

Subject: Pass The Cucumbers Pappy And Invite Them Down To Help Us.

From: "John Winston" <johnfw@mlode.com>

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Newsgroups: alt.conspiracy.area-51

Subject: Pass The Cucumbers Pappy And Invite Them To
Come Down And Help Us. June 1, 2012

Subject: Pass The Cucumbers, Pappy.

June 1, 2012.

Here are some ways to use cucumbers.

....HOW COOL IS THIS:

Oh my gosh, if all these things work, we'll have to keep cucumbers on hand.

How cool is this!!!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for

massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!! Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems..

John Winston. johnfw@mlode.com

Subject: Invite Them To Come Down And Help Us. June 1, 2012.

Here is how we could ask the good type space people to come down and help us correct our problems.

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Greetings from Galactic Heart....

PAO's dear friend, Kees de Graaff from [Galactic C-annelings](<http://galacticchannelings.com/english/please-help-us.html>)
I came up with a great idea....Invite the Galactic Federation to help us by using our Heart's joy!

The Galactic Federation and A-cended M-sters have been encouraging us to be active citizens. By participating in this simple, yet powerful request, we are sure to receive quicker results.

The GF and Asce-ded Mas-ers can hear our thoughts and feel our heart's desires. Thanks for your participation!

Selamat Ja!
C-lleen

Invitation to the Galactic Federation to Help Us

[By Kees de Graaff from Galactic Channelings](<http://galacticchannelings.com/english/please-help-us.html>)

Dear friends,

We're setting up an action that can be done at the speed of light.

We know that our world is ruled by c-rrupt people, who all work together to keep us under control.

We also know that our world has been visited by benevolent ET species, many of them humanoid, who work together in a huge organization called the Galactic Federation of Light.

Why don't they help us and free us from this corrupt regime that has so many people suffering and starving to death?

Well, from what we understand this is for karmic reasons partly, but the main reason is a universal law called "The Law of Non-Interference". This means that a higher civilization cannot just interfere with a lower one, because the natural evolution will be disturbed then.

This all changes when they are INVITED to come down. Then it's no longer a matter of interfering, it's accepting an invitation.

Well, today, we're officially inviting them. Not on behalf of our corrupt governments, who know about the ET presence but are covering it up, but on behalf of ourselves, as sovereign human beings.

Anyone who is awake, and has evolved spiritually, knows that when you send out a thought, it always reaches its destiny. This is how telepathic communication works, for instance, or prayers. We all have this capability, and today, we're gonna use it.

What we will do, is only one thing. Send out this thought, or something like it, in your own words:

"Dear members of the Galactic Federation, and all higher beings who would like to help us, but cannot do so because of certain universal laws. Please help us. We are INVITING you to. On behalf of myself as a sovereign human being, living on planet Earth, I ask you to come down and help us. We know you have been monitoring and visiting us for ages. We know you have technology that could solve our biggest problems, like hunger, pollution and wars, almost in the blink of an eye. But you felt restricted to help us openly, because of universal laws and our "official" representatives, our corrupt governments, not cooperating with you any time you offered your help. Today, we call it ENOUGH. These corrupt governments are NOT representing us. We are representing ourselves and we're asking you to help us. There has been enough suffering on this planet, we want it to end. Please come down and help us. We will welcome you with open arms, and a loving heart."

That's all you need to do.

When you're done, spread this message as far and wide as you can. Anyone in your environment who you think might be open to this, needs to be invited to join. Spread it through your Facebook pages, your e-mail address books, newsletters, anyway you can. You can be sure that your invitation reaches our galactic friends and when they see the scale on which it happens, they have no other option than to see this as an official invitation from mankind.

It's just a matter of numbers. If 200 world governments say "NO, no, no" to them, but behind them, hundreds of thousand of world citizens are shouting "YES! YES! YES!", who are they gonna regard as representing mankind? Surely, it's us. Today, we make it happen. TOGETHER! Please go ahead and add your voice.

[MEET YOUR FIRST CONTACT TEAM](
<http://www.paoweb.com/products.htm>)

A Compelling DVD Videotaped Live in L.A.
November 8, 2009

Who will be the first to greet us when the landings come?

This dvd goes into detail about Six different Galactic Federation members who make up a portion of Gaia's First Contact Team. The word in [brackets] is how you say "Hello" in that Star nation's language.

****Topics Include:****

The Lyrans [Shamaan]
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The Pleiadeans [Shalaam]
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The Sirians [Selamat Ja!] Spiritual
healers Service oriented ~ Exploring joy
The Herculeans [Selamaat Jara!]
Psychologists Fluid Group
Dynamic Experts
The Andromedans [Acharaya]
Scientific innovators
Most diverse culture

To hear [Galactic Greetings](
<http://www.youtube.com/watch?v=3D3DwDe3ecHSh14>) check out Sheldon's you-tube
video.

Want to see a Preview of Sheldon's upcoming webinar?
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May Webinar with Sheldon

Welcome to Webinar 27

An in-depth look at the timelines that
are moving us closer to the announcements.

Sheldon explains the timeline for:

Changing Our Legal Systems
Changing Our Financial Systems
Changing Our Gove-nmental Systems

****What's the Payoff?****
Prosperity Freedom Personal Sovereignty

****And Ultimately Learning About**
Our True Origins Disclosure Full Consciousness

[UNDERSTANDING OUR TIMELINES](
<http://www.paoweb.com/updates.htm>

Sunday, May 20, 12 to 1:30 p.m. PDT (Pacific DaylightTime~California Time
)

****and/or****

Thursday, May 24, 6 to 7:30 p.m. PDT (Pacific Daylighttime~California Time
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