

Subject: Changes Are Coming And A Casserole With No Gluten.

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Newsgroups: alt.conspiracy.area-51

Subject: Changes Are Coming.
Oct. 23, 2011.

Here are some good things that may happen soon.

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A Pleiadian Message from James G-liland
Jan-s

You Are Going To See Great Changes Between Now And November
A Pleiadian Message By James Gi-liland

There have been many meetings; which were multidimensional in nature in a consortium of advanced beings addressing the disturbance in the force called Earth. There is a unified field in which we all reside and express and Earth due to its millions of s-uls crying out for justice, the end of t-ranny and deception has been addressed. There are councils and consortiums all discussing this matter. In ancient times the last major colonies, Atlantis and Mu or Lemuria were Pleiadian in origin. If you talk with Native American Elders, South American Elders, Indonesian Elders, Hawaiian Elders and many others they all mention the Pleiadians as their ancient origins. Pleiadians have the greatest genetic stock or investment in Gaia not just human but plant and animal. They were the teraformers from long ago. There were other Star Nations that have come and gone to join in on this experiment some of which were lesser so-ls who hijacked the experiment.

There are also unseen entities often referred to as Archons who also played a role in hijacking and derailing the e-olution of Humanity and the Earth. These are low 4th density beings referred to as many names. Not just this galaxy but other galaxies have been dealing with these seen and unseen negative influences. The E-ite call upon these influences in their rituals for power over others yet in doing so have lost their so-ls and have become possessed by these entities. What we are not aware of is these unseen negative influences are being cleaned up as above so below. The very grid and power base the global el-te depend upon is diminishing and collapsing.
G-ds work in ways unseen.

Now before you ask why is Go- plural did you know Elohim is plural and the correct translation of G-nesis is, "In the beginning the Father of all Fathers created the Go-s who created the he-vens and the Earth." The correct understanding is -od is neither male nor female in its most unlimited understanding it is a frequency and a force, d-vine intelligence; which is omnipresent on all planes and dimensions throughout the multiverse.

The image of the bearded male G-d came from the Annunaki, those who came to Earth from Hea-en of the skies, technologically advanced -od like beings. Some were benevolent serving the Creator in all Creation others were malevolent self-serving which is where the divisions of r-ligion often occur. In the most ancient understandings G-d was female, the center of this galaxy is the b-ack hole from which everything emerged, all life is related and family. This is more aligned with the creation process and what scientists call the big bang which was a lot of bangs.

The many male images of G-d separate from Humanity and the Earth, diminishing and suppressing the feminine along with unseen negative influences have created the severe imbalances and misdirection of ev-lution. This is in the process of being corrected. All of the councils and consortiums to the highest level have agreed that the Pleiadians have the most human and genetic stock as well as a responsibility to correct this imbalance and redirect Humanity's and the Earth's evol-tion back on its original course.

This is a multi-dimensional effort from the highest

levels including the source itself to correct and redirect. The Andromedans, Sirians, Arcturians, Orion Council of Light, Pleiadians, and a host of others too numerous to mention have dealt with the controllers on high and are now dealing with them on Earth. How we are going to see it on this level often depends on how entrenched we are in the negative system and how far away we are from living in harmony with each other and the Earth. The Pleiadians say we are here to release the past, healing is coming to the Earth. They are doing it spiritually and energetically all the way down to the physical.

The consciousness and energy grids of tyranny and separation are coming to a close. The negative support systems for the elite who have chosen to invoke and work with unseen negative influences is also coming to an end. What once was hidden shall be revealed for all to see and once seen the masses will be quick to awaken and act due to the increased awakening and healing energies coming to the Earth. Your ancient ancestors are returning, they are benevolent and are here to set a new course.

The wars, disease, unbridled greed and profit at the expense of humanity and the Earth are also coming to a close along with the war- and disease profiteers. They are being exposed on every front. This does not mean they will go quietly which would be in their highest and best good. It means they will go, they have no choice neither Earth or the Universe support their reality. Direct knowing, telepathy, sensitivity to vibration will isolate them from the awakening masses who will no longer participate with their agendas. Because they have no respect for humanity, nature and the body of Earth their own bodies will fail. No drug, machine, or negative influence will keep them erect.

You are going to see great changes between now and November, time to create a new world, one which lives in harmony with all the facets of humanity and nature. The old world is fast diminishing in a time compression spoken of in the Mayan Calendar. Yet that same quickening will support the manifestation of a new world of peace and prosperity for all. Unity consciousness is the future. Ride the wave. Release the past and trust in the future as well as the God within to guide your journey. Do not participate in the old world or act in any way that is harmful to humanity and the Earth. The future of Earth is set, how you choose to flow with this future or against it is up to you. Your choices will determine your tomorrow. Permission to pass and share far and wide;

(JW Remember, they have put a time date of this, From Now On Till November. Remember that it is best not to put a date on things that may happen. They will do it, if and when the things are right to accomplish it.)

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John Winston. johnfw@mlode.com
Subject: A Casserole With No Gluten.
Oct. 23, 2011.

Here is a casserole that I might taste.

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http://www.care2.com/greenliving/kickin-millet-casserole.html#solution_comments

Created 30 years ago, this recipe continues to be a favorite at the HeartMath Kitchen. This vegetarian gluten-free casserole is moist and flavorful, plus a great way to incorporate millet into your diet. Feel free to increase the amount of jalapenos to make it spicier or leave them out to make an equally delicious milder version.

Kickin' Millet Casserole

Ingredients:

- 3 1/2 cup water
- 1/2 teaspoon oil

Pinch of salt
1 ½ cup millet*
6 cups frozen corn, defrosted (save ½ cup)
½ green pepper, seeded and cubed
½ red bell pepper, seeded and cubed
1 bunch green onions, sliced
2 cups lowfat milk or milk of choice
1 teaspoon jalapeno juice (from a jar of pickled jalapenos)
4 eggs
½ cup parmesan cheese, grated (for mixing in)
2 teaspoons salt
½ teaspoon granulated garlic
½ teaspoon granulated onion
½ teaspoon pepper
2 tablespoons pickled jalapeno peppers (jarred), minced
2 tablespoons Earth Balance, melted or oil of choice*
½ cup parmesan cheese, grated (for topping)

Directions

1. Preheat oven to 350 degrees.
2. In large pot, add oil and salt to water. Bring to a boil. Add millet, stir and cover. Turn heat down to lowest simmer possible. Cook until liquid is gone and small peaks form on top of millet. Do not stir, although you can push wooden spoon down to bottom to see if any water is still left. (Water will boil off in about 15 minutes.) Remove from stove and let sit 10 minutes covered.
3. Set aside ½ cup of defrosted corn in large bowl with peppers and green onions.
4. In tall container or blender, place remaining defrosted corn (5 ½ cups). Add milk, jalapeno juice, eggs, ½ cup parmesan cheese and seasonings. Puree on high with hand mixer, regular blender or food processor until creamy and corn is slightly lumpy.
5. Add corn puree and cooked millet to bowl of vegetables and mix well.
Add minced jalapenos and melted Earth Balance.
6. Pour mixture into a lightly greased 15 x 10 inch pan. Sprinkle ½ cup parmesan cheese on top. Bake uncovered until lightly browned on top (about 30 minutes.)

Serves 8 to 10. Total preparation time: 1 hour.

****Tips from the HeartMath Kitchen***

1. Millet is a popular grain in Africa as well as China and India. It is being used more and more in the U.S. in vegetarian recipes. It has a nice nutty flavor and is good with moist ingredients as it can be dry on it's own. It is rich in B vitamins and is gluten free. It should be available at most natural food stores.
2. Earth Balance is a vegan butter-like spread made with olive, soybean, canola and palm oils. It also should be available at most natural food stores.

Sara Childre is President and CEO of the non-profit Institute of HeartMath <<http://www.heartmath.org>>. Since 1991, Sara has helped oversee and develop HeartMath trainings, educational products and scientific programs. She was appointed vice president and CFO of the institute in 1992, then president and CEO in 1998./

Read more:

<http://www.care2.com/greenliving/kickin-millet-casserole.html#ixzz1bAiYjtHR>

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