

## **Garlic PowerPoint Presentation**

**Julianne Henderson, 2014**

I presented this garlic medicinal oil to students, faculty, and staff at USF this spring semester. I explained that what we are studying and aiming to do collectively in our class is address how we would respond in the event of a crisis or if we were to find ourselves in an apocalyptic landscape. It is a given that maintaining a positive, optimistic outlook is likely to aid us in our long-term survival regardless of what level of adversity we face. This project attempts to combine an important skill, which is knowing how to heal oneself naturally with what Nature provides, with the power of our consciousness to determine our success, strength, and overall capacity for withstanding the hurricanes of change.

### **Crisis Strikes, Now what?: Basics**

Be aware of what resources you have at your disposal. In the event of a power outage that lasts for several days, of scarcity of resources, looting, etc. what can you stock up on in the way of dried goods, canned foods, sanitary supplies, pure water or some water purification and filtration system, buckets (interchangeable as storage bins and toilets) and so on in order to be prepared to ride it out.

What kind of landscape are you living in? Would you be prepared to toil the land you're standing on once you reach safe ground? Would you know how to cultivate it, look after crops, and shield your yield not only to look after yourself and your loved ones but possibly others who are desperately in need of shelter and sustenance?

Knowing how to create remedies, healing oils and tinctures, poultices, quick-fix solutions for cardiovascular, respiratory, sinus, inflammatory, and any other diseases or body aches could determine whether or not you survive. Combine this reality with your ability to maintain a positive outlook despite whatever odds you come up against, and you've got a decent measure of your capacity for braving it.

### **Medicinal oils**

Just about any potent herb can be combined with oil to create a nature healing remedy. Infusions do not have to be heated for oil to absorb the healing and regenerative properties of the herbs. Educating oneself on the basic herbs that can save your life in a time of crisis will help you understand better which ones to forage for or to avoid, which ones to gather and store, and which to disregard or simply leave to Mother Nature without disturbing them.

### **Garlic: Basic history & Medicinal purposes (Recipe)**

Garlic is one of the most potent and reliable sources of healing in nature. It is an antibiotic, anti-inflammatory, and anti-cancer storehouse of powerful antioxidants that contribute to the body's overall healing and rejuvenation.

**30-60 minutes**

**1 Qt.** Extra Virgin Olive Oil

**Sprigs** of Rosemary, Sage, Lavender, or Thyme

**1 lbs** peeled garlic cloves

**Mason jar** for storing

**Incense** and **candles**

**Good tunes or frequencies** to attune the infused oil

A **soul**, an **open mind**, and positive healing **intentions**.

## **Sound Healing**

"Since the human body is over seventy percent water and since sound travels five times more efficiently through water than through air, sound frequency stimulation directly into the body is a highly efficient means for total body stimulation, especially at the cellular level. Direct stimulation of living cellular tissue using sound frequency vibration has shown marked cellular metabolism and therefore a possible mobilization of a cellular healing response" ~ **Jeffrey Thompson**, Director of the Center for Neuroacoustic Research at The California Institute for Human Science.

Sound and music can help you develop your own intuitions which, in turn, can help you with your own healing. The human capacity for intuition and its effects on the body, on relationships, and on one's environment is not grounded on the occult or esoterica, but rather in hard scientific investigation by some of the great minds of physics and philosophy. Every human molecule has a particular corresponding musical frequency; and masses of particles behave and maneuver among themselves as if they were musical notes on the chromatic scale." ~ **Joel Sternheimer**, from his article, "**The Music of the Elementary Particles**"

## **Masuro Emoto's Water Crystals**

In Professor Masuro Emoto's work, *The Hidden Messages in Water*, he reveals studies that prove the power of directed thoughts and feelings to inform and imprint our physical reality. By infusing water samples with written or spoken messages and music, Emoto was able to observe how water takes on the expression associated with the energy or vibration of the respective message, code, or sound it absorbed. Negative words, images, or harsh music produced asymmetries in the water crystals, while positive, beautiful music and messages actually produced geometrically symmetric and aesthetically pleasing

crystalline structures to reflect harmony and balance.

The radical argument that this supports suggests that we are intentionally creating our environment, our consciousness, and our world constantly. The more mindfully we approach the process of creating, preserving, and transforming ourselves and our environment, the more we reclaim our power to heal the planet and save our humanity from destruction no matter what the odds.

### **Sound Healing Atunements**

1 The 23rd Psalm (Dedicated to my Mother) Bobby McFerrin

2 396Hz: Liberating Guilt & Fear

3 Gayatri Mantra Deva Premal

4 Ave Maria Marian Anderson & Franz Rupp

5 Shamanic Chants, Whistles, and Chirps Stuart Wilde

6 417Hz: Undoing Situations and Facilitating Change

7 Pure 42 Hz Sine Wave Gamma

8 Beato es Virgo Maria Choir of King's College, Cambridge, U.K.

9 Prayers by Queen Kunti Karnamrita

10 528 Hz Transformation and Miracles (DNA Repair)

### **Ultimate Task of the True Human Being**

Mother Nature provides us with everything that we need to create, preserve, and transform. We are her: *natural, organic, and wild*. Just as she casts off what no longer serves her when she needs to renew herself, we can heal ourselves, heal the environment, and survive no matter what odds we face. The quality of our consciousness, and our capacity for survival and adaptability, is predicated upon our alignment with nature, not with technology. When we enter into the Earth's natural rhythms, enhance our lives and our thoughts with her frequencies, and intentionally direct our energy towards higher vibrations, we restore ourselves to a symmetry that will always survive.

**Whatever befalls the earth befalls the sons and daughters of the earth. We did not weave the web of life, we are merely strands in it. Whatever we do to the web we do to ourselves."** :: Chief Seattle ::