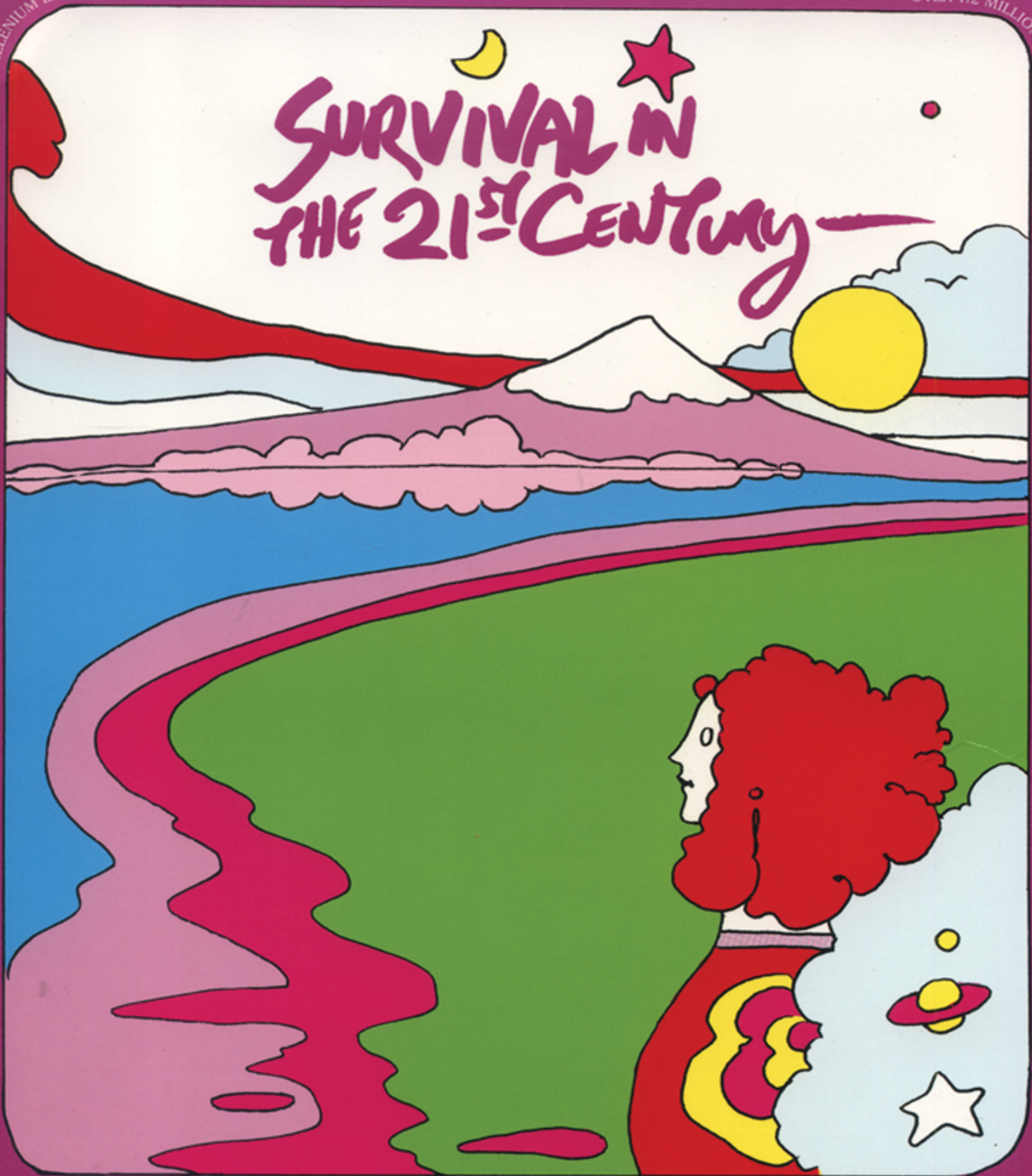


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# SURVIVAL IN THE 21<sup>ST</sup> CENTURY



## — PLANETARY HEALERS MANUAL —

BY VIKTORAS H KULVINSKAS, M.S.

COVER: PETER MAX

ART: JEAN WHITE

INTRODUCTION: DICK GREGORY

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#### POLICY STATEMENT ON THE USE OF INCLUSIVE LANGUAGE

The authors are aware that language used generally (words such as “man” or “brotherhood”) unconsciously excludes women. While they believe that the use of exclusive language is representative of the predominantly patriarchal male-oriented historical and social context from which we are emerging, they are nevertheless dedicated to achieving androgynous consciousness. To this end, they are making all feasible attempts to utilize inclusive language in our publications.

**“We shall be one person.”**

Pueblo Indian

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Jacobson, CEO) The Raw Food Masters Culinary Showcase, in Jamaica

“Viktoras is extremely dynamic as he shares his vast insights and delicious recipes in those rare videos”.

Gabriel Cousens MD

*“Viktoras is an encyclopedia of knowledge. Seeing and listening to him speak is like reading a fascinating book”* David Wolf

“Decades before trends began Viktoras pioneered the progressive health movement. With Ann Wigmore he co-founded the Hippocrates Health Institute.. Viktoras will give you the information you need to move forward.” Brian Clement

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# INTRODUCTION

**B**others and Sisters,

**What you all fixin' to do about what's cornin' down so fast?** Have you figured out yet what they're doin' to you — how they're manipulin' your body through the food you eat and the medicine you take; manipulin' your mind through what you read and watch on t. v.; manipulin' you through schools and churches so you ain't got no mind to say “boo”? “They” is the CIA — FBI — One World Government, a handful of greedy, power hungry white men fixin' to see that no one feels joy, happiness and peace within. Take a good long look at this land of the free and home of the brave and how it's directed by them. They pitted the white folks and black folks against each other and sat back to watch that movie. They got you with the t.v. What's on Saturday mornin' for your children? Cartoons, right? Wrong. They got yellin' and fightin', threatenin' and thrashin', violence and murder right in your livin' room. Where's the love and friendship valued so highly in this land? Then for the big folks they got the six o'clock news - only 'stead of cartoons they got what looks like real pictures of real folks doin' the same thing! They got the educational system together to teach you how to make a livin'. Y'all know how to make a livin', but how come y'all don't know how to live?

**With all of what you got, are you happy?** You got no cavities from usin' toothpaste, security from buyin' that life insurance, protection from fire, a car to drive your kids to and from wherever, frozen t.v. dinners cause you're too busy watchin' soap operas to get it together and there's Kentucky Fried Chicken on the weekend or when guests unexpectedly drop in and walk over your shiny waxed floors. There's hamburger extenders for mothers who want to feed their family the best while living on a shoe string budget. Course, it don't matter its full of saw dust and sugar. Or maybe it'd be safer to eat the shoe string: good bulk for tired Americans. So tired they need laxatives to dump out everything they dump in?

Ever read the labels on food packages? They think so little of your intelligence they list all the stuff they put in your food to kill you! You see twelve words you can't pronounce and you eat it anyway. All them chemicals, preservatives, sugar and poisons they add to food — that ain't

nutrition, that's behavior modification! America is the number one hoarder of money, land, natural resources, and food. We eat more food more often than any other nation, and then carry it around inside for seven weeks, seven months, seven years, seventy years. That's why you all stink. Your armpits, your bad breath, they're tellin' you that you stink from what you eat! From what's rottin' inside of you.

**Take care of your bodies - Please!** Try living seven days with no sugar. NO SUGAR. Try seven days with no poisoned, sprayed—with-insecticides, pesticide-laden food. See how you feel. You'll learn somethin' about bein' chemically manipulated when you give your body one weeks rest from all that poison. Remember to pray a lot too. When you start fixin' to take care of yourself by deprogrammin' from the poisoned robot manipulation, freedom will flourish throughout the world.

**Tune into the God Force locked inside your head!** The only thing they can't manipulate is your spiritual power. They can poison the water — you can distillyour own and drink pure water; they can spray all the fruits and vegies — you can grow your own sprouts and plant unradiated seed now, for fresh food and healthy seed for next year's planting. Throw out the t.v. and tune into universal channel of love. Wear natural fibers - cotton and wool - and let your body breath. You can start askin' lots of questions in your prayers and listen for the answers. They can cut off your arms and legs, blind you, and make you sick, but even the most powerful physical force on the planet cannot TOUCH your spiritual power. Choose your way: Absence of death or the presence of life.

There's a handful of us out there committed with our lives to make this world work right, cause we believe it can be. If I had to give up my life in the momin' I got no problems, cause I got brothers like Viktoras who balance out all the negativity on the planet. There's not another mind on the planet when it comes to nutrition that knows as much about the body with such integrity as Brother Viktoras. Don't know no book that talks as much as this—"Survival Into The 21st Century". There's a whole lot of folks out there who love what you're doin', Viktor, and a whole lotta folks out there is gonna be alive when the mess comes down because of you. Whole lotta folks love your book "Love Your Body" cause that, friends, is what it is all about! Look after your bodies, your minds, and your spirits — please! You got 62,000 miles of blood vessels in your bodies — understand the beauty and mystery of its needs and its life force that keeps on keepin' on. Treat

your body right - you deserve it. Do light exercise, walk, breathe through your nose, stretch your muscles, preserve your sexual fluid, eat right — no chemicals, no sugar, no processed government food. And pray!

Get up early one morning, look yourself in the mirror, realize what you see — there ain't another you in the entire universe. That should let you know you are somethin' special. Regardless of what you think of yourself, you are somethin' special, so treat yourself special. Take a load off your mind. Give up all hatred, violence and anger - carryin' that around hurts you and everybody else. YOU CAN TURN IT AROUND. Get in touch with yourself from the place of protection within you and let go of fear. Love yourself and one another. That's what it's all about. Nothin' else. I love you. God Bless. And peace be with you Always!

Dick Gregory

**March 1, 1981**

Bristol, Rhode Island

# SURVIVING THE APOCALYPSE

“Go out from her, my people; that you be not partakers of her sins,  
and that you receive not of her plagues.”

**Apoc. 18:3**

“Blessed is he that readeth and they that hear the words of this  
prophecy and keep those things which are written therein; for the  
time is at hand.”

“Hada, Hada spread your wings and fly this place  
Before the storm begins.  
Your face and body are not to suffer harm;  
Hada, Hada spread your wings and fly this place.”

— Franklin Davis — **THE GOOD FAIRY, in Spanish**

“Follow me, and let the dead bury the dead.”

**Matthew 8:22**

“I wish there were some wonderful place called the Land of  
Beginning Again.” —Lois Fletcher— **LAND OF BEGINNING  
AGAIN**

“. . . EVERYWHERE AT ONCE, ON EVERY PLANET, EVERY  
WORLD, GOVERNMENTS WERE TOPPLING, CITIES WERE  
CRUMBLING, WHOLE POPULATIONS WERE RAGING  
INSANE THRU THE RUINED STREETS, THE TORN  
COUNTRYSIDE; THE FABRIC OF CIVILIZATIONS WOVEN  
THRU PAINFUL AEONS HUNG IN TATTERS ON THE RACK.

VOICES OF THE FRENZIED INSANITY SHRIEKED FROM  
NEWSPAPER HEADLINES, RADIOS, TELEVISION TUBES,  
THE WHOLE NETWORK OF COMMUNICATIONS WAS  
POPPING, BURNING, FIZZLING IN A MINDLESS

HYSTERICAL RELEASE OF ENERGY THAT WAS PURE UNADULTERATED PANIC . . .

. . . “I SEE THE CRIPPLED PRESSES GASPING LAST BLACK WORDS OF DOOM AS THE INK POTS GO DRY AND PHONE WIRES FUSE TO THEIR INSULATORS, TORN AND BROKEN THREADS OF SPEECH STREWN ACROSS DYING AMERICA . . .”

VOICES OF WONDER SAT AND WATCHED IN CAVES OR FROM THE SHELLS OF BOMBED OUT BUILDINGS. MEN WHO HAD WAITED FOR THIS DAY, MEN WHO HAD KNOWN IT WAS COMING . . . THE WHOLE PERVERTED MESS, FALLING INTO ASHES, A FEW LAST SPASMS OF NUCLEAR HYSTERIA, THEN NOTHING . . . JUST A LIGHT WIND IN THE EMPTY TREES, AND A DUST AND SAND WHIRLING IN THE SILENT STREETS . .

—Tom Veitch  
from the **LUIS ARMED STORY**

“These changes are coming, not at random and in chaos (which will be a product of such changes for a time), but these changes are coming of a planned, orderly, spiritual, creative force, that will bring about better conditions for the survival of man as a spiritual being, in harmony and peace with his world, with himself, and with his maker... See?... The purpose of many will be changing, and the emphasis will be put in many different places. Those who resist too much change shall be blown down in a heavy wind...then let the spirit lead thee. Let these changes which must come take thee gracefully.”

Seasons of Changes, Associations of the Light morning.

(Heritage Pub., Virginia Beach)

“Repent ye, for the end of the world is nigh.” These seem to be words uttered by some crackpot prophet of doom — they provide a good source of amusement. Harvard Lampoon’s parody on LIFE featured a special on “The End of the World,” taking a long, last look at the Planet Earth before it

dissolves in ‘cobra-cola’. Each time a new deadline predicting the end of the world is bypassed, many laugh, saying, “look, we are still alive! Ha, Ha.” Then they swallow an assortment of courage pills to tranquilize their nerves facing, by the same token, the prospect of lids closing slowly and mysteriously on their self-made coffins.

The Bible warns of “famine and pestilence.” The native of our synthetic jungles, vision blinded by a full stomach, dismisses such forecasts as ‘scare messages.’ The electronic lips of microwave tom-toms fill the air with words — crime, sex, power failure, violence, rape, drugs, government corruption, inflation, cancer, food shortages, flood, drought, war, disease — as they mesmerize the public into a stupor of the ‘norm’. The new native does not know life or death. The new native is insane.

“The mills of the Gods grind slowly, but they grind exceedingly well.” Long before Jean Dixon and Edgar Cayce, many prophets were describing events that would occur in our generation - the generation that would see “all things come to pass.” Christ said in Matthew 24:6-7, “And ye shall hear of wars and rumors of wars. See that ye be not troubled, for all these things will come to pass. But the end is not yet. For nations shall rise against nations and Kingdoms against Kingdoms. And there shall be famines, pestilences and earthquakes in diverse places.”

A Yorkshire woman named Mother Shipton, who was born in 1488 and died in 1561, made this prophesy:

“Carriages without horses shall  
go,  
And accidents fill the world with  
woe.  
Around the world, thoughts shall  
fly  
In the twinkle of an eye.  
Under water, men shall walk,  
shall ride,

Shall sleep and talk.  
In the air men shall be seen,  
and  
Covered by hail and snow.  
The world to an end shall come  
In nineteen hundred and  
nineteen-one.”

The dramatic end to this age will come as a result of one or several of the many triggering mechanisms which we have built into our national lifestyles. It could be depression, energy failure, epidemic, war, famine, earthquake, ecological disasters.

We have become enslaved via a debt of 440 billion dollars to the international bankers. We pay out over 20 billion dollars to them yearly in

interest. Furthermore, the money made from land speculation, plus unearned interest rates has produced an inflation spiral. Politicians, the military, the medical profession, pharmaceutical firms and the Mafia further contribute to inevitable economic disaster. The poor are becoming poorer slaves. The rich are becoming richer masters. The last depression was planned and controlled. The coming one is going to be total anarchy.

The key signs of oncoming depression or runaway inflation are: a) prime interest and discount rate of Federal Reserve Banks accelerating rapidly — this curtails business expansion and increases shortages of all essential **matters**; b) the more vehemently the administration insists that the economy is sound, the more certain you can be of the opposite; c) shortages of food, fuel and goods; d) rapidly rising gold prices.

As mistrust in the economy increases, there will be a run on banks, which will be forced to close on a national level. Since banks hold only twenty percent of the currency needed to back up savings, withdrawal will be impossible. Banks will burn. The lower classes and poor folk who bank are not suicide-prone like the middle class of 1930. Cities will turn into infernos of violence. This will happen over a period of a month.

Spaceship earth is running out of energy and food. There are 3 1/2 billion people on the earth now and the population grows 2 percent annually. Although India increased its crops of food grain, it also increased its population. There are 70 million more Indians to feed since the mid-60s when India began to increase its production. We see this year the pictures of starving live-stock and children in India hit by the monsoons, and those in Africa who are victims of drought.

When the major crisis comes, as nature rebalances herself, the United States may well be the last nation to be hit. But there are already many signs, such as the shortage of gasoline.

Biologist Barry Commoner said at the AAAs convention in Boston in 1970 that it is already too late to stop the population from reaching the eight billion limit the world can support. We will help to feed the world at an estimated figure of about \$41 billion a year. "This investment, together with operational costs, would require a sum probably in excess of \$10,000 billion in all."

Even if we have this money, there is no new place to plant. Virtually all the land which can be cultivated with known or easily foreseeable methods is under cultivation.

Raymond Bouillenne, professor of Botany at the University of Liege, Belgium, according to UP, March 10, 1962, (released by the American Association for the Advancement of Science) says,

“Mankind is gaining 120,000 mouths to feed each day and losing 20 million acres of food-producing land each year . . . We are in the throes of an apparently irreversible reduction of the surface of cultivable land. The area of such lands has decreased by an estimated 20% in the last 100 years. Of the 40 billion acres remaining, at least 20 million disappear irretrievably each year . . . Man the destroyer having wiped out hundreds of animal species is well embarked on a course which threatens his own kind with extinction.”

Others fantasize that although land agriculture cannot possibly take care of our food needs, we still have endless resources in the sea which can be tapped so that we can populate the earth until people are jammed, insane, like sardines in a can. They forget that the oceans are civilization's cesspools.

General William H. Draper predicts that in another thirty years, six to eight billion people will be fighting to live on a planet that is not adequately feeding half the number.

Jose de Castro, Director of the World Association for the Fight Against Hunger, and former director of FAO, stated: “Of the sixty million deaths recorded annually in the world, thirty to forty million must be attributed to malnutrition.” (Black Book of Hunger).

Thomas M. Ware, Head of the Freedom from Hunger Foundation, testified before a Senate subcommittee: “Very few grasp the magnitude of the danger that confronts us . . . The catastrophe is not something that may happen; on the contrary, it is a mathematical certainty that it will happen.”

At a Senate Government Operations Subcommittee hearing from several Nobel Prize Winners on hunger, Dr. Albert Szent Gyoraui of Marine Biological Laboratories at Woods Hole in Massachusetts, stated that a time will come when “men will kill one another and eat one another.”

It is already too late. William and Paul Paddock succinctly stated their case in FAMINE -- 1975! (William Paddock is a plant pathologist and agronomist; his brother is a retired foreign service officer). As far as they

are concerned, “The people are already here who will cause the famines. Birth control techniques are for the future, they cannot affect the present millions of hungry stomachs.”

We have altered dramatically the weather pattern of the globe. By displacing the forests with concrete cities and farmlands, we have created shafts of hot air above such regions so that the temperature rarely drops low enough to lead to condensation of air moisture into raindroplets - hence drought is the way of the south and west coast of the USA. The cool air of the east condenses on metallic particles spewed from a thousand factories and precipitates. Excessive rains have ruined many of the eastern crops. If these natural forces should destroy enough of the grain crop, the USA will be in a state of FAMINE. Likewise, famine will affect all other countries which are dependent upon our crops. Since 1970, we have lost a major portion of the mung bean, wheat, rice, alfalfa and hay crops.

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