

THE AUSTRALIAN FLUORIDATION NEWS

ARTIFICIAL FLUORIDATION
IS WATER POLLUTION



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FB: Australian-Anti-Fluoridation-Association

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Vol 56
No. 1

\$20 per annum posted Australia
Published Quarterly

January - March
2020

Print Post Approval
PP331.985 00013
ISSN 1445-2847

US EPA case going ahead

After a series of delays, the US Environmental Protection Agency (EPA) case is going to trial in June 2020 in the US Federal Court. The EPA is being held to account for decades of neglect in not protecting people from the addition of fluoride, a known toxic substance to the public drinking water.

The case will run from June 8 to 17, after which it may take a month or two before the judgement is known.

Fluoridation promoters since the 1940s have claimed their scheme to reduce dental decay was 'safe & effective'.

2020 is the year for seeing both sides of issues. The more we don't want to consider the 'other side', the more important it is to do so, and especially in this fluoridation case with the evidence accumulating.

On 30 Dec 2019, the court determined the case will go to trial. Originally it was scheduled for April 20 in San Francisco, but the start date was delayed by the viral outbreak and will now be conducted in June by video conference, which will be viewable online.

Artificial water fluoridation causes many problems. The key issue explored in this EPA trial is fluoride's neurotoxicity, with 65 studies now showing reduced intelligence (IQ) and other brain damage including ADHD.

The Bashash (2017) study found a link between fluoride in the urine of pregnant women and lower measures of intelligence in their offspring. The Green (2019) study confirmed this. The studies by the NTP (2019), Riddell (2019) and Till (2020) each show further issues and we will cover them in the next edition.

With 2020 hindsight, fluoridation ought to have stopped decades ago, or never started.

Right now many people are realising that things aren't how they seemed; and they might not be at all surprised that the water fluoridation scheme is a "house of cards". In the absence of accountable government, we've needed a critical mass of awareness and action to remove fluoride from our water supplies.

The US Federal Court trial is a blessing. Whatever the result, please be involved in learning more and getting the word out to as many as possible.

From Apathy and Fear, to Courage and Beyond

One possible explanation for why fluoridation has continued over the years is the "apathy" of the population to get involved and demand an end to the scheme. While Australia does not have a monopoly on apathy, it has sometimes been called "Apathralia". This may have some truth to it, but merely having an *explanation* doesn't necessarily change anything. In fact, some people react to the various challenges with resignation, asking "*oh well, what can you do?*" As it turns out, plenty!

It's useful to dig deeper, gain an understanding of what "apathy" actually is and to find ways to rise above it.

The work of the late healing psychiatrist David R Hawkins MD PhD may assist. In particular he developed a "map of consciousness", which covers the lowest levels of consciousness including apathy and fear, right up to the higher states of enlightenment.

Dr David Hawkins (1927 - 2012) led an interesting life; it was a journey of spiritual enlightenment in the real world. He was a psychiatrist, physician, researcher, spiritual teacher and lecturer.¹

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Among his 13 books, the best known are “Power vs Force”² (published in 1995 and updated in 2012) and “Letting Go” (2014). He also has various audio recordings, one of which is a six part program at the Institute of Noetic Sciences in 2003.³ Another book is due later in 2020.¹

Power vs Force has three parts: Part One describes the background and introduces the Map of Consciousness; Part Two examines power and force in various areas of life; and **Part 3 covers the evolution of consciousness and how human consciousness is now at the threshold of power after centuries of force.**

Dr Hawkins suggests that our level of consciousness can be raised through greater integrity, understanding and compassion.

Truth and the Mind

Dr Hawkins says *“the hardware of the human mind is programmable and has no capacity to tell whether its being programmed by truth or falsehood.”* The mind does its best using probability, reasonableness and persuasiveness, but this can leave a lot to be desired. Consciousness is the “hardware” that cannot discern truth from falsehood, and can run any number of “software programs” or beliefs. People can believe anything and sometimes it can take much time and negative feedback before we see the error and change our minds, to change the program (beliefs) to be closer to the truth.

“In my lifetime 100 million people have been slaughtered at the hands of megalomaniacs and a naïve populace...”

Truth and our Leaders

In the audio program (Part 1)³ Hawkins talks of political leaders (prior to 2003), but it could equally apply today:

“[Testing with Kinesiology] is the first means of discerning truth from falsehood ever discovered in the evolution of mankind... Mankind has suffered endless disasters, pain, agony and suffering. Massive starvation, massive slaughtering. In my lifetime 100 million people have been slaughtered at the hands of megalomaniacs and a naïve populace that doesn’t know a megalomaniac from a leader. Follows the megalomaniac right over the side of the cliff by the tens of millions. By the tens of millions, mankind surrenders and slaughters his life and that of his fellow man, wives and children. If you don’t care about yourself, what about your family?”

Testing with Kinesiology

In “Power vs Force”, Hawkins shows how testing with kinesiology (sometimes called muscle-testing) can be used to distinguish what is true. This is done by making simple statements and testing the body’s kinesiological response: if the arm muscle being tested remains strong, the statement is true; otherwise it’s false. It’s surprising how a strong man’s arm can deflect, indicating “not true” (even if the man resists). It’s yet another indication of how remarkable the human body is. There are various conditions which can affect the reliability, so Appendix B details the steps for kinesiological testing to ensure scientific rigour. Consciousness research methodology calibrates at 600. The testing response has been shown to be non-local.

The Map of Consciousness

Using kinesiology, Dr Hawkins found he could calibrate, or test for, different levels of consciousness. They are set on a scale from one to 1000. This scale is logarithmic, so each step up is to a much higher level than the previous one.

The level of 200 is the balance point of integrity and truth. The levels of consciousness below 200 are fundamentally about survival, while levels 200 and above bring experiences of life of very different qualities. Very few people reach the higher levels of enlightenment above 600, other than the great avatars. Everything above 200 makes your arm go strong, below 200 makes you go weak.

Table 1: Map of Consciousness (Power vs Force pp72-73)

Level	Log	Life View	Emotion
Enlightenment	700-1000	Is	Ineffable
Peace	600	Perfect	Bliss
Joy	540	Complete	Serenity
Love	500	Benign	Reverence
Reason	400	Meaningful	Understanding
Acceptance	350	Harmonious	Forgiveness
Willingness	310	Hopeful	Optimism
Neutrality	250	Satisfactory	Trust
Courage	200	Feasible	Affirmation
Pride	175	Demanding	Scorn
Anger	150	Antagonistic	Hate
Desire	125	Disappointing	Craving
Fear	100	Frightening	Anxiety
Grief	75	Tragic	Regret
Apathy	50	Hopeless	Despair
Guilt	30	Evil	Blame
Shame	20	Miserable	Humiliation

Calibrating the Levels of people

Dr Hawkins found he could measure levels of consciousness for individuals. People might increase their level by only five points in a lifetime. He tested audiences before and after his lectures and found the level of consciousness would jump by up to ten points. Reading “Power vs Force” can raise it by 35 points!

We’re unable to calibrate our own level. As he says [in the audio], to calibrate our own level of consciousness, “you’d have to be above sainthood”. Later he says, people worry about “whether they are over 200. Don’t worry about it.”

People, Organisations & Countries

Consciousness research can ask ‘What is reality?’ Absolute truth can be distinguished from propaganda and historical revisionism.

The level of consciousness can be calibrated for people, organisations and countries.

Dr Hawkins calibrated the levels of historical figures. Some of the WWII people Hawkins calibrated were Himmler 40, Goebbels 60, Dr Mengele 15, Third Reich 70, Stalin 90, Mussolini 50, Hirohito 200, Kamikaze pilots 390, Luftwaffe 345.

It really takes something to remain at the higher levels of consciousness. Both Hitler and Napoleon had high levels of consciousness, but they slipped drastically when things became about them. Early in his career, Hitler was over 420 before he “crashed” to 90. Napoleon early on was at 460 but he had anointed himself Emperor and by Waterloo had dropped to 75. Dr Hawkins says in the talk, “when the megalomania hits [these leaders], mankind is not aware that’s happened... Suddenly the monster emerges. And what was the benefactor is now the great killer of society. We’ve needed a compass...”

“when the megalomania hits [these leaders], mankind is not aware.. the monster emerges”

Others of the WWII era calibrated were Churchill 510, Roosevelt 499, MacArthur 425, Eisenhower 455, Heisenberg 465, Werner von Braun 400, and the US Military 315, compared with the German military at 205.

Hawkins had calibrated the League of Nations (the forerunner to the United Nations) at 185, below the critical level of 200. The United Nations was calibrated at 195.

Businesses and government departments today often test at just over 200, barely meeting their minimum obligations so they don't get in trouble. Businesses lagging below 200 are at risk of going out of business.

Countries can be calibrated. Hawkins lists some countries (as of the 2003 talk): USA at 421, Australia at 410, most African countries between 50 and 150, with some in the range of 180-195. The Middle East also had countries in the 180-195 levels, where they are a danger to one another. He singles out Israel and Palestine to be both about the same, (185 - 190) and said “Neither one is interested in peace... They play the media for who’s going to be the one for peace. And you can tell it’s all a lie. It’s interesting to watch the nightly news as Arafat or someone like that comes on. And you check in with kinesiology... [asking regularly] ‘Is this man telling the truth?’” And the answer can be a repeated ‘no’. Hawkins continues:

“You can watch a half hour interview in which they do not tell the truth once. Not once. Not once in an entire interview. Worldwide interview, lying continuously. They have no intention of peace because peace would mean the end of [their] reign.”

If people can tell that a “leader” is lying non-stop, that “leader” would soon be looking for another job. Dr Hawkins then asks humorously in the audio:

“What would a politician do when he is [going to be] on television when he thinks everyone is out there in TV land, checking him out with kinesiology?” (laughter)

“His appearance unfortunately has been cancelled due to’ [whatever reason] (laughter)

The Truth about ‘War and Peace’

Dr Hawkins spoke on war, peace and truth in his 2003 talk:

“War and peace is not what people think it is at all. Peace is the natural state of affairs when truth prevails. When

truth prevails, peace is natural. You don’t create peace. Nobody can cause peace or create peace. No one’s going to make peace happen. There’s no way to make it happen. It’s like silence. There’s no way you can make silence happen... Peace is the automatic natural state when truth prevails. War is the automatic state when falsehood prevails.”

Media and the Levels of Consciousness

We can all go into fear at times, or apathy, guilt, shame, or other levels, but it's important not to stay there. Mass media communications and passive “enter-ainment” often promote fear, and in the absence of (external authorities’) solutions, we may remain in fear underneath a blanket of intellectual numbness; we’ve stopped feeling it all. One way to navigate through this is to feel the numbness and fear, sit with it and observe whatever else is there. Mindfulness or meditation may help, or laughter (Dr Hawkins’ 2003 talk is quite funny). From there, we can see what we need to do and take action.

For some, another useful technique might be to greatly limit the time on screens or TV. These devices are hypnotic and highly addictive. Observe how these devices promote fear and propaganda. By limiting their use we can get on with our lives with less fear and restore balance in our community.

Is “Apathy” the reason?

Power vs Force describes Apathy as:

“Poverty, despair and hopelessness. The world and the future look bleak; pathos is the theme of life. Apathy is a state of helplessness, its victims, needy in every way, lack not only resources but the energy to avail themselves of what may be available... The apathetic are dependent; people in Apathy are ‘heavy’ and are felt as a burden by those around them... This is the level of the slums of Calcutta, where only the saintly, such as Mother Teresa and her followers dare to tread. Apathy is the level of the abandonment of hope and few have the courage to really look in its face.”

From this characterisation, it appears that Apathy is NOT an issue for most Australians. It is worth examining Table 1 to consider which levels may have obstacles restricting us. Fear is a more likely contender. While there’s limited space here, it’s worth discussing this with trusted friends and also asking “what really matters?” to help get beyond the “apathy”, “fear” or whatever it is. Note that for someone at a level of fear, any higher level (such as desire, anger or pride) is an improvement.

Truth, Science, Religion, Spirituality & Pets

While 200 is the level of integrity, truth and courage, each of the levels above 200 are ever more compelling.

The level of Reason (400 to 499) is important in our society. The Newtonian Paradigm calibrates at 499. Many intelligent people (and many scientific theories) occupy the 400s. Most scientists have not got beyond 499: Newton, Freud, and Einstein all reached 499, while David Bohm reached 507. Spirituality begins beyond 500.

Whether we are spiritual, religious, agnostic, atheist or other, the table listing the levels of consciousness may be of relevance to where we are personally and higher levels we could aspire to, and where we’re going collectively.

For the non-religious, the upper levels of consciousness in particular may be of lesser interest.

The book gives a revealing perspective on where we have come from collectively. It has us question who we can be 'individually' in creating this new world of integrity above 200.

Businesses will be interested in learning to use "attractor patterns", as they are far more effective than promotions.

The "Power vs Force" book itself calibrates at 850. An appendix lists each chapter's calibration, from 710 to 890.

For pet lovers, Dr Hawkins says that purring cats and tail-wagging dogs calibrate at 500, the level of Love!

Humanity Overall, Balancing the World

Dr Hawkins says in his 2003 talk that 2000 years ago, the level of consciousness of humanity overall was at 100 (fear). Through the centuries it rose to 190 (pride) and stayed there for many more centuries, up to the late 1980s. Then, for no apparent reason, the level of consciousness jumped to 207, reaching the level of integrity and courage.

Hawkins empowers us in *Power vs Force* (Chpt 23) that "although only 15 percent of the world's population is above the critical consciousness level of 200, the collective power of that 15 percent has the weight to counterbalance the negativity of the remaining 85% of the world's people."

One individual at Level:	Counter-balances	Number of individuals below level 200
300	"	90,000
400	"	400,000
500	"	750,000
600	"	10 million
700	"	70 million
12 individuals at Level 700	equals	1 avatar at Level 1,000

Gandhi (who calibrated at 700) suggested to us all to "be the change you wish to see in the world."

Conclusion

As Dr Hawkins says in the audio program, "the actual truth in this world is quite bizarre. People are not used to it. Therefore there is 'truth shock.'"

Those struggling to comprehend the absurdities of modern times may gain useful insights using the "levels of consciousness" perspective. On the one hand we can see how "bad actors" (or even terrible actors!) can force policies using lies and fear. On the other we can empower ourselves and others,

by standing for truth and integrity, and rising above where we have been.

Specifically applying this information to artificial water fluoridation, we can ask "at what level of consciousness would fluoridation and fluoridators test as?" We'd surmise that anyone selling toxic fluoride wastes (for adding to drinking water) would likely have a level of consciousness below 200 (the level of integrity). Or, if they are following bureaucratic rules (that they believe cannot be questioned) they might test just above 200. Once we're able to collect reliable data, we'll include it in a future edition.

If many were testing for the truth and broadcasting the results, how soon do you think the artificial water fluoridation scheme would be stopped in Australia and other countries?

The "map of consciousness" is here to help us contribute to a better world. Apathy is unlikely to be the reason for people not being active in removing fluoridation. There would be a range of other reasons, especially "fear." Dr Hawkins has this to say on hate and fear:

"We don't hate [or fear] that which is dangerous, or potentially dangerous, we respect it. Not hatred but respect."

"We don't hate [or fear] that which is dangerous, or potentially dangerous, we respect it. Not hatred but respect."

By stepping into courage, observing and being with any "fear" that might show up, we can share our authentic experience with trusted others, and fears will disappear or diminish. From there we can take (even small) actions steadily, and move beyond our previous limitations into a new world operating at a higher level of consciousness. Be sure to share and celebrate the victories along the way which will inspire others.

As well as respect, understanding and compassion are keys. Dr Hawkins says in *Power vs Force*, "to live with care and kindness is all that is necessary; the rest reveals itself in due time."

Sources:

1. Veritas Publications: <https://veritaspub.com/dr-hawkins/>
2. Dr David Hawkins - *Power vs Force* (1995, 2014) in print and from local bookshops and online.
3. Dr David Hawkins (Audio) IONS, "How to Instantly Tell Truth from Falsehood About Anything - [Part 1](#)", [2](#), [3](#), [4](#), [5](#), [6](#).

Quotes:

John R. Lee, MD (US Physician):

"No study in the past three decades has demonstrated any significant dental benefit from fluoridation. The older historical studies, on which claims of dental benefit are based, are so seriously flawed that most independent researchers conclude they should be ignored. In fact recent studies, here and abroad, show that fluoridation is correlated with higher caries rates, rather than lower ones."

Note: *The Australian Fluoridation News* is also available at: www.fluoride.website/ausfnws/

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