19 And shall find wisdom and great treasures of knowledge, even hidden treasures;

20 And shall run and not be weary, and shall walk and not faint.

21 And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen. (D&C 89:18–21)

“God will justify the taking of animal life to sustain man’s want, but He reserves a special blessing for those who place their own nobility before their necessity.” (To the Glory of God, Truman G. Madsen and Charles D. Tate, Jr. ed., Hugh Nibley, found in *Kindness to Animals and Caring for the Earth*, Richard D. Stratton)

Before we continue, we must discuss how the Christian religion compares with the cult of death. There are those who say, “Why should we do it? (Not eat flesh.) Everyone is going to die.” In other words:

“... let us eat and drink; for tomorrow we die.” (1 Corinthians 15:32)

Let us think about this: eternal life means life in this body or in the flesh. Remember what Hyrum Smith said:

“There were many of the commands of God that seemed to be overlooked by this generation, and he was fearful that many of the Latter Day Saints in this respect were following their old traditions, and former practices of spiritualizing the word of God, and through a vain philosophy departing from the pure principles of eternal truth which God had given by revelation for the salvation of the human family; but, that every word of God is an importance, whether it be the word contained in the Bible, in the Book of Mormon, or in the Book of Doctrine and Covenants, for ‘man shall not live by bread alone, but by every word that proceedeth from the mouth of God.’”(Hyrum Smith, Brother of the Prophet Joseph Smith, Times and Seasons, Vol. III, No. 15, City of Nauvoo, Illinois. June 1, 1842)

Here it is clear that we are not to spiritualize the word of God. The gospel in its entirety promises not only eternal salvation, but temporal salvation as well. By learning temporal salvation, we are practicing for eternal salvation. We gain a body. We learn to live in it. If we have treated it right from the beginning of birth forward, then although we couldn't overcome the fall without the Grace of our

Savior, we might approach the long lives that the Patriarchs enjoyed.

Rabbi Shmuley Boteach states:

“The pagan religious cults of the ancient world were focused almost entirely on death. Ancient Egypt with pyramids as temples of death, its worship of the god Hades, and its mass embalming of mummies saw the purpose of life as gaining entry into the afterlife “... Modern-day Islam — with its emphasis on the heavenly rewards for martyrdom — is about gaining eternal paradise not by one’s actions while living, but by one’s actions in dying. In Hinduism, death is so central a facet that up until about 100 years ago, when a man died, they put his living widow on the funeral pyre with him.

“Judaism, and its daughter religion Christianity, were a radical departure from the earlier cults of death. Both emphasized the idea of moral and righteous action on this earth. Both were based on the Hebrew scripture’s demand for moral and righteous action and the need to perfect the earth in God’s name. Even in the New Testament, the passion of Christ (Crucifixion) occupies at most a chapter or two in each of the gospels, while the life of Jesus is spelled out over ten times that number.

“But Judaism and Christianity must therefore be supremely careful not to emulate their pagan

predecessors and become religions that put the focus on death rather than on life ...

“There are two ways to understand Christianity. One is as a religion of life; the other is as a religion of death. The former focuses on emulating how Jesus lived, the latter homes in exclusively on how he died. The former looks at the incomparable ethical teachings of Jesus from the Sermon on the Mount; the latter focuses on the horrors of the crucifixion on the cross.

“The Christianity of life concentrates on what Jesus taught his disciples about how to live virtuously, the Christianity of death distills the Christian message into the single maxim that Jesus died for mankind’s sins. The Christianity of life emphasizes the idea of personal accountability in our relationship with God, the Christianity of death emphasizes that reposing faith in Jesus is all that is needed in order to gain salvation.” (Rabbi Shmuley Boteach, WorldNetDaily.com , March 5, 2004)

It is very clear to the “Mormons” that we are a Christianity of life: How many times do we have it in the scriptures? Hundreds? Let us examine several of them:

Adam fell that men might be, and men are that they might have joy. (2 Nephi 2:25)

For behold, this is my work and glory – to bring to pass the immortality and the eternal life of man. (Moses 1:39)

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. (Romans 6:23)

Wherefore men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life.... (2 Nephi 2:27)

17 Wherefore, do the things which I have told you I have seen that your lord and your Redeemer should do; for, for this cause have they been shown unto me, that ye might know the gate by which ye should enter. For the gate by which ye should enter is repentance and baptism by water; and then cometh a remission of your sins by fire and by the Holy Ghost.

18 And then are ye in this strait and narrow path which leads to eternal life. (2 Nephi 31:17–18)

13 Enter ye in at the strait gate; for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. (Matthew 7:13–14)

32 Yea, even wo unto all ye workers of iniquity; repent, repent, for the Lord God hath spoken it.

33 Behold, he sendeth an invitation unto all men, for the arms of mercy are extended towards them and he saith: Repent, and I will receive you.

34 Yea, he saith: Come unto me and ye shall partake of the fruit of the tree of life; yea, ye shall eat and drink of the bread and the waters of life freely;

35 Yea, come unto me and bring forth works of righteousness, and ye shall not be hewn down and cast into the fire. (Alma 5:32–35)

And, through eternal progression, would we be like the Father?

130 The Father has a body of flesh and bones as tangible as man's; the Son also; but the Holy Ghost has not a body of flesh and bones, but is a personage of Spirit. Were it not so, the Holy Ghost could not dwell in us. (D&C 130:22)

What shall we do?

9 And now Alma began to expound these things unto him, saying: It is given unto many to know the mysteries of God; nevertheless they are laid under a strict command that they shall not impart only according to the portion of his word which he doth grant unto the children of men, according to the heed and diligence which they give unto him.

10 And therefore, he that will harden his heart, the same receiveth the lesser portion of the word; and he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full.

11 And they that will harden their hearts, to them is given the lesser portion of the word until they know nothing concerning his mysteries; and then they are taken captive by the devil, and led by his will down to destruction. Now this is what is meant by the chains of hell. (Alma 12:9–11)

13 O that ye would awake; awake from a deep sleep, yea, even from the sleep of hell, and shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe. (2 Nephi 1:13)

7 He that overcometh shall inherit all things; and I will be his God, and he shall be my son. (Revelation 21:7)

10 Love worketh no ill to his neighbor: therefore love is the fulfilling of the law.

11 And that, knowing the time, that now it is high time to awake out of sleep; for now is our salvation nearer than when we believed.

12 The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. (Romans 13:10–12)

Chapter Six - The Big Lie

Disease has existed for thousands of years – since the fall of Adam. It never had to be this way. We eat our disease and many people profit from the sale of flesh. Many other people come behind them and profit from the sale of drugs to cure that disease, and many come behind them to profit from the advertising of both. It is not advantageous to any of these parties to tell you the truth about where disease originates. It is a subtle well-kept secret.

For example: In an article that just came out, “A dangerous germ that has been spreading around

the country causes more life threatening infections than public health authorities had thought and is killing more people in the United States each year than the Aids virus, federal health officials reported yesterday.

“The Microbe, a strain of a once innocuous staph bacterium that has become invulnerable to first line antibiotics, is responsible for more than 94,000 serious infections and nearly 19,000 deaths each year, the Centers for Disease Control and Prevention calculated.

“Although mounting evidence shows that the infection is becoming more common, the estimate published today in the journal of the American Medical Association is the first national assessment of the toll from the insidious pathogen, officials said.

(Washington Post, October 17, 2007, by Rob Stein.)

This is just the first few paragraphs of the article, but nowhere in the article, was mentioned that staph is a disease of cattle. More people are drinking milk and eating meat than at any other time in history, but strangely this was never mentioned in the article. Could the Post get sued if they published this? More likely they would lose all advertising revenue for dairy and meat products. Does anyone care if you know the truth? People who do care are

probably in debt, could lose their job, lose their house, lose their reputation and many people just cannot afford to take this risk. Because the lie has been perpetuated for these many years, most people have no idea what the truth really is even if they wanted to tell you – they don't know themselves.

COMMON DISEASES

In a recent article found on the website World Net Daily it is intimated that the disease Whooping Cough is being spread by illegal aliens. Sunday, June 12, 2005. I quote:

“The American Academy of Pediatrics is warning of the worst outbreak of whooping cough in 40 years, while those concerned about border control see it as more evidence that vanquished diseases are spreading due to widespread illegal immigration.

“Whooping Cough or pertussis is particularly dangerous for children and can be fatal in infants, warns the doctors group.”

[This article would lead the reader to think that all disease is transmitted from person to person. When in fact, Whooping Cough has been around for years and by the way is that not why we are all vaccinated with DPT and have been for years? DPT – Diptheria, Pertussis, Tetanus – all diseases of cattle -- All

transmissible through handling and consuming the flesh and the mammary fluids (milk) of cows -- especially milk as the pasteurization process is flawed and allows live bacteria and viruses to survive. There is also the problem of super bugs, having gained strength and immunity to the current drugs and antibiotics that are on the market. (most superbugs have gained their strength because antibiotics are given to cattle in super doses.)

If in fact Whooping Cough and Tuberculosis (another disease blamed upon illegal aliens) are endemic in Mexico, why has the US government allowed Mexican Cattle to enter the country for years and years?]

Another article lately in the news on MyWay.com states: "USDA finds possible 2nd case of mad cow disease. "In what could be the second US case of mad cow disease, an older beef animal tested positive for the deadly ailment but will undergo a last round of tests at a British laboratory to confirm the results, Agriculture Secretary Mike Johanns said.

"The only U.S. confirmed case of mad cow disease, or bovine spongiform encephalopathy (BSE), was found in December 2003 in a Washington State dairy cow. That discovery halted billions of dollars

worth of American beef exports and raised questions about the safety of the U.S. food supply.

“Johanns said the new suspect case involved an older beef animal chosen for testing because it was a “downer” animal that could not walk when delivered for slaughter. The carcass never entered the human food or livestock feed supply, he said.”

It is a well known fact that “downer” cattle in the thousands have dropped dead in feed lots from Missouri to California. For years they have been rendered (the flesh ground up, processed, and made into a high protein supplement for all types of livestock from chickens to cattle) and fed back in a cannibalistic manner to their brother and sister cows, chickens, and hogs – thus perpetuating BSE in the flesh and milk which will one day be on your table.

8 For all tables are full of vomit and filthiness, so that there is no place clean.” (Isaiah 28.8)

Facts not so well known are that BSE and many of the slow viruses have been known about and studied since the 1970’s. For the same reason that the articles that I have quoted are not talking about the root cause of disease (handling and consuming the flesh and fluids of animals) no major media article is going to tell you that your food supply is contaminated and full of disease. You might read

that chickens in Asia have bird flu but you won't be apprised of the fact that your local dairy herd or your local feed lot cattle have been causing disease of all kinds in your family and your neighbor's family for generations.

In the forward to a book called *Animal Diseases*, Ezra Taft Benson, then the Secretary of Agriculture, wrote "I salute the workers in the biological sciences, among whom are our veterinarians. They are in the forefront in our relentless fight against animal diseases, some of which are linked closely to human health." The book *The Yearbook of Agriculture, 1956, Animal Diseases*, was published by the U.S. Department of Agriculture, goes on to state in chapter after chapter the different diseases of animals and how these diseases are communicable to humans.

Just to list a few: Foot and Mouth Disease, Cholera, Glanders, pleuropneumonia, tuberculosis, brucellosis – a cause of undulant fever in humans, Anthrax, mastitis – causing strep, tetanus, gangrene, botulism, rabies, *Leptospira Canicola*, ringworm, Cancer, Cowpox, milkers' nodules, Rift Valley fever, vesicular stomatitis, Q-fever, salmonellosis, streptococcus, staphylococcus infections, vibriosis, ringworm of cattle, trypanosomiasis, beef tapeworm, fluke infections of all sorts, Avian diseases are salmonellosis, food

poisoning, diarrhea, enteritis, septicemia, psittacosis measles, mumps and chicken pox.

“Parasites that man acquires by eating the animal host are beef tapeworm –lives in the intestine of man where it can acquire a length of 40 feet or more, bladderworm occurring mainly in the muscles of animals and then finds it way into the muscles of man including the heart. A person who happens to eat raw or rare beef that harbors a single live bladderworm can become infected with a tapeworm. The pork tapeworm also lives in the human intestine and is acquired by man by eating raw or incompletely cooked pork infected with bladderworms. Housewives who handle this meat without the protection of gloves, can then pass this and other diseases to their children or spouse or to their own mouth if they don't wash carefully. Viruses contained in the flesh or cheese one handles can pass through the skin. Canines which consume uncooked animal products can then pass it to children or other members of the family in various ways.

“In fish the (broad) tapeworm, is a human parasite that spends part of its early life in some species of fresh water fish. It is rather common in man in some European countries and has been found in man and animals from the Great Lakes and the upper Mississippi Basin, into Manitoba, and almost to the

Rockies. It can attain a length in man of 25 feet. Human beings, the final hosts, acquire the fish tapeworm by eating raw, nearly raw, cold-smoked, or salted fish in which are live plerocercoids. Carnivorous animals become infected by eating infected fish." (The Yearbook of Agriculture, 1956, Animal Diseases, page 24)

Many people know that the disease Trichinosis can be acquired by eating uncooked or the rare flesh of animals that harbor the disease. Pork is the common source of trichinosis in this country and others. Trichinosis is common in hogs fed with garbage which is prevalent in many parts of the country. "Among the foods that would be sources of human trichinosis without this protections are cooked hams, frankfurters, salami, and other types of smoked sausages, as well as other pork containing products designed to be eaten by the consumer without additional cooking." (The Yearbook of Agriculture, 1956, Animal Diseases, page 27)

"The intestinal roundworm, *Ascaris Lumbricoides*, is a parasite of man. It is structurally and in other ways indistinguishable from a closely related species that occurs in pigs." (The Yearbook of Agriculture, 1956, Animal Diseases page 28)

“Bacteria, viruses, parasites of all kinds, enter an animal’s body through the skin and the organs of breathing, digestion and sex. They may multiply, attack the tissues, and produce disease. Or they may not. The body makes strenuous efforts to repel the invaders.” (The Yearbook of Agriculture, 1956, Animal Diseases page 29)

THE SLOW VIRUSES

More insidious are the slow viruses. These viruses have been studied and researched since the 1970’s and before. This knowledge has carefully been kept from the public as has the knowledge that they are not new but have been affecting us for generations. The research is available but is buried in books and libraries although it is coming to light at this time by brave researchers who desire to make it public.

‘Scrapie has been in sheep for hundreds of years. When sheep began to be rendered and fed to cows it produced a disease called Bovine Spongiform Encephalopathy or mad cow disease. Man can acquire it by consuming the milk, cheese, yogurt, and flesh of cows. Slow viruses related to Mad Cow are Huntingtons Disease and Picks Disease which cause Alzheimer’s, and the milder form – senile dementia. Millions of human beings are infected with these slow viruses and are not being told that it is coming from their milk, cheese and beef.

“Creutzfeldt Jacob’s Disease has many of the symptoms associated with Alzheimer’s disease, particularly amyloid plaques and increased lipofuscin pigment deposits in neurons, and even neurofibrillary tangles. It has become clear that the borderline between C-J and Alzheimer’s syndromes is somewhat fuzzy.”

“Paramyxoviruses of man include influenza viruses, mumps, and measles. These viruses are found in the avian population of birds which include chickens, geese, turkeys, etc: “Various species of animals also are subject to Paramyxoviruses. The human measles virus is related to canine distemper and bovine rinderpest viruses. The simian paramyxovirus SV5 is frequently present in normal rhesus or cynomolgus monkeys. Newcastle disease virus causes fatal respiratory or central nervous system disease in chickens, turkeys, and other birds. Bovine and bat Paramyxoviruses are also known,

“The importance of Paramyxoviruses ... stems from the fact that measles virus is definitely associated with the chronic progressive neurologic disease subacute sclerosing panencephalitis (SSPE). In addition, there is evidence that patients with multiple sclerosis (MS) have increased levels of antibody to measles. Furthermore, Paramyxoviruses have reportedly been isolated

from brain tissue of patients with this disease. Paramyxovirus-like particles have also been seen by electron microscopy in brain tissue from a patient with MS.” (The slow virus book quoted from might still be available buried in the deepest recesses of libraries. One of the authors requested that his name not be revealed therefore we refer you to several other books about slow viruses: Slow Virus Diseases of Animals and Man, edited by R.H. Kimberlin, 1976, American Elsevier Publishing Company, Inc. New York. And: Diseases of Latent or Slow Growth Viruses, including papers by various scientists, MSS Information Corp. New York 1973)

It is obvious that the media in all its forms will not risk the loss of advertising money from the dairy industry, the beef industry, the restaurant industry, the supermarket industry but more ominous big Pharma in order to inform the public of the dangers of consuming fish or the flesh of beasts. \$profit\$ is still the name of the game – at the expense of our health and our lives.

Big Pharma: The pharmaceutical industry, a trillion dollar industry and probably the most profitable in the world, receives 97 percent of its revenue from the livestock industry. Farmers don't buy a little bottle of pills from the drugstore shelf, but buy their medicines in 5 gallon buckets or 55 gallon drums. Cattle, sheep, goats, hogs, chickens are dipped in,

consume, and urinate into the ground water tons of chemical prophylactics every day. When we consume their flesh, we not only are subject to the diseases they have because the drugs didn't work, but also the chemicals they have consumed – thus creating super-bugs in man and beast that have grown immune to most anti-biotics that man has so far devised.

Dire consequences have come upon us because of the big lie; some of which we will enumerate in the following chapter.

MEMORY TRANSFER by Thomas L. Rodgers

"Until today, I have only carefully broached or taught this biological reality to those select few who were open to know. But I believe with the current intelligent shift in society's consciousness, as many more individuals begin to detect the deceptions and withholding of truth for profit in many other areas of their lives and education, especially in critical physical and mental health knowledge, indicates to me that it is now time to go public with this four decade old medically well understood, but divisively suppressed and unspoken fact! So as I am just now (9/26/07) composing and publishing this web page, the following initial statements of fact can seed your reason and will at least start to open your understanding and benefit you now.

What We Knew ---But Withheld! (For Medical Opportunity, Drugs and \$\$\$)

“Within our first successful heart transplant surgery experiences in the 60’s, 70’s, and 80’s we learned right away of an unanticipated phenomenon! – the traumas, memories and personality traits of the donor “mysteriously” showing up in the psyche and experiences of the organ transplant recipients! Among honest transplant and neurological research scientists this memory transfer phenomenon was not a mystery for very long. Immediately in the case of an 8 year old girl, who was given the heart of a 10 year old girl, the recipient child began to have nightmares of being murdered. The fact that her transplanted heart had been harvested from a murdered child had not been made known to the transplant physicians, her family nor the recipient child. But the very details of the murdering circumstance and even the first name of the murderer were presented in the recipient child’s horrific dreams! This resulted in the ultimate discovery and prosecution of the donor child’s murderer. So we quickly realized the important need to obtain the best possible record of the death details, traits and critical experiences of the transplant donors, so we could prepare the recipients (ourselves and their families) for this now regularly anticipated transplant associated

neurological occurrence. As a consequence, unfortunately, along with their necessary anti-rejection drugs (compromising their entire immune system and laying them open to simple infections), many transplant recipients also end up mandatorily medicated with the emotion (memory) suppressing antidepressants.

“Now comes in this writing (mustered in my timid courage) the more discomfoting implications in the exposure of our organ transplant learned facts; facts which, for the last four decades, have been left unspoken and undisclosed by those (including me) who knew, for professional survival and economic reasons (perpetuation of transplant medicine and the slaughter industry’s limitless expansion and profits) and the thousands (if not millions) of man’s traditions and seductively installed into many of his religions!

“So are you open to socially contrary but honorable profound life and belief altering biological truth? Are you tired of your own and humanity’s physical and mental challenges, chaos, hurting and disease? If you finally desire the best expanding learning, with noble thought decontaminating and lifesaving reasoning, then read on.

Memory Transfer – Man to Man, Animals to Man –A Biological Reality !

“The same biological transfer-of-memory reality and demonstrable fact which was learned in our successful transplants of human to human organs, also is a subtle part of the experience of humans who “transplant” that is, internalize, ingest /or (via drips or hypodermic vaccines, hormones or glandulars) the tissues or any other member of the animal kingdom!

Molecules of Memory – Small and Durable!

“Because the memory cells and molecules (neurons, nucleic acids, plasmids and other molecular fractions, etc.) of any animal’s nervous system (which are exactly like your own) are so small (and are ubiquitously extant to all animal kingdom members’ tissues) and because they are generally protectively encapsulated with very dense lipids (i.e. saturated fats, esp. myelin) these tough and tiny “molecules of memory” are not always completely broken down in digestion or catabolized in the liver; so they can and do, easily enter intact systemically; and can become inserted into and made functional parts of the active neurological streaming tissues of the recipient consumer! (like the murdered child’s memories were inserted into the recipient child’s memory tissues, as evidenced above !)

“From your perspective, you may argue, or you might be told, that cooking prevents survival of memory molecules! Sorry but too many preparation and cooking procedures, especially “rare” meat servings, cannot and do not completely “denature” all of these super-tough tiny atomic-level micro-molecules, especially as they are designed mechanically, thermally, electrically and chemically durable to survive a lifetime – even over a hundred years – of mechanical, thermal, electrical and chemical assault in the hosting animal or you ! Remember, an animal’s amino acids (proteins) easily survive cooking and are metabolized and re-installed as your proteins and function in your body tissues as your own, the same facts of transfer (in surviving cooking, consumption and metabolization) applies to the even more durable nucleic acids and plasmids! – and “wallah”! left whole and installed intact (like their amino acid cousins), they have a new home in you!

Am I Deluded? -- Because You Never Have Recalled any Animal’s Memory!

“You could just claim that I am nuts and this is just not true, since you have never remembered some event as a cow, chicken, fish or pig in your mind! Sorry again! Your perception does not stand as secure empirical scientific evidence. As a matter of fact you should not have had a distinguishable

animal memory, since a cow's chicken's or any animal's mental encoding and decoding processes are not based upon your intellectual thought foundations; so you would not be able to translate their encodings precisely as a cow, chicken or any other animal since their neurological processes are not written with your personal identity tagging nor at your level of sophistication, nor with your experience reserves, nor your interpretive patterns.

Animal Kingdom – Common Emotions

“However, there are, for all members of the animal kingdom – to which you, your body and brain inescapably belong – common Base Emotions, which even without your specific (human individual) identity tagging, are encoded exactly the same as yours, and will be read (and skewed) as if they were your own, even if with only partial intensity and pieces of their memory. Those base emotions (common to all sentient beings) are fear, confusion, contempt, fight, flight, desire (sexual and territorial), longing, sorrow and anguish (for loss of family, specifically offspring – a heifer losing her calf will brae and traumatize the sisters of her herd, until her calf is found alive or dead or when time indicates to her and her sisters there is no hope of recovery) –and finally and vividly, (in their last living experience) hatred, desperation and pain! Without the precise interpolation and lacing your identity

tagging, these "transplanted" emotions plugged in your memory strings can be and will be played back at subtle to pronounced intensities as if they were your own, and will be mingled with your own emotions and memory recall, and you will not be able to differentiate your own from those encodings transferred to you! -- not until you have experienced sufficient neurological cellular and systemic "purge", routing or over-write time in that "sterilizing" lifestyle choice and change to living without them being reinforced through perpetual addition (consumption or injection)!

Emotions of Slaughter (Betrayal and Murder)

"You need to understand that the last strongest and most profound experience of the animals, that are butchered and used as human food, is its own slaughter (in its mind, its own murder!) -- and that final violent, desperate pain and hate filled excruciating experience's chemical/molecular memory imprint floods the animal's tissues and rides out of that animal in that (insanely initiated and accepted) tissue transfer and into you!

"--- also, that final, most violent act experienced and recorded in the nervous system of the "food" animal is always commenced and finished by human beings, quite often the same human (or in the perception of the animal an identical human

likeness) which first drew it from the mother's womb and to which it bonded (as did my own cattle to me, with my intent and design), then was continuously reinforced in that animal-to-human bond and trust through my own (or my childrens') perpetual feeding, intimate handling, necessary care, protection and attention to it! – hence those last desperate moments at the murdering blade of that "same man" are neurologically encoded and fully recorded with betrayal's contemptuous "lover-hate" intensity! With their throat slit, normally chained by their hind legs, jerked up and left hanging upside down, with man's intent to bleed them out, with their brain and heart left to pump them "clear" of blood, they are still conscious, flailing and bleeding slowly to a miserable death of over 2 to 20 minutes, the animal's last vivid feelings are; first of intense fear and betrayal, excruciating pain, then contempt, hatred, frustration, confusion, stress, defensiveness, drive for flight, fight or aggression and violence! – then death – but only after all these feelings are already fully and firmly encoded!

Normal "En-Vivo" Powerful In-Life Emotions and Drives (Territory, Dominance and Sex)

"—Also included in these tissue transferable encodings are the animal's powerful "en-vivo" traits, drives and experiences, that are dominant during the animal's entire life. These included the intense

periods of sexual estrus (in heat desire for sex) in the females! And of even more concern for profound neurological impact for the consuming human, is that acute encoding from the male beast with this fierce aggression drives for "routing" (the brutal fight instinct and act for territory and dominance! Among the males of most all species) – and his perpetual (endless, without discretion) drive for sex, to control, mount and copulate , without restraint, every female available! (These intense to fully violent sex drives and associated muscle responses require and involve the entire male animals body but more specifically his satellite spinal and hind quarters inter-muscular ganglia and neurons" used for mounting and copulative thrust signalings that are triggered in and service the "T-Bone" and "Round Steak" muscles – those butchers' specialty cuts generally desired (often served pink and bloody rare) and consumed as the favorite meat meal of the most of our "Macho" or aggressive human males! – and females!)

Six Unnatural "En-Vivo" Memories of Entrapment, Molestation, Rape and Maternal Loss – Added By Man!

"So-called "Civilized" Industrial man has added six more mordant "en-vivo" memory and emotional encodings of trauma which are absolutely unnatural to any other free animal's sovereign experiences in

nature. These are: Perpetual Entrapment for all, for males, castration, and for the females specifically, Sodomy, Rape, Molestation, and Maternal Loss!

“—For profit and the insatiable carnivorous appetite of society, factory farming practices place millions of chickens, pigs and cows (“veal” calves) into movement prohibiting cages (and chainings) for their entire lives, hence they are perpetually depressed, struggling and injuring themselves as they attempt to move (shift, flail) and escape.

“ -- the Sodomy and Rape encodings in the female animals are vividly established in dairy cows, breeder pigs and other “factory” mammals as the females of their species experience forcible and unnatural sex at the hand of human males in man’s “rape-rack”,

Squeeze-chute” stanchioned, hobbled and chained restrained subjugation for his human “fisting” (vaginally inserted hand and arm or equivalent instrument) in artificial insemination. Sadly pigs then usually proceed through their gestation (pregnancy) and give birth while still in a barred cage so they never can nuzzle, clean or fully fondle or bond with their piglets. Dairy cows (heifers) are inseminated usually while they are still nursing the farmer’s teat pulling (fondling) hands or the mechanical sucking cold steel cups of his milking

machine which molests her breast for her milk, instead of her experiencing the loving touch, relief and nuzzling of her own kind. So while still unnaturally producing milk, triggered by her previous birthing experience only 10 to 13 months before, she is required (again – and again) to be forcibly inseminated and gestate (be pregnant) her 8 ½ months to term, and she is only allowed within the last 3 months, at the end of that gestation, before birthing again to go dry – we dairymen call that non-lactating period in her last trimester of her pregnancy, “freshening!” (How fresh do human mothers feel in your last trimester of your pregnancies? And do we men require you to be giving your breast milk to us or to a cold machine during your first two trimesters? You would not tolerate that crude violation of your body or your breasts for man’s distorted appetites or profit!)

“—Then for that expectant mother’s delivery we pull her calf (as a rancher-dairyman, I did), usually never letting her see, be with, nurse or bond with it – so in her mind she has miscarried, had a still-born or lost her child to a predator or a kidnapping at birth, so will stress in that grieving state of Maternal Loss , while we place her calf in a box, bottle feed, fondle and manage it so that it bonds with us instead for later ease of management, while she is denied the natural family experience once again.

That maternal grief and emptiness of fetal or infant loss, after her unnatural restraint, sodomy, rape, and continuous molestation by man (and his machines) is vividly encoded into her and into all other man-exploited for food creature females treated like her!

First in The Animals -- Then in Man!

"Are these neurological encodings of these enslaved, molested and slaughtered animals affecting the feelings thoughts and actions of their body tissue consuming humanity??? Transplants of the human hearts -- (just simple muscle? Think again!) and other human body tissues (which we delude ourselves into believing our tissues are not -- are molecularly identical to the animals), have continuously demonstrated the reality of donor-to-recipient memory transfer, now with files upon files of replicating medical and psychological experience and documentation since we began and 'perfected' human heart and organ transplants in the 60's, 70's and 80's.

"Those identical memory encodings, or fraction thereof, from the "other members" of the animal kingdom (to which we humans also belong), which we exploit and kill, then take into our bodies, are finding their way through digestion and catabolization, showing up, influencing and

repetitively enhancing unnatural thoughts and brutal behaviors in humanity's flesh-consuming members of society! We few (in specialized practice and research) insiders of medicine have known this fact for these four decades but have skirted or ignored it for social and professional acceptance, for professional and personal economic gain, and/or have been silenced even dis-fellowshipped, by the profiting industrial and medical beast for the consuming and buying public – who have generously paid us in our (prostituted) silence!

Your Immune System -- the Struggling Janitor and Ultimate Decontaminator of "You"-- if given the chance!

“Your struggling custodian laboring to moderate or reverse the harmful filling or full corruption of your brain and nervous system tissues with ingested (and injected) animal memory in man's mindless deference or indifference to our original human design, is your own immune system whose intended function is to identify, catabolize, extract and remove from your tissues, errant and / or wrongly introduced and harmful foreign molecules, substances, cells or tissues. But as our immune system (in our pathogenic ignorance) is overburdened or intentionally suppressed (with drugs), it cannot stay ahead of our (ignorantly chosen) overwhelming assault of offensive

substances and contaminations; so more alien and / or malignant tissues, including these antigenic (alien to you) animal neurological tissues, cells and molecules, are inserted, accumulate (even replicate) and remain installed and unchallenged in our body's delicate life and thought systems! -- and will so, until we change our consumptive concepts and nutritive choices, social mindsets and human-physiological understanding and all of our morally tacit actions!

“The medically mandatory or intentional immune system suppression of transplant recipients with drugs, to abate rejection of the donor's organ, also sets up that recipient to be even more susceptible to pronounced donor-memory maintenance and causes the recipient to experience extensive character or trait overlay from the donor and more vivid donor memory insertions or recall (decoding) as a consequence.”

“The same enhancement of memory corruption occurs when other serious illnesses or biological traumas overwhelm an individual's immune system or take it into automatic suppression.

And in the elderly, their weakening immune systems behind already age failed digestive functions also lay them open to serious animal tissue encoded neuro-corruptions, further amplified

by their other age-related degradation and dementia causes!

"All children whose immune systems are yet immature and still developing, along with their growths naturally higher tissue constructions demands, are naturally predisposed and more susceptible to greater nervous system corruptions, consequently they are prone to experiencing more of the disruptive symptoms of memory transfer incurred by eating (and worse the direct injection of) animal tissues, so can experience more of the attention disturbing (animal encoded) nervous system "noise."

with greater feelings of (or more easily triggered) fear, helpless distress, and nightmares."

"A cessation of adding the animal's neuro-contaminants, and a healthy, fully nourished, fully facilitated, unimpaired immune system is required and critical to the ultimate clearing of your or your child's nervous systems and the ultimate removal of those memories' characteristics and traits that are not and never were truly theirs, or your own!

"-- Since your body (including your immune system) is ninety trillion cells complex, with billions of molecules and millions of chemical interactions within each of those ninety trillion individual cells -- ten trillion of which constitute your brain and

nervous system -- and because we have already seriously harmed our immune systems in mankind's generations of violations, abuse and ignorance, and we have even continued that abuse in conscious defiance to current scientific knowledge (as it was with me and my fellows in science) -- our human nervous system cleaning and renewal labor, which depends now upon our immune systems, requires our strictest of dedication, patience and time!

"In order to heal your nervous system, you must support your immune system's neurological contaminants purging process with the imperative resolution and dedication to nourish your body only with the best and purest of nutrients available to you from the garden! (as you were first designed and instructed to do in Gen 1:29, Moses 2:29, Abraham 4:29), with no more tissues and consequent memory contaminants added from the animals! You must maintain this same animal tissue free course with the patience and time required for your immune system first to heal itself! Then, with faith and persistence you must continue and allow the (seemingly) "infinite" time required for your immune system to mobilize, locate and perform the trillions of deep and complicated neurological contaminant identifications, purges and repairs, which must be done to restore your mental integrity and sovereignty! -- an additional terrible and taxing

duty which our immune system -- as our already otherwise fully employed valiant guardian and protector of life for preventing cancer and abating infectious disease -- never should have been asked to do in the first place!

“Blessed are the Peacemakers”

“Another (reverse-logic) indicator of this “neuro’transfer” fact is that meat refraining Vegan or Vegetarian human individuals and cultures (hence no animal’s memory, no animal’s trauma, nor the animal’s hormones, nor animal’s antigens and far fewer agri-chemicals are being transferred into them) are most always noted for and generally stand out with their “unusual” personal calmness, internal peace and passivity and more gentle sensitivities and compassion when compared against our “Western Culture” of standard human “carnivores”, who conversely live mostly with borderline aggression, ubiquitous personal and social chaos, stresses and a plethora of psychosis! - - and to often now, increasing sub-clinical and clinical violence!

“Total non-animal tissue consumers, i.e. Vegans are also more notably clear-headed and more efficient as learners (several quiet University studies bear this observation out). This is a consequence of the absence of the neurologically transferred animal

trauma and distress, exacerbated with the same butchered animal's hyper-adrenalin flood in its slaughter-induced mass glandular steroidal / hormonal fight-or-flight excretions, hence final dead tissue resultant (repeated lab-test findings of) hormonal super-dopings.

"Children. who are born to Vegans, ie. pure vegetarians and have never had any animal tissues in the bodies since conception or birth are the wonderful beneficiaries and idyllic models of humanity, as their brains and nervous systems are purely their own and are clear of the disruptive "noise" that the violated and slaughtered animals' contaminating neurological tissues bring. This is clearly evident in all the children that I and my honest (pediatric medicine) fellow scientists have observed from Vegan families. Several suppressed University, Natl. Academy of Sciences and other Government Studies have born this out (eg: Cornell Univ. Dr. T Collin Campbell's The China Study). These Vegan (pure vegetarian) raised and nourished children are far more intelligent and peaceful; and rarely show up with the epidemic learning and behavior difficulties (so-called ADD, ADHD, etc) and the adolescent violence that sadly plagues the rest of humanity! These "Garden of Eden", Millennial Children also are far healthier overall and rarely lose developmental and

educational time to the common childhood diseases or society's plethora of other physical and mental illnesses.

Carnivorous Synergism in Humanity's Physical and Mental Diseases – The Revenge of the Slaughtered!

“The synergistic compounding of the animals memory transfer factor, added to the animal's hormonal transfer factor and the viral, bacterial, antigenic-autoimmune (now increased drug and agri-chemical) contaminates of livestock, are the bases of humanity's current carnality-associated “diseases” mental states!

“—So acting biologically contrary to our own physiology, as well as nature's and God's intended human design (as our species specific physiology clearly demonstrates), all of these “antigenic” animal-tissue-consumption factors are passing through your digestion, your liver, your blood brain barrier and spinal sheath and getting into your brain's and your entire nervous system's very construction and chemistry, and molding your cerebral and ganglia scanning, decoding and recall processes into those of the never-intended “flesh-fouled” human carnivore with his anti-human and anti-divine neuro-biological imbalances, dementia, psychotic ticks, violence, trauma and chaos – all experienced initially in the human-violated innocent

beasts! – those slaughtered beasts that that same ignorant, contemptible, violating, brutal human man then wraps his sadly deceived lips around and swallows in his pathogen-loaded visceral appetite and in the paid abattoir's, benefit-muted medicine's, psychiatry's and the drug-pushing alchemist's perpetual profit-driven blood-for-money motive!

-- Therefore the insanity of man's slaughterhouse becomes his own insanity!

3 ...Whosoever killeth the Ox, is as if he slew a man
4 and their soul delighteth in their abominations. I (God) also will choose their delusions and will bring their fears upon them, because . . . they did evil before mine eyes and chose that in which I delighted not!" (Isaiah 66:3, 4)

So what is Mercenary Medicine's and Deviant Psychiatry's Pathetic Answer???

-- Concocting and prescribing more procedures, more surgeries, always more medicines and psychiatric drugs!

Here, Finally, is Science's Truth and "The Supreme Scientist's" Healing Prescription!

-- "Thou shall not kill!"

-- "Beat your swords into plowshares!"

-- "Repent! – i.e. give up man's murderous traditions and corrupted beliefs, change your thoughts, habits, desires and appetites!

-- "Become harmless before the brute creation! JS

-- "Then shalt thy health spring forth speedily, and ye shall rise up as if lifted on eagle's wings!"

-- "The kinder we are to our animals, the more will peace increase and the savage nature of the brute creation vanish away." Brigham Young

-- "Blessed are the meek (gentle, kind, harmless), for they shall inherit the Earth!" (they will not contract or suffer the plagues!)

Thomas L. Rodgers 9/30/07

Chapter Seven – The Consequences - The Problems

Of the multitude of consequences and problems caused by the first disobedient act in the Garden of Eden, and subsequent concealment of the truth, we have four main categories:

1) By partaking of flesh foods, we create a hellish problem, for example, an internal war for the body or the flesh in which our spirit abides and its

eventual deterioration and destruction, an environment in which our immune systems become exhausted. Our ability to think in a rational way is affected.

2) Second, but really foremost, we harden our hearts to the pain and suffering of other living beings. This hardens our heart to the suffering of human beings and gives us a callous disregard for life of all species. This hardness will not allow space for the fullness of the Holy Spirit who is a being of light and love, who regards life as divine and the stewardship of it a sacred trust.

3) Disease and massive environmental problems result, not just for ourselves, but multiplied many times for all creatures and plants that live upon our earth.

4) Ultimately WAR..... on the unborn, as well as each other.

First, by partaking of flesh foods, we create a hellish problem — for instance, an internal war for the body or the flesh in which our spirit abides and its eventual deterioration and destruction, an environment in which our immune systems become exhausted. Our ability to think in a rational way is affected.

34 The light [intelligence] of the body is the eye: therefore when thine eye is single, thy whole body also is full of light: but when thine eye is evil, thy body also is full of darkness. (Luke 11:34)

Let us now think about the center or the hub of the human body. It is the stomach and the first guardian of the inner sanctum of the body. It is represented around the pupil of the eye and looks much like the hub on a wheel. We know that the human body is not only physical, mental and spiritual, but also chemical. It is in the chemical realm that the physical problems of the human body begin.

When a person eats a high-protein flesh food — whether fish, fowl, meat, or dairy — certain chemical reactions take place in the stomach. A high-protein animal diet requires first that the stomach secrete a large amount of hydrochloric acid so that the food can be broken down into amino acids, which can be used by the body. In the process of this initial digestion, there is always either an acid or alkaline residue. High-protein animal flesh food/dairy leaves an acid residue after the breakdown. This chyme (or food) along with the hydrochloric acid that mixes with it in the stomach cannot be allowed to traverse the small and then large intestine as being acid it would damage delicate tissue, so the body uses minerals, the chief one being sodium, to buffer this acid residue. The

lining of the stomach has the greatest amount of sodium in the body and protects the stomach from the hydrochloric acid. The bile that comes from the liver is rich in sodium. This mixes with the contents of the stomach to buffer the acid as it leaves the stomach and traverses the intestines.

Day after day, month after month, year after year, if a person eats predominantly flesh foods, or foods that leave a residue of acid, and neglects to eat fruits and vegetables which leave an alkaline residue rich in minerals, these minerals, mainly organic sodium, then potassium, then calcium and magnesium are used up.

Dr. Bernard Jensen, known as the father of Iridology, devoted his life to studying and developing iris analysis. Each part of the body and each organ, including the brain, are represented in the iris of the eye. Each part can look different depending upon the health of the body. Jensen studied and related how the iris changes not only in color but in configuration when certain dietary changes are made. His work contains the basic knowledge of how diet affects the inner tissues and organs of the body. Most important, he presents his knowledge in "before" and "after" pictures so that almost any student can understand the concepts. His work includes the use of foods and certain herbs that are rich in specific minerals to restore health

and vitality to different organs or tissues of the body. His many books are used as textbooks for those who wish to learn this fascinating science. It is alternative medicine and is being accepted each year by more and more medical doctors as they eschew drugs and embrace natural medicine. (See *Iridology, The Science and Practice in the Healing Arts, Volumes I and II*, by Bernard Jensen, DC, ND)

There are myriad techniques for drugging or performing surgery upon the human body. Modern allopathic medicine is a method of suppressing the illness. For example, if one has a continuous rash, steroids such as cortisone are given to suppress it. The cream pushes the rash, or illness, further down into the body so that the skin stops breaking out. However, the sickness is still in the body, just further down in the tissues.

Natural medicine seeks to strengthen the tissues using certain foods and plants that are high in organic minerals. When the tissues are strengthened, the body then has the ability to expel the poison or corruption through the skin, or wherever it is the easiest. There is no technique that can surpass Jensen's method, because he can actually look into the human body and access information, which can be had in no other way, and then prescribe those certain foods or herbs which will provide the life-giving, healing elements that

nourish the tissue of the body, allowing it to strengthen, and then heal itself.

Dr. Richard Anderson, student of Dr. Bernard Jensen, and author of *Cleanse and Purify Thyself*, says,

“When the body becomes low in organic sodium, it is forced to go to another part of itself to retrieve the electrolyte, and it will do this even if it has to kill its own cells. When it begins to retrieve organic sodium from within itself, the most benign and efficient pathway is the bile. This way it can avoid having to directly injure itself. However, the removal of sodium from bile, though harmless in the beginning, has a devastating chain reaction.” (Dr. Bernard Jensen, quoted in *Cleanse and Purify Thyself*, Volume 1, Dr. Richard Anderson)

Just as one small hole in the dike or one small brick removed from the base of a building, can be the initial cause of its tumbling down:

“The removal of sodium from bile causes the bile pH to drop. The more it drops the more acid it becomes. When bile drops to a certain point, gallstones are formed. Gallstones can cause severe problems, including life-threatening afflictions.

“When the bile becomes acid, it is highly caustic and irritates the intestinal wall. Bile can become so acid

that it can burn a hole right through the gut wall; in fact, 90 percent of all so-called stomach or peptic ulcers are found in the duodenum near the bile duct. Bile irritation is associated with development of polyps, bowel tumors, colon cancer, irritable bowel syndrome (IBS), leaky gut syndrome, and various other bowel diseases.

“Fortunately, the body has a protective mechanism that can help to compensate for this dangerous scenario: mucin secretion. Mucin is a glycoprotein mucus. It is secreted by intestinal glands and can line the intestines, thereby protecting it from acids and other irritants. Mucin is the primal essence of mucoid plaque.” (Dr. Richard Anderson, *Cleanse and Purify Thyself, Volume I*)

The good thing about this scenario is that the delicate tissues are protected. The bad part is that if the diet stays the same (high animal protein) the mucin continues to form, day after day, year after year, until it has formed a very heavy mucoid plaque, which begins to be a home for all kinds of parasites such as harmful bacteria, viruses, worms and other unclean creatures of darkness.

“The consequences of acid bile and mucoid plaque include the following: poor digestion, poor assimilation, toxic accumulation, poor peristalsis, mutation or destruction of friendly bacteria, bowel

diseases, and the commencement of many chronic and degenerative diseases. And all of this caused primarily because of organic electrolyte deficiencies" [or chiefly organic sodium deficiency, because the minerals which are not replaced in the diet become less and less, thus exacerbating the problem even further].

"The next most likely locale for the body to retrieve organic sodium is the stomach. In a healthy person, the parietal cells of the stomach manufacture hydrochloric acid, an essential element in digestion. But in order to do this, it must have large amounts of organic sodium to protect the stomach cells from the hydrochloric acid. It is at this site that we find the greatest store of organic sodium, and if it is diminished, the stomach is forced to stop hydrochloric acid production. For if the hydrochloric acid production were continued without the protection of organic sodium, the hydrochloric acid would burn a hole right through the stomach. Yes, a lack of organic sodium is associated with ulcers. Therefore a lack of sodium in the stomach not only means a shutdown of hydrochloric acid production, it also means that pepsinogen cannot be activated, nor can proteins be efficiently digested.

"Lack of hydrochloric acid and enzymes devastates digestion. Poor digestion always means that health is diminishing. Not only has that occurred, but a lack

of the normal hydrochloric acid in the stomach allowed potential pathogenic bacteria, parasites, and yeasts to enter the inner-sanctum of the gastrointestinal tract! (Dr. Richard Anderson, Cleanse and Purify Thyself, Volume I)

Security has been breeched! The entire body is now at risk. The serpent is upon the tree!

Now that the mucoid plaque has become a home for parasites such as harmful bacteria, viruses, fungi, worms, for example, unclean creatures of darkness, other problems arise. One problem is the waste they continually give off, in the process of metabolism and catabolism. This waste in and of itself causes a darkness in the body, first physical and chemical, and consequently mental and spiritual. The mucoid plaque does another thing, in that it prevents our foods from absorbing into the blood stream properly. Now the cells of our bodies are not only underfed and becoming weaker each day, but they are surrounded by a murky filth which is hard to cleanse because of the daily inundations of more filth. This is basically the meaning of 'unclean'.

"According to Dr. Bernard Jensen, 80 percent of the people of the world are affected first by lack of sodium and then by lack of hydrochloric acid. He says that 80 percent of people who enter the hospital have no hydrochloric acid and that 100

percent of Aids patients have no hydrochloric acid production.” (Dr. Richard Anderson, Cleanse and Purify Thyself, Volume I)

The body becomes so desperate for organic sodium that it will rob it from the stomach until it is gone. It will take it from any tissue of the body, such as muscle tissue, causing premature wrinkles and flabbiness. Finally, if the body cannot get it anywhere else, it will begin to rob organic sodium from the joints, which have a rich supply, thus causing the problem of different types of arthritis.

By studying the nerve reflex points in the iris of the eye, these things can be observed before the problem begins and the changes in the iris after the correcting of the problem. Those who practice it know which foods, rich in either organic sodium or other different minerals, to prescribe for their patients. The stomach is the hub of the eye and surrounds the pupil. It is highly observable to even new students of iridology when the stomach begins to lose its supply of organic sodium. When it first begins to lose organic sodium, it is in an acute stage and is brighter than the rest of the iris of the eye. After many years of sodium loss, the hub (stomach) is chronic and is darker than the rest of the iris of the eye.

More cracks in the dike. Another phenomenon now takes place when the body begins to get low in organic sodium. The next occurrence is that there is a hormone called aldosterone, produced by the adrenal gland, which keeps a specific ratio of sodium and potassium in the body. When sodium is low, this hormone triggers the body to reabsorb sodium. This hormone keeps organic sodium and potassium perfectly balanced. When sodium is insufficient, and is not being replaced, this hormone causes the body to also release potassium to keep the delicate balance. Now the body is not only low in organic sodium but also potassium, which causes other problems, among which are flabby organs, flabby muscles and many serious diseases.

“It is almost impossible to be low in potassium as all foods are rich in this mineral, unless one doesn't eat, one can't digest, or one is deficient in organic sodium.

“The loss of these two electrolytes in the body can also cause calcium and magnesium to be used as buffers to replace the sodium and potassium. Something has to be used to buffer the acid coming from the stomach and the residue from the high-protein flesh foods. When calcium and magnesium are used up in such a manner it causes bone problems such as osteoporosis. It is very common to find someone who has arthritis to also have

osteoporosis. (Dr. Rich Anderson, Cleanse and Purify Thyself, Volume I.)

All these things happen because the foods we have chosen use up these precious minerals in our bodies and we negligently, and ignorantly, fail to replace them with God-given produce which contains the proper minerals or elements and doesn't leach out what we have.

The serpent on the tree is not just a metaphor; this has truly happened because of the foods we have eaten, which contained parasites. Our lack of hydrochloric acid has let them through into the intestine, where they thrive and multiply and cause all kinds of problems for the body.

This is the beginning of disease. Which disease a person has depends upon the inherited weaknesses of his body and which parasite has infested which part. These parasites, large and small, begin to infest all weak parts of our bodies, causing various symptoms. The small ones actually travel through the body in the blood stream and it is evident by observation through high-powered microscopes. The immune system begins to be overwhelmed when we handle or ingest foods high in live bacteria such as certain dairy products. However impaired the immune system is in most people, it always

works to a certain extent. However, according to Anderson, disease is never acquired, it is earned.

“Disease is a natural result, obtained from an unnatural lifestyle. To view germs as the cause of disease is a deadly mistake. In view of scientific researches that have been cast aside by medicine, it is just as reasonable to assume that the maggots and flies found in a manure pile cause the manure pile, as it is to assume that the various kinds of germs and bacteria, bacilli, or microorganisms, by whatever name you call them, found in a thoroughly filthy body poisoned with food, drugs and bad habits, cause the condition of ill health. Disease is not a result of exposure.

“Disease is an internal environmental development, which can lead to exposure susceptibility. The survival of every animal, bird, fish, plant, and germ, whether it is bacteria, viruses, fungus, or protozoa, depends entirely upon the environment. Disease occurs only when one’s internal environment is favorable for disease growth. We create our internal environments by the way we think, feel, and eat. Yet we have been programmed to believe that people are constantly ‘catching’ the flu or catching a bug from someone else.

“I hope that I have made it clear: about 99.9 percent of the American population has created a

polluted internal environment capable of catching or creating just about any disease. In 1929 a brilliant medical doctor wrote the following, 'It has been proved that all sorts of germs, which are capable of existing in injured or dead tissues or wounds, are not able to live in the healthy organism. [This is true no matter] how deadly and poisonous their products are supposed to be when they have succeeded in establishing themselves ... Just as maggots and flies require the filth of the manure pile in which they grow and propagate, so the human organism must become broken down and filthy through bad habits of living before the tissues and juices of the body will permit the harboring and growth of any noxious bacteria. As you never see flies in a clean garbage can, you also never see disease in a completely pure being. Disease seldom, if ever, can occur in a clean, healthy, loving body. In fact, it may be totally impossible; but we don't know for sure, because there probably isn't anyone pure enough to test.'" (Dr. Richard Anderson, Cleanse and Purify Thyself)

"Alexis Carrel, (who lived before Anderson) a two-time Nobel-Prize-winning scientist who performed the first kidney transplant, and was head of the Rockefeller Research Institute, pretty much proved the teachings of Drs. Bernard Jensen and Richard Anderson when he performed this experiment: Under his direction a small piece of heart tissue from

an embryonic chicken was cultured in a flask. It was provided with nutrients, oxygen and water fresh daily. The piece of chicken heart was kept growing for more than 30 years. After 34 years, it showed no signs of deterioration. So, the caretakers stopped the daily replacement of clean fluid and nutrients and let it die. Carrel concluded that our cells could live and reproduce forever provided proper conditions are maintained."

Alexis Carrel who was obsessed with the idea of eternal life, wrote about the experiment in 1935:

"When the composition of the [fluid around the cells] is maintained constant [with oxygen, nutrients, etc.] the cell colonies remain indefinitely in the same state of activity. They never grow old. Colonies obtained from a heart fragment removed in January 1912 from a chick embryo, are growing as actively today as 23 years ago. In fact, they are immortal." (Alexis Carrel, *Man the Unknown*, 173)

Now that the body is fully prepared and unclean with parasites of all kinds, another type of parasite is attracted. What truly makes the body unclean are not only the serpent-like parasites, which can dwell and thrive there, but spiritual parasites which have roamed the world since time immemorial causing problems for the family of Adam and are now ready to find a borrowed home within this unknowing host.

Never does the being know when he has begun to harbor a guest other than the fact that now he might have even more problems than he had before. He might have cravings for certain sugar-filled foods, or alcohol, or drugs, or he might harbor anger or bad thoughts of which he cannot rid himself. There are myriad troubles and problems in which he may involve himself. He becomes ruled by pride, delusions, impulses, base desires, and base appetites. Depending upon his moral upbringing, guilt becomes an ever present weight upon his shoulders. He begins to fear death but to desire it at the same time. Lies roll easily from his tongue and deceit is his companion. Cursing and foul words come naturally to his lips.

13 Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips.

14 Whose mouth is full of cursing and bitterness:

15 Their feet are swift to shed blood:

16 Destruction and misery are in their ways;

17 And the way of peace have they not known:

18 There is no fear of God before their eyes.
(Romans 3:13–18)

2 ... Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. (Revelation 18:2)

Second, but foremost, we harden our hearts to the pain and suffering of other living beings. This hardens our heart to the suffering of human beings and spawns a callous disregard for the life of all species. This hardness will not allow space for the fullness of the Holy Spirit who is a being of light and love and who regards life as divine and the stewardship of it a sacred trust.

As the dike is breached by one small hole, our hearts are breached by gradual acclimation to the realities of our culture and our traditional diets. Note this little story of a small child in everywhere, USA which fully illustrates how each small Adam and each small Eve in most families of the world begins the path of hardness and unconsciousness to the lives of animals, insects, and finally people.

“Last week I talked on the phone to a young mother who I’d never met. We talked about my order of grains for the food co-op we’re in. She wondered why I had ordered such a variety of seeds and grains, and when I explained our family’s recent conversion to a vegan lifestyle, and my efforts to add more sprouts to our meals, she told me that

she, too, had recently become a vegan. We'd both noticed that there is an expanding of understanding happening all around us, and shared a few joyous moments of conversation and confirmation of the new things our hearts are feeling as we move away from animal products.

"Then she told me about her Thanksgiving Turkey. Last year, she was getting ready to stuff a turkey, which she had in a pan on the table. Her three-year-old wanted to know what it was, so mother explained that it was a bird: the wings were here, the tail was here, the head used to be here, there used to be legs and feet over here. It used to be alive, but wasn't anymore. Then she had to leave the room for a few minutes. When she came back the turkey was gone! In searching, she discovered the turkey on her daughter's bed. The child had wrapped the turkey in little blankets, laid it gently on her bed among her dolls, and was singing to the turkey.

"When the mother asked what the child was doing, the child said she felt sad for the turkey and was singing it a happy song. She cried when the mother took the turkey away and put it in the oven. Later that day, the family sat down to the standard American Thanksgiving dinner. The mother served turkey and gravy to the little girl, who ate it all up

and said, "Yum, yum, that turkey tasted good, Mom."

"At that moment in time, the mother realized that she had just desensitized her child to the sanctity of life, and there would be a cost, somehow, somewhere, sometime.

"As I heard her story, I recognized my own sins as a mother, sins of ignorance and well-meant intent, but no less tragic. I work now to overcome the taste for meat, the conditioning of the minds of my children, and to build for us a solid foundation of compassion, kindness, gentleness, and courage in overcoming addictions. It's hard work — the memories linger. But hopefully, we can get back to the child in ourselves that sings happy songs to sad turkeys, instead of eating them. God help us all."
(Lynne Motola The Western Wheatgrass Journal)

What about milk? How can drinking milk cause pain and suffering?

Robert Cohen writes:

"On this first Sunday in October of 2004, scientists are warning those who live in the vicinity of an awakening volcano to immediately leave the area. Mount St. Helens is about to again erupt, with the explosive power of thousands of atomic bombs. In

May of 1980, 57 people ignored similar advice to evacuate, and lost their lives to the power of nature.

“In June of 2002, I attended a raw food festival in Oregon and took time off to visit Mount St. Helens in Washington State. I remember driving across the bridge spanning the cascading Columbia River, which separates the cities of Portland and Vancouver. It was a hot summer day, and I was suddenly jolted aware by the powerfully offensive ammonia-like stench of fermenting body wastes. There next to my car was a 40-foot long silver van with holes large enough to see through.

“Inside of the truck were dairy cows. They were packed tightly together with no room to lie down. The cows had served man’s purpose. Each individual lived her short lifetime of stress, first birthing a child who would be immediately taken from her, then injected with hormones that would painfully stretch her udder, depleting calcium from her own bones so that she would generate enough milk to fill 100 half pint containers for school children to drink each day. Her ancestors naturally produced enough milk to have filled just four of those same containers.

“Two years have passed, but the cow whose eyes I looked into for just one moment still haunts me. She was made to suffer through hours or days of driving hundreds or thousands of miles to what would

become a dairyman's final solution. On that day she died a violent death shared by 10,000 of her sisters.

"Today she will share that same fate with 10,000 other Guernsey and Holstein cows on route 80 or Route 66 or I-95 in Kansas, New Jersey, or Florida, on highways and neighborhoods where your children and mine sleep comfortably unaware of the predestined doom for living beings who have done nothing to merit such treatment. Tomorrow the same and the day after that: Eternal death, Eternal slaughter.

"A holocaust occurs while meat eaters turn the other way, denying that such horrors could possibly exist. Were the German and Polish people who knew the fate of those trucked to Buchenwald and Treblinka any less moral or guilty than those who comprehend the truth about what really happens to farm animals?

"I followed the truck for a bit until it veered off to the left, and I continued my drive in another direction. I took the high road, and she took the low road, and her wild-eyed look will forever be with me. Her body will produce two thousand quarter-pounds for one of many fast-food franchises. Her anus and cheeks, arms and legs, back and udder will be served so that others can have it their way. That day's slaughter fed 20,000,000 people, and

this year's tally will add up to seven billion kids' meals served.

"I feel the slaughterhouse. I hear the screams and know their fear. I smell the sweat and blood and suffer their pain. I internalize the agony and distress of transported animals. I envision the once green fields in which these animals grazed and the cold metallic ramp and smell of warm sticky blood that flows on the slaughterhouse floor and stains the psyche of us all.

"I imagine the stun gun bolt to the head, the upside-down hoisting and the sliced neck artery. The animal who chokes on her blood and the man who slices off her legs as she kicks in fear from the ensuing pain of butchery. The last fifteen seconds of a death that no creature deserves-- the arrogance of a man who eats the flesh and dares not consider the origin of each bite.

"Nobel-Prize-winning author Isaac Bashevis Singer once wrote about a man's love for his departed pet mouse: "What do they know, all these scholars, all these philosophers, all the leaders of the world — about such as you? They have convinced themselves that man, the worst transgressor of all the species, is the crown of creation. All other creatures were created merely to provide him with food, pelts, to be tormented, exterminated. In

relation to them, all people are Nazis; for the animals it is an eternal Treblinka.”

“I ceased eating meat six years ago. I now look at my pet dog, who my daughters rescued from a shelter one day before she was due to be injected with man’s final solution. I have come to love her. Her name is Tykee, the goddess of fortune. Is she unlike the baby lamb or calf that is separated from her mother and shipped to the exterminator? I reflect on the Amazon parrot that recognizes me and sings ‘Hello’ when I visit my parents. Does the bird with green feathers differ significantly from the chicken with white plumage?

“Do they not feel pain and deserve the right to live? I cannot eat them. I can no longer be the cause for their pain, although I once was a part of their genocide. I once denied responsibility for the acts of terror that occurred outside of my vision ...outside of my consciousness. Their bodies were cut into smaller pieces and were broiled, baked and fried.

“Oh, that same crime of arrogance to which I now plead guilty! My penitence? Community service. I explain the act to meat eaters, and some turn their backs on me. Close their eyes. Shut their ears. Who wishes to deal with the truth and reality of death?

“Arriving at Mount St. Helens, I carefully read one plaque after another, taking note of performances

both heroic and ironic. I considered the day that once silenced the birds and boiled to death fish in the streams. A blink in the eye of geological time that stripped the landscape of the color green, divested pine trees of their needles and scattered whole trees like matchsticks across barren mountain tops.

“I examined the original seismographs and warnings from hundreds of scientists to the residents to evacuate their homes and come to terms with an absolute truth.

“I became dumfounded by the arrogance of one man, Harry R. Truman, who lived alone in a cabin aside the lake below a mountain that would soon explode with the magnitude and power equivalent to 27,000 Hiroshima-type blasts -- a man who was so arrogant, a man who declined to leave that mountain -- a man who denied a truth shared by others – a man who looked death in the face and refused to respect man’s destiny. I try to imagine his final moment of sensibility. At the same time, in my own mind’s eye I recall the face of a cow in a truck on a bridge. (Robert Cohen, notmilk.com)

Excerpts from Slaughterhouse, by Gail Eisnitz:

A dairy cow’s last moments:

“When a conscious cow arrives at the first hind-legger, usually the legger tries to make a cut to start skinning out the leg. Unfortunately, it is very difficult and dangerous to do that when an animal is kicking violently. So the legger will cut off the bottom part of the animal’s leg he’s working on with a pair of clippers.

Hogs:

“These hogs get up to the scalding tank, hit the water, and just start screaming and kicking. I’m not sure whether the hogs burn to death before drowning. The water is 140 degrees. I do not believe the hogs go into shock, because it takes them a couple of minutes to stop thrashing. I think they die slowly from drowning.

Rancid Meat:

“Federal records show that major meat packers smoked rancid meat to cover foul odor, or marinated it to disguise slime and smell ...Chickens and hams were soaked in chlorine baths to remove slime and odor, and red dye was added to beef to make it appear fresh. Plant managers repeatedly fought to allow ‘some contamination’ such as feces, grease, hydraulic oil, maggots, metal, floor residue and rancid meat.

Poultry:

“Today, thanks to automation in the industry, individual poultry plants ... can kill and process as many as 340,000 birds per day.

“Since it’s easier to bleed a bird that isn’t flapping and struggling, most live birds have their heads dragged through an electrically charged water bath to paralyze -not stun- them. Other industrialized nations require that chickens be rendered unconscious or killed prior to bleeding and scalding so they won’t have to go through the process conscious. Here in the United States, however, poultry plants keep the stunning current down to about one-tenth of that needed to render a chicken unconscious.

“A conveyor then carries the shocked and paralyzed birds to a high-speed circular blade meant to slit their throats but which occasionally misses birds as they rush past at the rate of thousands per hour.

“After their heads and feet are removed and they’ve been washed (and feathered), the chickens are re-hung on an evisceration line. There, machines automatically cut them open and pull their guts out.

“In the scald tank, fecal contamination on skin and feathers gets inhaled by live birds, and hot water opens bird’s pores allowing pathogens to seep in. The pounding action of the de-feathering machines creates an aerosol of feces-contaminated water

which is then beaten into the birds. Contamination also occurs when the birds have their intestines removed by automatic eviscerating machines. These high-speed machines commonly rip open intestines, spilling feces into the bird's body cavities.

"Rinsing a chicken 40 times does not remove all of the bacteria.

"Water in chill tanks has been aptly named 'fecal soup' for all the filth and bacteria floating around. By immersing clean, healthy birds in the same tank with dirty ones, you're practically assuring cross-contamination. Chickens that bathe together get contaminated together.

"Gerald Kuester of the USDA says, "There are about 50 points during processing where cross-contamination can occur. At the end of the line, the birds are no cleaner than if they had been dipped in a toilet." Slaughterhouse by Gail Eisnitz

This hardness and unconsciousness to the suffering and pain which the animals of the world suffer daily takes place in every country of the world; in cities, in jungles, on lakes and oceans, on plains, on farms, and in slaughterhouses, until we pick up a packaged steak, chicken, or fish in the grocery store, never considering the life it once had, and that our Father originally intended that this animal should "fulfill the measure of its creation and find joy therein."

The disregard for the lives of animals began millennia ago. Animals have been slaughtered for trivial things: furs, ivory for jewelry and ornaments, and most trivial of all, sport. Buffalo Bill became a hero to many when he slaughtered thousands of buffalo in the early days of the American west. At this writing one thousand extinct species outnumber living ones by a factor of perhaps a thousand to one. When the earth began to become more and more populated, the squeeze began. At this writing, forty-five billion animals are in captivity, are born and end their lives on factory farms in squalid conditions. Chickens routinely are born and live their entire lives in huge darkened coops. They live in their own filth and routinely fight and peck each other because of stress. Mother pigs are kept in a tight pen where they can't even turn around to see their own babies. Among the high-protein snacks cattle are fed are the dead bodies of other cattle, chicken manure and other such delicacies. Crowded into huge feedlots filled with manure, many fall of sickness each day. These downer cattle are rendered into more animal feed and fed back to the 'healthy' cattle or other farm animals.

"In 2001, 13 billion pounds of dead animal parts from pigs and cows were fed to America's chickens as food. Many bacterial intestinal infections such as Campylobacter, E. Coli, Salmonella, Listeria, and

Helicobacter pylori are transmitted by the consumption of animal flesh. In 2002 we saw two major meat recalls in 'America. ConAgra Foods Inc. in July recalled almost 19 million pounds of ground beef from a plant in Greeley, Colorado, some of which was contaminated with E. Coli bacteria; Pilgrim's Pride Corp. recalled 27.4 million pounds of ready to eat chicken and turkey products in what U.S. officials called the largest recall in the nation's history. Commenting on that disaster, Paul Harvey, nationally renowned radio personality, commented last October, "Ellen White foresaw meat contamination over 100 years ago. She said it would come close to the time of the end. Now in 2003, we are witnessing SARS, another disease caused by consumption of a certain cat species by the Chinese. After 200 years, society must rethink vegetarianism as a safer form of eating. It is a rational consideration that can be life-saving." (Robert Cohen, The Not milk Newsletter)

Huge cattle lots result in huge piles of manure, which pollute ground water, and eventually finds its way into streams, rivers, and lakes, affecting the aquatic life that lives there. Baby calves are taken from their mothers when they are three days old and the mother cow mourns her baby for months. Many mother cows in the herd mourn with her. That baby is then kept in a tight little pen where he

cannot move for six weeks so that his muscles will be tender enough for veal. He is fed a diet of milk, and amazingly enough, pig blood. Bees are routinely robbed of their honey and are fed sugar water; this results in the death of half the hive.

When we unthinking Americans, or Germans, or Armenians, or whatever country in the world we happen to live, partake of the food from these unfortunate creatures, we have to claim personal responsibility for their suffering, agony, and demise.

To the unconscious member of the church, or the man on the street who says, "Why did Jesus die for me? I haven't done anything all that bad or that evil that I have to be forgiven! In fact, I have tried all my life to be good and have gone out of my way to help people." We say: "When you realize what you have done, you will mourn for your unconscious travesty against the animals and you will get on your knees to be forgiven by the Master."

104 ... Every knee shall bow, and every tongue shall confess.... (D&C 88:104)

4 Blessed are they that mourn, for they shall be comforted. (Matthew 5:4)

Third, disease and massive environmental problems result, not just for ourselves, but they are multiplied

many times for all creatures and plants that live upon our earth.

Ancient scriptures that describe the primeval beginnings of man speak of trees of every variety that covered the entire earth. In the early beginning of humanity, when man became a keeper of flocks and herds of all kinds, huge forests were chopped down or burned to make room for pastures for these cattle, sheep, and goats. Ecologically speaking, when one knows that one tree pumps 200 gallons of water into the atmosphere every day, then it is not unimaginable for one to realize that with the disappearance of trees comes the disappearance of rain clouds. Land, upon which once-verdant forests thrived, now becomes grassland where cattle and other herds flourish. Over hundreds of years, the land becomes overgrazed, and consequently drier and drier, until as is evident in the Sahara and other major deserts, it is hard for a lizard to survive. This standard operating procedure is massively taking place in Malaysia and Brazil at this time. It is said that the astronauts can see the burning day and night in the forests of Brazil.

One half of our topsoil is gone — regrettably, it takes nature 500 years to make one inch of topsoil. China and India still have their topsoil. The earth is heating up. There is no forest cover. There are great tidal waves, earthquakes, and other natural disasters.

Seven out of ten Americans will die because of diet, and saturated fat is one of the problems. "Of those who don't die of cardiovascular disease, one out of four will die of cancer; one out of eight women dies of breast cancer; and one out of eight men dies of prostate cancer. Seventy-five percent of carcinogens get into the body because of animal products.

It is impossible to be protein deficient on a vegetarian diet. How many people die every year because of a 100 percent vegetarian (vegan) diet?

Chickens and chicken manure are fed back to chickens, "giving a whole new meaning to finger-lickin' good." Their bones are blue. They are fed arsenic because it stimulates growth.

Fish are full of ddt and Dioxin, which are found in nursing mothers' milk. There is a higher occurrence of this contamination in people who live near oceans and eat a lot of fish.

"Milk pasteurization (162 degrees for 15 seconds) does not destroy all the bacteria in milk. Bacteria without refrigeration double every 20 minutes. Bacteria with refrigeration double every 30 hours. Casein — a constituent found in milk — is the most allergenic substance known to man." (Johns Hopkins University)

“The world is turning to dust, with lands the size of Rhode Island becoming desert wasteland every year and the problem threatening to send millions of people fleeing to greener countries, the United Nations says.

“One third of the Earth’s surface is at risk, driving people into cities and destroying agriculture in vast swaths of Africa. Thirty-one percent of Spain is threatened, while China has lost 36,000 square miles to desert — an area the size of Indiana — since the 1950s.

“Most at risk are dry regions on the edges of deserts — places like sub-Saharan Africa, or the Gobi Desert in China, where people are already struggling to eke out a living from the land.

“As populations expand, those regions have become more stressed. Trees are cut for firewood, grass is overgrazed, fields are over-farmed and lose their nutrients, and water becomes scarcer and dirtier.”
(<http://apnews.myway.com/article/20040615/D83706T00.html>)

Other problems we are familiar with are the pollutions from manure in huge cattle and pig yards. In these operations rain and run-off seep into the ground water, and pollute streams, lakes and oceans. Chemical run-off from huge factories pollutes our water, while chemicals from factories

pollute the air. Many species of animals, insects and fish lose their habitat and become sick and die as a result.

Random Headlines or Signs of the Times:

“Study Finds Mercury in Lake Fish Washington
— Fish from lakes and reservoirs sampled by federal researchers were contaminated with mercury, and most exceeded federal exposure limits for young children and women of childbearing age, a study by an environmental advocacy coalition said Tuesday.”
(Ira Dreyfull, AP writer, Wed. August 4, 2004)

“Ugly Lobster Disease Creeping North A baffling disease that makes lobsters ugly, but not inedible, has crept northward from the Buzzards Bay area where it has afflicted lobsters for several years.”
(<http://news.yahoo.com> Friday May 28, 2004)

“Bird Beak Deformities Concern Scientists A bird beak deformity first recorded among black capped chickadees near Anchorage has been increasingly seen in crows in Southeast Alaska, broadening an already mysterious phenomenon.”
(<http://story.news.yahoo.com> April 07, 2004)

“Could Mad Cow Disease Already be Killing Thousands of Americans Every Year?”

October 2001, 34-year-old Washington State native Peter Putnam started losing his mind." commondreams.org, January 9, 2004)

"Bush Meat Sparks Fears of New AIDS-Type Virus London (Reuters) People in central Africa who hunt monkeys and apes for food and trade are being infected with viruses and researchers fear their transmission could spark a future epidemic similar to AIDS." news.yahoo.com, March 19, 2004)

"Toxins in Farm-Raised Salmon Pose Health Risk Health Day News — Chemical contaminant in farm-raised salmon are at unacceptably high levels may dramatically increase the risk of cancer, a new report claims." (<http://news.yahoo.com> January 09, 2004)

"The higher up one eats on the food chain, the more one consumes concentrated toxins from flesh and body fluids of animals. Eat one portion of broccoli or lettuce and you'll ingest one dose of pesticides and dioxins. After all, these chemicals are in the environment. Ingest body fluids from animals that eat thousands of doses, and you deliver these same concentrated residues of poisons to your own body." (Notmilk Newsletter, Robert Cohen August 17, 2004)

"The majority of toxic dioxin is and has been derived from industrial chlorination processes, incineration

of municipal waste, and production of certain herbicides. The lipophilic nature of dioxins results in higher concentrations in the fat of animal and fish products, and their excretion via milk secretion in dairy cattle may result in relatively high concentrations of dioxin contamination in high-fat dairy products." (The Journal of Animal Science, Jan 1998, 76:1)

"Herd of Cattle in Montana Infected with Brucellosis
Brucellosis in cattle can be passed on to man in the form of Mediterranean Disease or Undulant fever. Brucellosis infections are difficult to detect, and easily misdiagnosed. Symptoms include chronic fatigue (syndrome), headaches, and arthritic pain. Once infected with Brucellosis from cows [milk, cheese, and meat] the disease can hide in the human body, emerging many years after the initial bacterial infection." (Robert Cohen, Not Milk Newsletter, December 07, 2003)

"Stomach Bug Hits Carnival Cruise Ship A
stomach virus outbreak sickened 120 passengers and crew members aboard a Carnival Cruise Line excursion to Mexico that ended here Thursday." (NewsMax.com Wires Friday, Oct. 18, 2003) [Why is this article included? This stomach outbreak was undoubtedly caused from the food. Most times when this happens in a town or city, everyone just goes home and suffers individually whereas no one else

ever really finds out. There may have been hundreds who became ill, but undoubtedly they never see each other and so it is not really publicized. On a cruise ship, it becomes public information.]

“Human Evolution can’t cope with fast food, say scientists: Calorie-packed fast food encourages overeating and weight gain because it is out of step with human evolution, scientists have said.” (Ananova.com October 22, 2003)

“Athletes Are Warned of Skin Infections Atlanta Health and sports officials are warning schools and sports teams about a hard-to-treat skin infection once common to hospitals and prisons that’s now plaguing athletes on the playing field.

The National Federation of State High School Associations sent a warning Tuesday to states about a Staph infection that can’t be cured by the usual penicillin related antibiotics.” yahoo.com, October 16, 2003)

“Extreme Obesity Ballooning in U.S. Adults The number of extremely obese American adults — those who are at least 100 pounds overweight — has quadrupled since the 1980s to about 4 million. That works out to about one in every fifty adults.” (wcco.com, October 13, 2003)

“One in Three Americans Will Get Diabetes: Tuesday, Oct 8, 2003 An estimated one in three Americans born in the year 2000 will develop diabetes at some point in their lives.” (yahoo.com October 7, 2003)

“Drug Supply, Use Soars — ROME” The supply and use of synthetic drugs such as Ecstasy and amphetamines are soaring worldwide in part because the public doesn’t realize how dangerous they can be, a UN report said Tuesday.” (<http://chron.com>, Sept. 23, 2003) [Many people who take drugs such as alcohol, amphetamines, etc. are self treating themselves because the heavy animal food diet causes everyone to feel lugged down and sluggish.]

“FDA Analysis Backs Antidepressant Concern Federal health officials are preparing stronger warnings for some anti-depressants used in children after new analyses back a possible link to suicide.” (Lauren Neergaard, AP medical writer, Friday, August 20, 2004)

“Survey Finds Millions of New U.S. Drug Abusers Washington (Reuters) — A redesigned survey of who uses and abuses drugs in the United States has found millions of ‘missed’ users and addicts, with an estimated 22 million Americans suffering from alcohol or drug abuse. [More self medication--

because animal foods set up an environment that fosters eventual pain, depression and then death.]

“Strained ERS flooded with common flu cases Flu victims and people with flu like symptoms are flooding local hospital emergency rooms, health experts said Wednesday, straining an already taxed system with cases better served with Tylenol and bed rest.” (Leigh Hopper, chron.com, October 23, 2003)

“Sperm Counts Have Dropped by Almost a Third in 10 years — London (AFP) — Male sperm counts have fallen by almost a third since 1989, with factors such as drinking and obesity possibly to blame, according to a British study” [newsyahoo.com](http://news.yahoo.com) January 5, 2004))

“Molecule Found in Meat, Milk and Tumors — Study Washington (Reuters) — A non-human molecule found in red meat and milk makes its way into the human system when eaten — and seems to build up especially in tumors, U.S. researchers reported on Monday. They also showed that the body produces an immune response against the molecule!” (Maggie Fox, <http://story.news.news.yahoo>, September 30, 2003) [THIS ARTICLE ACTUALLY SHOWS THAT THE BODY SETS UP AN IMMUNE RESPONSE TO ANIMAL FOODS!! NO WONDER IT CAN'T EFFECTIVELY FIGHT DISEASE ORGANISMS —

IT IS TOO BUSY JUST FIGHTING MOLECULES OF THE FLESH FOODS WE EAT!!]

“Bacterial Infection Kills 100 patients at Quebec Hospital in 18 Months — Toronto (CP) — A bacterial agent commonly found in health-care settings has been blamed for the deaths of 100 patients in the last 18 months in a single Quebec hospital, says an infectious disease expert at the facility, who is calling for government action to forestall more outbreaks across the country.” (Sheryl Ubelacker, canada.com, August 8, 2004)

“Killer Rash Breaks Out New York Post — a vicious skin infection resistant to all but the most powerful antibiotics has jumped out of New York City hospitals onto the street.” (Sam Smith, nypost.com, April 31, 2004)

“Experts Fear Global Bird Flu Outbreak With luck, the world will escape the latest outbreak of bird flu with no more than the six human deaths already blamed on it and the loss of millions of chickens. But public health experts worry of a much greater disaster: A catastrophe they say is among the worst imaginable, a global outbreak of an entirely new form of human flu.” (Daniel Q. Haney, apnews.myway.com, January 24, “2004)

"Bird Flu Rivals SARS As a Global Threat In the otherwise dry lingo of public health, a wonderfully evocative word is used to describe impending tragedy. The Word is "smolder," and in epidemiology it means the silent, treacherous spread of a brand new influenza virus." (Madeline Drexler, boston.com, January 27, 2004)

[THESE TWO ARTICLES ARE IN EFFECT SUBTERFUGE ON THE PART OF THE MEDIA. OF COURSE THEY TELL US ABOUT EXOTIC FAR AWAY DISEASES THAT MIGHT BECOME A GLOBAL PANDEMIC. BUT DO THEY TELL US THAT OUR EVERYDAY FOOD SUPPLY IS GRADUALLY KILLING US WITH THE DISEASES WE HAVE ALREADY BECOME USED TO?]

"Medicare Redefines Obesity As an Illness Washington (AP) — Medicare now recognizes obesity as an illness, a change in policy that may allow millions of overweight Americans to make medical claims for treatments such as stomach surgery and diet programs." (Elizabeth Wolfe, myway.com, July 16, 2004)

"Time Bomb of AIDS Menaces Bloom of Asia's Youth Asian governments, long in denial about infection rates from HIV/AIDS, face a health crisis which may eventually outstrip the suffering in Sub-Saharan Africa. Some 11 million children in sub-Saharan

Africa have lost one or both parents to HIV/AIDS. And the UN is projecting that China will have 10 million HIV/Aids patients by 2010 if preventive steps are not taken immediately. India already has nearly five million HIV victims.” (<http://independent.co.uk> July 13, 2004)

“Pigs to Eat Rendered Flesh Pigs will soon be fed rendered flesh from the Texas Mad Cow because America’s Food and Drug Administration (FDA) claims that it is safe for consumers to eat pigs who eat Mad Cows.” (Robert Cohen, Not Milk Newsletter, May 8, 2004)

“Annual ‘Dead Zone’ Spreads Across Gulf of Mexico Houston (Reuters) — A huge “dead zone” of water so devoid of oxygen that sea life cannot live in it has spread across 5800 square miles of the Gulf of Mexico this summer in what has become an annual occurrence caused by pollution.” (Jeff Franks)

Environmental Defense (environmentaldefense.org) has issued a report documenting how agricultural pollution has decimated ecosystems which provide habitat for some of America’s most endangered and treasured animal species:

“Urine and manure from farms and ranches ooze and drip their way into the waters that we drink and bathe in. Manure used to fertilize crops is

responsible for polluting almost half of America's bays and rivers.

"Environmental Defense has issued a report that identifies the nation's most polluted sites. They have found that pollution from farm animals creates dead zones and dangerous algae blooms.

"The worst example is the Mississippi basin. Some of the other horribly polluted waters include the Northern Gulf of Mexico, Delaware Inland Bays, San Francisco and Newport Bays, and Barnegat Bay in New Jersey." (Robert Cohen, Notmilk Newsletter)

"International Experts Warn of Acceleration in Animal-to-Human Disease — Geneva (AFP) — International experts warned that the emergence of new diseases that are passed from animals to humans, such as avian flu, was accelerating and they were ill-equipped to counter the trend." (news@yahoo.com, May 6, 2004)

"Pollutants Cause Huge Rise in Brain Diseases
The Numbers of sufferers of brain diseases, including Alzheimer's, Parkinson's and motor neuron disease, have soared across the West in less than 20 years, scientists have discovered.

The alarming rise, which includes figures showing rates of dementia have trebled in men, has been linked to rises in levels of pesticides, industrial

effluents, domestic waste, car exhausts and other pollutants, says a report in the journal of Public Health.” (Juliette

Jowit, www.guardian.co.uk/medicine/story/0,11381,1283588,00.html, August 15, 2004) [THIS ARTICLE TELLS NOTHING ABOUT THE SLOW VIRUSES SUCH AS HUNTINGTONS DISEASE AND PICKS DISEASE THAT ARE FOUND IN LIVESTOCK THAT CAUSE ALZHEIMERS, AND DEMENTIA, NOT TO MENTION CREUTZFELDT JAKOBS AND BSE WHICH ABSOLUTLEY RUIN PEOPLES LIVES.]

Famine, disease, and pestilence plague the earth. Modern Medicine has provided a way for us to live in our sins comfortably and live a little bit longer than we normally would. However, as we all know, this palliative causes more problems than it helps. Over 150,000 Americans per year die of iatrogenic disease (doctor or hospital induced). Many millions more die because, first: modern medicine purposely keeps people uninformed about how diet heals; and second, modern medicine is unaffordable for millions of people.

Modern medicine is expensive! Did the Creator intend for his people to be robbed blind in order to pay for modern health care?

Mark Sircus Ac., OMD writes:

“Medical and health authorities often live in an illusionary world where there is no connection between medicine and economic reality. The U.S. Department of Health and Human Services reported earlier this month that health care spending shot up 9.3 percent in 2002, the largest increase in 11 years, to a total of \$1.55 trillion. That represents an average of \$5,440 for each person in the United States though more than 43 million Americans are uninsured. There seems to be a consensus that a health care crisis of soaring costs and declining medical coverage is with us. “The problem with health care in America is not just bringing in 43 million Americans who don’t have insurance at all, the problem with health care in America is reducing costs,” said Senator John Kerry. Some people, like Senator John Edwards, have declared that it was time to “make health care a birthright for every child born in America.” Representative Richard A. Gephardt describes it as nothing short of a “moral issue.” [Would John Kerry truly reduce costs? Or is it just another of his empty promises. It is evident that politicians think that throwing tax payer money at a problem will solve anything. It is helpful to understand that they are lobbied heavily by the health care industry and are persuaded to believe that modern medicine is the only answer.]

“So expensive has allopathic medicine become that many families without full health care insurance are forced to make decisions like selling their homes, cashing in retirement plans and burning through saving to pay for care their kids so urgently need. Spending on Medicaid, the health-care program for the disabled or poor jumped 40 percent in five years to \$228 billion nationwide. The care for the most seriously ill can easily reach beyond \$500,000 dollars a year with some individuals’ care costing millions. Each year more and more people are spending all their time working to keep up with medical payments and medication costs for medicines that don’t really heal them. It really is shocking that 43 million Americans have no health insurance.

“Medical authorities at the major institutions in America act under a basic assumption that is disconnected with reality. They have assumed that society can afford a form of medicine that is unaffordable, not only to the majority of the human race, but soon even to a great percentage of the American public. What point is there in creating a medical system that people cannot afford? If people and governments cannot afford health care they cannot receive medical treatments and thus they are really not treatments at all. What would be the use of coming out with a cure for cancer that cost

50 million dollars per individual? Could authorities claim the war on cancer won when only several hundred people in the world could afford such treatments? Many common treatments are already beyond the pockets of anyone without 'complete' medical insurance. Those with compassionate and empathetic hearts know and understand that people who are surrounded with medical wonders that they cannot afford suffer a special kind of pain when their loved ones are sick." (Mark Sircus, Medical News January 17, 2003, congregator.net/medicalnews/sircus/index.html)

"A report has just come out stating that 48 million in the year 2005 do not have health insurance. The average premium for a family with coverage through an employer is \$10,979. For an individual the cost is \$4065. [The article seems to blame those who have no insurance but use the facilities of hospitals at the taxpayers expense thus increasing premiums for everyone who does have insurance.] Uninsured add \$800. to health premiums" – study. Yahoo News, Wed. June 8, Washington (Reuters).

Is it naive to wonder why no major media seems to seek a solution through diet? Those who do seek and find a solution through diet know that they no longer need insurance and are taking the responsibility for their own health and well being.

Modern Alchemy?

“Lizard’s saliva could help lick diabetes. The saliva of a poisonous lizard could soon be helping diabetics control their blood sugar levels and lose weight.” (Craig Brown, Scotsman.com, Monday September 13, 2004)

People in some countries have given up on modern medicine and have turned to euthanasia:

“Belgium Considers Euthanasia for Children Wednesday, September 08, 2004 Brussels (Reuters) — Belgian lawmakers belonging to Prime Minister Guy Verhofstadt’s ruling Flemish Liberal party have introduced a bill seeking to expand the country’s controversial euthanasia legislation to include minors.

“Senators Jeannine Leduc and Paul Wille said in the bill that terminally ill children and teenagers had as much right to choose when they wanted to die as anyone else.

“Their suffering is as great (and) the situation they face is as intolerable and inhumane,” the senator’s bill read on Wednesday.

“A controversial law decriminalizing euthanasia came into force in Belgium in September 2002.

Patients wishing to end their lives must be conscious when the application is made and repeat their request for euthanasia. Their doctor must fill in a form and consult another physician before making a final decision.

“Wille and Leduc now also want to include “assisted suicide” in the current legislation as they feel patients often want to end their lives themselves.”

Fourth, ultimately War upon the unborn, as well as each other.

We know that we will find joy in our posterity, yet we wage war against them. The cruelest way is with abortion. We have to remember again who the enemy of our unborn children is.

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:12)

When we have purified ourselves and taken the Holy Spirit as our guide, we will joyfully welcome each child who comes to us and consider them great gifts from God.

War upon each other:

And the time will come that war will be poured out upon all nations. (D&C 87:20)

“Suicide Car Bombing Kills 68 Iraqis [An almost daily occurrence.] Baghdad, Iraq — A suicide car bomb exploded outside a police recruiting center in central Baquoba on Wednesday, killing 68 Iraqis and turning the city’s busy streets into a bloody tangle of twisted metal and bodies.” (Paul Garwood, <http://story.news.yahoo.com> Wed, July 28, 2004)

The body has been set up and gradually corrupted and is beginning the process of deterioration. The defenses are down. War. How does the adversary manage this complete takeover of the human body so that it is filled with hate and wishes nothing but to fight and kill another? The answer is gradual, gradual, as we give heed to his whisperings.

“For behold, at that day shall he rage in the hearts of the children of men, and stir them up to anger against that which is good.” (2 Nephi 28:20)

As we learned from the Essenes at Qumran, every man walks with two spirits, the one of goodness and light and the other of darkness.

Heber J. Grant tells a story in October of 1882, he was called to be one of the twelve apostles in The Church of Jesus Christ of Latter-day Saints.

“There are two spirits striving with us always, one telling us to continue our labor for good, and one telling us that with the faults and failings of our nature we are unworthy. I can truthfully say that from October, 1882, until February, 1883 [when he received a personal revelation of why he was called] that spirit followed me day and night, telling me that I was unworthy to be an apostle of the Church and that I ought to resign. When I would testify of my knowledge that Jesus is the Christ, the Son of the living God, the Redeemer of mankind, it seemed as though a voice would say to me: ‘You lie! You lie! You have never seen Him.’” (Best Loved Stories of the LDS People, edited by Jack Lyon, Linda Ririe Gundry, and Jay Parry.)

George Ritchie, in his book, *Return from Tomorrow*, tells of a near-death experience he had as a young soldier. He was stationed at an army base in West Texas and became very ill with the flu, which then developed into pneumonia. He died and for a long time didn't realize he was dead. He began to yearn to go home and his spirit began to travel back to North Carolina where his family lived. On his way he had many revealing experiences and learned much about the spirit world. He happened to walk into a bar and noticed that there are two kinds of people there: some of them had auras that surround them — an aura is something like an energy field. Others

of the patrons in the bar were not surrounded by this energy field. As George Ritchie watched the people in the bar, some of them (the ones with the bright auras) became extremely drunk and fell over in a stupor. As they did so, their energy fields or auras begin to split open. As they split apart, hundreds of the people (who don't have the bright auras) dived into them and disappeared. George Ritchie was puzzled by this strange metaphor of his vision, but finds out later in the experience that the ones who have auras are alive — living beings — and the people who were not surrounded by this bright energy field were actually disembodied spirits who obviously had been addicted to alcohol during their life on earth and sought the experience over and over again using the bodies of those who were still alive.

We learn many things from George Ritchie's experience:

1. The living body has an energy field that surrounds it. There are also scientific studies which have been made which prove the energy field exists and there are specialized photographers who film that field using Kirlian photography and even make dietary recommendations based upon the appearance of it. (The author has personally seen photographs of people who had cancer for example. Where the

cancer is located in the body, there is a split in the field.)

2. There are things that weaken the energy field: drugs, alcohol

3. By weakening the field with drugs or alcohol, as did the bar patrons in George Ritchie's book, we make ourselves not only open and susceptible to the parasitic forces of nature, but also the parasitic forces of the universe — i.e., spirits of the spirit world who do not want to progress, but wish to remain in this dimension in order to experience again the life habits they previously enjoyed or were addicted to and use our bodies to do it.

4. A major important fact that many people do not realize: We can also gradually weaken the body by poor diet choices, consequently weakening our energy field so that it no longer can protect us against spiritual parasites.

Adam and Eve left as our inheritance a weakened body — one that allows us to walk with two spirits: the good spirit of light and the evil spirit of darkness. The Gospel (good news of Jesus Christ) tells us that we can begin to cleanse and restore our bodies, which will strengthen our energy fields! Once we have purified ourselves and obtained a remission of our sins through the atonement of Jesus Christ, we

can once again put on, or possess, that complete spirit of light, the full armor of God, the Holy Ghost.

At the present time, the spirit of the adversary is strong in the world. Until the people of the world repent, war will be with us. At this time, more and more people seem to be listening to the whisperings of the dark spirit, which brings upon them the horrors of war.

“Therefore, rejoice ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! For the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.” (Revelation 12:12)

According to Laurence M. Vance (The Horrors of War, www.LewRockwell.com), “at the beginning of 2004 there were fifteen major wars in progress and twenty lesser conflicts, which include:

Afghanistan (Taliban and al Qaida)

Algeria (insurgency by Muslim fundamentalists)

Angola (secessionist conflict in Angola’s Cabinda enclave)

Burma (insurgency by ethnic minority groups)

Burundi (civil war between ethnic groups)

China (dispute with other countries over ownership of Spratly Islands)

Colombia (insurgency by various guerilla groups.)

Democratic Republic of the Congo (Congo War involving nine African nations.)

Georgia (conflict with Russia, ethnic group conflict)

India (longstanding conflicts in Assam and Kashmir; Naxalite uprising)

Indonesia (conflicts in Aceh, Kalimantan, Maluku, and Papua)

Iraq (occupation by US Forces.)

Israel (Intifada)

Ivory Coast (civil war)

Liberia (ritual killings and cannibalism)

Moldova (Trans Dniester independence movement)

Namibia (Caprivi Strip liberation movement)

Nepal (Maoist insurgency)

Nigeria (religious and ethnic conflicts)

Peru (Shining Path terrorist movements)

Philippines (Moro Islamic Liberation Front uprising)

Russia (Chechen uprising)

Somalia (civil war)

Spain (Basque uprising)

Sri Lanka (Tamil uprising)

Sudan (civil war)

Thailand (Islamic insurgency)

Turkey (Kurdish separatist movement)

Uganda (civil unrest)

[In addition, Northern Ireland]”

War is only too miserable for those who experience it and those whose countries are blighted by it. For those who live far from it, and go about their comfortable lives each day, it is hard to imagine the horrors of war. Here I quote from Laurence M. Vance’s research into different books that describe the horrors of war.

He quotes mainly from recently published *Intimate Voices from the First World War*:

“What makes this book so unique is that the authors — twenty eight men, women and children from thirteen different nations — because they were not writing for publication, had no particular statement

to make other than to describe the effects of war on themselves and their surroundings. This is the ultimate in primary source material. From their research into hundreds of first hand accounts, the editors of the book, Svetlana Palmer, and Sara Wallis, selected twenty-eight diaries or collections of letters written by soldiers and civilians who lived (and in some cases died) during World War I. Many of the diaries were found decades after the end of the war, and some in the last few years. A few are published here for the first time.

“The horrors of war are described here as no historian writing in the twenty-first century could describe them. But in addition to the accounts of death, destruction, and starvation, *Intimate Voices* also gives us an insight into the role of the state in warfare, the religious ideas of the combatants, the war’s demoralizing effect on women, and the regrets of soldier and civilian:

“German Soldier Paul Hub is a young recruit sent to make up for the heavy losses suffered by his advancing army. He married his sweetheart, whom he wrote to throughout the war, while home on leave in June of 1918. After a few days with his wife he returned to the front — only to die two months later: He writes to his girlfriend: ‘I’ve already seen quite a lot of misery of war.... Maria, this sort of a war is so unspeakably miserable. If only you saw a

line of stretcher-bearers with their burdens, you'd know what I mean. I haven't had a chance to shoot yet. We are having to deal with an unseen enemy.... Every day brings new horrors.... Every day the fighting gets fiercer and there is still no end in sight. Our blood is flowing in torrents.... That's how it is. All around me is the most gruesome devastation. Dead and wounded soldiers, dead and dying animals, horse cadavers, burnt-out houses, dug-up fields, cars, clothes, weaponry — all this is scattered around me, a real mess. I didn't think war would be like this. We can't sleep for all the noise."

"Austrian doctor Josef Tomann tends to the sick and wounded soldiers in a hospital in Prezemyśl. He contracted disease and died in May 1915, leaving behind a wife and a baby daughter: He writes in his diary: 'Starvation is kicking in. Sunken, pale figures wander like corpses through the streets, their ragged clothes hanging from skeletal bodies, their stony faces a picture of utter despair....A terrifying number of people are suffering from malnutrition; the starving arrive in their dozens, frozen soldiers are brought in from the outposts, all of them like walking corpses. They lie silently on their cold hospital beds, make no complaints and drink muddy water they call tea. The next day they are carried away to the morgue. The sight of these pitiful

figures, whose wives and children are probably also starving at home, wrings your heart. This is war.”

“Serbian officer Milorad Markovic is the future grandfather of Mirjana Markovic, wife of Slobodan Milosevic. He survived the war, only to be captured by the Nazis in the next one. He made it through that one as well and died in 1967: He writes in his diary: ‘I remember things scattered all around; horses and men stumbling and falling into the abyss; Albanian attacks; hosts of women and children. A doctor would not dress an officer’s wound; soldiers would not bother to pull out a wounded comrade or officer. Belongings abandoned; starvation; wading across rivers clutching onto horses’ tails; old men, women and children climbing up the rocks; dying people on the road; a smashed human skull by the road; a corpse all skin and bones, robbed, stripped naked, mangled; soldiers, police officers, civilians, women, captives. Vlasta’s cousin, naked under his overcoat with a collar and cuffs, shattered, gone mad. Soldiers like ghosts, skinny, pale, worn out, sunken eyes, their hair and beards long, their clothes in rags, almost naked, barefoot. Ghosts of people begging for bread, walking with sticks, their feet covered in wounds, staggering. Chaos: women in soldier’s clothes; the desperate mothers of those who are too exhausted to go on, a starving soldier

who ate too much bread and dropped dead. A soldier selling anything and everything for bread: his gun, clothes, shoes and boots, coats, horses' feedbags, saddlebags, horses."

"Russian soldier Vasily Mishnin was reunited with his wife and two sons after the war. He went back to work at a furniture shop and died in 1955: He writes to his pregnant wife: 'We go to the depot to get our rifles. Good Lord, what's all this? They're covered in blood-- black clotted lumps of it are hanging off them.... It is frightening even to sit or lie down here — the rifle is shaking in my hands. My hand comes down on something black: it turns out there are corpses here that haven't been cleared away. My hair stands on end. I have to sit down. There is no point in staring into the distance — it is pitch dark. All I can feel is fear. I am so frightened of the shells that I want the ground to open up and swallow me.... Suddenly a screeching noise pierces the air, I feel a pang in my heart, and something whistles past and explodes nearby. My dear Lord, I am so frightened — and I hear this buzzing in my ears. I leave my post and climb into my dugout. It is packed; everyone is shaking and asking again and again, 'What's going on? What's going on?' One explosion follows another, and another. Two lads are running, shouting out for nurses. They are covered in blood. It is running down their cheeks

and hands, and something else is dripping from underneath their bandages. They're soon dead, shot to pieces. There is screaming, yelling the earth is shaking from artillery fire and our dugout is rocking from side to side like a boat....Our eyes are full of tears, we wipe them away, but they just keep coming because the shells are full of gas. We are terrified....We will probably never see each other again — all it takes is an instant and I will be no more — and perhaps no one will be able to gather the scattered pieces of my body for burial.... A zeppelin attacked Ostrow in the night and dropped a few bombs, many killed. One woman and her two kids got blown to pieces that blew away in wind."

"Turkish second lieutenant Mehmed Fasih was captured by the Allies and released at the end of the war. He married in 1924 and lived until 1964: He writes in his diary: "Though I keep picking off lice, there are plenty more — I just can't get rid of them and am itching all over. My body is covered with red and purple blotches.... When I finally reach our trenches I find a large pool of blood. It has coagulated and turned black. Bits of brain, bone and flesh are mixed in with it." (Intimate Voices)

The dike has been breached. The building has crumbled. The body is corrupted and deteriorated and the enemy has penetrated the gate.

Chapter Eight - The Solution

The Good News

As we began this book with the metaphor of the tree of knowledge in the Garden of Eden, we hope to end it with the metaphor of the tree of life as spoken of by Lehi in 1 Nephi 8.

We have established the law, but enumerated just a few of the problems that befall mankind when he is disobedient to the law. What is the next step for mankind as we enter the seventh millennium? We hope to present to you a four-step solution to the problems we reiterated:

1. Repentance from eating flesh foods except in time of need.

Can we expect mercy from the Lord without repentance?

10 Therefore, as they had become carnal, sensual, and devilish, by nature, this probationary state became a state for them to prepare; it became a preparatory state.

11 And now remember, my son, if it were not for the plan of redemption, (laying it aside) as soon as they were dead their souls were miserable, being cut off from the presence of the Lord.

12 And now, there was no means to reclaim men from this fallen state, which man had brought upon himself because of his own disobedience.

13 Therefore according to justice, the plan of redemption could not be brought about, only on conditions of repentance of men in this probationary state, yea, this preparatory state; for except it were for these conditions, mercy could not take effect except it should destroy the work of justice. Now the work of justice could not be destroyed; if so, God would cease to be God.

14 And thus we see that all mankind were fallen, and they were in the grasp of justice; yea, the justice of God, which consigned them forever to be cut off from his presence.

15 And now, the plan of mercy could not be brought about except an atonement should be made; therefore God himself atoneth for the sins of the world, to bring about the plan of mercy, to appease the demands of justice, that God might be a perfect, just God, and a merciful God also.

16 Now, repentance could not come unto men except there were a punishment, which also was eternal as the life of the soul should be, affixed opposite to the plan of happiness, which was as eternal also as the life of the soul.

17 Now, how could a man repent except he should sin? How could he sin if there was no law? How could there be a law save there was a punishment?

18 Now, there was a punishment affixed, and a just law given, which brought remorse of conscience unto man.

19 Now, if there was no law given—if a man murdered he should die—would he be afraid he would die if he should murder?

20 And also, if there was no law given against sin men would not be afraid to sin.

21 And if there was no law given, if men sinned what could justice do, or mercy either, for they would have no claim upon the creature?

22 But there is a law given and a punishment affixed, and a repentance granted; which repentance, mercy claimeth; otherwise, justice claimeth the creature and executeth the law, and the law inflicteth the punishment: if not so, the works of justice would be destroyed, and God would cease to be God

23 But God ceaseth not to be God, and mercy claimeth the penitent, and mercy cometh because of the atonement; and the atonement bringeth to pass the resurrection of the dead; and the

resurrection of the dead bringeth back men into the presence of God; and thus they are restored into his presence, to be judged according to their works, according to the law and justice.

24 For behold, justice exerciseth all his demands, and also mercy claimeth all which is her own; and thus, none but the truly penitent are saved.

25 What, do ye suppose that mercy can rob justice? I say unto you, nay; not one whit. If so, God would cease to be God. (Alma 42: 10-25)

2. Start the ideal diet to restore the health and purity of mankind and prepare him for the reception of the fullness of the Holy Ghost.

3. When we stop destroying the plants, animals, and insects on the earth with our carelessness, with our help, it will begin to renew itself.

4. Fourth, when the gospel is spread upon the earth and people absolutely know the truth about God's wishes for them, war will cease, and the adversary will be bound.

Let us seriously consider the will of the Lord:

Say nothing but repentance unto this generation. Keep my commandments, and assist to bring forth my work, according to my commandments, and you shall be blessed. (D&C 11:9)

33 And now, as I said unto you before, as ye have had so many witnesses, therefore, I beseech of you that ye do not procrastinate the day of your repentance until the end; for after this day of life, which is given us to prepare for eternity, behold, if we do not improve our time while in this life, then cometh the night of darkness wherein there can be no labor performed.

34 Ye cannot say when ye are brought to that awful crisis that I will repent, that I will return to my God. Nay, ye cannot say this; for that same spirit which doth possess your bodies at the time that ye go out of this life, that same spirit will have power to possess your body in that eternal world.

35 For behold, if ye have procrastinated the day of your repentance even until death, behold ye have become subjected to the spirit of the devil, and he doth seal you his; therefore, the Spirit of the Lord hath withdrawn from you, and hath no place in you, and the devil hath all power over you; and this is the final state of the wicked

36 And this I know, because the Lord hath said he dwelleth not in unholy temples, but in the hearts of the righteous doth he dwell; yea, and he has also said that the righteous shall sit down in his kingdom, to go no more out; but their garments should be

made white through the blood of the Lamb. (Alma 34:33–36)

22 Therefore, whoso repenteth and cometh unto me as a little child, him will I receive, for of such is the kingdom of God. Behold, for such I have laid down my life, and have taken it up again; therefore repent, and come unto me ye ends of the earth, and be saved. (3 Nephi 9:22)

57 And now I say unto you, all you that are desirous to follow the voice of the good shepherd, come ye out from the wicked, and be ye separate, and touch not their unclean things. (Alma 5:57)

Question:

Someone might be heard to say: “Is it too late for me to repent? I am seventy years old. I grew up on a ranch and have been eating beef and meat of all kinds for my entire life. We are soon approaching the time when Christ will return. I don’t know that I can cleanse my body enough, and therefore receive the fullness of the Holy Ghost in the short period of time before He returns — anyway; I might be dead before then. I have accomplished very little in the way of spirituality as have so many others. Why would the Lord accept me if I repent at this late date in my life?”

Answer:

1 For the kingdom of heaven is like unto a man that is an householder, which went out early in the morning to hire labourers into his vineyard.

2 And when he had agreed with the labourers for a penny a day, he sent them into his vineyard.

3 And he went out about the third hour, and saw others standing idle in the marketplace

4 And said unto them: Go ye also into the vineyard, and whatsoever is right I will give you. And they went their way.

5 Again he went out about the sixth and ninth hour, and did likewise.

6 And about the eleventh hour he went out, and found others standing idle, and saith unto them, why stand ye here all the day idle?

7 They say unto him, because no man hath hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive

8 So when even was come, the lord of the vineyard saith unto his steward, Call the labourers, and give them hire, beginning from the last unto the first.

9 And when they came that were hired about the eleventh hour, they received every man a penny.

10 But when the first came, they supposed they should have received more; and they likewise received every man a penny.

11 And when they had received it, they murmured against the good man of the house.

12 Saying, these last have wrought but one hour, and thou hast made them equal unto us, which have borne the burden and heat of the day.

13 But he answered one of them, and said, Friend, I do thee no wrong: didst not thou agree with me for a penny?

14 Take that thine is, and go thy way: I will give unto this last, even as unto thee.

15 Is it not lawful for me to do what I will with mine own? Is thine eye evil, because I am good?

16 So the last shall be first, and the first last: for many be called, but few chosen. (Matthew 20:1–16)

1 And Jesus answered and spake unto them again by parables, and said,

2 The kingdom of heaven is like unto a certain king, which made a marriage for his son,

3 And sent forth his servants to call them that were bidden to the wedding: and they would not come.

3 And sent forth other servants, saying, tell them which are bidden, Behold, I have prepared my dinner. All things are ready: Come unto the marriage.

4 But they made light of it, and went their ways, one to his farm, and another to his merchandise:

5 And the remnant took his servants, and entreated them spitefully, and slew them.

6 But when the king heard thereof, he was wroth: and he sent forth his armies, and destroyed those murderers, and burned up their city.

7 Then saith he to his servants, the wedding is ready, but they which were bidden, were not worthy.

8 Go ye therefore into the highways, and as many as ye shall find, bid to the marriage.

9 So those servants went out into the highways, and gathered together all as many as they found, both bad and good: and the wedding was furnished with guests.

10 And when the king came in to see the guests, he saw there a man which had not on a wedding garment:

11 And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless.

12 Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness: there shall be weeping and gnashing of teeth.

13 For many are called, but few are chosen. (Matthew 22:1-14)

From the above scriptures, we see that repentance is still the word of the day and will be unto this generation. Faith, repentance, baptism: Do we have enough faith in the words of Christ and his prophets to repent?

And what does it mean to repent? Repentance means to stop what we are doing wrong. From the scriptures quoted in this book, we see that many of us have just been too busy to come to the wedding. By this, we literally mean we have been too busy and too distracted to do what is necessary to begin to prepare our bodies for the reception (the marriage) of the fullness of the Holy Ghost. We have literally procrastinated the day of our repentance.

How hard is it to just stop partaking of animal flesh? I would like to suggest a way to ease into a diet

which “is clean from the blood of this generation.”
(Partially quoted from D&C 88:138.)

First, each time you sit down to eat, consume only one half of the serving of flesh food that you normally eat. Gradually decrease this to one third until you completely eliminate all flesh foods from your diet. Pay particular attention to ingredients in processed foods. It is very hard to find foods that have no animal products. Eliminate these flesh foods from your diet: flesh of all kinds, including fish; all dairy products, including cheese, ice cream and milk; chocolate, eggs, and honey. Take a few months to achieve this goal.

Second, begin cooking with whole foods and try to eliminate processed food from your diet. Use whole grains to make your bread, desserts, and puddings. Substitute tofu or vegetable textured protein for meat. (For example, use vegetarian chicken if necessary being careful that it has no seaweed product such as Carrageenan.) Use whole foods such as baked potatoes, whole grain rice, and grains of all kinds. Find a good whole-grain cookbook that uses no animal products such as eggs or milk. You can substitute soy milk and use egg substitutes. Eat fruits in place of sugar-filled desserts and try to eat vegetables steamed or uncooked, as in salads, and so forth. Take as much time in this phase as necessary — even a couple of years if that’s what it

takes. Drink a couple of ounces of wheat grass juice or barley grass juice daily to help you feel good while you are making the change — an inexpensive way to make sure you are getting the fresh enzyme, vitamin, and mineral complex that you need. (Barley grass juice has more organic sodium than any other food available. Begin with this to restore organic sodium to your system.)

Third, experiment with sprouting of all kinds — use sprouts to make milks, salads, and pates. Gradually eat less and less cooked food and more and more raw food until your diet consists of at least 75 percent raw or sprouted foods. Take another couple of years to become comfortable with this routine (or less if you wish to make the change sooner). There are many raw food diets and a variety of “un-cook” books. Do what is comfortable for you and eat the foods you like. Try to achieve a balance in not eating too much fruit and not enough vegetables. (Eating the greens, such as spinach, chard, etc. brings more health to the body than anything else you can eat.) If you need more energy, take wheat grass or barley grass juice daily.

Fourth, for the Millennium body restoration, I like the Ann Wigmore Diet. I am including her complete diet, one that she employed to help very ill people regain their health when they came to her institute. It is a basic health-restoring diet that one can

modify to one's taste. It is very inexpensive as one keeps a supply of seeds and can grow the bulk of the diet inside his or her home. Or, one can grow these foods outdoors, depending upon the weather. If one has time, an organic garden grown outside is a real plus in changing to this diet, as it helps to have a wide variety of foods and tastes. It is also wise to keep a supply of different grains and seeds on hand. Gradually move into this diet, maybe growing only one thing at a time, such as wheat grass or barley grass. If you have never had a garden, just begin with several different kinds of lettuce. You can gradually add other vegetables.

Fifth, for those who wish to cleanse faster (eradicating the mucoid plaque), there are cleanses available that use herbal products. These are fairly extreme methods of cleansing the body and must be approached with knowledge, care and caution. See *Cleanse and Purify Thyself*, Dr. Richard Anderson. See also books and information by Dr. John Christopher.

Sixth, add Brewers yeast to the diet for the B-vitamins. No one gets enough of the B-vitamins. B-6 is important for memory. Remembering your dreams is important.

Seventh, never return to the first step unless in dire need.

2. Second, the ideal diet to restore the strength and health of mankind and prepare him for the reception of the fullness of the Holy Ghost: the God diet or the purification diet, if you will.

“The scientific approach to diet is now here. This high technology comes in the form of a complex device about the size of a pickup truck called the ICP (inductively coupled plasma) spectrometer. The spectrometer is now being used to determine the precise trace mineral status of athletes and other high performance seekers.” (Richard A. Goodman, Health World, Nov/Dec 1990)

This same spectrometer has also been used to analyze the different compounds in fruits and vegetables. It has been found for instance to show that over 5 million different compounds (or different chemical combinations) have been found in one grape.

How many of these do we understand or even have a name for: There is not a group of men on earth that can even scratch the surface, yet people advocate that one vitamin or one mineral or a group of 26 vitamins and 15 minerals can improve different functions within the body. Not only do we not understand and know the names of these 5 million compounds, we don't know the infinite number of the inter-reactions of each compound

with the other existing compounds in the body. Thus, if one mineral or one vitamin is taken, will it interact properly with the other trillions of chemical reactions taking place continuously in the human body? (Information provided by T.L. Rodgers — lifesave.org)

No, we don't know the answer to these questions yet. Those who have gained wisdom leave these answers to a higher being and make an effort to consume a gentle God-given diet harvested from the earth — one that has not been altered (by cooking and processing) from the original way it was and is provided — a diet from the trees, from the vine, and from the grasses.

A Historical Perspective of Experimentation with Diet:

During the early 1900s a man named Edmund Bordeaux Szekely discovered an ancient biblical manuscript, which he subsequently translated. It was a remarkable discovery and Szekely was so enthralled with the translation that he formed an organization called the Biogenic Society to promulgate the teaching of this new (old) way of eating. He began publishing the manuscripts in the form of little books, which he sold very inexpensively because he felt that the world needed the message. He called the books *The Essene*

Gospel of Peace. The Essenes were that very righteous people who lived at Qumran near the Dead Sea during the time of Jesus Christ. Christ actually taught them the laws of health during that time. Christ's main teaching in Essene Book I is, "Do not kill your food by cooking it." His main teaching in Essene book IV is, "All grasses are good for man and wheat grass is the perfect food for man." These little books can be purchased at almost any health food store.

In the 1940s a man named Charles Kettering (former Chairman of the Board of General Motors) donated money for the study of chlorophyll. Chlorophyll was studied intensively by medical doctors using FDA required standards, for example, double blind studies, and so forth. There are currently over forty articles published in medical journals about the healing effects of the chlorophyll/grass-juice factor. These medical doctors found that chlorophyll was a great healer and used it as such for quite some time.

Question:

Why would they still not be using it if it were so good?

Answer:

If pharmaceutical companies knew that average individuals had learned that the chlorophyll from their backyard grass, along with proper diet, would heal them, those individuals wouldn't be spending money on high-powered, high priced drugs. And if they had knowledge of proper diet, they wouldn't be eating the flesh of animals. Big Pharma would definitely be the loser.

Sometime during the 1940s Ann Wigmore healed herself of cancer by eating the weeds she found in vacant lots in Boston. (*Why Suffer?* and *Be Your Own Doctor*, by Ann Wigmore). Ann began a study of natural healing modalities, and with the help of scientific friends, found that there are over 4700 varieties of grass in the world and all are good for man. With the help of her pets, she arrived at the conclusion that wheatgrass was the best — or the medicinal grass. She started an institute in Boston and since then has taught people from all over the world about the grasses and the living food healing program, enabling them to get well from some very serious diseases. She has written over 35 books telling about wheatgrass and living food. (*Living food is food that is sprouted.*)

Here we are in the first years of the Millennium, and thanks to Ann's promotion of wheatgrass, people are finding out for themselves the great benefits of wheatgrass and living foods. Since her time, there

has been research done on the healing properties of barley grass by a Japanese man named Yoshihide Hagiwara, who was the owner of a large pharmaceutical company in Japan, and had personally developed numerous medications. He became extremely ill from working with drugs, which led him to the conclusion, that if synthetic drugs make a person sick, then how could they make a person well?

He began to study Chinese medicine and found that the father of Chinese medicine said, "It is the diet which maintains true health and becomes the best drug." Hippocrates, considered the father of western medicine, said basically the same thing. Ann Wigmore originally named her institute after Hippocrates, based on his teaching that the body can act as its own physician when provided with the proper tools (living organic nourishment), used in the way nature intended — unprocessed, uncooked. The body can heal itself!

If Hippocrates and the father of Chinese medicine learned this in just a few short years, one would think that after 13.5 billion years, God would have it right when he created the earth! And didn't he give this as one of our first instructions?

When we realize that barley grass is amazingly high in organic sodium, we can understand the value of

Hagiwara's research. In whatever country you live, seek out living foods or grass that is high in organic sodium. This important element is also found in celery, cucumbers and spinach, to name a few.

Most important, it was also reported at the 1981 Japan Pharmacy Science Association annual meeting that P4D1 found in barley grass produces remarkable stimulation to DNA (deoxy-ribonucleic acid in the genetic chain) repair, including even that in the reproductive cells. Stimulation of DNA repair or promotion of reproductive cell activity has never been previously reported from the use of any natural or synthetic source. (Green Leaves of Barley, by Dr. Mary Ruth Swope.)

This could explain a mysterious verse in Isaiah:

And they that shall be of thee shall build the old waste places; thou shalt raise up the foundations of many generations; and thou shalt be called, the repairer of the breach, The restorer of paths to dwell in. (Isaiah 58:12)

How great to think that we might be instrumental in repairing our genetic structure so that we don't pass our inherited weaknesses to our children. The truth seems to be that God originally designed the foods of the earth in such a way that they would not only nourish his earthly children, but would keep them at the peak of health. Our mistake seems to be that

we not only choose the wrong foods, but we alter this grand design by cooking them, therefore destroying the food before we eat it.

Restoring organic sodium to the body is a first requirement. The other minerals follow: potassium, calcium, and magnesium and the trace minerals found in foods grown in a proper soil medium.

Restoring enzymes to the body is also of major importance in that the life force, the enzyme, is the proper delivery system for the vitamin, mineral, and amino acid complex.

“The book *Enzyme Nutrition*, by Dr. Edward Howell, is a classic in the field of nutritional theory. Its message has implications for health, longevity, ecology, economics, and myriad other ancillary fields. It is a work whose importance can only be appreciated when current nutritional practice is understood as a great ‘dietary experiment’ of unprecedented proportions. Never in the history of human kind has there been as much processing, refining, and adulteration of the food supply as is currently happening. This book tells why manipulation of the food supply may be catastrophic, as well as offering a sound rationale for seeking and implementing alternatives to the current difficult situation.

“Howell’s book is as much a narrative of developments in the field of nutritional research over the last 90 years as it is an exposition of a new theoretical position. It is also a highly readable book that addresses issues of food from the perspective of function, i.e. do we live to eat or eat to live? Howell states that the human body is a product of millennia using raw foods in their most natural state. Its functional integrity demands foods that provide the ‘*élan vital*’ required to live. Only living foods are able to provide the life force we must have to perform our daily activities, maintain health, repair our machinery, and replace our own species. Howell demonstrates clearly that these functions are in jeopardy due to the poor quality of our current food supply.

“Living enzymes are a third part of the food triad that has been systematically destroyed by a marketing / transportation system whose needs have been placed ahead of those it serves. Freezing, cooking, irradiating, addition of chemicals, and a thousand other strategies have been implemented to allow two percent of America’s population to feed the other 98 percent. The age-old problem of stabilizing foodstuffs for transport and storage has resulted in an industry that removes the living portion of food to facilitate its movement over long distances. This has been necessary to get food from

field to market given the exigencies of handling, marketing and storage. An entire marketing strategy has successfully anchored this process in the minds and taste buds of the 'civilized' world. The price we pay for the luxury of not tilling the soil, however, may be greater than we understand.

"Dr. Howell presents information that lets each reader assess the veracity of his claim, builds a convergent structure that explains how each individual can exert more control over his food supply, and suggests how such efforts may result in improved health and longer lives. As we are well aware, the current health care system is a disaster. Dependence on foreign energy to operate our agribusinesses is greater now than ten years ago, and government controls, protections, and regulations related to foodstuffs and additives are extremely questionable.

"Enzyme Nutrition offers extensive information about how we can approach health and nutrition from a more objective viewpoint in order to make individual decisions about health and diet." (Chuck Juhn, The Western Wheatgrass Journal).

Ann Wigmore was a contemporary of Dr. Howell and a student of his work. She researched his writings among many of the works of other advocates of raw foods during her lifetime and came to the conclusion

that in the US it is hard, if not impossible, to eat a raw foods diet that is not contaminated by chemical fertilizers and pesticides. She developed a diet that incorporated a small amount of organically grown fruits and vegetables with easy-to-grow wheatgrass, sunflower greens, buckwheat greens, and other sprouted nuts and seeds such as almonds, fenugreek and others. At her institute in Boston, Ann grew all her sprouted greens inside. She had great success in teaching people how to grow and implement this diet in turning around the disease process. The foods in her diet retained and provided enzymes. Howell says, "The enzyme complex harbors a protein carrier inhabited by a vital energy factor." Only foods that are not cooked contain this vital energy factor, such as raw fruits and raw vegetables.

For years many scientists have been trying to isolate the carcinogenic substances in foods. First they say, "soil depletion, then certain pesticides, then unknown factors." In reality it is probably a combination of these things. However, according to Howell, the most serious damage is done in the kitchen by the housewife on her own cook stove. When she cooks a beautiful food that the Lord has provided, she renders it chemically different than the way it was originally made. Amino acids, vitamins and minerals that had been chemically

bound in a certain way to be assimilated correctly by the body are now just a pulpy mess that, over a period of years, actually does harm to the body.

In his book, *Enzyme Nutrition*, Dr. Howell points out that "each person living is given a limited supply of body enzyme energy when he is born. This supply has to last a lifetime. The faster one uses up the enzyme supply, the shorter his/her life.

"There are three classes of enzymes that operate in our bodies. They are, first, digestive enzymes that include protease which digests protein, amylase which digests carbohydrates, and lipase which digests fat. Second, metabolic enzymes, which run our bodies (for example there are 98 distinct enzymes that work in the arteries, each with a particular job to do). Third, food enzymes are found in raw food only. Heating or cooking food over 118 degrees completely destroys the enzymes therein.

"Our good health depends upon each of the metabolic enzymes doing its job in each tissue. Since Howell began his research over fifty years ago, thousands of different enzymes have been discovered. Some of the work of enzymes involves repairing damage and decay, fighting bacteria and viruses, and healing disease. It makes one realize that we are creatures of thousands of chemical reactions going on within us every day, every

minute. Understanding that enzymes are not just the chemical reaction, but the chemical reaction plus the life force reaction is important. Enzymes have been synthesized but are only considered catalysts, and are devoid of the life force.

“Here is the key: Nature’s plan — or should we say God’s plan — calls for food enzymes to “help with digestion instead of forcing the body’s digestive enzymes to carry the whole load. If food enzymes do some of the work, according to the Law of Adaptive Secretion of Digestive Enzymes, the enzyme potential can allot less activity to digestive enzymes, and have much more to give to the hundreds of metabolic enzymes that run the entire body.” (Edward Howell)

In other words, the body has a certain amount of enzyme power. In order to digest the heavy animal-protein-based or cooked foods that we ingest, the body changes metabolic enzymes into digestive enzymes, leaving some tissues of the body unprotected during the digestive process. For example, if the body takes some or most of the 98 different enzymes that protect and police the arteries and changes them to digestive enzymes to help digest a heavy protein/fat meal, then the arteries are left unprotected during that time. Some heavy protein meals take as long as eight hours to digest. Contrast this with wheatgrass juice and

other fresh juices, which take twenty minutes to enter the blood stream. At the same time, the juice furnishes some if not all of the enzymes needed to implement digestion and consequently allows the body to use that energy to detoxify and heal instead of just digest.

“If humans take in more exogenous (outside) digestive enzymes, as nature ordained, the enzyme potential will not have to waste so much of its heritage digesting food. It can distribute more of this precious commodity to the metabolic enzymes, where it rightfully belongs. This rightful distribution of enzyme energy will not only act to maintain health and prevent disease, but is expected to help cure established disease. The old saying that nature will cure really refers to metabolic enzyme activity, because there is no other mechanism in the body to cure anything. To get enzymes from food, one must eat raw food.

“We are guilty of being careless with enzymes. They are the most precious asset we possess and we should welcome outside enzyme help. If we depend solely upon the enzymes we inherit, they will be used up just like inherited money that is not supplemented by a steady income.” (Edward Howell)

Howell points out that extreme wastage of large quantities of enzymes is strenuously objected to by the body and that it can lead to serious illness and even death. He goes on and on, chapter to chapter, illustrating specific research that was done using animals, insects, and humans.

He says that only humans live on enzyme-free food. All wild creatures and some domestic animals get their enzyme supplements in the raw food itself. Animals eating raw food don't have the rich concentrations of enzyme activity in their digestive juices that humans do because they don't need it.

Furthermore, Howell says that animal life goes back several hundred million years, and that all primitive living forms of life took in enzymes as part of their food. No living organism, animal or vegetable, could exist without hundreds of enzymes as part of its makeup. Throughout millions of years, countless branches of the animal kingdom ate enzymes as part of the diet. He thinks it is reckless and almost dangerous for the human race to abruptly remove food enzymes from its diet.

Max Gerson, md, was also contemporary to both Edward Howell and Ann Wigmore. He devised a cancer therapy consisting of mainly fresh raw juices and raw foods — high in potassium and enzyme-rich, which restored the body's ability to heal itself.

He received worldwide acclaim in the 1920s for his success in treating tuberculosis with his diet therapy. Internationally renowned physician and surgeon Dr. Ferdinand Sauerbach wrote in 'Master Surgeon' of his Munich experiment with 450 patients with previously incurable lupus (tuberculosis of the skin). In the Gerson Therapy 446 (more than 99 percent) completely recovered.

In 1928 at their urging he treated his first three cancer patients, all hopeless, including inoperable stomach cancer. He was surprised that all three recovered on his dietary treatment. Among his many patients in the next 10 years, only a few were cancer cases. Some of these cancer patients recovered, some did not. In 1938 Dr. Gerson was licensed to practice in New York. He continued to develop his therapy to achieve success with all types of cancer. He treated hundreds of patients given up to die after receiving surgery and radiation. After these years of study and research, his therapy produced 50 percent recoveries of even far advanced cancer cases.

In 1946 Dr. Gerson became the first physician to demonstrate recovered cancer patients before a U.S. Congressional committee. This Senate committee was holding hearings on a bill to find a means of curing and preventing cancer. Unfortunately the lobby supporting surgery,

radiation, and chemotherapies caused the defeat by 4 votes of the Senate bill, which could have supported extensive research into the Gerson therapy.

Dr. Gerson found that in cancer the body is more severely damaged than in other chronic diseases. With his therapy he restored the body's healing ability in cancer. The other less serious diseases responded more easily. (Max Gerson, md, A Cancer Therapy)

It is easy to see that enzymes are of major importance in the diet of all creatures. The question sometimes asked is this: Is the human race in a state of progression or regression? (In other words, are we descended from monkeys or from gods?) If we look at the knowledge and technological advances of mankind, we would answer to the former, but if we walk down the street of any city and notice the state of the health of the people, or enter their hospitals, we would have to answer to the latter. Why have we as a people neglected the most important factor of our being? It is a matter of education. We seem to be educated in every field upon the face of the earth except how to care for our bodies and keep them in a healthy and beautiful pristine condition.

It is also a matter of disinformation promulgated by beef, dairy, and other livestock interests (big pharma). If there exists a conspiracy in the world, then this is a basic conspiracy from the beginning of time, one which promotes the consumption of flesh foods with lies about its health benefits — a conspiracy which Joseph Smith warned about in D&C 89.

This conspiracy is initiated by the adversary himself. Why? If he can convince us to become co-destroyers along with himself, and then to partake of this food, it will weaken our bodies to such an extent that he can make entrance and wreak more mayhem and havoc upon the face of the earth, eventually to the destruction of our spiritual connection with God and then the destruction of our bodies.

We suppose that the Celestial diet for man will be fruit as it was in the Garden of Eden. Until we reach that level we like the research of Ann Wigmore and Yoshihide Hagiwara about grasses and enzyme-rich foods. Wheatgrass and barley grass juice, along with an enzyme-rich living food (sprouted) diet, which includes raw fruits and vegetables, provide what we believe to be the optimum diet for the restoration of the human body. The ultimate restoration and renewal, of course, will be performed by the Holy Ghost. We also like the research of Bernard Jensen and Richard Anderson

concerning bowel restoration. This knowledge can be most helpful to those who wish to employ the cleansing process.

Chuck Juhn's article, "The Four Pillars," describes Ann Wigmore's work in a comprehensive manner:

"Ann Wigmore was a true visionary. As our world continues to come down around our ears in an accelerating pace, a look at her principals of living gives us the possibility to impact, in a positive way, every single system that appears headed for collapse. We can do it one blade of grass, and one human being at a time.

"Dr. Wigmore asked each of us to take charge of our own health and well being, and reduce our negative impact on the world around us. She showed us how to do this by using simple, local organically grown, non-meat based, universally available living foods and juices in a systematic and proven way to rejuvenate and maintain health.

"Ann Wigmore dedicated her life to teaching others the value of living foods. Born in Lithuania in 1909, she was raised by her grandmother, who gave her unwavering confidence in the immense healing powers of nature. Ann spent years experimenting to find simple, healthy, and inexpensive ways to organically grow nutrient-rich food indoors. In 1963, she founded the world renowned Hippocrates Health

Institute, and in 1985 she established the Ann Wigmore Foundation. Ann died tragically in a fire that destroyed the Boston Institute in 1994.

“The great legacy of Dr. Wigmore is her gift of what she called “The Living Foods Lifestyle.” She had this to say:

I. Personal Responsibility

The Living Foods Lifestyle is more than just a diet; it is a way of taking total responsibility for your nutritional needs ... Most of us have no one to blame for our poor health but ourselves. It is a tragic mistake for you to give up responsibility for your day-to-day health or to lay the blame for it on someone else’s doorstep.

II. Healthy Body

After years of research and travel, I am convinced that what we need most today is a fundamental change in eating and lifestyle to give us the stronger, healthier bodies that will overcome the many other problems facing the world today.

III. Healthy Food

Foods grown on organic soil are balanced foods, which foster healthy, balanced people.

IV. Healthy Environment

How can we be so arrogant as to believe that we can improve on nature? Clearly what we need today is a new green revolution. One that is concerned not only with replenishing nature's trees and green plants, but also with cleaning out the 'national bloodstream' using fresh green foods and wheatgrass juice to do so.

"Change begins one person at a time. Dr Wigmore recognized that the current systems of diet, health care, advertising, food production and distribution, and the degradation of the environment, are inter-related and headed for collapse. She also saw that adopting a simple, clean, non-animal-based living foods diet could have an impact on many of the world's most urgent problems.

"Imagine a world in which no one used cooked or processed food, no animals were killed or exploited to support the so-called 'standard American diet' (SAD), cultivated food was not saturated with chemicals and transported half-way around the world to market, people were able to be their own doctor.

"If each individual takes responsibility for his or her choices, and knows how to make the right ones, the world will be a better place, one person at a time. Start by choosing healthy food. You will gain a

healthy body and support healthy environmental practices.

Personal Responsibility

“We can gain more control over our diets, our health, and our lives by making simple changes in the way we live. No amount of library research or medicine will give one a stronger, healthier body. Only a good diet with plenty of raw green foods and Wheatgrass, moderate exercise, and a positive and caring attitude will do this.

“Dr. Wigmore stressed repeatedly that each person makes choices that individually determine their health and well being or lack of it, and in the aggregate have resulted in a world nearing environmental catastrophe. She also pointed out the connection between increasing ill health, and the modern tendency in the west to blame someone else for one’s problems, or look for an outside authority to cure that which ails us.

“Fortunately, the medical, agricultural, and marketing/consumption ‘machines’ represent a juggernaut it is possible to get off of to a large extent. It begins very simply with each bite we choose to put into our mouths.

Healthy Body

“Living foods — sprouts greens, Wheatgrass, fresh vegetables and fresh fruits — are the key to a healthy body and a longer and more satisfying life. The body will heal itself of any illness when it is given living, enzyme rich, easy to digest nourishment.

“Today, science and the medical establishment continue to look for health or ‘cures’ in pills, genetic manipulation, or the use of surgery, chemotherapy and radiation. Dr. Wigmore noted that this was ‘going down the wrong path’, and that the body could, and would, heal itself if given sufficient rest, exercise, proper nutrition, and a cleansing diet that included aspects of emotional and spiritual attention as well. As importantly, she noted that reduction in stress, and reduction in exposure to toxins and pollutants to the greatest extent possible, must be an integral part of any rejuvenation program.

Healthy Food

“Foods grown on organic soil are balanced foods, which foster healthy, balanced people. Since all of the foods eaten in the living foods lifestyles are uncooked, their full vitamin, mineral, and enzyme values are available to the body.”

“When we eat foods clean of chemical residue in their freshest and most natural state, the body will rejuvenate itself. If we listen to our body, and follow

the diet recommendations in the live food lifestyle, we will get a complete and balanced diet that is packed with vitality.

Healthy Environment

“The problems of world hunger and malnutrition will not be solved with synthetic processed foods, dried milk powder, and meat. The very production of meat, milk, and other animal foods is in large part responsible for these problems.

“Wheat grass is not going to cure the ills of the world, but it is an important element in what I call the new green revolution — a greater emphasis, on the part of people everywhere, on working with nature to prevent illness before it takes hold. Until quite recently, our society was moving in the wrong direction, especially in the areas of food production and processing.

“But it is not too late for us to recognize our mistake and to embrace nature’s idea of nourishment in Wheatgrass and live foods. I hope that you will join me, and thousands of others, in the new green revolution.

“A healthy environment begins inside the body, extends to our homes, then to the world around us. Dr. Wigmore stressed that what each of us does as an individual ripples through the world, and has an

impact multiplied by every person, all six-plus billion of us now. When the relationship between cheap hamburgers and environmental degradation and habitat destruction around the world is understood, the Living Foods Lifestyle is seen to be much more than just a diet, for example. It may be a way to help preserve major parts of the world's ecosystem by reducing the amount of land cleared or overgrazed by cattle to provide cheap hamburgers at every corner fast food restaurant. The penchant in the west for cheap convenience food, and a high protein, high fat, diet has had serious consequences for the collective national health, and our environment. The exploitation of animals as well is causing serious problems at all levels, and the current loss of bio-diversity is in large part due to the widespread use of animal products.

"Dr. Wigmore also constantly reminded us that to have healthy food, we must have healthy soil. This led her to support organic gardening and farming as part of the 'new green revolution' she called for. She traveled the world educating and exhorting those in developed nations to adopt sustainable and rational diets and forms of agriculture to improve the health and well being of the citizens and their environment, and asked those in developing nations to deeply consider before traveling down the path of the 'western' diet and the 'old green revolution' ideas

regarding the use of chemical fertilizers and pesticides.

What Are Live Foods?

“Live foods are those foods and elements that retain their ‘life force’ intact. Living foods are uncooked, free from animal products, organic, easy to digest, rich in enzymes, and highly nutritious. They include homegrown sprouted grains and beans, vegetables, fruits, nuts, dehydrated snacks and delicious desserts, such as fruit and nut pies and fruit ice crème. Fermented preparations such as sauerkraut, Rejuvelac and seed cheese are among the richest of the live foods we can include in our diet and are important because they are an aid to digestion, are high in the B vitamins, and are full of enzymes. They provide an acid environment in the bowel whereby favorable bacteria can thrive and overcome unfavorable bacteria. Re-establishing beneficial bacteria to the colon is a major part of many health programs. Foods with very high enzyme content, such as mangoes, bananas, and avocados are also an extremely important source of nutrition. No truly live foods that are good for us will have been subjected to processing, irradiation, freezing, genetic modification, or temperatures above 105 degrees F. Most important, wheatgrass or barleygrass juice, freshly prepared, is the keystone

of this dietary regime. (Chuck Juhn, Living Foods Advocate)

Those who attended Ann Wigmore's institute in Boston found her basic diet to be very simple, one that would not overwhelm people with an extensive array of foods and recipes, which, when they returned home, they believed they could duplicate. Her different books cover a wider array of recipes if one is interested in more variety. It is a good starting place.

Dr. Ann's basic menu:

1. Fresh fruit or fresh pressed fruit juice for breakfast. Sometimes she would blend a mild sprout (hulled buckwheat) with fruit for a breakfast cereal. Buckwheat sprouts are considered a fruit and have a high content of Vitamin C. (Those who have Candida Albicans should avoid fruit juices and only consume minimum quantities of fruits.)
2. For lunch, a large sprouted salad consisting of buckwheat and sunflower greens, sprouted alfalfa, sprouted fenugreek. A dressing made from seed cheese. A bowl of energy soup.
3. Afternoon snack of fresh or dried fruit.
4. For dinner, another large salad containing sprouted sunflower, buckwheat, alfalfa, fenugreek

with a seed cheese dressing. A bowl of energy soup. Sometimes a sunflower seed cheese veggie loaf and veggie kraut.

5. Wheatgrass juice was always available as was a fermented wheat sprout drink called Rejuvelac, which she recommended one drink instead of water. Rejuvelac adds enzymes to the diet as does the veggie kraut.

(Condiments on the table included cayenne pepper, seed cheese salad dressing, and sometimes almond crème.)

Her diet is revolutionary in that it is incredibly inexpensive, a food, a medicine, and a survival tool.

Her Basic Recipes:

Rejuvelac

1. Soak 3 cups wheat or barley 12 hours
2. Drain, rinse, and put in sprouting bag or container of some kind. Sprout for 36 hours, rinsing twice per day.
3. Put into gallon jar and fill with clear (filtered if possible) water nearly up to the top. (Leave enough room for expansion.)

4. Put screen or paper towel over the top to keep bacteria in the air from falling in.
5. Let this set for 48 hours until it is fermented — little bubbles will rise from the bottom. It is now rejuvelac. Sometimes it is cloudy. It should taste rather tart.
6. Strain this rejuvelac to separate the grain from the liquid.
7. Store the liquid in the refrigerator for up to 3 days. Drink at room temperature.
8. The remaining seed can be reused twice more to make Rejuvelac: Soak 36 hours the second time and 24 hours the third time.

Sprouted Wheat Cereal

2 cups sprouted wheat

4 cups spring or filtered water

1/2 cup raisins

1 large apple, peeled and cored,

or 1 banana peeled and sliced

Soak raisins in one cup of the spring or filtered water for one hour or until soft. Reserve the water used in soaking the raisins. In a blender, blend wheat with

fruit, water and raisin soak-water at medium speed for about two minutes. Use warm filtered water if a warm cereal is desired. The sprouted wheat cereal should have a soupy consistency. Sprouted (hulled) buckwheat, sunflower seeds, or sesame seeds may be substituted for wheat. (All seeds should be soaked at least 6 hours or overnight.)

Lunch or Dinner Salad

Sunflower greens

Buckwheat greens

Salad lettuces (if desired)

Topped with alfalfa sprouts and/or sprouted fenugreek

Seed-cheese dressing

Seed Cheese and Seed Sauce

2/3 cups hulled sunflower seeds

2/3 cup unshelled sesame seeds

Purified water

3 cups rejuvelac (purified water with the juice of one or 1/2 lemon can be substituted for Rejuvelac)

Soak sunflower seeds and sesame seeds separately overnight in purified water. In the morning, rinse sunflower seeds in very warm water to remove skins. Rinse sesame seeds. Put sesame seeds and sunflower into blender. Add 1/2 cup rejuvelac and blend for two minutes. Pour mixture into bowl. Cover bowl with a cloth. Secure with rubber band. Place in warm place with good air circulation. Let stand 6 to 8 hours. Remove cloth. Scrape off top oxidized layer and discard. Spoon middle almost-cheese layer into seed bag. Hang the almost-cheese in the refrigerator overnight, with a bowl under it to catch the liquid. By morning it is seed cheese. Seed cheese sauce (or dressing) can be made by thinning the seed cheese to any consistency desired, using rejuvelac as the liquid. Season with Bragg's aminos. Seed cheese milk can be made by adding 1 heaping teaspoon seed cheese to an 8 ounce glass of Rejuvelac. Stir well.

Veggie Kraut

Grind 2 heads cabbage (organic cabbage if possible) saving juice, red or white. Use 80 percent cabbage, 10 percent carrots, and 10 percent yam. Add 1 Tbs. real salt if you can get it, 2 cloves minced garlic, 1 tsp. ground dill seed. Put the mixture into a large bowl or crock. Cover with the outer cabbage leaves. Place a large plate and a weight on top. Leave it at room temperature for five days. (It can be covered

with plastic to keep insects out.) Remove scum and leaves. Mix so that the juice is evenly distributed. Cover and place in refrigerator. It should keep for weeks when refrigerated. Some of the juice can be poured off and used to marinate mushrooms or vegetables.

Energy Soup

One peeled apple (or use watermelon plus white rind in the summertime)

One cup Rejuvelac or pure water.

(If using pure water, add juice of 1/2 lemon)

One cup of sprouts and greens (sunflower or buckwheat greens can be used.)

Optional: One handful of sprouted mung, adzuki, and peas will add protein to the soup.

Blend all together lightly. Add 1/2 avocado.

Blend again until smooth.

Braggs aminos to taste.

Enjoy.

Seed Cheese Veggie Loaf

Mix 2 cups of seed cheese with minced broccoli, green or red pepper, minced onions, celery, etc. Form into loaf. Decorate with red bell pepper or a variety of sliced garden vegetables.

Almond Crème

Soak 2 cups almonds 24 hours

Momentarily dip into boiling water (count to 3 only)

Rinse through colander in cold water

Peel almonds — squeeze pointed side out

Put small amount at a time into blender

Cover with Rejuvelac but not too much, as it won't grind

into a smooth paste.

Let it set 3 to 4 hours and then refrigerate;

serve immediately, or refrigerate immediately,

which takes longer. Almond crème lasts one day.

Almond Milk: add Rejuvelac to almond crème — lasts 2 or 3 days.

Sprouted Bread

4 to 6 cups wheat sprouts (1 day sprouts)

1 teaspoon caraway seeds

Run sprouts through a grinder, or a slow-turning juicer with the end screw detached, or a Champion juicer, or blend in a food processor with a little water. The Champion juicer with the homogenizing blank inserted makes a fine, smooth dough. Be sure to feed the sprouts into the juicer slowly so that the motor will not overheat. Mix in caraway seeds. Press dough into a small, flat, wafer-like loaf. Place on an oiled cookie sheet or on a dryer rack and dry in a dehydrator or in a warm oven set at 105 degrees F. The bread will take from 12 to 20 hours to become crisp.

In addition to the diet, Ann Wigmore recommended bowel rejuvenation, placing a wheatgrass juice implant into the large intestine. For exercise she liked the mini-trampoline as she felt that it stimulated circulation and helped the lymphatic system discharge toxins.

The efficacy of the diet was reflected in the results of the health of those who participated, overcame serious disease conditions, and most important, learned that the body has the ability to heal itself if it is provided the necessary enzymes, minerals, vitamins and amino acids. Wigmore, along with Max Gerson, recommended that one remain on the diet

for at least 18 months in order for the disease to be completely cured.

It is the opinion of this author that a person who desires body maintenance and complete restoration, innocence, and righteousness should remain on this diet or one comparable to it for the duration of his or her life.

3. Third, when we stop poisoning and destroying the plants, animals, and insects on the earth with our carelessness, with our help it will begin to renew itself.

“We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion (the new Jerusalem) will be built upon the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradisiacal glory.” (The Pearl of Great Price, Articles of Faith 10)

The consciousness of the people of earth is turning around, albeit gradually. When we sit down to eat, more and more of us are realizing how the food choices we make not only affect our bodies but also the land, rivers, and forests. Gradually, we will regain our reverence for life.

“The Indians who dwelt for countless centuries in what we now call the United States lived in harmony

with the land and with nature. Their societies were each unique, yet all were founded on a reverence for life that conserved nature rather than destroying it, and which lived in balance with what we today call the ecosystem. To them, it was all the work of God. Every shining pine needle, every sandy shore, every mist in the dark woods, every humming insect was holy.

“When the white man forced them to make the ultimate sacrifice and sell their land, the great Chief Seattle spoke for his people and asked one thing in return. He did not ask something for himself, or for his tribe, or even for the Indian people. His one request was as prophetic as it was plain:

“I will make one condition.

“The white man must treat the beasts of this land as his brothers.

“For whatever happens to the beasts soon happens to man.

All things are connected.”

“Chief Seattle was not familiar with the Bible, but he could have been quoting from Ecclesiastes 3:19: “For that which befalleth the sons of men befalleth the beasts. Even one thing befalleth them: as the one dieth, so dieth the other; yea, they have all one

breath, so that a man hath no pre-eminence above a beast.” (Diet for a New America, John Robbins)

4. Fourth, when the gospel is spread upon the earth and people absolutely know the truth about God’s wishes for them, war will cease, and the adversary will be bound.

Last, after much turmoil and travail, the inhabitants of the earth, those who have softened their hearts and repented of the evils of mankind, can approach the tree of life spoken of by Lehi in the Book of Mormon.

9 And it came to pass after I had prayed unto the Lord I beheld a large and spacious field.

10 And it came to pass that I beheld a tree, whose fruit was desirable to make one happy.

11 And it came to pass that I did go forth and partake of the fruit thereof; and I beheld that it was most sweet, above all that I every before tasted. Yea, and I beheld that the fruit thereof was white, to exceed all the whiteness that I had ever seen.

12 And as I partook of the fruit thereof it filled my soul with exceedingly great joy; wherefore, I began to be desirous that my family should partake of it also; for I knew that it was desirable above all other fruit.

13 And as I cast my eyes round about, that perhaps I might discover my family also, I beheld a river of water; and it ran along, and it was near the tree of which I was partaking the fruit.

14 And I looked to behold from whence it came; and I saw the head thereof a little way off; and at the head thereof I beheld your mother Sariah, and Sam, and Nephi; and they stood as if they knew not whither they should go.

15 And it came to pass that I beckoned unto them; and I also did say unto them with a loud voice that they should come unto me, and partake of the fruit, which was desirable above all other fruit.

16 And it came to pass that they did come unto me and partake of the fruit also.

17 And it came to pass that I was desirous that Laman and Lemuel should come and partake of the fruit also; wherefore, I cast mine eyes towards the head of the river, that perhaps I might see them.

18 And it came to pass that I saw them, but they would not come unto me and partake of the fruit.

19 And I beheld a rod of iron, and it extended along the bank of the river, and led to the tree by which I stood.

20 And I also beheld a strait and narrow path, which came along by the rod of iron, even to the tree by which I stood; and it also led by the head of the fountain, unto a large and spacious field, as if it had been a world.

21 And I saw numberless concourses of people, many of whom were pressing forward, that they might obtain the path which led unto the tree by which I stood.

22 And it came to pass that they did come forth, and commence in the path which led to the tree.

23 And it came to pass that there arose a mist of darkness; yea, even an exceedingly great mist of darkness, insomuch that they who had commenced in the path did lose their way, that they wandered off and were lost.

24 And it came to pass that I beheld others pressing forward, and they came forth and caught hold of the end of the rod of iron; and they did press forward through the mist of darkness, clinging to the rod of iron, even until they did come forth and partake of the fruit of the tree.

25 And after they had partaken of the fruit of the tree they did cast their eyes about as if they were ashamed.

26 And I also cast my eyes round about, and beheld, on the other side of the river of water, a great and spacious building; and it stood as it were in the air, high above the earth.

27 And it was filled with people, both old and young, both male and female; and their manner of dress was exceedingly fine; and they were in the attitude of mocking and pointing their fingers towards those who had come at and were partaking of the fruit.

28 And after they had tasted of the fruit they were ashamed, because of those that were scoffing at them; and they fell away into forbidden paths and were lost.

29 And now I, Nephi, do not speak all the words of my father.

30 But, to be short in writing, behold, he saw other multitudes pressing forward; and they came and caught hold of the end of the rod of iron; and they did press their way forward, continually holding fast to the rod of iron, until they came forth and fell down and partook of the fruit of the tree.

31 And he also saw other multitudes feeling their way towards that great and spacious building.

32 And it came to pass that many were drowned in the depths of the fountain; and many were lost from his view, wandering in strange roads.

33 And great was the multitude that did enter into that strange building. And after they did enter into that building they did point the finger of scorn at me and those that were partaking of the fruit also; but we heeded them not.

34 These are the words of my father: For as many as heeded them had fallen away. (1 Nephi 8:9–34)

1 Nephi 8 describes a beautiful and prophetic ending to our life as we know it here. When we have fully repented and cleansed our bodies, hearts, and minds in preparation for the fullness of the Holy Ghost, we are promised a remission of our sins, based upon the sacrifice and atonement of the Holy One of Israel, Jesus Christ.

We in effect have come unto Christ with full purpose of heart. He then allows us to partake of the fruit of the Tree of Life, which is the Holy Ghost. When we are filled with the Holy Ghost as was Christ, the adversary will be bound. The Holy Ghost will be our shield and protection, and the adversary cannot enter.

My Peace I Leave with You. (John 14: 27)

Appendix

How to grow wheatgrass, barleygrass, and/or the greens, buckwheat and sunflower:

Obtain some 10 by 20 by 2-inch trays (seedling flats) with holes in the bottom.

1. Fill with 1 inch of organic compost or rich soil.
2. Soak 2 cups wheat, barley, buckwheat, or sunflower for 6 to 8 hours.
3. Spread evenly on top of the soil.
4. Water thoroughly until the water drips from the holes in the bottom of the tray.
5. Cover with 3 layers of thick paper towels (or newspaper).
6. Water the towels until thoroughly wet.
7. Keep the towels wet until the grass is one inch tall.
8. Uncover and water once per day until the water drips from the bottom of the tray.
9. Harvest when the grass is 6 to 7 inches tall.

10. Juice in a special electric juicer designed for wheatgrass, or juice with a stainless steel manual juicer.

11. Start out by drinking one ounce per day. Gradually build to 2 ounces per day, or more if desired. Wheatgrass juice and barleygrass juice are very detoxifying and the body must gradually be acclimated to it.

The Creation Tablet: Courtesy of Duane Erickson (see Chapter 1)



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