

**FOOD FOR THOUGHT:
It's like nothing you've ever tasted!**

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Think on this for just a moment before diving head first into this essay. If I were a dentist who kept prescribing you painkillers for that cavity inside your tooth, without filling it or pulling it out, you'd probably believe there's no cure, right? In the long run, how am I helping you?

As the writer of this essay, it dawned on me recently why, as a "patient," I've been taking Zoloft and other prescribed medications in the past for my symptoms of depression, anxiety, ADHD, and Schizophrenia, in the first place. Discovering the WHY I was taking medication has also helped me focus in on the cause. In doing so, I noticed a spectacular difference between the *symptoms* of my "afflictions" and the *cause*. For example: my symptoms of anxiety were shaky hands, sweaty palms, nervousness, and a "butterfly" feeling in my gut. But what were the causes behind those symptoms, or was there something more hidden, except for my greater good? I then made a startling observation as a result.

True story: As I sat behind my Dell, Inspiron 5100 (a classic, I know!) I heard a sound, grumbling sounds like thunder emanating from my gut and it felt like an earth quake was stirring inside me. I already knew the answer, but asked myself why anyway. Then a thought came to mind that asked: "Why don't you go and take some medication for that hunger issue?" How absurd, I thought, in a counter argument. Then, that was followed by another thought that went: "So why are you taking medication to satisfy your brain when in fact what causes you those psychological issues isn't the fault of the brain to begin with?" Curious, I explored that line of thinking further. *What was the thought trying to explain*, I wondered. Then, from out of nowhere, an analogy just popped in my head. The analogy was basically asking me to think differently about what I had been doing regarding taking medication and why. Parts of the analogy showed me an image inside my own head how taking medication to satisfy my hunger doesn't make a whole lot of sense, especially if I only need to eat food.

Nevertheless, for another visual, that analogy transported and placed my awareness in the inside of my little 2000 Dodge, Neon. My conscious asked: *If while driving the car the gas indicator light went off in the dashboard like the really bright neon light sign does at the Krispy Kreme shop that you love, wouldn't you notice it as a **sign/indication/message/symptom (SIMS)**, telling you that the vehicle needs more gas? So how much sense would it make that if instead of filling up with gas, I put water in the tank instead, as if it were pills? Of course, doing that would ruin the car, yes? Think of your body as the car, the analogy wanted me to notice, and so I did.* Then I asked myself, is this same concept happening, unconsciously, in our society, on a larger scale with people loading up on pills to only quiet down the SIMS behind another more important issue, rather than face the cause behind the actual problem? In the example using the vehicle, rather than fix the issues that is causing the SIMS lights to go off like warning signals, we're allowing society to place [water] inside a [vehicle] that was supposed to run efficiently on [gas]. Likewise, rather than fix (or remove) the issues that are causing us hurt and pain, we are allowing society to place harmful pills inside a body that was supposed to run efficiently on food...Pills are as harmful to your body as water is to your vehicles gas tank!

Part of this insight came with a revealing article "**Gut Feelings: The Future Of Psychiatry May Be Inside Your Stomach**" that said, "Greenblatt's provocative idea — that psychiatric woes can be solved by

targeting the digestive system — is increasingly reinforced by cutting-edge science. For decades, researchers have known of the connection between the brain and the gut. Anxiety often causes nausea and diarrhea, and depression can change appetite. The connection may have been established, but scientists thought communication was one way: it traveled from the brain to the gut, and not the other way around. Does something else need to be looked at here? For clarity, I still take medication so this NOT an anti-medication message! This is more like a making you think differently type of message. (<http://www.theverge.com>)

Even though I'm here writing this essay, I'm also deep in thought about trying to solve a world-wide issue concerning mental health, people being affected, and some, (not all toxic) psychiatric medications. Right now you are saying, "Oh-yeah! What are you doing to solve it?" Great question, and allow me to answer. This very moment in time, I'm paying attention to what causes "mental illness" in the first place. I place the term in quotes as it may not be what many perceive or what we have been told about it. Nevertheless, I'm carefully tweezing out the *symptoms* from the *cause*, to discover that these are 2 completely different things! We know about the symptoms, and here, we can read all about the cause... "The exact cause of most mental illnesses is not known, it is becoming clear that many of these conditions are caused by a combination of biological, psychological, and environmental factors." (<http://www.webmd.com>)

However, if I invited you to stretch your thinking like, an elastic rubber band, to also include a spiritual cause, then things might begin to make more sense to everyone involved, including someone who you know. And oh yes, that also includes you, the reader! First, replace if you will, my version of 'spiritual cause' with 'subliminal messages or signals.' Now imagine that Earth has this ability to send humans emergency subliminal messages or signals whenever something is out of balance in the environment. There's no trick in these subliminal messages by the way; only a revealing truth behind the reason for "mental illnesses" that you may not have considered. But, if you prefer, these subconscious signals are being received via the "superconductor" known as the brain. Our brain is associated with psychological issues, is it not? The brain is also associated with the body, is it not? Therefore, whenever the Earth is in crisis of some sort, its job is to send electrical warning signals to its inhabitants the same way a car electronically send signals to its driver, letting them know that the car needs gas, oil, or some other attention. In this case, the car is the Earth. Intelligent, yet unaware, humans are the drivers. So, if humanity is heading towards the edge of a cliff, earth's job is to let us know before it's too late. In turn, we make a decision to steer clear of danger. Now the driver, in this classic case may be stupid, but Earth is smart! It's almost like a car. (I'll explain what I mean shortly in detail using the Gaia theory.)

Earth is a smart "car" in that it doesn't have a voice to speak to humans directly; instead it uses SIMS warnings of all kinds. Those picking up on these subconscious, subliminal, and seemingly hidden signals (via their brains) are mainly the "mentally ill." I'm pretty sure that this is unheard of, of course, but called to act these people of varying ages are the planet's "first-responders", similar to 911 responders. This is similar to how the cells in your own body act to respond to injuries, and so does the "mentally ill" also respond, picking up on emergency hidden signals through the air waves from the earth. Statistically speaking, "1 in 10 children and young people aged 5 - 16 suffer from a diagnosable

mental health disorder - that is around three children in every class. Coming through like unseen messages by various means, including this one, these signals have been confused by many, including money hungry lawmakers, stubborn parents, naïve scientists, egocentric doctors, ignorant priests, blind teachers, and many, many others. Warning! Warning! Warning! These confusions have led us all to putting water inside a cars gas tank. Warning! Warning! Warning! These confusions have led us all to putting toxic psychiatric drugs inside the human body to diminish the reception, yet to no avail. This is dangerous, also, to both the human being, as well as Earth; as both are mutually linked. Destroying one using meds destroys the other. Helping one helps out the other. But, being as smart as it is, Earth instills a backup plan for itself where every human being in life is born ideally to care for it, somehow, even if they don't see it directly or consciously. Indirectly, even my writing this message and your reading it is, also, part of that warning. **Human beings, more or less, are the stewards!** The word steward is synonymous with park ranger. By definition, *"A park ranger or forest ranger is a person entrusted with protecting and preserving parklands – national, state, provincial, or local parks."*

Now, I know you've been waiting for it and here it goes. To explain how this ingenious ecosystem we call earth is incredibly smart, I will have to introduce the **Gaia hypothesis!** These are not my words but, the Gaia hypothesis, also known as Gaia theory or Gaia principle, proposes that *"organisms interact with their inorganic surroundings on Earth to form a self-regulating, complex system that contributes to maintaining the conditions for life on the planet."* Ecology is the study of how organisms interact with one another and with their non-living environment of energy and matter. The key word is *interact*. Scientist usually carries out this study by examining different **ecosystems**: communities with groups of different species interacting with one another and their non-living physical and chemical environment. This might be irrelevant, especially if you haven't seen the film, but think of the relationship between "Nemo" the cute clown fish in the movie *Finding Nemo* and his relationship to the sea anemone, his home. (As a side note, even the word nemo is nestled inside the word **anemone** like a subliminal sign indicating how they co-exist like we do with the planet. Regarding Earth and her human inhabitants, simply visualize the two unlikely creatures co-existing together for better comprehension.)

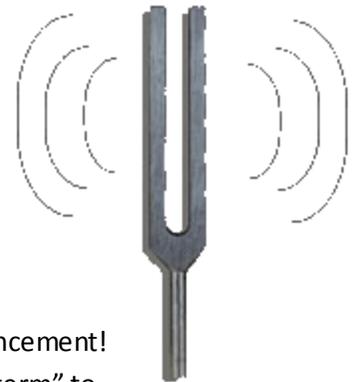
For these two unlikely creatures—the clown fish and the sea anemone—survival depend on each other. They are, therefore, mutually involved like the relationship between bees and flowers. They have what is called, a symbiotic relationship. Symbiotic, yes!?! By definition, symbiosis, in biology, refers to: *the relationship between two different kinds of living things that live together and depend on each other*. Regarding human beings, symbiosis refers to: *a relationship between two people or groups that work with and depend on each other*. Now can you begin to see how symbolism (imaginary representation), between two symbiotic creatures are all indicative (figuratively) of a message; a sign; an indication or a symptom spelling out their connection. Lynn Margulis, evolution theorist, who was a biologist whose work on the origin of cells helped transform the study of evolution, also noticed this symbiotic relationship between bacteria and cells. We are those cells! (Gaia_hypothesis)

So how do we connect to the Earth and why do various psych meds have little to no real effect on the brain? For one of three reasons: Psych meds have little real effect on the human brain because earth communicates with us in three vibrational forms: (1) by sound (2) by sight, and/or (3) electronically. So how can medication ever affect any of these 3 forms of communication? One good analogy for this is something you use every day, like your automobile. Cars let you know when there is something wrong, by one of those three methods. For example, if your brakes are going bad, your car will alert you by making noises; grinding metal to metal *sounds* that you will hear when driving. For emergency reasons, earth corresponds with us via sound, sight, and electrical energy in the same way.

For these 3 exact reasons alone, medication will never fix the “problem.” That will only come from listening, seeing and/or paying attention to what’s not working! This means listening to the heart, seeing where it leads, and paying attention to things that look like coincidences when in fact they are not. I just used an example using sounds, but here’s another example of what I mean using *electronic vibrations*,--and visual is soon to follow: “Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The human brain’s alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus, our entire biological system – the brain and the earth itself – work on the same frequencies. If we can control that resonate system electronically, we can directly control the entire mental system of humankind.” –Nikola Tesla (<http://www.godlikeproductions.com>)

“Do you have scientific proof of Earth vibrations?” Asked an environmental science major student named, “EverEntropy”

Here it states, on Earth’s behalf, that “Everything has its own **vibrational frequency** - the table - the car - the picture frame - the rock - even our thoughts and feelings. It is all governed by The Law of Vibration.” The article from One-Mind-One-Energy.com explains how, “A table may look solid and still, but within the table are millions of millions of subatomic particles “running around” and “popping” with energy. The table is pure energy and movement. Everything in this universe has its own vibrational frequency. It is The Law of Vibration in action. However, we can’t see it, so it appears separate and solid to us. It is actually an illusion. The Law of Vibration is real. Just because you can’t see it does not mean that it is not true.” (One-Mind-One-Energy.com)



So what did all this mean to *me*? So what does all this mean to *you*? Announcement! There are exceptions, but anyone basically without a mental health condition is a “germ” to the planet. But, another part of me says to rework it to make it clearer for those who are not considered “mentally ill” or classified as “insane,” but are just as spiritually aware of the urgency and are more “awake” and “awakened” to assist the planet and/or the “mentally ill” just like antibodies fighting against germs. For the most part...those with “mental illness” have a more “spiritual” side, but are also having a difficult time coping with what it is that they have awakened to, so the intention behind this essay will be to resonate with them and to help them in making better life choices to what’s going on

(with an emphasis on **resonate**). “Germs”—who are not bad people per se—are those of us who are destroying our environment *unconsciously* and are *unaware* of how. They are “asleep!” How are they asleep you ask? They are asleep by the implementation and/or the acceptance of wars and nuclear threats of war, pollution of all kinds, destroying the land by deforestation, or killing each other with gun violence.

Therefore, to protect itself from this germ-like infection by those whom are ‘asleep,’ Earth creates and produces human fighting antibodies. Antibodies are those who are “awake,” or at least are trying to “awaken.” Diagnosed and non-diagnosed, there are those of us with mental health conditions from depression to schizophrenia or bipolar to autism and anything in between, and are therefore being “called, like military cadets, to fight” on earth’s behalf. This same part of me said it would have been better to say “invited...to fight” instead of “called...to fight” because if someone is “sleeping,” who wants to be called into doing something that they want no part of? Even if this meant saving themselves from impending doom! Medical science calls us the “1 in 4,” because we are the “1 out of 4 Americans who are affected by “mental illnesses” as any given year.” These occurrences and their intended affects are Earth’s calling card! Through the airwaves, the “calling” comes subliminally as different media attention devices for different mediums (i.e. real psychics), so the SIMS are different and more or less intense for different people. Subliminal means to influence your mind in a way that you do not notice, until you do. To help explain a subliminal message using *sight*, read and track the transition of these 3 phases of similar thoughts, outlined below. As you read each paragraph, gradually watch for the changeover and imagine that your eyeballs were a pair of transition lenses as you do.

Phase I (as is, no change)

How does the human body develop antibodies just like earth? “The immune system, which is made up of special cells, proteins, tissues, and organs, defends people against germs and microorganisms every day. In most cases, the immune system keeps people healthy and prevents infections. But sometimes, problems with the immune system can lead to illness and infection. A foreign substance that invades the body is called an antigen. When an antigen is detected, several types of cells work together to recognize and respond, and these cells trigger the B lymphocytes to produce antibodies. Antibodies and their responding antigens fit together like a key and a lock.”
(<http://www.morphosys.com>)

PHASE II (gradual, subtle, change)

Why does the human body produce antibodies, just like earth? The [Ecosystem], which is made up of [special cells, proteins, tissues, and organs], defends people against germs and microorganisms every day. In most cases, the [eco system] keeps people healthy and prevents infections. But sometimes, problems with the [entire system] can lead to illness and infection. A [plague] that invades the [body] is called an [antigen]. When an [antigen] is detected, several types of [aides] work together to recognize and respond, and these [aides] trigger the [B lymphocytes] to produce [antibodies]. Antibodies and their responding antigens fit together like a [key and a lock]. Revised through renewed eyes...

PHASE III (drastic, definite, change)

Why does the earth produce people with “mental illnesses”? The [Ecosystem], which is made up of [special people with sensitivity, extra compassion, and empathy,] defends people against [stigma and racism every day]. In most cases, the [ecosystem] keeps people healthy and prevents infections. But sometimes, problems with the [ecosystem] can lead to [pollution and wars]. A [crisis issue] that invades the [ecosystem] is called an [epidemic]. When an [epidemic] is detected, several types of [people] work together to recognize and respond, and these [people] trigger the [heart] to produce [“fighters”]. [“Fighters”] and their corresponding [support team] fit together like [soul mates].

Therefore, in conclusion, to say that the exact cause of “mental illnesses” is not known is a complete misnaming, misconception, and misunderstanding of these occurrences. There is an exact cause! But, instead of poisonous, experimental, psych medication, all that it requires is a person, similar to you, to see, listen, and understand that the *biological factor* involved in psych issue is the ecosystem we call, Earth. The *psychological factor* is how a human being is affected (or being transformed). The *environmental factor* is how the earth communicates with the “germs” large enough to call itself, “human beings.” The “fighters” in this case are earth’s antibodies fighting against “germs;” antibodies are those with the heart and creativity to keep earth healthy. These ‘fighters’ are also the meek, “They shall inherit the earth.” So says prophecy, in the Sermon on the Mount, Christ declared: **“Blessed are the meek: for they shall inherit the earth”** (Matthew 5:5) and it’s the “mentally ill” who he was referring to. I assure you of that!

So let’s recap, a **SUMMARY OF THE ESSAY, “FOOD FOR THOUGHT”** written by, Peer Advocate, Valerie Minnis should be most helpful.

In his essay, Igomene Joseph, discusses how he has been on medications for Schizophrenia, depression, ADHD, and anxiety for over 20 years, and is now starting to think beyond the symptoms of his condition to address the cause. In other words, in the most unconventional manner, he is trying to get to the root of the problem of his own mental health conundrum as well as those in a similar situation. To do this, he thinks about how ridiculous it would be to attempt to silence his hunger by popping pills, in stead of responding to them by fixing himself something to eat. Iggy likened that idea to what most medical doctors are doing to their patients by prescribing medication for issues that begin in the body, in your “gut,” so to speak. He states, “Why are you taking medication to satisfy your brain when what causes you your issues, isn't the fault of the brain to begin with?” He continues by adding: “These medications that are designed to numb our minds are more and more likely causing added damage in the long run than help.”

Analogy 1:

He likens society’s pill popping craze to placing water into the gas tank of a car that is designed to run efficiently on gas. Society has taught us that it is okay and acceptable to place pills inside a body that was supposed to run efficiently on healthy food... these pills are as harmful to the body as water is to the vehicle’s gas tank! These pills serve to only quiet down the symptoms behind another more

important connection, rather than face the cause behind the actual problem. (Ah-ha! But what's the more important issue?)

Iggy acknowledges the work and discoveries from Dr. Greenblatt's article **"Gut feelings: the future of psychiatry may be inside your stomach."** Greenblatt's idea is that psychiatric woes can be solved by targeting the digestive system — is increasingly reinforced by cutting-edge science. For decades, researchers have known of the connection between the brain and the gut. Mental "illness" is a worldwide issue concerning of his peers, that Iggy is intent on solving. From a scientific medical model, the exact cause of "mental illnesses" is currently unknown, as there can be many factors that can affect it, from biological, to psychological, even environmental. As a person living these issues, Iggy points out that there's a "spiritual"—message like factor, which encompasses the 3 other factors! As expected, he is prepared for a certain amount of cynicism. Replace the term "spiritual," if you will with "subliminal messages or signals." This is what he would like his readers to explore. And these subliminal messages are coming to us from our very own planet earth, but how? Think of vibration as one way.

Analogy 2:

Think of the sonar like, echo vibration that a bat uses to fly through the night or sound vibration sent through the ocean that whales and other marine creatures use to communicate. Iggy is convinced that this type of 2-way communication takes place between Earth and its human inhabitants, daily; only some of us are consciously aware while others may not be. This communication, he's convinced of, ties in nicely with the 3 scientific medical model (Biological, Psychological and Environmental), which have eluded the professionals in the field for decades.

Iggy is convinced that if in peril, Mother Earth--this seemingly lifeless Globe that some human beings discount as being alive--has the innate capacity to call on certain people to help it restore a sense of "emotional health." He makes the comparison of a fire or police-person responding to a 911 emergency call. Because not everyone on the planet is considered "first-responders," he is convinced that this is the role of those plagued by various psychological and emotional issues that he calls his "peers," which he realizes is short for "planeteers!" And rather than responding to the "call" these planetary first-responders are being heavily medicated as a form of misguided suppression that prevents the would-be responders from carrying out and accomplishing their heart-felt mission in life. This he says is equivalent to "trying to stop antibodies in the human body from fighting off germs and infections." These he says, are human wars, pollution, deforestation, animal abuse, etc.

So, in essence, to save ourselves, we must save the planet, but to also freely allow those being called to act, the tools do so.

"The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it."

~Rosemary Fillmore Rhea

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