

THE SUN ~ HERB ~ SUNFLOWER

Sunny.

“Never look directly at the Sun.
Instead, look at the Sunflower. “

Vera Nazarian.

Helianthus Annuus: The Sunflower. N.O. : Compositae - Asteraceae

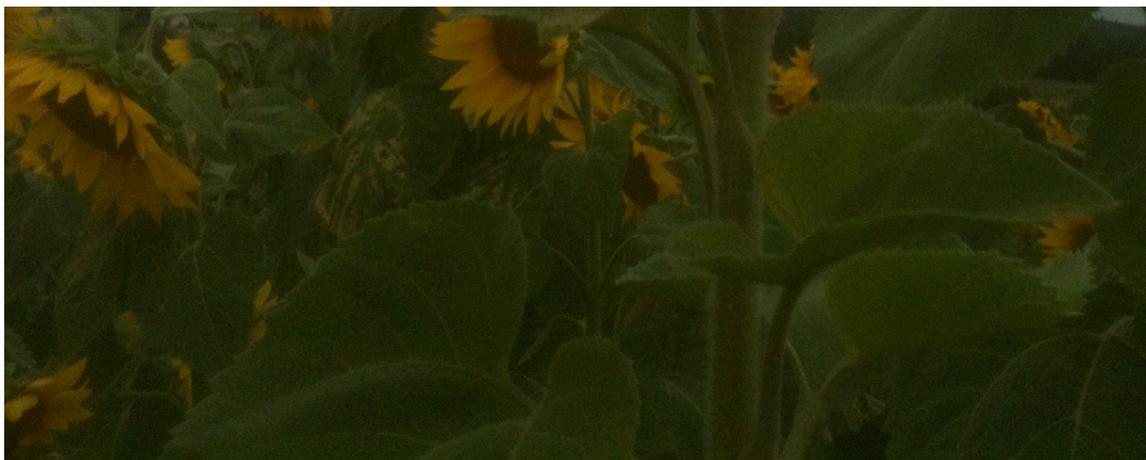
The Sunflower is one of the bigger flowering plants from one of the most joyous and familiar families of plants: The Compositae or Daisy family. Who cannot fail to recognise the big bright yellow petals with the huge seed head in the middle on the top of a long rough stalk? Whether we know it or not, the Daisy flower is imbued deep within our consciousness.

Sunflower seeds give us polyunsaturated oils. These are so-called 'good fats', as opposed to saturated fats, which are supposed to be 'bad fats'. These so called “good fats” are called polyunsaturated fats. These are, generally, good for heart and circulation. However, like so many things, large amounts, all the time, are bound to have an effect. Among the general public, this is a current controversy, because there is a school of thought that suggests that certain saturated fats are good for us. Avocado, Bacon, Coconut oil etc...(in moderation). Bacon and avocado sandwiches, for breakfast, are very nice and full of protein, which is great! If one wants to go and do a physical job. The fats and proteins will be used by the labour most efficiently until lunchtime.

And so, through what is blatant and relentless propaganda, we have been sold 'low fat' diets which tend to involve putting a chemical in something to extract or 'neutralise' the fat. Same way coffee is passed through a process, which is a chemical process. To de-caffeinate the coffee. A proponent of the Higher Fat diets are the Weston A. Price Foundation. They endorse a high fat, high protein diet. Especially if one has to do heavy or physically hard tasks. Their ideas are based on diets for people who have very kinetic lives. Agricultural work, building work, the physical trades, Sports people. In a later chapter on Milk, we shall look at Meat eating and Veganism. Both have virtue. And this is where both sides must understand one another. For this is a rift which must be healed. It is all down to attitude and methodology.

The fats that are advertised as being 'better for us' are the various low fat products and diets on offer; usually in large supermarket chains as various products are marketed as 'low fat' . Although, for many, few or none suit the bodily constitution or temperament. These industrial low fat diets mean having to wash a chemical through to extract the fat. None of this can be good for our organism, as our livers work very hard to process all these chemicals. And so when an organ is working too hard then, other organs may suffer or also start working too hard. A simple knock on effect. It really is a simple matter of being 'off balance' So it does seem, that, despite that lack of fat, which is supposed to be good for the heart, the liver has to work that much harder





and this process will have more of a detrimental effect on the heart than ordinary 'Fat' diets. And so, if one can, one should go as natural as possible and cut out all that industrially produced nonsense, that passes for food.

FATBRAIN

Our brains are largely composed of 'fats'. These fats surround the very delicate myelin, blood, lymph, hormone and other routes for electrical activity that make our brains function. We have a lot of Solar energy going IN to our fatty brainy vessel. Electrical signals that pulse like tiny lights. Carrying signals, information, commands. There is an enormous amount going on within and without the human body. If the low but perfectly maintained electricity of our bodies were not to work, then none of us would be here to read this or write it. All these funny fats enable the containment of this electrical function that could be construed to be part of Our Soul, Our Being, Our Knowing, Our Loving, Our being VITAL.

And so, through the seamless metamorphosis of converting sunlight into chlorophyll, the Sunflower, while growing, soaks up the energy of The Sun and produces a cheerful and sunny flower with seeds following after. These in turn, produce an oil. All formed by the power of the Sun. The Sun is just amazing!

Here, then, Dear Friends, are the tales of various, mainly Russian people and folk from the Middle of the Americas who made Sunflower an indispensable part of the food diet for millions of humans and animals.

PETER AND CATHERINE AND THEIR IMMENSE NAUGHTINESS

Although not native to Russia, Peter I the Great, Tzar from 1689 -1725 took Sunflower seeds back with him to Russia after his grand tour of Europe (1697/8). Most likely from the Netherlands. It is likely that they were grown as a curious ornamental and Peter literally saw a bed of Sunflowers and thought "i must have them". Or maybe, the Plant chose him?

Originally, Sunflower was an import from Mexico into Europe, because of the trade that had opened up between the New World and Europe. Peter was in Holland and England 20 decades after the first Spanish discovery of the Americas and Trans-Atlantic Trade was increasing with every decade. Russia had got to the New World by going East, instead of West. The Russians, on various expeditions conquered the entirety of Siberia from the reign of Ivan the Terrible (1533 - 84 beginning with the travels of Hetman Yermak) reached Kamchatka (1689) then, later, the Baring Strait (Vitus Baring) and then went onto Alaska (from 1741). A big, but rather forgotten part of the north American

continent. Alaska was fully explored and declared part of Russia (1791)

Peter was the first Russian monarch to properly look outside Russia's boundaries. A huge man, and most likely an alcoholic, Peter had great energy and would drag his entourage around with him like a whirlwind. A most industrious man, Peter literally turned his hand to any and everything. If ever a man was beset with burning exploding demons, it was him. Peter was the epitome of a truly Solar character in that he had this incredible explosive industrial energy and he proved this throughout his life, again and again. This kind of Solar energy, while very useful and constructive, is also, paradoxically, very destructive. And so, it is, with Peter. Biographies of Peter and, later, Catherine show how they almost seemed to have forged Russia from being Medieval to being something more contemporary with the cultures, industrial production and scientific innovation of the other Europeans. But they did it through war, through enormous destruction, profligacy and just incredible energy. Peter's watchword phrase was "Russians must be co-erced!" Solar energy. Most definitely. Russia is Land, Russia is People. And Peter used the People as a resource. Despotically. He meant well. But like all well meaning people, utter destruction can ensue, while still doing the well meaning thing. As is happening to Our World at this very time.

Like many men of his age, it was the done thing to take a 'Grand tour' for many wealthy people and travel around Europe and go to Italy and see ruined cities and the ruins of old Roman buildings. These had become a fascination for some and, for others, a virtual occupation. Many of the artists, architects and musicians of the 16th and 17th centuries were veering, gradually, away from purely devotional Art. Devoted to Christianity and the Church. These noble, wealthy gentlemen and some ladies began to uncover the splendours of Ancient Rome and attempted to emulate and imitate Classical Art and Classical thought. And so we have the Humanist apogee of this curiosity, this discovery in the revival of Classicism and the development of what may be termed "The Enlightenment".

And So Peter Romanov, did what all wealthy Europeans would do at the turn of the 17th into the 18th century. He took a tour of Europe and "observed". To the Europeans, Peter was considered to be "wild". No one, at the places they visited, was quite sure about the behaviours, motivations or intentions of the Russians. They were particularly foreign to the rest of Europe. As Europe seemed very foreign to the touring Russians. Peter referred to all Europeans as 'Germans'. Peter's curiosity drove him to become one of the workmen for several months at shipyards in both Deptford in London and Amsterdam in Holland.

Peter's industry urged him to learn shipbuilding in Amsterdam and navigation in London and gunnery in Konigsburg, Prussia. He collected plant specimens, he drew plans of buildings, ships, forts, docks, ports, construction sites. After literally lapping up everything he could do during the day he would then party very hard every night. Drinking and carousing with his entourage, with his women and the drunken unfortunates he collected on his Grand Tour.

As with any brightly burning being, Peter had a very dark side to his nature. The sort of paranoia that pops up time and time again with many Russian leaders (Ivan the Terrible, Czar Paul, Czar Nicholas, Rasputin, Stalin, Krushchev, Brezhnev, Yeltsin). Peter tortured his own son, Ivan, who later died from the torture that his father inflicted upon him. How demonic! To tame his demons Peter learnt to build ships. Peter was another paranoid Russian alcoholic who feared that his children would overthrow him. And like so many alcoholics he attempted control over others and over things while his personal behaviour was driven by fear which made him drink more. Which could make him cruel and unreasonable.

When he returned to Russia from his grand tour, he, then, decided to reform the

army (*the Streltsy*) after a mutiny against him. But not until after brutally putting the mutineers to death in front of the other (*reformed*) Streltsy. Peter learned to build ships by the discovery, dismantling and rebuilding of an old Swedish warship that had washed up on the Baltic Coast and so then he built a navy. He was also one of these 'Soldier emperors', in that, he would have a hardcore of soldiers near him at all times and would often drill them really hard over and over to get their efficiency up to peak.

Peter curbed the power of the Russian barons (*Boyars*) and waged a multi decade war with conservative members of the Russian Orthodox Church. Including the metropolitan (*the Russian version of Archbishop*) of Moscow. He had many prominent church members tortured and put to death. All because they did not like the little changes in the litany he decided should be included. They would not relent. So Peter had them tortured and imprisoned. Russians are, generally, deeply conservative people. Their Christianity, like other indigenous regions of Christianity, has its own very deep Russian flavour. This because of the vast landscapes and travelling distances in Russia. Western Russia behind the Urals could accommodate all of Europe in terms of square area

Peter also waged a 20 year physical war with Sweden to gain access to the Baltic Sea (*The Great Northern War 1700 -1721*) Russia was landlocked except at the Arctic. But the Arctic was iced up for 7 months of the year or more. The White Sea ports of Murmansk and Archangel were only useful for, maybe, 5 months of the year. And so, while campaigning against Charles X of Sweden, He had excavated and built: St Petersburg (1703). A monumental task considering the amount of marshy land that had to be drained. Armies of people were used to drain these marshes. It became Russia's new capital. Looking out to the West. Instead of focussing just on Asia, as Moscow seemed to do. When Peter died (1725), Russia was a new power to be reckoned with. Peter had spent most of his life learning how to build a navy, among many other things, and by the end of his war with Sweden he had secured Russia to being Great Power status. His most able successor was Catherine who lived at the end of the 18th century. (*Tzarina from 1762 - 1796*)

Also a 'character' in the most awesome sense of the word. Catherine's achievement for Russia was to conquer the weakened Ottoman Khanates over the north Caucasus and the northern Black Sea area to Crimea. These two Tzars, which cover a good part of the 18th century Peter I and Catherine II are the monarchs that propel Russia to great power status. This is a time when the Cossacks, under Pugachev attempt to flex their muscles. The Cossacks were the aiders and abettors of Russia. They helped Russian State when it suited them. They controlled large territories but were 'free'.

Under Catherine the Cossacks were more 'incorporated' into Russia proper. Their status still remained 'outside' for many decades. they loved their freedom and roamed across the steppe keeping the Tartar tribes at bay. Both the biographies of Peter and Catherine, the people and the history around them are very exciting, truly dynamic and very very bloody. These are examples of the Absolute Monarchs that these two people, literally were. They had armies of people at their disposal to do their bidding. And this is how cities were built and ports and roads were constructed. The gradual spread of urban culture really begins in Russia with Peter and Catherine. They were absolute because they did very little 'for' the vast peasant population of Russia but they did do rather a lot 'to' them.

Because Peter had the foresight to introduce the Sunflower to Russia, this enabled, during the 18th and 19th century, the Russian peasants to grow Sunflower as a staple. A very important addition to the few crops that were still available to Humankind. Especially in these northern parts that suffered low light and hard winters and hard soils. Over the 18th century Russia adopted the

Sunflower for itself.

BLOODY NAUGHTY JOE

The processing of Sunflower and all its constituent parts gained great momentum in the 20's of the 20th Century. The feared dictator of the Soviet Union, Joseph Stalin took a personal interest in trying to improve the quality, size and yield of Sunflowers as they served several very useful purposes in manufactured and processed goods. After 200 years they were an integral to the Russian consciousness as well as hugely utilitarian. These include waxes for candles, cooking oil, fodder for animals, oils for lamps. Useful in mostly underdeveloped areas. Outside the cities of Russia, in many places in the countryside, Russia felt like it had not moved on in time, for a 1000 years. The endless Steppe and the endless birch and conifer forests did things to one's mind. In the 1920's and 30's there was a big drive to improve the general aspects of Sunflower. Because it was easy to grow, as long as the ground was well manured first; as Sunflowers are heavy feeders.

The whole Sunflower plant can be used as fodder for cattle.

During the Russian Civil war of 1918 - 1921, many Russians starved because of the chaos of the revolution and the ensuing civil war. With this human starvation came also, animal starvation. Especially horses and cattle. We know that when the draught animals are eaten, then, there is nothing to plough the fields with, except the toil of human labour. Very hard! Unfortunately while this Sunflower experimentation was happening, during the early 1930's the peasants of the Ukraine were being forcibly collectivised. During this period called Holodomor many millions died of starvation or because of the brutal manipulation of local and national communist party officials and their enforcers. It does also seem like a 'race' thing. Many Ukrainian peasants were from German stock. From pioneers who had settled the vast Ukraine and had started farming there. They may have been Lutherans or devout Orthodox or Jews but were all persecuted by the rabid aparachiks of the Soviet communist party. Many of those in the communist party were slav or jewish and so had little love for the Ukrainians with German inheritance. The Ukrainian language is somewhat different to Russian. Hence the division, today (*from 2014*).

When we look at Russia from the Crimean war onwards (*from 1853*) we see a super autocracy in the form of the Tzar (*Nicholas I, Alexander II & III then Nicholas II to 1917*) One man governing nearly 120 million people who he practically owned; being different classifications of 'serfs' essentially one or two notches up from being actual slaves. These 'serfs' were 'managed' by a tiny managerial/professional class of civil servants or nobility or commissioned 'tax inspectors' who ruthlessly exploited 'their peasants'. Not only that. The various groups of peasants included many Jewish villages and towns that were predominantly Jewish but owed their allegiance to landlords, tax and rent collectors. The analogy of the "Pyramid of Power" is so apposite here.

—During, and several years after the revolution to overthrow this crippling autocracy, one of V.I. Ulyanov (*Lenin's*) and Joseph Djugashvili (*Joseph Stalin's*) said goals was to improve the lot of the Russian people. As they saw it. Their methods were, however based on total obedience to the 'will of the party'. This was ruthlessly enforced especially among 'thinking' people. If one deviated from the party line, the thinking of the leading Marxist-Leninist Bolsheviks, if there was any dissent, then, one was either killed or disappeared.

SPIKY GULAG

During the time of these never ending purges (1918- 1953. Which is really the time when Stalin was in power) a big part of Russian settlement of Siberia was done as an act of suppression of up to 20 million people scattered in what Alexander Solzhenitsin called 'the Gulag Archipelago'. They were men or women who had either positively dissented against the party or who had slighted party officials, who were the thuggish enforcers for the State. The victims of Stalin's purges were musicians and actors and watchmakers and smiths and factory workers, ex soldiers, small business owners, farmers, men women, boys and girls. People who thought differently from the party line.

Often, the children, who did not go to the camps, were separated from their parents and enrolled into state orphanages which had strict and abusive regimes. These orphanages churned out millions of recruits for the Soviet Red Army. It is estimated that Stalin purged some 35 million Soviet citizens some 10 million at least are thought to have died in camps or being shot. Some other 20 million either stayed in the camps which became settlements or they returned back to western Russia to a world that had changed out of all recognition where they tried to fit in and keep schtum. Ruthless, brutal enforcement. All done in the name of socialism or some other ephemeral totalitarianism.

From the October Revolution of 1917 to 1929 is the phase of communism that is essentially the rivalry between Stalin and Trotsky (*born Lev Bronstein*) and Stalin's eventual total stranglehold on power through his enforcers and the political will of the party. Stalin manipulated the members of the party through threats, disappearances and blackmail. From the beginning of the full revolution, beginning during the Russian Civil War, Stalin and Trotsky tried to outdo one another in terrorising the population into total obedience to the party. This accelerated after the death of Lenin (1924). At least 2 years before Lenin's death, Stalin was fighting for control of the Party. Against Trotsky. Eventually Trotsky was hounded out of the Soviet Central Committee in 1927 and exiled to Almatay in Kazakhstan. Then while he was there for a space he was essentially given a compelling choice to leave the Soviet Union or be killed. Then, Trotsky is forced into exile in 1929 where he continued to vigorously campaign hard for his brand of communism which was being formulated over these years.

TROTSKY AND MEXICO

Many followers of communism came to Mexico where Trotsky had finally found asylum. They came from all over Our World to hear him speak and to be near to this 'hero of the revolution'. Certain folk from many of the great cities of the United States had grown interested in Marxism which by this time, depending on who one felt fanatical about, followed either Trotsky or Stalin and their rather unique interpretations of what Marxist communism was to be like, were hotbeds of political ferment. This was for many reasons. Populations were still heading west and many were finding dissatisfaction and disaffection with how commercially rapacious American life could be. Especially during the 1920's and 30's. We see the boom among maybe 15% of the population during the 1920's then in the 1930's we see the bust. The dustbowl, the desperation, the crime, the homelessness, the hobos, the rickets, the dams.

(*The TVA*.) The Tennessee Valley Authority, was a very ambitious project to build dams across many of the Appalachian Rivers. It was repeated in many states (*California, Colorado among others*) The States of Appalachia as well as West Texas, Oklahoma, Kansas, Arkansas, and Missouri all suffered dustbowl conditions. Although, in pockets certain counties, there was great prosperity, because of Oil. But in the late 20's and early 30's the price of oil was so low that

most drillers and small firms went bust as it cost more to produce than to sell.

Perhaps, the city that exemplifies American Socialism/Communism, would be Chicago. The left leaning agitator: Saul Alinsky hailed from Chicago and was very influenced by the likes of Trotsky, Lenin and Stalin as well as later marxists who had settled in the United States from Germany and Eastern Europe who's native states had, one by one, fallen to totalitarianism of one sort or another, during the 20's and 30's.

Alinsky never allied himself to any political party but his leanings seemed to veer toward 'revolutionary' behaviour. While Trotsky may have been very influential on Alinsky. Alinsky's brand of politics caught the attention of the up and coming Democrats of the 1970's and 80' who lead the parties of the Democrats in the USA today. Some higher up ones have cited Alinsky as being formative in their political ideologies. Alinsky's influence is now most marked upon the USA today.

Trotsky, himself, was finally caught up with and, in a sneak attack, was killed in Mexico City in 1940. He was assassinated by an NKVD acolyte who put an icepick in Trotsky's forehead (*the NKVD were the Soviet secret police, during Stalin's Time.*).

SPIKY SOCIALISM

The systems of communism that were installed within the differing nations of the Soviet Union and beyond were the equivalent of the boot on the face to religion or free political association, free speech or free thought or the organising of separate workers unions. This system of forcibly imposed thought upon the population through the use of political slogans backed up by Lenin and then Stalin's rationalisation of Marxist theory. These were reinforced by a sort of communist mafia. Stalin had many of the early pioneers of the revolution killed. In the place of intelligent party officials he deliberately put in people of well below high intelligence. And these became the unreasonably stupid, ruthless and cruel enforcers of Stalin's interpretation of Communism. The cadres and the aparatchiks were backed up by the Red Army.

Perhaps the most feared person within the Soviet Union was Lavrenti Beria. He was Stalin's chief of Secret Police: the NKVD and was one of Stalin's buddies from the days when he was a petty terrorist in the Caucasus before the revolutions of 1905 and 1917. Certain units of men in both the Army and the Party were constantly prepared to arrest people and have them sent off to the Gulag or to interrogation and very likely afterwards, their deaths. But the way Stalin worked his total dictatorial magic was by getting his nearest party colleagues to be always made to fear that, they too, could be arrested, at any time. Naughtiness on top of real Naughtiness.

The Gulag was a series of prison camps, labour camps, mining operations and factories that were staffed with slave labour. These were similar to the English and the sentencing of criminals to Botany Bay in Australia or France with 'Devils Island' off the coast of South America Those whom Stalin's police forces had arrested. The rest of the population of the Soviet Union were taught, or rather, coerced into obeying the party line and keeping their thoughts to themselves. As a result of the Gulag, Stalin had many very difficult construction projects carried out because of this slave labour...the White Sea canal for instance.

Millions also died in the camps and work details....any that displeased Stalin or his thuggish acolytes. Stalin was driven by this obsession of dragging Russia/

the Soviet Union out of what was perceived as its technical backwardness compared with the USA, Britain, France, Germany. Like all insane dictators Stalin also had ambitions to change the courses of some of Russia's biggest Rivers. However, some of the projects that were carried out during his rule have proven to be ecological disasters. These disasters were hushed up. There have been very many in the former Soviet Union. Some ongoing.

From when he became total dictator in 1929, Stalin advanced a series of '5 year' Plans, based on the total destruction of religion and the forced collectivisation of private property. And the forced collectivisation of land into huge farms. The elite members of the communist party lived like kings. Always. Loans for the early phases of communism, variously, and secretly, through later times, were provided by the rich industrialists and wealthy bankers of the United States, Britain and Europe.

Yes! Dear Friends. Shocking! This means the bankers of the West were actually keeping the Soviet regimes going with capital and plant. They wished to create an opposition so that they could suppress their own people. And if we look at the history and actions of the Post war period up until now we can see quite clearly, how governments and corporations continue to apply continuous and constant suppression of freedoms where ever we go. As these volumes of the Thousand Petalled Lotus of Naughtiness progress we shall see Human Deeds in all their incredible glory and in all their tragic destruction.

As collectivisation got underway, Stalin urged his scientists to improve the production and yield of Sunflower, as a matter of national urgency. Stalin wanted Russia to be completely self sufficient in foodstuffs and free from any foreign interference. For, Stalin was a pathologically suspicious man, He hated foreigners, and was probably what we might term 'racist'. But really so. He was particularly suspicious of minorities and 'believers' in things that were not the communist party ideology.

Stalin's origins were Georgian from the Caucasus region of Russia (*Near Tbilisi*). Stalin was a Georgian gangster. Georgian gangsters were a viscous lot. And they relied on vengeance and vendetta to maintain their power. One had to speak the language of communism. Which had a whole new meaning. Which, in the end, turned out to create order, but suppressed everything else. Except weapons making. These minorities and 'suspicious persons' were groups that had to be controlled, suppressed, dealt with. According to Stalin, these dissident folk had to be tortured, expelled, exiled, destroyed.

Along with 'tribes', such as the Kalmyks, the Kipchaks and the Chechens, whom he cruelly persecuted, Stalin and his gangs of feared secret police also encouraged a Christian minority: the Mennonites, to flee the Soviet Union.

Any deviation from the ruling communist party line meant disappearance, exile or death. In the USSR State sponsored atheism and slavish obedience to the slogans of the communist party were the only religion permitted. Although, throughout the era of communism in Russia, Stalin and later Khrushchev, Brezhnev, and Gorbachov's time, only 4 or 5 million people in Russia were actual members of the Communist party. They were able to terrorise and propagandise the other 130 million or so Russians scattered over 8 time zones into submission through incarnations of the secret police and units of the military. Cajoling, Coercing, Corraling, bullying: stick and carrot fashion. It is how people who enjoy having power like to use it on everyone else. They think it's funny. And like the many millions of members of today's communist party of the People's Republic of China, they lived like Kings while the general populations went through many phases of suffering and starvation.

This small group of these Mennonites escaped Stalin's clutches with their lives,

They quietly left the Soviet Union with their determination to be free and with a small bag of Sunflower seeds, they finally got to the United States. Until that time (1930's) Sunflower was not considered a crop of any importance in the USA. However, because of what Sunflower can do, to sustain and nourish, many in the USA and Canada took up growing Sunflower because agricultural markets were gradually increasing throughout the 1930's. Yes, despite the depression and the dust bowl. *(Not all parts of the USA were affected by the problems of stripping the land with chemicals like they had done so in Kansas, Nebraska, Oklahoma and west Texas. Although the states of New York, and those in New England too, had gone through a massive tree stripping, particularly through the 19th century and so there too was a massive tree planting operation during the 1930's)* and so When these Mennonites got to America, they kickstarted got, now, substantial business of growing Sunflowers and improving their yield in the USA where there had been no sunflower production of note beforehand. Like Oil, Sunflower is one of these plants that has multiple uses. And thus, has become extremely useful.

RADIATING SUNFLOWER

Recently, in our brief recent history, there have been nuclear accidents. Power station cores have melted down and are or have emitted sizeable amounts of particulate radioactive materials. Emissions. This is a problem for all. As corporation owned science seems not to care very much about cleaning up these messes, it is down to ordinary people to come up with solutions to the problems of excessive cancer causing radiation that very wealthy corporations have created, but are literally doing nothing about. While all this toxic nonsense has effects on the general health of all. This comes straight back to monopoly power that corporations have where they poisoned Our World, with impunity, because they have bought all the legislative processes that govern human kind. And this is actually very rash. But humans do rush in. Now all of us are in something like quicksand. We do not see this quicksand, but it is there. around us. Suppressing us in one way or another. Or, in many ways.

Recently in the history of Our World, there was a nasty accident at the nuclear plant in Chernobyl. Chernobyl is now in the Ukraine, but at the time of the explosion and subsequent evacuation of the whole area (1985) Chernobyl was one of the Electricity Generating Stations for the Ukrainian part of the Soviet Union. A large area had to be evacuated. This area now (2020) is an untouched forest and meadow pasture and full of the very varied wildlife that is usual to these parts of the world. All are breeding, and scientists are monitoring mutations in the succeeding generations of wildlife. This initial "plume" of the explosion that decimated the area travelled through Poland Germany, the UK including Wales, where some sheep could not be eaten for several generations. At least 1 million people acquired cancers. Because of this plume. The point is, that, Chernobyl, although a super eerie ghostly place, full of death, the area around Chernobyl is a wildlife paradise.

At one stage, after the accident, some scientists planted Sunflowers right by the site and pulled them up at the high point of their flowering stage before turning to seed. They were careful to measure the ambient radiation rates in the soil and in the air and in the water and in the various other plants and animals on and around the site, before all this planting took place. After the Sunflowers were uprooted they were measured again for radiation. They had an enormous amount within them. Far more than the Ambient radiation recorded at the beginning of the planting. Of course, these plants had to be taken directly to a nuclear waste dump. They were massively radioactive, compared with the surrounding soil the had been planted in.

After the Scientists looked at the Sunflowers, they then measured the ambient radiations in all the same things as previously mentioned. There was a marked reduction in radiation at the sites of these Sunflowers where they were planted

decreasing in reduction up to 15 feet away from the site of the Sunflower patch. Scientists, concluded that Sunflowers can 'soak up' Radiation.

Obviously, afterwards, some kind of further destruction of the Sunflowers would have to take place at a Vitrification plant. Vitrification is the closest thing that nuclear anything comes to 'a second and final death' as nuclear anything is actually pretty hard to destroy, once it's been created. But really, Dear Friends, as mentioned earlier in our introduction to The Sun, fission is really really dirty, in the very worst kinds of way.

So here we see another incredibly useful use for this really useful plant. No wonder the Ancient Americans worshipped it. It almost makes it's own breakfast! This plant could help us all on Our World where these terrible accidents have taken place. Fukushima, Hanford, Los Angeles, Sellafield, Chernobyl, Three mile Island, Indian Point, Turkey Point, Zaporiszhe also in the Ukraine. This list does grow. Although the naughty people who own and control nuclear are very very quiet, right now. We turn our somewhat exasperated eye upon those who control nuclear in the chapter: Saturn ~ Conflict ~ Plutonium.

PULLING WITH SUNFLOWER.

As it turns out, not only does The Sunflower act as a super soaker upper of very nasty beta gamma theta radiation; but also, if one uses it internally, then it does exactly the same thing. For many who wish to detoxify or purge themselves of the free radicals and nasties that lurk within, there is the simple method of detoxification, through the oil of our wonderful Sunflower. All one has to do is to put the Oil in the bottom of the mouth, under the tongue, and wait for 10 or 15 minutes. One must let the oil just sit. So a lot of nose breathing is done. which is also actually rather good. Especially for people who do have stuffed up sinuses. After 15 minutes the oil at the bottom of the mouth may feel like it is burning and tastes foul. Then one spits out. Afterwards another more vigorous action can be taken by taking a mouthful of the oil and swilling it round and round for 5 minutes or so. Then finally one brushes one's teeth with one's favourite fluoride free toothpaste. Cheap, easy, clean. This process should be repeated until the burning feeling and the disgusting taste stop. Once that stops then one is back to something like 'Healthy' . A proper de-tox.

SUNFLOWER USES

Agro materials, commercial production, pith, fibre, seed, oil, stalks, pectin, essential oil.

Now the USA is in the top 10 producers of Sunflower products. Corporations have found many ways to use Sunflower products to maximise profit. The other exporting countries are Argentina, Canada, China, Russia.

Sunflowers can be used to drain marshy land and this has increased the use of Sunflower. Many marshy areas of the world have Sunflower plantations. These cut down on the amount of mosquitos and hence on the incidence of malarial fevers. In these areas with Sunflowers and there needs be little waste.

As a green crop, all parts of the plant can be used.

The general growth cycle is approximately 90 days from seed to harvest.

Again as far as mosquitos and Sunflower are concerned, they may well be of benefit if it comes to treating malaria.

Weeds are suppressed because of the height of the Sunflower.

And Sunflower will make excellent silage. Sunflower will yield more than a lucerne or maize in higher colder northern valleys, where the growing season is short. Scandinavia, Canada, Russia.

Dried stems and flower heads can be broken up and used as litter for chickens ducks etc.

the dried Sunflower stems are good kindling. Sunflower makes a good potash for manure. Sunflower is very rich in minerals. therefore very good to spread as muck after all has been harvested, to replenish soil.

Bees love sunflower. The Sunflower gives them nectar and wax for their hives.

There are persistent rumours that Sunflower will boost immunity as it is thought to help in bronchial disturbances. Many Herbalists especially in the Russian Tradition realise this. So Sunflower has been part of country medicine in Russia for the last 10 generations, since Peter the Great

In the middle East, Sunflower seeds were crushed and a tincture in rectified spirit was made. Said to cure malaria(also *Wormwood : Artemesia Absinthum*). Better and less addictive than opiates or arsenic products for malaria.

Sunflower seeds oil and cake are often mixed with other feedstuffs such as Oats and fed to livestock. This provided them with a highly balanced diet. Less infection, less veterinarian bills.

There are now hundreds of types of sunflowers. All have charm.

Some are aesthetically more beautiful than others.

To grow Sunflowers properly one must plant in rows running north to south the seed needs to be dried in a warm, not hot, temperature. Or else they will fail as seed for next year's planting.

Sunflower oil is extracted by crushing the seeds using cold steel plates. This is the "cold pressed" method of extraction. Then a second press is done with the crushed seed being warmed up because the quality of oil in these crushed seeds is different from the first press. The waste seed then is used in a variety of ways. Namely, in many forms of cake and feed mixes for animals.

The oil gets turned into processed butter products, margarines, cooking oil, wax for various applications and candles, base oil for the beauty industry, soap making.

Sunflower leaves are used in making paper. In China, Sunflower fibre is mixed with silk.

Chickens increase their egg yield if they are fed crushed sunflower seed.

Sunflower growth follows the direction of the Sun. Hence it is Heliotropic. the latin nomenclature *Helianthus Annuus*. Sunflower is an Annual plant.

The Sunflower and it's products are considered beneficial in that their poly unsaturated fats are healthy fats.....made by the Sun and here is our connection to the Heart and the Circulatory system, the chemistry of the Sunflower oil and seeds suggest high 'good' fats that are converted into a lighter energy for our bodies to use. The fats produced by the Sunflower are more easily converted into energy and more efficiently used by the body; contrary to the problems created by "Transfats", which are artificially manufactured and are contained in many processed foods or in fast food. This is part of the current epidemic of bad health.

The life preservers on the Titanic were filled with Sunflower pith to keep them afloat.

Sunflower is the 4th most used oil, after palm oil, rapeseed (canola) and soy

Here, also, Dear Friends, we see, in Sunflower, the universal Fibonacci number sequence in the flowerhead. The Golden Ratio is in all natural things as well as many beautiful buildings. A great building of any kind is often going to have spaces and planes that are all Fibonacci planes and proportions. But certainly not always. Many buildings are constructed to make profit and harmonious

proportions barely come into it.

SHINING VINCENT

Vincent Van Gogh popularised the Sunflower through his paintings. His pictures of colour and light come from an obsessive and deeply darkened, disordered mind. Out of the explosive chaos of one man's mind come some of the great jewels of the Visual Art World; forged from the heat of passion and a powerful magnetic intensity.

Van Gogh's artworks are now considered masterpieces of colour and life and sell for a great deal of money. Now he is dead. In life, he struggled to feed and house himself, as well as having very deep self esteem issues; which he spent all his life struggling with, as shown in one of his paintings where he has a bandaged head as he has just cut off his own ear. Generally though, as we can see from his paintings...in parts of his life, his Sun was shining very brightly indeed!

IN THE AMERICAS

THE SUNFLOWER, THE HOPI NATIVES OF SOUTH WESTERN USA

The Aztecs of Mexico used the Sunflower a great deal in daily life and actually worshipped it. When the Spanish came, they seized much Gold and Silverware with the Sunflower motif etched on. Most of these 'pagan' works of art were melted down and paid as coin to the Spanish and mercenary armies fighting in different parts of Europe during the reigns of the Spanish Habsburgs.

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The Hopi natives of the southwestern USA running from northern Mexico learned to extract blue, black, red and purple dyes from Sunflower seeds. They used these in all their clothing and in their tools and weaving. As well as for adornment during their ceremonies and traditional dances. Other plants, too, they used extensively. Especially Maize (Corn). The Hopi have whole mythologies based on just the Maize Plant. But for now, we shall stick to Sunflower

Here, Dear Friends, we take a look at what the Hopi Indians had to say about the future of their world. Which is also Our World.

Now, in this little section we are about to come upon 'Prophecy'. Prophecy appears to be a most Solar attribute. The Sun sees all. Past and present and future. And so it is with the solar theme of prophecy that we turn to what the Hopis prophesied about the future of Our World.

EMERGENCE TO THE FIFTH WORLD

"The end of the Hopi will come when a Kachina removes his mask during a

dance in the plaza before the uninitiated children. For a while there will be no more ceremonies, no more faith. The Oraibi will be rejuvenated with it's faith and ceremonies, marking the start of a new cycle of Hopi Life. "

"World war III will be started by those peoples who first revealed the light (**The divine wisdom and intelligence**) in the other old countries (*India, China, the Middle East, Africa*). The United States will be destroyed, land and people, by atomic bombs and radioactivity. Only the Hopis and their homeland will be preserved as an oasis to which refugees will flee. Bomb shelters are a fallacy. "it is only materialistic people who seek to make shelters. Those who are at peace in their hearts already are in the great shelter of life. There is no shelter for evil. Those who take no part in the making of world division by ideology are ready to resume life in another world, be they black, white, red or yellow race. They are all one; Brothers."

"The war will be a spiritual conflict with material matters. Material matters will be destroyed by spiritual beings who will remain to create one world and one nation under one power, that of the Creator"

"That time is not far off. It will come when the Saquasohuh (blue Star) Kachina dances in the plaza and removes his mask. He represents a blue Star far off and yet invisible, which will make it's appearance soon. This time is foretold by a song sung during the Wuwuchim ceremony. It was sung in 1914 just before World war I. And again in 1940 before the Americans joined in World War 2, describing the disunity, hatred and corruption contaminating Hopi rituals, which were followed by the same evils, all over the world. This same song was sung in 1961 during the Wuwuchim Ceremony."

.....And White Feather, Bear Clan says:

"The fourth world shall end soon. And the fifth world will begin. This the Elders everywhere know. The Signs over many years have been fulfilled, and so few are left.

The First sign:

"We are told of the coming of the white-skinned men, like Pahana but not living like Pahana men who then took the land that was not theirs. and men who struck their enemies with thunder.

The Second sign:

Our lands will see the coming of spinning wheels filled with voices. in his Youth my father saw this prophecy come true with his eyes the white men bringing their families in wagons across the prairies.

The Third sign:

a strange beast like a buffalo but with great long horns will overrun the land in large numbers. These White Feather saw with his eyes the coming of the white man's cattle.

The Fourth sign:

The land will be crossed by Snakes of Iron (Railways)

The Fifth sign:

The land shall be criss crossed by a giant spider's web. (The internet, telephone lines, power lines))

The Sixth sign:

The land shall be criss crossed with rivers of stone that make pictures in the Sun (Highways)

The Seventh sign:

You will hear of the sea turning black and many living things dying because of it.(oil spills)

The Eighth sign:

You will see many youth, who wear their hair long like my people, come and join the tribal nations to learn their ways and wisdom.

The Ninth and last sign:

You will hear of a dwelling place in the heavens, above the earth, that shall fall with a great crash. It will appear as a blue star. Very soon after this, the ceremonies of my people will cease. These are the signs that great destruction is coming. The world shall rock to and fro. The white man will battle against other people in other lands with those who possessed the first light of wisdom. There will be many columns of smoke and such fire as White Feather has seen the white man make in the deserts not far from here. Only those which come will cause disease and a great dying. Many of my people, also, shall be safe. “

These pretty much speak for themselves and have been remarkably accurate. And not too ambiguous. Direct, like all pre-Colombian cultures.

DAISIES.

The Daisy family is the 'Day's Eye' Family.

The Sun is the Eye of the Day.

The Daisy family number around 32,000 species on Our World.

Reflections of billions of little Suns upon our Earth.

Here are a few Daisy names that one might find in the temperate climates of Europe and North America

Zinnia	Inula Elecampane	Thistles	
Cosmos,	Bellis Perennis	Tansy,	Yarrow
Calendula,	Ragwort	Burdock	Goldenrod
Arnica,	Asters,	Artichoke.	Dandelion
Sunflower,	Coneflower,	Cornflower.	Fleabane
Milk Thistle	Chamomile	Chrysanthemum	
Artemesias (Wormwood, Southernwood, Wormseed, Moxa)			

A hugely useful **herbarium** in one species.

NAUGHTY SUNFLOWER

Sunflower is an antagonist to potatoes and vice versa, they stunt each others growth. It may well be that the Aster/Daisy family have some level of antagonism with the Solanaceae family...(Potatoes, Tomatoes, Peppers, Chillies, Eggplant, Tobacco, Atropa, Datura, Hyoscymus)? Perhaps for further study?

Around the influence of Sunflower, Potatoes weaken and are more susceptible to the Phytophthora blight. This is one of the diseases that killed the potatoes in Ireland, in what is referred to as The Irish Potato Famine 1848/49(!) and therefore provoked a massive hunger crisis accompanied by a typhoid crisis, which also turned out to be an emigration crisis. Just a little disease like that, can stimulate the movements of millions of people. It also proves that **monocultural agriculture** is very **bad, generally**, for the health of people animals and for nature.

Ireland too, suffers from 'dampness'. In that it rains a great deal. At least a third of the time. And this causes it's own problems of diseases from damp conditions. And these damp conditions helped to further exacerbate the effects of the Famine. From the later 1840's through to the early 1920's Ireland expelled it's people or they voluntarily left under indentured servitude contracts faster than any other place (*But there was competition from the German States, Russia, China, England*). Where conditions for populations were poor, where land rights were non existent where restitution for wrongs and crimes went unpunished. . Half the population had left either for Britain, where there was work, or further afield in the colonies, Australia, Canada, South Africa, India. The Blight of Potatoes was symptomatic to the 'Blight of the British' upon the Irish and the British 'occupation' (*Ireland was occupied, wholly and partially by the English, and later, in northern Ireland by the Scots, from the Norman period, onwards*) .

(!) (PS. **Gardener's tip.** *If one wishes to break up a heavy clay soil, then, plant potatoes. Plant them in Rotation with other shallower rooted crops or flowers. Heavy clay soils are the great burden of all farmers in temperate climates. Have a 3 year rotation plan, plant two years in a row with potatoes, then plant deep rooted plants that feed the soil. Then repeat the three year cycle. Again. Then move to a new patch of clay and begin again. Afterwards one could plant heavy feeders cabbages etc but remember to keep adding compost and mulching where appropriate. And to plant companions between the rows to protect or feed and or encourage the beneficial insects. It takes a little while, but soils can be transformed into rich loam which is great for any food crops. Clay soils dry out and lose water easily or become overly waterlogged and have poor drainage qualities. Hence the planting the potatoes. The humble potato has transformed the world too. although, again, we are as aware of this as we are of a blade of grass in greenland. :-)*

Sunflowers assist other vine crops and are thought to be most beneficial to Cucumbers. It is most likely that Native American plant Trios, that benefit each other, would, most likely suit the Sunflower. Beans, Corn (*Maize*) and Squash or Pumpkin suit one another very well, as they feed and protect one another. So it is very likely that the Sunflower could make up one of many such Trinities that could all help each other get along and defend and protect one another. Sunflowers do not appear to do well with climbing bean plants. Some other tall plant should be used if beans are going to be part of a trinity. Fields themselves could be surrounded by a mixed flower border so as to further discourage spraying with pesticides, herbicides, fungicides and chemical fertilisers. Perhaps also, squares of Flowers, planted at the heart of fields that encourage predatory insects away or to them while leaving the crops unharmed, should also be thoroughly investigated and used far more widely. This is the way to farm without chemicals. However conditions must be arranged so that the environment is 'fit' to plant. If the environment is not fit to plant arable crops. then, plants that clean the environment, should be planted first. Soil cleansers, water cleansers, air cleansers. Land and plant cleansers. With no chemicals. It is kind of obvious. But human beings can really be kind of dumb! Because they are forcing things. and we know force has consequences.

Sunflower plants are grown as a border to protect from wind

In the language of flowers Sunflower means: 'Adoration'. 'Haughtiness.'

Bees enjoy the blooms because they like the nectar and wax.

SUN AND FLOWER AND SEED

So, Dear Friends, we see that, with a modicum of effort, in planting and watering, the wonderful Sunflower can be left to get on with growing. In peace. The Sunflower is such a Solar, explosive radiating plant, in so many ways. The assistance it gives to our circulatory systems, The fats from the Sunflower massage the interiors of our arteries, arterioles, capillaries, veins allowing for freer transport of our Blood to reach every tiny minuscule cellular part of our bodies. And add to and caress our fiery brains that are thinking and wondering and questioning and learning. As well as consciously and unconsciously controlling every fibre and cell of our bodies. And the organ that assists this radiating is our wonderful Solar blood pump. Our Hearts.

Of course, the reverence the pre-Columbian cultures had for The Heart, has a double meaning. Sadly, the real hearts of humans were offered up to the Sun Gods of the Americas. The insane bloodthirsty priests of the winged serpent God had to have his daily fill of heart and blood. Making certain cultures who practiced these types of bloody ritual as fallen from the Light of The Sun as it is possible to get. And so, as a result of this first horror, perhaps the Sunflower engineered for the Spanish to come to The Americas to take it back to Europe with them? But then, the Spanish inflicted even more horror than the Aztecs had done to their subject peoples. *We will look at this later in 'Gold'*

The Sun is the peak symbolism for so many cultures. Whether consciously or unconsciously. As are all things that are imbued with great symbolism. The Sun and the Heart have been one and the same to nearly all pre industrial cultures. The Sun is pumping light and heat as our hearts pump Blood and heat. Thus we radiate and explode in a controlled way and become illuminated with light. Heat and light. But then when the heat and light of the Sun hit our simple fleshy bodies, we too, warm and lighten. Simple stuff. All that Vitamin D. Pouring into our eyes and feeding the solar plexus. Which is why one turns one's abdomen to the Sun when one is bathing in it's light. That is the Solar Plexus. Our energetic bodies are wanting all that Sun.

And so, Dear Friends, we see the Sunflower has a strange and interesting series of associations with the Hopi, and with Prophecy. The Sunflower is bound up in the strange history of the vast growth of Russia. And we see the way it provoked the explosive mind of Vincent van Gogh to paint it and many variations of glorious light and colour. We see it's great uses for the farmer, and for those specialists who farm poultry. And we see it is used in commercial product application for manufacturers. We see the usefulness it has in producing many different types of practical products. We can see that, on so many levels, the Sunflower and it's constituents, we now begin to 'see' that the regal Sunflower is a most wonderful absorber of things that we would not want running about. Whole and part are hugely beneficial. The seamless formation of the fibonacci pattern is a microcosm of all natural patterns that grow and glow all around us. As above, so below, Dear Friends! The Sunflower really is a herb of the Sun.

Where we see the Sun producing all that we are upon and all that we see before us in it's literal magic alchemical way. This plant just grows, given enough water. And when it is finished, it will produce products and fats that allow many other things to grow and glow. Long may the glorious Sunflower continue to flower and produce abundant life-giving seed to cheer us all up.

Joy to you All, Dear Friends!!

SVAH HA!!

* * * * *

And so, Dear Friends, we climb higher. Away now from our Sunny patch of Sunflowers and we walk along the path and up the hill and further we reach a plateau and, near our path, we see a pair of Snakes writhing in the dirt. Further on then, and beyond the plateau that our path has taken us along is a high point to where we climb to 'see' where we are. And there, we realise how high up we have come, and how fresh and sparkly the air has become and yet we are still below the cloud level. And there below us is a whole world, stretched out. Fields and valleys stretching out into the far distance and connecting them all, are big streams and gullies and dykes and there! flowing, are several rivers. Flowing like Serpents reflecting the glassiness of the water whenever the Sun came through the clouds.

And our eyes catch a path adjacent to our high viewpoint. And so we wander down this path. It is hot. Crickets and Cicadas are rubbing their legs and making noises, the air is heavy and hanging, and as we walk down, the glassy serpentine rivers draw closer, until we are at a pool. And here we take our rest. And quench our thirst. And look at the landscape. And keep an eye out for Snakes while we drink. They are always nearer than one would think.