

Site Map: [MAIN](#) / [A Reader's Journal, Vol. 2 This Page](#)



A READER'S JOURNAL

The New Civilization The Ringing Cedars Series, 8.1

by

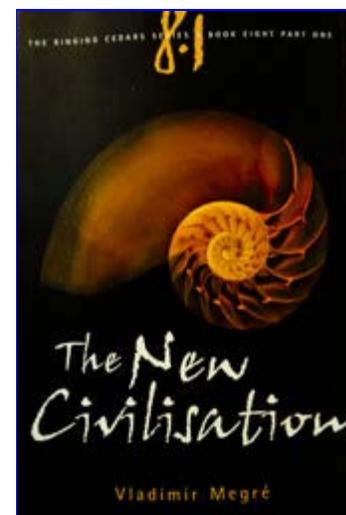
Vladimir Megré

Translated by John Woodsworth

Edited by Dr Leonid Sharashkin

Published by Ringing Cedars Press/USA in 2008

A Book Review by Bobby Matherne ©2014



After encountering a lot of superfluous material in [The Energy of Life](#), Book 7, as I explain in my review, I stopped reading the Ringing Cedars

Series. Recently two Good Readers contacted me about the Series after reading my first seven reviews and wondered if I would ever get around to the two latest Books, 8.1 and 8.2. It was all the impetus I needed to pick up again where I left off with the adventures of Anastasia, the Russian girl, now woman, living in the taiga forests of Siberia, whose thoughts have inspired so many millions by the books written at her direction by Vladimir Megré, a Russian entrepreneur who had never written a book before. Here I am, back on the Ringing Cedars Roller Coaster with Anastasia's ideas for the evolving world bringing my heart up into my throat with each new dive into utterly novel concepts for life as a full human being. Grab a seat alongside me in the front car and hold on tight.

For folks who skip all the prefatory comments and leap right to the first page: there's a revealing comment which appears on the Main Title page's facing page, a revealing disclaimer. If you trust everything the federal bureaucracy does, you should probably not proceed in reading any of the Ringing Cedars books and stop reading this review.

[page ii] DISCLAIMER: The USA Food and Drug Administration has not evaluated any of the information and advice contained in this book. This book is for informational purposes only and is not provided or intended to diagnose, treat, prevent or cure any disease, nor does the Publisher make any claim as to the accuracy or appropriateness of any particular course of action described.

What fun! If we read this book and our life improves by following some of Anastasia's advice, we can not thank the FDA for endorsing and approving the material. One cannot help but think of the hundreds of drugs which appear in Lawyer-sponsored TV ads only years after they have been FDA- approved, gone into general use, and have destroyed the health or lives of thousands of people, so much so that class-action lawsuits have been filed against the manufacturer of unsatisfactory drugs that had been approved, released for consumption, and promoted on TV only a few years earlier.

Shall we coast down to a spot in the text where non-FDA-endorsed advice is proffered to readers of this book?

[page 66, 67] This method by which any Man can compile his own dietary regime or recipe for healthful nutrition seemed to me to be most original and logical. The body's needs — in term of quantity and variety of produce — will naturally differ from one individual to the next. Consequently, there cannot be a single recipe or dietary regime which is the same for all. But through the aid of the method proposed by Anastasia, every Man can make up his own individual regime which will be as accurate and useful

as possible for him.

It appears as though man-made recipes and prescriptions are not always beneficial to one's health. Instead, they tend to be technology-based and more convenient for the manufacturers and organizers of our modern nutrition industry. Take McDonald's, for example — one of the most powerful and influential corporations, known around the globe – inculcating in the whole world a taste for uniform hamburgers and cheeseburgers along with packages of fried potatoes, roping in everybody under a single unitary norm. Such a system undoubtedly works very well to the manufacturer's advantage — uniform products, uniform equipment and preparation technology. How far removed such uniformity is from the natural method of nutrition, and how harmful!

What is the method proposed by Anastasia? One can read the first seven books in the Ringing Cedars Series and decide for oneself, but, since I have done that, let me offer to you my condensation of her advice together with some scientific, Nobel-Prize-approved backup for its validity.

When you follow Anastasia's advice, you will begin selecting, sowing, weeding, and harvesting your own fruits and vegetables in a garden on your own soil, a garden where you and your own family are the cultivators and consumers of the produce. Yes, such advice would cause large agricultural firms and fast-food restaurants around the world to tremble in fear, but does this advice cause you to tremble in fear, dear Reader? If you agree that this is a healthy way to consume fruits and vegetables, read on.

Let's take a break to consider the life of Barbara McClintock(1). She toiled for thirty years studying color patterns in maize (corn). Then she wrote up her findings and she was ridiculed by her professional colleagues in the field of genetics. They laughed at what they called facetiously, "jumping genes", and the laughing turned to silence when she stepped on the stage to receive her Nobel Prize. What are genes and why should their jumping be important to me and you?

The exact type of proteins produced inside of a plant is controlled by genes in the DNA strand in a plant. These genes act as cookie cutters for shaping proteins. Genes which jump from one portion of the DNA of a given plant to another portion of the DNA of the same plant will invariably produce slightly different proteins. One cannot see the difference in the plant, but one may taste the difference for reasons I will explain below.

What causes genes to jump? Stimuli from the environment of the plant, such as the chemicals in the breath or sweat of the gardener tilling the soil, planting the seeds, pulling away weeds, harvesting the plants. (Any toxin exuded in perspiration provides a stimulus.) In every step of the plant's life, genes jump in response to these stimuli and modify the proteins they produce. What if the modified proteins are designed to overcome the lack identified by the plant in the stimuli it receives from the gardener? If this were so, we could say the following:

These ordinary fruits and vegetables are diagnosing what is deficient in the body of the human planting them and these plants modify their own vegetable proteins in order to overcome the deficiency in human planter's body.

This sentence states the leap of insight which led Anastasia to suggest that people create small gardens (in their domains) which they tend, and that they and their family living with them consume the plants which they harvest in the family domain's garden. Amazingly, the feasibility of her suggestions are backed up by the detailed scientific findings of the Nobelist Barbara McClintock.

To sum up what this all means, in a nutshell: Plants can heal human beings who grow them. Yes, wheat grown in a great mechanized farm in Kansas can provide nutrients to a dock worker in New Orleans, a thousand plus miles away, but only fruits and vegetables grown in Boudreaux's own backyard in the Ninth Ward of New Orleans will modify their genes to provide exactly the proteins Boudreaux's body is deficient in. Food grown a block away in a garden that Boudreaux does not visit will not provide this custom-made genes for his body, but only for the people who tend that garden.

Plants grown by one's own hand act as:

1: Diagnosing Physician to pinpoint protein imbalances

2: Prescribing Physician to prescribe the offsetting proteins to bring the body into balance

3: Pharmacist to concoct the offsetting proteins, and

4: Dispensing Druggist to place the proteins into a good-tasting concoction to be consumed.

What evidence can I cite that this way of growing and eating one's own plants is healthy? My father grew his own vegetables and he lived to 93. His older sister, whose husband grew vegetables for him and her, lived to 99.

What about the good-tasting claim? Long before I ever heard of Anastasia or Barbara McClintock, I had observed how much better my father's produce tasted compared to the supermarket produce. And I wondered why. My wife and I helped him in his garden for many years and always brought home tomatoes, cucumbers, bell peppers, potatoes, eggplants, etc, for our own use. But it was watermelon that gave me the clue as to how our body makes food which contains substances our bodies need taste better.

A few years ago I was eating watermelon with our good friend Rosie, an octogenarian, and noticed that she was sprinkling salt on her slice of watermelon. I recalled that when I was growing up in the 1940s that we almost always sprinkled salt on our watermelon, on each slice, before we ate it. But I had not done that for many decades. Why? Yes, I would try a little salt just as a test every decade or so, and it did not make the watermelon taste better. It remained an unanswered question(2) which I had pondered until that day sitting there with Rosie. I tried sprinkling a little salt that day, and no change. I liked the watermelon better without the salt, in fact. What had changed between 1950 and 2010? And it came to me in a flash! Air-Conditioning appeared! In the 1940s and 1950s, our south Louisiana home was cooled by window fans. As a result in the summer-time we spent a lot of time outside, working and playing and sweating a lot. When you sweat, your body loses salt, does it not? When your body needs salt, anything you eat that adds a little salt to your body will taste better. Makes sense? When we came inside or sat outside on the porch to eat watermelon, if we sprinkled salt on each slice, that tiny amount of salt was important to our salt-depleted body and our body let us know that it was important by modifying the taste of the watermelon to make us enjoy eating it more when we added the salt!

Given, this is a trivial example, but it clearly demonstrates that our body lets us know when food that contains even the simplest nutrient of all, NaCl or salt, is needed by making it taste better. What about all the complex proteins whose chemical structure would take pages of chemical formulae to delineate, but which are vital to our health? Yes, our bodies would let us know if the plants we are eating have those healthy ingredients by making them taste better. After decades, that afternoon with Rosie, an answer to my 30-years-held unanswered question of why my dad's harvest tasted better than that of the supermarket had arrived. And that answer led me eventually to understand the *Plant as Doctor* thesis that I have expounded here.

Consider the power of this concept of Plant as Doctor(3). It means that no amount of money can allow you to acquire food which is custom-designed for your health. Only your own time spent in your own garden, tilling the soil, planting the seeds, weeding the growing plants, harvesting the plants, and eating them can provide such life-giving nourishment. Any other way of eating will provide you only with empty calories and less tasty food.

Anastasia offers a view of a life driven by money — how it usually drives one into an all- encompassing striving that ends up with one feeling only emptiness.

[page 77] Judge for yourself, Vladimir: people who control the world today through

money believe that only power and money can bring happiness to Man. And all the people out there striving to earn a few coins have convinced them that they are right. But often — very often, in fact — the winners in this senseless rat- race are the ones who suffer the most. They reach illusory heights and feel, more acutely than others, the whole senselessness of their life.

There is a different option available to people, Anastasia tells us, striving after wealth is just one kind of image. She tells us a fairy tale of the future in a long story called “The Billionaire” which follows and fills Chapter 7. The key is the positive energy that the image, the goal which absorbs a person’s life. Think of what goal consumes a person’s life when you meet someone whose life is filled with negative thoughts and destructive actions.

[page 86] What’s important are the true attitudes, the true feelings one person harbors towards another. The more positive emotions people express towards a particular individual, the more positive energy is concentrated in him. On the other hand, if negative emotions predominate in the atmosphere surrounding a person, he will experience an accumulation of negative and destructive energy.

Such a concentration of negative energy on someone is what Anastasia calls a *spell*. For myself, a spell is clearly a case of post-hypnotic suggestions made by ordinary people who have not studied official hypnosis, but are *master hypnotists* and not aware of their powers and prowess. I came to this understanding of hypnosis after an intensive week-long workshop with Richard Bandler, a founder of Neurolinguistic Programmingtm(4). We were studying to become hypnotists and he led us to discover that the real hypnotists are the people on the street we have to deal with every day who are unaware of their masterful hypnosis techniques.

[page 86] Among the common folk this is called a spell, and folk-healers base their actions on this phenomenon. By no means all folk-healers are charlatans. The whole point is that a person who has been the target of too much negative energy from those around him is himself capable of neutralizing it or, in other words, compensating for it. By telling the patient that he has removed the spell by certain types of actions, the healer helps him believe that he is cleansed. If the patient believes the healer, he is really evening out the balance within himself between the positive and the negative. If he doesn’t believe, it won’t happen. You don’t believe in folk-healers and consequently, they won’t be of any help to you.

What’s a person to do who doesn’t believe in folk-healers? There are psychotherapists who can overcome the various *spells* a person is under. There are psychiatrists who will prescribe drugs for similar conditions. But the best way and the cheapest way does not require help from the outside. Can you imagine what that might be?

[page 87] Now an individual human being is capable of producing positive energy — and in sufficient quantity — within himself, all on his own. But for this he needs to set his heart on some kind of dream or goal, and the step-by-step realization of this goal will bring about positive emotions.

In the mid-1960s, I lived through Hurricane Camille near Lake Pontchartrain in a subdivision with homes under construction. Those homes that were framed and roofed, but had no siding on the walls, collapsed in the high winds and one of these was across the street from us. From the debris as it was being hauled away I was able to salvage a window and a couple of door frames, and got the idea of building myself a small house to use as a garden shed in back of our property. I laid out the foundation including a strip of concrete sidewalk to the main house. I ordered a concrete truck and poured the slab (with embedded bolts for anchoring) and the sidewalk following the process I had seen my dad do when I was a small boy.. Then I bought roofing materials, 2X4 framing lumber, and framed up the building using my own design.

My son was about two at the time, but I imagine he was watching me as I built the little house completely on my own, because he later built a large home on his property in Bloomington. My dad built two complete houses by himself, one in 1940, my childhood home, and the second in 1955, my teenage home. I mention this because I experienced exactly the kind of satisfaction that Anastasia talks about in her future fairy tale, and I have no doubt my father and son experienced it as well.

[page 91] For some quite inexplicable reason all children yearn to create their own little house, their own space. That yearning is there, no matter whether the child has his own room in his parents' house or lives in the same room with his parents. With almost all children there comes a time when they start building their own little cubby-hole. In every Man, apparently, there is a gene that preserves some kind of ancient memory, telling him he ought to set up his own space. Whereupon any adult or child heeding this call, which arises from the depths of eternity, goes about setting it up at once. Never mind how amateurish it turns out by comparison with modern apartments, a Man who has built this for himself derives much more satisfaction from it than he would from the most chic and stylish apartment.

The middle portion of this book is devoted to a letter Megré wrote to the Russian President, the same one who is marshaling troops on the Ukraine borders after taking over Crimea illegally. I doubt much will come of that letter and Megré's loyalty to his namesake President. But much will come of Anastasia's work for the people of Russia which has inspired so many people all over the world to build their own domains and grow nourishing fruit and vegetables, with designer genes to keep themselves and their families living long, healthy lives. Megré sums up:

[page 197] It is hard to tell who has performed the most significant service — Anastasia, with her impassioned sayings, the book: themselves, or all those who have seized upon the idea and carried the torch forward?

Anastasia has said:

"I give the whole of my soul to people. In people I shall prevail through my soul. Prepare yourself, all wickedness and evil-mindedness, to leave the Earth...." I thought these were just simple words. However, life has shown me that they are not simple at all.

Anastasia's dream has been lit with tiny sparks in the hearts of millions of people scattered across the globe — people of many different nationalities and faiths. This dream is no longer just her dream. It belongs to many people and will not fade. It is now the dream of the ages and of eternity!

Anastasia speaks about eternity, about the need for people to be aware of eternity in a new way, one which coincides with my recent views on eternity. If one is alive today, one is living in the middle of eternity. Eternity is not something out there that we get to experience after we die, perhaps, but rather it is what we experience right now! To me as I type these words, to you as you read them. Stop for a few seconds and experience what eternity feels like. . . . It will always feel this way. You will live in this physical body until you have no further need for it, then you will live in the spirit world until you feel a need for another physical body, and you will continue this cycle until the Earth itself dissolves and you will no longer have a need for any physical body. This will continue in a series of moments exactly as you experience this now moment, on and on without end. At each now moment you will be experiencing eternity. Experience each now moment given to you to the fullest and you can help bring the new civilization of Anastasia's image into reality.

----- *Footnotes* -----

Footnote 1.

Read my review of her book for a quick look at her life's work which adds scientific credence to Anastasia's advice and methods: <http://www.doyletics.com/arj/afeeling.htm>

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**Footnote 2.**

“What is the power of an unanswered question?” is [Matherne’s Rule No. 25.](#)

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Footnote 3.

This thesis was first expounded by me on the following Webpage which contains links to related essays: <http://www.doyletics.com/digest113.shtml#comment4>

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**Footnote 4.**

For links to Reviews of NLP Books by Richard Bandler, John Grinder, etal, [Click Here!](#)

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Footnote 1. [foot note text]

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