

Poetry Series

O Anna Niemus
- poems -

Publication Date:
2009

Publisher:
Poemhunter.com - The World's Poetry Archive

O Anna Niemus()

I bow to the divine within you... The same Lord of Love lives in you and me... and never leaves... no matter how many grey clouds cover His inner presence.

I honor this site's poets including those who don't know it.

Anyone who does not edit individual poems and includes the name of the author O Anna Niemus has my permission to reproduce them on the web and if on cotton, rice, nontree or recycled paper to publish them.

God protect, supply, heal and love you today and always, each and all ways

It is my humble prayer that any downloading be done on cotton, rice, nontree or recycled recycled paper that I may walk in the woods and be able to look the trees in the face.

I would be grateful if you email me with notice of any misspellings, grammar errors or opinions I express which enrage you.

Coming: a poem to the vivisector shadow hacker who loves to make the lives of antivivisectionists more interesting.

1 28 Ways Wars In Gaza, Iraq, Afghanistan Harm Animals

All wars are wars on animals birds and fishes as well.

BOMBS WHICH BURN

1 People animals birds are killed by bombs, rockets, missiles.

LAND MINES

2 People animals birds are blown apart by mines of war profiteers both when forced into service as dolphin or dog minesniffers or as unsuspecting victims of mines... A rhino whose legs were turned to jelly by a landmine in Africa was one of billions of animal, bird and other victims of landmines.

USE OF ANIMALS AS WEAPONS CARRIERS

3 The US Navy has electroshocked porpoises and turned them into weapons carriers. (See Day of the Dolphin by Lilly)

EMBARGOED SHIPS

4 Animals die on livetransport ships in wartorn ports after standing in their own waste, dying of hunger and thirst

BOMBING OF OIL REFINERIES

5 Whales, dolphins, fishes, turtles, sea birds are killed in oil spills from bombing power plants. 15,000 tons of oil have been dumped into the Mediterranean by the Israeli bombing of a Lebanese power plant.

ZOOS BULLDOZED AND BOMBED

6 Animals are bulldozed (killed or backs broken) in zoos in wartorn areas.* The Nazis bombed London zoos. Churchill retaliated bombing the Berlin Zoo. The Israeli Defense Force bulldozed the Gaza Zoo, breaking the backs of those who survived deaths by crushing.

ENTOMBED BY BOMBS

7. Bears and other animals are sealed into Afghan caves by bombs

WHALES DOLPHINS KILLED BY SONAR OF NAVY SHIPS

8 Naval warships' sonar kills whales.

DEVOURED

9 Animals are seized, slaughtered and eaten by armies.

10 Animals disoriented by bombs run away from their homes.

REFUGEE AND SOLDIER ABANDONMENT

11 Animals are abandoned by refugees and by soldiers ordered overseas.

INSTITUTIONAL SHUT DOORS

12 Animals are not allowed in to all refugee camps. The US Red Cross after a worldwide outcry re its gunbacked separation of people from animals has begun to change its rules on this.

ANIMAL HABITAT DESTROYED

13 Animal habitat (trees, orchards, vines, plants, watersheds) are destroyed by daisy cutter, bunker buster and other bombs, cruise missiles etc.

DEPLETED URANIUM

14 Depleted uranium is giving animals as well as people cancer, 81 times the average in Baghdad.

BOMBING OF REFUGEES

15 Animals as well as people have died as supply convoys were foiled by bombed roads and bridges, and as convoys have been fired upon. In the Highway of Death bombing directed by G H W Bush, 250,000 white flagged surrendering soldiers as well as refugees with donkeys, cats, dogs, goats, cows, chickens etc. were carpet bombed and bulldozed into graves.

UNABLE TO ESCAPE ROPES

16. Some abandoned animals are left tied up without war and are dying of thirst and or heat or cold

UNCONSCIOUS DRIVERS

17. Motorists racing to get out of bombing areas are mowing down goats, cats, dogs, chickens, sheep on the roads.

PROPELLER AND TANK DEATHS OF BIRDS, MARINE MAMMALS, FISHES

18. Naval warships carve up marine mammals in their propellers as jetfighters carve up birds in their propellers. Tanks have crushed untold trillions of small mammals, ground nesting birds, frogs, snakes, ants in anthills, and countless other species. Tanks destroy sapling trees and add to desertification of the planet.

ALCOHOL RELEASED ABUSE

19. American soldiers drinking have shot tigers and lions in the Baghdad Zoo.

CHECKPOINT VIOLENCE

20. Donkeys and dogs have been shot at Israeli govt checkpoints

NASA VIOLENCE

's military missions have involved secreting animals aboard. This is unpublicized. Many secreted animals

were with the astronauts blown apart by Lockheed and other Bonapartes

MILITARY RESEARCH

22 Animals die in military weapons research labs. Primates have been irradiated at Barnes Air Force Base in Texas.

23 They have been put in restraining chairs for months at a time in astronaut studies at Bethesda Naval and elsewhere.

24 Animals die in military contract 'vaccine' research.

25 When PETA was successful in cancelling the US Dept of Defense use of living dogs as target practice for the (unnecessary) training of surgeons, the DOD simply substituted goats, making them truly scapegoats.

26. Chemical and biological weapons from weaponized anthrax to nerve gases have been developed on captive animals for many decades. Recently biological weapons developed by George Merck of the Merck pharmaceutical company were destroyed after 45 or more years in storage.

27.

. In weaponized anthrax development by the CIA and Ft Detrick, 4000 primates were destroyed in just 1 experiment before captive primates and 1 billion dollars was given to Battelle of Tennessee. The books of Leonard Horowitz document the abuse.

For a list of other atrocities, see

MILITARY SURVIVAL TRAINING

28. US soldiers in survival training are taught to club, knife and otherwise kill animals from Dugway Proving Ground in Utah to Okinawa.

In the war of the Israeli government against the Lebanese people, a million animals died in an oil spill created by a power plant bombing. Cows have died of thirst on boats unable to land liveshipped animals. Animals have died as relief supplies can't get into the many crisis areas. The Olmert regime fired upon relief workers.

O Anna Niemus

1 Flagwrapped Exhortations By War Profiteers To Young Victims

'It is your patriotic duty' said a war profiteer
on the airwaves rented against their will from Americans
by a dual citizen, a fellow armsmonger, for pennies.. airwaves from which he
had made billions...

The war profiteer's injunctions were broadcast to the young men and women
of America as he exhorted them to walk onto the
altar of sacrifice and shed their blood
or be horribly maimed, burned,
bomb-castrated, missile-blinded, for the mammon
and ancient enmities
of plutocrats.

These professional haters had no allegiance to America....
... their money was safe they thought in the Bahamas
or Switzerland... as they made deals with the Chinese.

What is the gift of traitor US senators to you?
a flagwrapped present containing the WMD's
of the people's destruction.

O Anna Niemus

1 Iran, Magi Astrologers

As neocons within the Bush and Obama networks push for war against Iran, one remembers that the first Gentiles to come to worship the baby Jesus were Persian Magi (Iranian astrologers.)

God foil the neocon plans.

O Anna Niemus

1 Mad Cow Jello Brand And Mad Deer Gillibrand

Mad Deer promoted by Gillibrand.

Mad Cow in murdered mammal bones' Jello brand.

Hunters spread
the gelatinous bones
of innocents
polluting the land.

NY Governor Paterson's own disability of blindness did not keep him from
appointing a hunter whose poorshot peers frequently shoot arrows into the eyes
of
animals they stalk in
the woods.

The new senator from New York (it is
the people and not governors who
should elect replacements)
is named Gillibrand.

Animal rights activists are organizing
for her removal in November of 2010 if
not before.1

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1 Nih Lies To Children

The National Institutes of Health has a coloring book for children which tells them that NIH researches on animals to cure them.

What does God think of those who lie to children?

(PCRM, Physicians' Comm. For Responsible Medicine has action links)
200 million US petowners are being charged against their will for this propaganda.

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1 Obama Wants More Virgin Victims For Volcano Of The Violent

Obama is asking for doubled troops for the sinkhole of Afghanistan..... more virgin victims for the volcano of the violent

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1 Palestine's Donkey Descendants

Descendants of the donkey who carried
Jesus on Palm Sunday...

live near Jerusalem.

One was shot at a checkpoint.

One was bombed.

Where is the courage of the
donkey Democrats...

to stop shipping arms

to Israel? to stop

bombing Iraqis and Afghanis?

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1 Pedophile Ring For Animals: Heifer International

What are livestock men
who in the guise of charity
run an international pedophile
ring for the slavery and
slaughter of baby animals?

Heifer International is a Little Rock Arkansas based livestock consortium which in the guise of charity and ending hunger promotes the agony of animal slavery and slaughter around the world as it simultaneously causes animal product related disease, and animal agriculture related deforestation and global heating. Animal agriculture does not end hunger. It causes hunger by furthering a food system which creates a maximum 1000 lbs an acre of murdered animal flesh (as compared to 450,000 pounds an acre for centenarian fruit and nut trees) .

Bill Clinton has advanced this project.

Heifer International kidnaps baby animals from their mothers and sends them terrorized in cages overseas to confinement and death.

I WOULD NOT SAIL WITH SHEEP

When I was once in Baltimore
A man came up to me and cried
'Come, I have eighteen hundred sheep,
And we sail on Tuesday's tide.'

'If you will sail with me, young man,
I'll pay you fifty shillings down.

These eighteen hundred sheep I take
From Baltimore to Glasgow town.'

He paid me fifty shillings down.
I sailed with eighteen hundred sheep;
We soon had cleared the harbour's mouth,
We soon were in the salt sea deep.

The first night we were out at sea.
Those sheep were quiet in their mind.
The second night they cried with fear –
They smelt no pastures in the wind.

They sniffed, poor things, for their green fields.
They cried so loud I could not sleep:
For fifty thousand shillings down
I would not sail again with sheep.

-William Henry Davies- 1871 to 1940

(Davies was born in the UK.. lived several years as a hobo
in the US.. broke his leg hopping a train.. and returned to
England and began writing)

O Anna Niemus

1 Planekill

The pilot into his engines
did a flock of geese suck.
The engines were suddenly
with dysfunction
struck
as the geese' maimed bodies
were hopelessly stuck
Did they think as they died
all humans were schmucks?

Roadkill, planekill, boat propellerkill,
harvesterkill, lawnmowerkill

Neocon warmonger news media reported today that all humans aboard
the plane driving into a flock of geese and sucking them into its engines
were alive. The same human chauvinists did not report how many
geese were killed.

O Anna Niemus

1 The Dalai Lama

In a dream on Dec 27 08 poster was in the room as the Dalai Lama gave a gold scarf to someone.

It is not that the Khmer Rouge, the Taliban, the priests of the Spanish Inquisition, the Nazis, the Israeli government, the Puritans in Salem Massachusetts, the Ku Klux Klan, the Chinese Army in Tibet, the Japanese Army in China, the Belgians in the Congo, the British, French and Dutch in imperialist colonies, the US military in Iraq, Afghanistan etc. have not been horrendously violent, but that the founders of Christianity, Buddhism, Hinduism, Jainism etc. (Jesus, Buddha, Rama and other Avatars, Mahavira) ask us to respond with nonviolent action and prayer to atrocities.

Those of us who are taking baby steps on the road of nonviolence or ahimsa can not claim to have reached the goal until we are nonviolent not only in deed but in thought and word. Neglect also can be a form of harming.

None of us have achieved nonviolence in all our interactions with humans, animals, birds, reptiles, fishes, insects, trees and plants. But one can keep walking the path.

O Anna Niemus

1 Tonto

TONTO

In one life he was
the mentor to the Lone Ranger
known as Tonto.
Now he's been reborn as a woman
and campaigns against Harper's
baby seal clubbing... in Toronto.

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1 Turkey Spirits Wish On Their Own Bones

What do the zillions of butchered turkey spirits wish upon their wishbones?
a kinder less violent human race

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1 Where Is Shalom For Palestine?

The place of perfect peace
is Om.

the place of perfect peace
.. is Shalom.

With every bomb, every bulldozer,
the Israeli government
destroys Shalom.

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1.2 Governor Strickland And Jesus

Governor Strickland, you
are a former pastor.
May you stop this execution
as did your Christian Master.
May the ground not swim in
governmental red bloodshed
but be starred with blue asters

Please Governor Strickland
avoid execution's quicksand

Please Governor Strickland join Gov Ryan of Illinois, Gov Corzine of NJ,
Governor Ventura of Minnesota and other governors who in the past
few years have cancelled executions in their states.

36 Reasons Followers of Christ Oppose the Death Penalty
1. Jesus stopped a capital punishment in progress, as a woman was being stoned to death. He said that those without sin should cast the first stone. The Levitical law of the old Testament had mandated executions for adultery, for both participants. It is interesting that only the woman was brought for stoning in this incident. Jesus sacrificed Himself but He would not sacrifice others.

2. As Jesus had a Last Supper, so do all executed people. One man in the US executed was so retarded he did not realize he could not save his dessert for later.

3. Paul held the coats of those who stoned Stephen and himself was involved in military campaigns against Christians. Yet no Christian asked for or was involved in his death, only Roman conquerors.

4.

Cain, David, and Moses killed in jealousy, lust, and anger. God protected all of them from retribution.

5. Paul, Cain, David, Moses, and others received mercy. Jesus says in the Sermon On The Mount: Blessed are the merciful, for they shall obtain mercy.

6. Exodus' Ten

Commandments: 'Thou Shalt Not Kill' is not asterisked to say 'this does not include state murder'. Earlier translations of the Bible say 'kill' and not 'murder', because all killing was forbidden, whether or not the Israelites were ready for this message from God.

While Moses (Exodus 6: 9) found that the Israelites, their Spirits quenched by slavery, were not ready for the highest teaching, we pray all are ready now.

7. Alcohol, drugs, some psychiatric medications and other substances make lesions in the aura, the electromagnetic field of the body. Through these, demons can enter and use the body as their weapon. When the demons depart, their victim is left to accept the consequences.

8. Jesus says there is more joy on heaven for the hundredth lambs, than for anyone else. The people on death row, whether guilty or innocent, are hundredth lambs, whom we are commanded to treat as our brothers and sisters by Jesus.

9. Scripture: 'Judge not lest ye be judged'. Violence is learned behavior. Abusers, many studies say, were abused. The death penalty in punishing abusive abusers is akin to punishing the cue ball for the direction it is sent by the stick. Only God has all the data. No one else has enough factors to make an evaluation.

10. The parable of the eleventh hour laborer who received the same pay.. as those who worked all day.. indicates that what is restitution.. amends.. repayment.. is a decision for God and not the courts.

11. Helen Prejean: (paraphrased) Those who believe in the death penalty identify the condemned with the worst moment of his (or her) life.. None of us is the worst thing we have done. We do not rape the rapist. We do not batter the batterer.

12. Someone from NCR has compared those governors who say they are upholding the law in executing.. to Pontius Pilate.

13. Luke 4: 18-19 Like the Sermon On The Mount this is one of many passages in which Jesus speaks of the divine mission of helping the poor. Virtually no billionaires or millionaires are executed in the United States, and proportionately fewer whites on death row than blacks.

14. Mary Alice Davis, editorial writer of the Austin American Statesman spoke of the crucifix, the most famous symbol of execution 15. In replacing the Levitical law of retribution with His Law of Love, Jesus transcended Leviticus.

16. Isaiah: I delight not in your blood sacrifice.

17. Isaiah: They shall not hurt nor destroy in all my holy mountain for the earth shall be full of the knowledge of the Lord. Gone will be what Ann N describes as the pagan human sacrifice of witnessing the death row gurney, similar to the victim placed upon

the altar.

18. Love the Lord Thy God with thy whole heart, thy whole soul, thy whole mind, thy whole self. Love thy neighbor as thyself. If we love our neighbors as ourself, we regard execution as a form of forbidden suicide.

19. The question of whether or not to be obedient to civil law is one every Christian answers for himself or herself. Jesus said 'Which of you having an ox in the ditch would not rescue it on the Sabbath?' Paul said to obey the authorities, yet J S has pointed out that Paul himself answered God in disobeying the Romans by continuing to preach. There are bribed legislators in many houses and senates. The letter of the law is one thing. The Spirit is another. The mind is one thing. The heart which enshrines God has the ultimate authority, for in it God whispers individual marching orders to each person.

20. Bettie Beets quoting Jesus: What God hath joined together let no one put asunder.

21. Father Forgive them for they know not what they do.. said Jesus as he hung suffocating on the cross. If Jesus could forgive crucifiers, He calls on you and me to forgive all.. If Jesus were here now, perhaps he would say 'let those without sin inject the first lethal injection.. let those without sin throw the first electric chair switch'.

22. Isaiah 59: They hasten to shed innocent blood. (Governor Ryan of Illinois in the US began a permanent moratorium on the death penalty after being convinced that at least 14% of those executed, per DNA evidence, were innocent.)

23. Deuteronomy states that more than 1 witness is required to establish guilt or innocence, yet in Texas 1 witness sent some to death row.

24. Numbers also echoes Deuteronomy.

25. Because GOD IS LOVE, because Jesus and His angels have the keys to hell, many

Christians do not believe in a permanent hell. But those who do are in their own minds sending unsaved prisoners to hell when they work for the execution of rebellious prisoners. HE WRITES OUR SINS UPON THE SAND AND ENGRAVES OUR VIRTUES IN THE STONE.. HE WASHES OUR ERRORS

FROM THE LAND AND WRITES OUR LOVE IN THE HEART OF GOD

26. In Matthew, Jesus says one should not swear or take oaths.

Therefore a true Christian cannot testify in court against someone,

because that involves swearing. Father in Jesus' name save the lives of all on death row in the US and everywhere. Bless Bettie Beets, Feb 24, Texas, Terry Sims, Feb 23, Florida, Odell Barnes, March 1st, Texas, Philip Workman, April 6, Tennessee, Anthony Chaney, poet, Arizona death row. (Workman and Barnes are believed by many to be innocent.)

27. One woman said 'these are convicted criminals'. So was Jesus Christ, convicted of a felony by a combination of Caesar and those who rejected His message.

28. Suffer the little children to come unto me. The United States is one of a handful of nations still executing juveniles. Others are Iran, Yemen, Nigeria, and perhaps China. Half of those executed have been in Texas.

29. Most predominantly Christian nations in the world have banned the death penalty. 106 nations (perhaps more) have outlawed state murder.

30. In the Sermon On the Mount, Jesus said we should visit the imprisoned, not murder them in the name of the state.

31. Mat 27: 16 And they had then a notable prisoner, called Barabbas. Jesus had the power to stop the release of the political revolutionary Barabbas who believed in the use of violence to overthrow occupying powers. But Jesus gave Himself in exchange.

32. In Matthew 12, Jesus quotes Isaiah and says 'I desire mercy, not sacrifice.'

33. John 6: 66 to John 6: 68 Jesus knows that many disciples will leave Him as they are not strong enough for His teaching of universal love and do not understand His message about communion.

34. We are commanded to forgive 70 x 7 times, which many interpret to mean we are commanded to give infinite times. It is for God and not us to render judgment.

35. Matthew 5: 38-39

36. In Matthew 12, Jesus quotes Isaiah and says 'I desire mercy, not sacrifice.'

37 Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

38. We are commanded by Jesus (Sermon on the Mount) to visit the imprisoned, not to murder them.

A.106 nations have outlawed the death penalty,30 since 1990. B. The United States executes more people than any other country except China and the Congo(the latter during Civil War) . C. The United States is one of six countries which still execute juveniles. Iran, Nigeria, and Saudi Arabia also execute juveniles. D. The United States has executed the citizens of Germany, Mexico, and Canada, despite protests of these governments that international law procedures were not followed. E. The United States has executed retarded people, F. While twelve states and the District of Columbia have outlawed the death penalty, the unelected members of the Justice Dept. have sometimes swept into a community, says Senator Russ Feingold of Wisconsin, taken over the investigation of a murder, and pressed for the death penalty even when the people of that state have outlawed it. G. Many Christian denominations have taken permanent stands against the death penalty. G1. In 'The Kingdom of God Is Within You' Leo Tolstoy whose nonviolence ignited Martin Luther King wrote that Christians should not be involved in executions. H. One state executed 7 people in 1 week. I. The death penalty does not deter crime. Those states with the highest execution rates continue to have the highest murder rates, while countries in Europe which have outlawed capital punishment have fewer murders than the city of Los Angeles. J. Of 85 people freed from death row after DNA established their innocence,13 were in Illinois. One list person said that it seems that 2 witnesses against someone can equal the chair.

I PHYSICAL CONDITIONS: . BATHS: One inmate said if he ever got out the first thing he would do would be to soak in a bathtub for the first time in 30 years.. TEMPERATURE: In some prison systems, older inmates especially suffer from lack of fans, air conditioning, or winter cold. THE RIGHT TO SUNSHINE AND OUTDOOR EXERCISE II HUMAN GUINEA PIGS In Vacaville, California, Pennsylvania, Alabama and many other prison systems, prisoners have been subjected to medical experimentation and to mind control projects. III PROTECTION FROM RAPE, VIOLENCE, THEFT: All prisons need to upgrade protection from violence, rape, and theft at the hands of other prisoners and guards. IV LEGAL RIGHTS: . universal access to DNA testing if wished. universal access to good lawyers and law support Internet tools, law books etc.. Redress from prosecutorial persecution. reasonable access to governor, prosecutors, parole board, attorneys, media etc. V

COMMUNICATION TOOLS: need to be accessible to all.. Mail privileges should be respected.. MCI as of this writing is the worst offender in profiting by exorbitant collect call rates. Television, radio, computers, stamps for mail, etc. VI DIETARY FREEDOM: . dietary freedom: vegetarian, kosher, no pork, diabetic and other diets should be respected. A wide variety of fresh fruit and vegetables should be available to all. VII: INTIMACY: Conjugal rights besides keeping down the suicide rate also reduce prison conflicts. Visitor hours VIII: INSTITUTIONAL SLAVERY: . Chain gangs, as in Arizona, should be abolished IX: FREEDOM FROM FORCED MEDICATION.. of psychiatric medications which cause tardif dyskinesia, dry mouth, gradual rigidification of muscles, lesions in the brain tissue, addiction* * Navane is as addictive as cocaine X: religious freedom needs to be universal.. Just as in China it is difficult for a prisoner to read a Bible if arrested for worshipping in his own faith.. so in some American prisons it is difficult for prisoners to read the Koran or the Bhagavad Gita. XI: RIGHT TO FREEDOM FROM EXECUTION which is already recognized by 106 countries Please post your additions to this list.

Abba thank You
for ending executions everywhere.

A recent ABC poll had 45% in favor of state sanctioned murder and 43% opposed

A Maryland study on racist execution patterns showed that 80% of the victims in Maryland are black, but virtually all of the blacks on death row in Maryland were sentenced not for allegedly killing blacks but whites

The Innocence Project has freed many through DNA tests, attorney services etc.

Prosecutor Gilchrist in Oklahoma tampered with evidence in at least 16 cases in which some were sent to death row or executed.

Some are asking for the resignation of John McAdams, execution proponent, since he is on the faculty of Marquette. The vast majority of Catholics follow Christ in opposing the death penalty.

1. The death penalty is not a deterrent say European Union studies
2. Around 108 nations in the world have banned state sanctioned murder
3. Prosecutorial or police ambition, ego, or corruption can account for withholding evidence, changing evidence
4. Jail house snitches are rewarded with reduced sentences for lying
5. The racist bias in the death penalty is most prevalent in the states of Virginia, Missouri, Florida, Georgia, Alabama, Mississippi, Missouri (where Ashcroft has executed and whose state's status as a slave state was promoted by Thomas Jefferson) , South Carolina, North Carolina, Texas, Oklahoma
6. The killing of innocents has denied them the right of appeal
7. The poor have not been able to afford competent attorneys. In Texas a man was executed though his attorney slept through the trial. Alcoholic, unconcerned attorneys have been a factor in wrongful convictions
8. Alabama and Georgia provide no lawyer for appeal.
9. Alabama still has a hitching post and is the only state to allow legal handcuffing of prisoners in the hot sun at a pole.

Beautiful words: mercy, compassion, acquittal, amnesty, absolution, forgiveness, exoneration, freedom, transformation, reform.

NOTES FROM DEAD MAN WALKING BY SISTER HELEN PREJEAN

In 1890, the New York Times referred to electrocution as euthanasia by electricity. (It was at this time that Edison publicly electrocuted an elephant, and then a prisoner, whose bones, because of the doubled voltage, caught on fire.)

*

There is a smell of bacon frying.. during an electrocution (paraphrased) . Afterwards the liver is too hot to touch. It is not true that prisoners can't feel because

they can't move. They cannot move because the electricity has contracted all their muscles.

*

(paraphrased) It was in Terre Haute (where the government has its secret federal executions) at a conference that I began to realize that rather than pray God would change things He wanted us to change things.

*

I was asked to be a penpal to a man on death row. I wrote him that he need not answer. I would write him anyway.

(paraphrased) :
We are asked by Jesus' Sermon on the Mount to visit the imprisoned.

Discarding the habit may have saved my life.
As a student teacher, my veil caught on fire from a candle during a prayer service.

: One man defecated in fear on the way to the gallows (paraphrased) .
(as many animals, in terror and pain, defecate in the slaughterhouse)

None of us is the worst action we have ever been involved in.

When I was 13
I wanted to prove I was as tough as the boys so I also picked up a stick and hit the trapped possum.
Later I had nightmares.

*

Poster, aged 12, to please the gardener
smashed some Japanese beetles.
Do nearly all of us kill from peer
pressures? from biology class
dissection or in the case of men,
from misguided rites of initiation?

The gruesome guillotine has been eliminated.(with the exception
of the mouse sized ones in vivisection labs) .. and then
the gallows.. now our unelected court decides on lethal
injection.. may we now join the nearly 3/4 of the world
which has outlawed premeditated governmental murder.

*

It is worse to hire the hitman than
be the hitman. The abstract killing of the
bomber pilot, the general,
the chancellor, the judge.

*

It is worse to kill in premeditated
cold judicial murder than in hot
passion. The state courts, the
circuit courts, the 'Supreme' Court
all have serial killers on them, those
who have voted more than once
to deny mercy.

Does revenge killing bring back the victim?

Does capital punishment deter crime? According to many
studies, the countries and states with the highest execution
rates continue to have the highest murder rates.

If one visits a death row prisoner,
he will hopefully discard his judging,
his belief in his own superiority.
No attacks in the guise of preaching
are welcome.

Cary Grant in His Girl Friday to a sheriff who has withheld knowledge of a governor's reprieve so that he may be re-elected: 'That's murder.'

NPR caller to Ray Suarez show discussing anthrax: The difference between gas in warfare and gas in a gas chamber is quantitative, not qualitative.

Charles Grodin, star of Beethoven and talk show host: It seems there are no rich on death row. (Nor percentage wise do as many white slayers die as black slayers.)

*

Governor Jesse Ventura: 'Thou shalt not kill' is not asterisked with exceptions.

*

Francis of Assisi: There but for the grace of God go I.

Starseed Transmissions: You do not have enough data to assign value to any action.

Revenge is mine, saith the Lord.(It has not been delegated to courts full of miscreants)

Bianca Jagger compared governors who do nothing to modern Pontious Pilates.

Again Father Mother God in the name of all beings we ask You now to cancel all executions, war, vivisection, slaughter of any kind to any being now and always.

O Anna Niemus

100 Std's 10,000 Mtd's

There are STD's, sexually transmitted diseases.
and then there are MTD's, meat transmitted diseases.

The latter take a lot more lives.

In Animal Flesh: Blood Sweat Tears as well as Carcinogens Cholesterol Colon
Bacteria

Animal products kill more people annually in the US than tobacco, alcohol, traffic accidents, war, domestic violence, guns, and drugs combined. USAMRID wrote that consumption of pig flesh caused the world's most lethal pandemic in WW1, euphemistically called flu. Anthrax used to be called wool sorters' disease. Smallpox used to be called cow pox or kine pox because of its origin in animal flesh.

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WHAT'S IN A BURGER? BLOOD SWEAT AND TEARS (AS WELL AS BIOTERRORISM)

POISONS IN ANIMAL AND FISH FLESH... A PARTIAL LIST

a partial list in alphabetical order

acidification diseases
addiction (to trioxypurines)
adrenalin (secreted by terrorized animals before and during slaughter)

ANTIBIOTICS (too many to list) (crowded factory farm animals standing in their own feces are often infected)

BACTERIA
creiophilic bacteria survive

the freezing of animal flesh
thermophilic bacteria survive
the baking boiling and roasting

bacteriophages (viruses FDA allows to
be injected)

blood

colon bacteria.. euphemistically
called ecoli animals defecate
all over themselves in terror

John Harvey Kellogg MD studied
the exponential rate into the billions

BSE DISEASES, PRIONS IN SPECIES FROM GELATIN (JELLO ETC)

Mad Chicken

Mad Cow

Mad Deer

Mad Elk

Mad Fish in factory farms given bone meal from many species

Mad Pig

Mad Sheep

CARCINOGENS BY THOUSANDS

(concentrated at rates of 1000 to 1
to their presence in water)

- . free radicals
- . malanaldehyde created when animal fat and protein
are heated over 300 degrees
- . methylcholanthrene ""
- . microwave carcinogens are even more lethal

DISEASES THERE ARE THOUSANDS OF ZOOONOTIC DISEASES.. see Diseases of
Food Animals by Owen Parrett, MD

alcoholism (yang animal flesh and yin alcohol crave each other)

Alzheimer's (from cerebral artery

blockage by amyloid plaque and animal fat)

anaphylactic shock from shellfish etc.

anthrax (Wool Sorter's Disease)

appendicitis (no fiber flesh putrefies in intestinal tract)

blindness from animal fat in capillaries

brucellosis

cancers of many kinds
chicken pox
eggs flies deposit in open market animal flesh become maggots
food poisoning
gynecomastia (swelling of male
breasts which can lead to cancer)
heart attacks (animal fat, amyloid
plaque, uric acid, calcium deposits
block heart, cerebral, reproductive and all arteries)
hepatitis (coprophagous or wasteeating shellfish)
immune deficiency diseases (meat is a
corpse with bacteria, viruses, worms
impotence animal fat in penile arteries & capillaries
kidney dysfunction carnivores have 5 times human kidney size
per lb.
listeria
mononucleosis (a rare meat disease)
obesity Ivy league research found that vegans weigh 23 lbs
less than nonvegetarians in isocaloric studies
osteoporosis
paralysis.. (from uric acid build up
in the spine blocking nerves)
senility... animal fat, amyloid plaque and uric acid in cerebral
arteries and capillaries
smallpox (originally called kine pox)
sterility caused by high DDT etc in nonvegetarian sperm
strokes.. animal fat in cerebral arteries and capillaries
toxoplasmosis.. disease of uncooked
meat
tuberculosis in bulls, dairy cows, pigs, sheep etc.
referred to in The Jungle by Upton Sinclair and ever since
tularemia

feces of cows, flies etc.

FEMALE HORMONES

many varieties.. banned by EU

FOOD COLORINGS

red dye, many varieties

heterocyclic amines

gelatin from animal bones, hooves,
horns

INSECTICIDES BY HUNDREDS

ddt

dioxin

malathion (L Hill: the bigger the fish, the more little fish he's eaten)

lactic acid (in animals' muscles called meat)

METALS

arsenic

cadmium

chromium

lead

mercury causes brain damage..

1000 times more concentrated

in fish flesh than sea water

tin etc.

mucus

OLD MEAT BREAKDOWN AGENTS]/b]

monosodium glutamate

POLLUTANTS

benzopyrene (from charcoal broiling)

pbb's

polychlorinated biphenols

PRESERVATIVES

sodium benzoate

RESIDUE IN ARTERIES

amyloid plaque.. byproduct

of animal protein causes senility

animal fat causes heart attacks

strokes aneurisms blindness

calcium excess.. crystallizes...

is visible as white deposits

trioxypurine.. pre urine or uric acid

crystallizes in needle formation

radiation poisoning

(from irradiation and

from nuclear waste)

sulfur poisoning

trichinella worms and many other kinds

of worms

trioxypurine.. pre-urine, uric acid.. causes arthritis and lines heart and all arteries

NOT IN MEAT OR FISH

no vitamin C

no natural fiber

Diseases of Food Animals by Owen

Parrett, MD lists some of the thousands

of zoonotic diseases (diseases which

can be transmitted by eating animal

or fish flesh)

NIH lists only 246 of the carcinogens

in the environment and food

I INTRINSIC IN ALL ANIMAL FLESH

. THE BLOOD is called juice after its chemical nature changes from cooking.

. SWEAT OR PRE URINE OR URIC ACID or trioxypurine.. more addictive than caffeine (dioxypurine) . It is the primary cause of arthritis and rigidity as it crystallizes into needles jabbing the joints. Uric acid would have been eliminated by the animal's muscle cells had she not been butchered. Carnivores have 5 times the kidney size per pound of body weight.

. THE FECES poured out by terrorized animals has traces of ecoli or colon bacteria.. not only their own waste but that of other cows on which they often slip as they are being skinned alive at Iowa Beef Processors or other sites. Dr. John Harvey Kellogg, affiliated in the last century with Kellogg cereals found that after a few hours ecoli (colon or intestinal bacteria) can multiply into the billions. As trillions

of gallons of fecal matter are dumped into the waterways, ecoli or colon bacteria based infections are coming to vegetarians as well as nonvegetarians. The proximity of swinging hanging cadavers causes ecoli and other diseases to be transmitted to other cadavers.

SENILITY (AND STERILITY)

. Alzheimer's Disease is caused by ALcohol, cooking with ALuminum, and the amyloid plaque in ALL animal protein,

amyloid plaque which builds up
in the brain interfering with function. (Mercury destruction
of memory is not intrinsic to meat but added.)
. The animal fat in meat clogs cerebral arteries.
(Wm Shakespeare in 'Twelfth Night': 'He is a heavy eater of beef.
Methinks it doth harm to his wit.')
. Lancet, the British medical magazine, found that
Mad Cow is sometimes diagnosed as dementia.

TV shows have broadcast open heart
surgery operations in which long
yellow ropes of animal fat (cholesterol)
are pulled out of the heart and
arteries.

ADRENALIN OR EPINEPHRINE is secreted in massive amounts by
captive helpless terrorized animals who hear the screams of
their fellows while they stand in the slaughterhouse line
or in open slatted slaughterhouse trucks in the freezing cold
of winter.. as trucks rip through mountain passes.. or
the suffocating heat of summer. Dr Loving at Ohio State has
found that humans who fight have high adrenalin blood levels
even 22 hours later. Animal fright hormones saturate the blood
and muscle cells of animals. These hormones are protein enzymes
some of whose links are broken by cooking. Many remain intact
recreating the anger in those who consume the flesh. Adrenalin
is unreleased tears.

It is the ingestion of anger, terror, and agony. Such meat
adrenalin has been correlated to violence. A recent Maryland prison
study reported reduced violence in those eating vegetables. Ingesting
meat causes the body to be a constant state of unnatural alert.

. ANGER see above

. DESPAIR AND DEPRESSION see above

. VIOLENCE.. see above

. RAPE Alaska has led the nation in sexual abuse and in ingestion
of animal protein. Factors are adrenalin, female hormones
which stimulate unnatural sexual response given to animals, as well as higher
ratio of men to women etc.

. NO VITAMIN C

C is in no animal products.. It speeds up the flow of brain snyapse
messages and promotes connective tissue in the skin, said two time
Nobel Laureate Linus Pauling, who
defined an orthomolecule as a molecule in fruit. C is a toxin

bouncer. C should be consumed within the bulk of fruit, or in a buffered state, or with food.

. NO FIBER..

. THE ANIMAL FAT, AMYLOID PLAQUE, CALCIUM PLAQUE AND URIC ACID CRYSTALS IN ARTERIES CAUSE HEART ATTACKS

Animal fat clogs the arteries causing heart attacks and strokes, which are the single major cause of death in the world. Meat deaths per year outdo alcohol, tobacco, and accidents combined. It is not just the animal fat in meat which causes this,

but the uric acid (trioxypurine) is an unnatural stimulant, as is the adrenalin enzyme. Adrenalin mobilizes the body for fight or flight.

Meateating puts the body in a constant state of stress. Televised open heart surgeries show long yellow ropes of animal fat being pulled out of arteries.

. CANCER

Countries with the highest meat consumption have the highest rates of

intestinal cancer. Canada, Australia, the US, Argentina, and Chile are some of these. Meat has no natural bulk and causes a constipation which leads to total blockage.

. OVERWEIGHT OBESITY:

a. Dr Mervyn Hardinge working at an Ivy League university found in isocaloric studies that with 3 control groups each eating the same number of calories daily, vegans weigh 23 lbs. less than nonvegetarians while dairy vegetarians weigh 12 lbs. less. Fruitarianism weighed less than the other 3 groups. The increased bulk and lack of constipating flesh in vegetarian and vegan diets is a factor.

b. The milk of cows is designed to produce a thousand pound animal.

c. The lack of fiber in animal products causes constipation and retained calories.

. ANTHRAX, SMALLPOX (COW POX) , TULAREMIA

and other forms of bioterrorism all originate in the consumption of animal flesh or contact with their skins (hides, leather making, woolsorters' disease) The USDA which protects the multi trillion dollar

meat industry while attempting to prevent diversity in fruit seeds from entering the country attributes only 700 deaths in animals to anthrax last year (500 in Texas) while virtually only NBC reported the anthrax in November 2001 in 21 California cows. (Author of 9

books Leonard Horowitz writes that the CIA gave Battelle of Columbus Ohio 1 billion dollars to develop weaponized anthrax.)

SONGLESSNESS

Susan Miller, voice specialist with Georgetown Univ Hosp (a vivisectioning institution) has spoken of the rigidity of vocal chords caused by dioxypurine (caffeine) . Trioxypurine (uric acid in meat) is even more damaging.

DINOCOCCUS RADIODURANS: According to NPR in December of 2002, a dinococcus radiodurans can survive within meat though irradiated.

ACIDITY Many diseases of acidity are related to acidification of the body from acid foods. Gastrointestinal acid reflux has been called by some gastroenterologists a product of fast food.

ECOLI OR COLON BACTERIA When animals are butchered Dr John Harvey Kellogg MD found their colon bacteria or ecoli could multiply by the billions in a few hours. Now ecoli from slaughterhouses, feedlots, and farms is filling the streams of the world. Not only food poisoning deaths but ear infections and immune problems are a result.

TOXIN BOUNCERS:

Vitamin C

chelation

sunshine

exercise

prayer and positive thought

II DISEASES ASSOCIATED WITH MEAT CONSUMPTION

There are tens of thousands of diseases caused by the consumption of the flesh of animals. The USDA listed slightly over 100 in the early part of the 20th Century, but as knowledge has increased and toxic pollutants have saturated the environment, the number has increased.

TYPHOID FEVER is caused by meat, shellfish, and water containing human and animal waste.

POLIO

anaging High Sulfur Concentrations in Beef Cattle Feedlot Rations

...

More severe cases of sulfur toxicity may result in polio... brainers or polio.
PERITONITIS When George Wallace was shot, he never completely healed from peritonitis caused by the bullet ripping through his intestinal tract after he had just eaten a hamburger. The bullet carried colon bacteria throughout the body.

GANGRENE The downed cows passed into the human meat supply by the corrupt USDA are often gangrenous.

PUTREFACTION: Like any corpse, animal flesh (meat) deteriorates after death. Even when the cadaver is frozen, creiophilic bacteria multiply. (see below) The inability of the body efficiently to digest animal flesh is a cause of appendicitis. When the animal flesh is heated, thermophilic bacteria develop. Dr John Harvey Kellogg found that billions of ecoli bacteria

multiply in the body after the animal is dead a few hours.

GELATIN a name for the ground up bones of animals.. which can contain Mad Cow frequent brand name Jello

MAD COW MAD DEER MAD ELK MAD FISH ETC Dr Stanley Prusiner went to the University of California from Harvard to receive more priority for his prion work, which won a Nobel Prize. Mad Cow proteins can incubate for 50 years said the World Health Organization's communicable disease division on the CBC. (Gelatin containing Mad Cow is found in jello, gelcaps, soaps, toothpastes, soups etc. Vegans are

catheterized much more seldom than nonvegans. However if by chance a vegan is unconscious and catheterized against her will, often the gels used against her will are animal derived.

The 5th Circuit has just upheld Howard Lyman after Amarillo cattlemen

sued him. The Court held the truth is not libelous.

The factory farming of over 81% of US fish with bone meal, unregulated for animal parts, causes fish to have sexual and other deformities

and Mad Fish Disease or Piscean Spongiform Encephalopathy.

. THE PRIONS cause cancer. Prion diseases include CJD, Creutzfeld-Jacob Disease, GSS Gerstmann-Straussler-Scheinker syndrome, FFI, Fatal Familial Insomnia,

Kuru, a disease cannibals contract from eating human brains, (as animals contract Mad Cow, Mad Deer and other diseases from being fed other animals' parts) ,

Alpers Syndrome

. TRICHINOSIS

A disease involving worms burrowing into the flesh of pigs

. TOXOPLASMOSIS a disease of rare meat

. MONONUCLEOSIS blamed on sexual contact but more frequently from rare meat

(this link says avoid meat to be cured)

. BRUCELLOSIS

. SALMONELLA one of many varieties of food poisoning

NAMES OF OTHER FOOD POISONING AND OTHER MEAT DISEASES

.Brucellosis, ptomaine, trichinosis

(pork flesh worms) , hoof and mouth, toxoplasmosis (a rare meat disease) and many other food poisoning viruses, bacteriae are the names of some of the ten thousand diseases which can be transmitted to humans by eating flesh. Dr Owen Parrett in the book 'Diseases of Food Animals' mentioned many.

III TOXIC ADDITIVES

STERILITY:

A Canadian study has found that female hormones flushed come into the

water supply and cause sterile fish. Hundreds of times that amount of

female hormones flows into streams from the urine of billions of cows

given female hormones in the US. (Perhaps this is one way the kinder inherit the earth)

In addition, new studies are finding that herbicides as well (such as Roundup) are causing sexual deformities in fish and that they continue

to have power on the human population in parts as little as 1 per billion.

. THE FEMALE HORMONES given the cows become prostate, breast, and uterine cancer as well as nonreproductive cancers. Gynecomastia is male breast swelling from such hormones, which increase sexual pressure and are correlated also to

rape. In Puerto Rico 2 year old children have developed sexually.

The

European Union has banned these hormones and has been more honest about Mad Cow in its meat supply. Tens of thousands of MEN are contracting breast cancer annually.

IMPOTENCE is also a byproduct as male testosterone level is reduced.

A 2nd cause of impotence is animal fat blockage in prostate arteries.

FLY DUNG The dung of the cows is not the only waste which splatters onto the carcass. Those who have visited outdoor meat markets in the summer time with the carcasses hanging on hooks in public view are able to connect the connection of flies to the corpses which attract them.

- . THE ANTIBIOTIC RESISTANCE in the animal's flesh is passed onto the humans devouring them

HEAVY METALS IN MEAT & FISH (arsenic chromium mercury pcb's aluminum lead cadmium etc) cause memory loss, seniity and brain damage. The inaction of the unelected Bush administration in this matter has been well reported.

- . BENZOPYRENE, a carcinogen, applies only when meat is burned on the grill. NIH has added grilled meat, but not yet all meat, to its carcinogen list. Dr Samuel Epstein testified before Congress about inhalable benzopyrene, but ingested benzopyrene has been underreported.
- . WASTELAGE

In addition to the waste secreted by the cow is the waste fed to the cow. It is legal in many states to add the waste of many animals to the feed (a chauvinist term for food when given to animals) .

- . IMMUNE EXHAUSTION Just as polysexuality requires that the immune system adapt to the bioorganisms of each new partner, so does the eating of animals require the body to adapt to the bioorganisms of each slaughtered animals. The immune system can be healed by avoiding animal products & eating uncooked fruits such as nuts, peas, tomatoes, cucumbers, oranges, mangos.
- . SMALLPOX (COW POX OR KINE POX)

Edward Jenner developed the first vaccinations against this meat consumption disease Meat industry money has changed the name from cow pox and kine pox to smallpox.

CDC: why aren't you telling public about TB relationship to meat and dairy products?

- . LIPS, SNOOTS, EYES, INTESTINAL LININGS, SPINAL CORDS, BRAIN STEMS

Common to hot dogs are 'trash' meats which contain many pieces of animal correlated to Mad Cow and other diseases.

- . AIDS Dr Anthony Fauci, animal abuser

at NIH, stated at a press conference that monkey meat consumption was one cause of AIDS. While cows' meat is not monkey meat, it does contain BLV or bovine leukemia virus, the same disease as the HTLV with only a name change. For example, leukemia virus in horses is called ELV, equine leukemia virus, in pigs PLV porcine leukemia virus, etc. (Most AIDS was caused by smallpox vaccine from the World Health Organization says Pierce Wright, former science editor of the London Times.)

. THE SODIUM NITRATE.. red dye no.2..forms nitrosamines in contact with animal protein. These nitrosamines are carcinogenic. In addition are many other carcinogenic.

Food coloring makes grey, gangrene green, and brown animal flesh look red.

OTHER FOOD COLORING AGENTS

. PRESERVATIVES which keep meat from rotting.. also turn the body into a wax mummy

. MEAT TENDERIZERS such as MONOSODIUM GLUTAMATE which break down animal flesh.. also break down the brain's necessary cellular proteins. Chinese restaurant meat (where MSG is used) is known to cause MSG headaches.

. THE METHYLCHOLANTHRENE AND MALANALDEHYDE are 2 carcinogens created by heating animal flesh and fat above 300 degrees while the ecoli is caused by just the opposite: undercooking.

. MERCURY at toxic levels is in much of the world's water. Fish are at the top of the ocean food chain, while meat is at the top of the land food chain. Mercury harms brain function. A class action suit against vaccines containing mercury has been filed because of correlation to children's neural damage. Rep Dan Burton's courageous fight against Henry Waxman to bring out this truth has been underreported. Countries with the most fish consumption have the most stomach cancer.

. POLYCHLORINATED BIPHENOLS are found even in the livers of polar bears. They are a byproduct of the lumber [(treekilling) industry as well as of GE and other transformers. They harm brain function.

. ARSENIC a poison.. in all the waters of the world. One source is the lumber industry.

. CHROMIUM a poison expelled by some steel manufacturers

. MONONUCLEOSIS Like AIDS whose meat eating origins have been obscured, mononucleosis was called the kissing disease when in reality this immune depression disease was more frequently caused by rare meat.

. INSECTICIDES AND HERBICIDES in the grain such as Roundup by Monsanto are concentrated in the milk and the meat of the animals. Each average weight 1000 lb. cow ate 21,000 lbs. average before being forced to the slaughterhouse. As fish are at the top of the ocean food chain, animal products are at the top of the Mother Earth food chain, concentrating many times more insecticides than non organic fruits and vegetables. It is best to eat organic food, for the sake of all beings.

ACIDITY: Meat is one of the most acid of foods, raising the body's acidity level. Acidification is a major cause of aging. Animal protein is high in sodium, affecting negatively the sodium potassium balance.

MOLD OR MICOTOXINS

Many meats have mold on their surface.

SYPHILIS: connected to cow pox as well as to sexuality

MUCUS: correlated in teens to pimples..as it accumulates in the lungs

and respiratory tracts and intestinal tract it can literally suffocate us. Dr Arnold Ehret's The Mucusless Diet is a timeless classic.

WORMS (in the bacon) are called trichinella and lead to trichinosis. (* NIH is finally after decades is readying to put grilled meat on the list of carcinogens)

ALCOHOLISM: Several studies have been done on the relationship of alcohol to meat and their mutual craving. General Bramwell Booth, Russian mental health therapists and others have treated alcoholism with vegetarian diet. Alcohol is very expansive or yin. Meat is the most yang or concentrated of all foods.

ADDICTION: The trioxypurine (uric acid) in meat is more addictive than the dioxypurine (caffein) .

OSTEOPOROSIS: The trioxypurines in meat are a cause of osteoporosis.

GANGRENE OF THE BOWEL: Human beings have the longest intestinal tracts of any mammal. These tracts are designed for frugivores or fruit eaters. Gangrene of the bowel is one of many intestinal diseases caused by eating animal flesh.

BUTYRIC ACID This ingredient of animal fat causes bad odor.

It used to be that Asians complained of this in Westerners, but now Japanese meat consumption is requiring more deodorants.

Dumpsters full of

rotting meat have a foul odor.

. What's CRYOPHILIC bacteria? What's

THERMOPHILIC bacteria? Cryophilic

bacteria survives freezing in the pieces of animal called meat.

Thermophilic bacteria survives 300 degrees.

O Anna Niemus

11 Polar Bear

Polar bear, on an iceberg as a piece breaks off and floats
out into warming seas.... only ocean on all sides..
... a horrible death... but perhaps not as bad as the monkeys and dogs
NASA shot into space to circle in the void until they died

O Anna Niemus

12. Ways To End Wars

When we are thinking peaceful thoughts, our auras automatically create peace around us which ripples out.

1 Fasting for a few hours, 1 day a week, juice or water, or extended times

2

Organize an interfaith prayer in at draft boards, the many factories of Lockheed world's biggest armsmonger, whose burning bombs were dropped from Lockheed planes onto Lebanese babies, offices of GE, the offices of war profiteers, the homes of their executives.

3

Disinvest in pension funds or private investments from mutual funds of Morgan Stanley, Citibank, Goldman Sachs, Barclays, Vanguard, Fidelity, Merrill Lynch, Lehman Brothers, Charles Schwab and other war profiteer and slaughterhouse invested funds

4 Hire message planes to fly over warmonger fundraisers

5 Have pray in vigils outside churches pastored by warmonger nominal Christians such as John Hagee, Pat Robertson and others who promote war in the name of the Prince of Peace

6 Jump in the water... call talk radio, .no matter what you think of the IQ of the audience or the host

7 Boycott the sponsors of war radio and tv and of war newspapers such as the Meyer owned Washington Post, the Sulzberger owned New York Times and Boston Globe, Gannett owned USA Today, any paper promoting war. You will be saving trees. Get news on the web. Sponsors of warjock radio include General Motors, Geico, Purina

8 It is up to each person's conscience whether or not he renders bombmoney taxes to the invading Caesars in Washington, Ottawa, London, Mexico City and other governments overtaken by war profiteers.

One of many San Francisco war resisters
marched with a sign which said
'I haven't paid for a bomb in many years'

The War Resisters' League has
many resources

Many of them forego social security
and work under the table rather
than pay taxes which kill children
and bloat war profiteers

9 One who organizes his neighborhood block by block for peace will connect with others. The blocks will merge to become a mighty river.

10. Visualize peace and the divinity in each unawakened infanticide bomber. Communicate joy rather than anger. Smile at strangers, at all.
(We write what we must learn)

11 Avoid personal attacks. Learn the art of conflict resolution. State the position of those with different positions to their satisfaction as a communication tool.

12 Join the thousands of cities around the world and 46 towns in US passing peace resolutions

13 Peace begins with food? Make our dinner plates nonviolent. Meat and fish are the most violent foods, fruit nuts and other plant gifts the least.

14 Make our land nonviolent. Stop the war against humans animals and plants.

15 Breathe deeply. Meditate for peace.

16 Water thirsty trees.. who will tell other trees through the roots..
Where there is no rain, plant trees. Irrigate them. Water
them daily.. If billions are planted, rain will come back to
a region through the agency of mist evaporated by the trees.

17. Create a vacuum for higher flow by recycling, giving away, throwing away
unneded objects.

18. Circulate peace links

19. A country in which unions
are organized and not coopted
would have transit workers
refusing to take fares until
the war ended.. etc.

20 Avoid inflammatory speech. Build peacebridges with words. (poster
writes what she must learn)

21. David Krieger: Lose an argument to a loved one.

22. Those without family or other constraining influences and heroism blockade
planes bound for Israel, trains with weapons for Iraq, or create other acts of civil
disobedience and direct action.

23. Horseman suggests: take over the Fox News mikes or tthose of other
chickenhawk warjocks.. Others
suggesting storming the ABC initiated Rush Limbaugh show

(Pray for 500 Mexican women who took over a tv station)

24. Organize against violence in movies, television and video games.
Sony is one marketer of violent video games.

25. Acquaint militaristic members of religious groups with the nonviolence in
their scriptures

26. File lawsuits against war profiteers and their government operatives.

27. Boycott unionbusters linked to war profiteers
WalMart, FedEx etc.

28. End the war on seacreatures.
Eating fishes enables Canadian seal
clubbers.

more coming

O Anna Niemus

18 Acts

When trees are
killed by chain saw
bulldozer or ax
these are not good
acts
but attacks

18 of the ways daily weekly and monthly newspapers and magazines harm
animals birds and plants

1. advertising 'livestock'... animals put on the auction block in newsprint
2. In some antedeluvian cases such as the NY Times over 150 years of advertising the bloody skins of animals called fur
3. ads for grocery meats, fish, dairy
4. Intrinsically, since newspapers are made on the cadavers of dead trees, they destroy animal habitat, claiming they reforest when a 200 year old tree is replaced by a tiny sapling.
5. When trees are cut down, animals are smashed and flightless baby birds killed.
6. ads for rodeos, circuses, .
7. The 'outdoor' editors promote the stalking of animals in the woods called hunting, the suffocation of sentient fishes called 'fishing' (the verb fishing derived from the act of killing fish (noun))
8. 'Science' editors promote vivisection or research on animals and vivisection derived lethal pharmaceuticals.
- 9 'Religion' editors write of ox roasts at churches claiming to worship the vegetarian Jesus.
10. Most metropolitan dailies in the US large cities are neocon controlled and censor peace news, shilling war news with its consequent bombing of animals,

use of dogs as minesniffers etc.

11. Food editors print recipes promoting animal and fish flesh, factory farmed eggs etc.

12. Restaurant reviewers give free commercials for corpse-serving eateries.

13. Newsprint is not broken down in landfills because it is not aerated.

14. Newsprint leaches into streams harming fishes, birds, humans etc.

15. Newsprint factories leach carcinogens into the waters.

16. More trees are cut down to expand landfills

17. Book editors feature books not published on recycled paper

18. ads for

insecticides, avicides, traps and other barbarities directed at animals

**

Newspapers can be made from rags. Cotton and other fiber content lasts several hundred years while newsprint lasts a few decades. Goodwill, Salvation Army and others who sell rags to China could sell them instead to newspapers.

When animal rights and environment groups advertise in newspapers, they add to killing of animals birds and trees.

O Anna Niemus

18 Behind Jade Ivy Walls, Scarlet Blood Of Innocents

Behind the jade ivy of Princeton, Harvard. Yale,
Cornell, Oxford, Cambridge
lie pools of scarlet blood of innocents.

Princeton's Robert George is trying to defeat Obama...
but not trying to end the mass abortions known as war.
.. not trying to end Princeton primate torture

Primates can complete intelligence tests which severely retarded humans
cannot.

To Robert George: Most of the world opposes partial birth abortion.
But you do not oppose the bombing of babies in Baghdad
You do not mention McCain's bombing of pregnant women in
a lightbulb factory when he was shot down

Princeton has a long history of racism. Its president Woodrow Wilson
made racist jokes in public before going on to the White House
where he banned all blacks from federal jobs.. before sending
helping kill countless Americans in a capitalist war between the British
and German capitalists.

Harvey Firestone made his stolen money from the backs of the working poor
in Akron Ohio.. they were being paid \$5 a day..
When he gave 1 million to the Princeton library instead of the Univ of Akron he
said Akron would always
be a milltown... we don't agree

O Anna Niemus

18 Episcopalian

A majority of prochoice and prolife deer moose
bears
and other mammals
such as
Catholics Baptists Jews Muslims and
Episcopalians
are voting for the conversion
to universal nonviolence
of Sarah Palin

O Anna Niemus

18 Politics Of Governmental Murder

Both flow with red blood.
Both breathe air from the blue sky.
But in the US,
blacks many times more than
whites are murdered by the state.

(Governmental murder is now mainly a Southern phenomenon
with sentencing primarily by Republican judges, some of whom
call themselves prolife.)
Texas, Oklahoma, South Carolina, Virginia, Florida, Mississippi,
Georgia

O Anna Niemus

18 Trilling Means Spending Trillions On Killing

What is trilling? Is it birds singing or is it spending trillions on killing? Republicans having turned surpluses into massive deficits claim to be careful spenders as our American soldiers are shot out of Afghan skies with missiles the CIA sent to the Mujahideen in the 80's.

O Anna Niemus

19 Prolife Antilife

If one calls him or herself a prolife
Republican
and
supports the bombing of Baghdad
babies, the governmental murder
known as execution, the serial killing
of animals by trophy seeking hunters,
the clearcutting of ancient forests
for, as Teddy Roosevelt said, roof shingles,
that person is not prolife but antilife.

O Anna Niemus

2 War Profiteers Seek Victims For Afghanistan

'It is your patriotic duty' said a war profiteer
on the airwaves rented against their will from Americans
by a dual citizen, a fellow armsmonger, for pennies.. airwaves from which he
had made billions...

The war profiteer's injunctions were broadcast to the young men and women
of America as he exhorted them to walk onto the
altar of sacrifice and shed their blood
or be horribly maimed, burned,
bomb-castrated, missile-blinded, for the mammon
and ancient enmities
of plutocrats.

These professional haters had no allegiance to America....
.... their money was safe they thought in the Bahamas
or Switzerland... as they made deals with the Chinese.

What is the gift of traitor US senators to you?
a flagwrapped present containing the WMD's
of the people's destruction.

O Anna Niemus

21 Dog Haiku

A dog abandoned stays at
a telephone poll
on Howe Road for
48 hours running
after every car
which looks
like his

Hundreds of dogs have been
run to
death or frozen
or broken legged or drowned
or smashed
in the Iditarod which Sarah
Palin supports.

Dogs at San Diego
State, Ohio State
etc. in forced swimming
or sleeplessness or
other experiments
social animals kept alone

Dogs eaten
after being skinned
alive in Korea
eaten without being skinned
in Taiwan and China

Mangy Dogs leaving pawprints
of blood starving
to death from telescoped
intestines

Junkyard dogs
.. neglected
dying of thirst

Back yard dogs

with chains embedded
in their necks
from long neglect

Dogs are carved up
at Summa Hospital

Dogs used as minesniffers
are
blown apart
in Afghanistan and Iraq
on the orders of neocon
Bonapartes

Dogs researched upon
in labs are kept in cages..
with sores where wire meets flesh

Greyhounds with living
rabbits as race motivators
.. breaking their legs
in dog racing

Dogs dying in the hold
of airplanes
smashed by big boxes

Dogs abandoned on
the dock

'Hunting dogs' like
beagles.. kept
in cages all year
round

Police dogs trembling
in the cold
captive to
earthlaw enforcers

50,000 dogs or other
research animals died at the

Univ of Texas
trapped in cages
drowning in a flood
No human beings died.

Dogs dying of
grief
at the
graves of their masters

Dogs losing legs in
steel jaw traps

Dr Blalock of Johns Hopkins
developed the Blalock Press
which measured how many
pounds of pressure a dogs'
bones could take before
they broke. HBO made a movie
praising him.

Robert White at a Cleveland
research facility made 2 headed
dogs... the decapitated dogs
died immediately.. the
2 headed dogs after a few days
at most.

At Tufts Univ. dogs had their
legs broken in experiments.

God have mercy
on all beings
today and forever, especially
on those who give love unconditionally
and totally, asking nothing in
return but a bowl of dirty water
and some dry food.

21

PCRM is a group of 1000 vegan MD's and others

who recommend vegan diet for dogs. Vegan dogs live longer, have much less kidney, arthritis, cardiovascular and other disease.

O Anna Niemus

21 Ways Americans Can Lose Weight

Help every being out of
the hell
of excess weight:
a confining pumpkin shell.

Help every overweight
human, pig or cat
to be released from the hell
of excess fat

21 Reasons American children fat
12 Solutions

Why were American children the world's fattest while our trees are skinny?
But the tide is turning. Americans
are beginning to lose weight despite:

1. The dairy lobby is federally subsidized..1/4 billion annually.. to promote
milk designed to make a calf into a 1000 pound animal in a few months.
This food was not designed for human beings.

The Swiss owned Nestle's conglomerate promotes
cows' milk for human babies in Africa, the US, and elsewhere
to both lactose intolerant people and the overweight.

2. Zoloft, Paxil, Prozac and other
tv advertised and heavily marketed
antidepressants cause long term
weight gain. Those
not taking prescription drugs are subjected to
these compounds which contaminate the water supply from the urine of those
programmed to take the drugs.
Tranquilizers like valium,
antiinflammatories like prednisone and antiseizure medications
also cause long term obesity.

3. The food advertised is high animal protein and animal fat
food.. which isocaloric studies by Mervyn Hardinge MD (while at Harvard

before he like Mad Cow discoverer Prusiner left that institution because of its meat investments)
indicate will make a nonvegetarian
23 lbs. heavier than a vegan after
3 months given the same number of daily calories.

Conversely, the Atkins and other high animal protein diets cause a sudden weight loss. Then participants reach a plateau and cannot lose further weight. Atkins died weighing around 260 pounds after a cerebral stroke which caused his fall.

4. parents who allow a lifestyle of tv and internet without exercise sunlight and fresh air

5. some school systems still have Coke, Pepsi and other high sugar colas in vending machines

6. USDA dominated school lunch programs promote trash animal products, with little in the way of fresh fruits and vegetables.

7. The WIC program (Women Infant Children of the animal agribusiness dominated USDA) is another dairy subsidy giving the poor obesity engendering dairy products.

8. Convenience stores and gas stations sell junk cola, potato and corn chips, candy bars, cows' milk and no fruit and vegetables.

9. Small farmers and their markets are forced out of business by chain stores with the help of the USDA.

10. The Food Network, The Rachael Ray Show, and other tv shows for their multi trillion dollar meat fish and dairy agribusiness clients promote cooking with carcinogenic, stroke engendering

high fat foods. Rachael Ray would throw bacon on icecream if she could as she shills for NY butchers.

11.

The Swedish dairy lobby of Minnesota and Wisconsin, represented by the Diebold installed Senator Coleman as well as Feingold and Kohl and with the constant ads of Minnesota 'Public' Radio promotes a racist disregard for the natural milk intolerance of Africans, Asians and other cultures. In addition, a Vermont tv stations has a weekly ice cream promotion show, despite the correlation of hormone containing icecream to prostate, uterine, cervical, and breast cancer.

12. Despite objections from the European Union, American agribusiness has forced its way in giving female hormones and water retainers to animals, with the dosage upped before slaughter. These hormones and water retention chemicals continue to act in humans, causing weight gain and planting cancer seeds.

13, Decadent gorging on the murdered causes waste, obesity, animal agony, and in some cases choking

14. Alcohol is fattening and causes teen and other deaths, cirrhosis of the liver, busted families, domestic battering etc. yet Coors, funder of the warpromoting Heritage Foundation, also advertises alcohol on radio

as early as 11 am on weekdays

15. The cultures in which people absorb the most sunlight tend

to be the most slender. The energy of the sun replaces the inferior energy of food. It comes in numberless frequencies, each body taking what he or she likes. Americans do not stay in the sun as much as many other cultures.

16.

In addition Americans adopted the English fatmaking breakfast, high in meat and dairy, not the French breakfast. France has a low average weight.

17.

Americans are subjected to more food ads than any other people.. Fast food ads have accounted for over 100 billion in advertising revenue. A Canadian study reports that tv watchers eat more than non tv watchers.

18. We may be addicted to coffee, but it is for many an appetite stimulant

19.

Corporations, grocery chains, and a very strong restaurant association have saturated many foods with gratuitous fattening and toxic animal products.

Farmers' associations, 4H clubs, Oscar Mayer program children. School curricula are sometimes created by the dairy lobby. School lunches are animal product laden.

20. Judge Holwell and other unelected judges have sided with the fast food industry in rulings on calorie postings, liability of fast food chains for fat etc

21. A liver filled with poisonous molecules such as insecticide, preservative, hormone and other residues is less able to burn fat.

TRUTHFUL CLICHES FOR WEIGHT LOSS

1. exercise more
2. eat fewer calories (a journey of a 1000 miles begins with a single abstention from biting)
3. eat more fruits and vegetables (vegans weigh 23 lbs less than nonvegetarians and 11 lbs less than vegetarians after 3 months in isocaloric studies)
4. eat more uncooked food (more fiber ... more food eliminated)
5. when faced with a mental stimulus to eat...
some go out and walk
- 6 others repeat their favorite one of the infinite names of God
7. still others believe the illusion of hunger is thirst.. and drink much water

8. Salt retains water in the body, adding to weight. Lemon juice dressings are one salt substitute.
9. Caffein stimulates the appetite unnecessarily.
10. Shop when not hungry.
11. keep a log of what is eaten and the estimated calories
12. Community is necessary.
Overeaters often isolate themselves.

SOLUTIONS BESIDES GIVING CHILDREN A VEGAN DIET

1. Alcohol and cigarette ads have been banned on tv. Animal flesh and products cause more deaths annually than tobacco, alcohol, war, traffic deaths combined. It's time to ban tv, radio, and billboard advertising of meat, dairy and fish which cause cancer, heart disease, stroke, food poisoning, kidney dysfunction, arthritis etc.
2. Count calories. Set a daily limit. Keep a log of calories eaten.
3. Be informed about the greedy pharmaceutical, germ ridden hospital,

and multitrillion dollar animal agribusiness connections of the CDC which through Atlanta's prosecutor persecutor Boring has crucified a vegan couple while ignoring the millions of deaths annually from animal products.

OTHER PROBLEMS WITH DAIRY

1. American agribusiness allow carcinogenic female hormones made by Merck and other companies to be given to cows and other animals. The European Union banned these hormones because of their known cancer causing properties, as the US government long ago banned diethylstilbestrol. However multitrillion dollar animal abusers took the EU to the WTO, a servant of moneyed interests, which ruled against people's health.
2. Dairy products cause a mucus lining of the respiratory tract, creating colds, flu, etc.
3. Salmonella, brucellosis are 2 of thousands of diseases from animal products.
4. Food poisoning: 97% of all food poisoning fatalities are animal product related, reported Knight Ridder.

Why are our trees skinny?

The regime dominated Forest Service has caused the logging in some places 3! times of the people's trees.

SOLUTIONS

Cows' milk is worst for the animals, humans and earth. Soymilk is

better but is still a factor in
deforestation. Almond milk, coconut
milk etc. are best for animals, humans,
earth.

O Anna Niemus

22 Adele Polk

Sheriff's deputies in Summit County, Ohio, acting as the emissaries of billionaire bankers from Fifth Third Bank, Goldman Sachs, National City, Citi Bank, JP Morgan Chase, Bank of America, Wells Fargo and others have thrown many people's possessions onto the curb where their divided lots are scavenged through. When they came to foreclose the home of 90 year old

Adele Polk. inside she shot herself.

But she survived her injuries.

God heal you Adele, and dismantle the megathief banks and investment houses.

(Dennis Kucinich arranged her mortgage be cancelled.)

O Anna Niemus

22 The Drummer Boys Of Peace

Mercy's peace
has her own drummer boys..
they tap out their beats
on metal pots

Peace has her flags
... the leaves in the wind
They are the flags of 1 nation
and of all.. all for one
one for all

She has her orators
... the babbling brooks..
the waterfalls' roar
.. the rivers' murmurs
the seas' omkar

(Omkar: repetition of Om)

O Anna Niemus

23 Are Theists More Nonviolent?

Is it atheists who believe
they will not face the consequences
of their actions after their present
life is over.. who are more likely
to be the bombers of babies,
hit men for corporations,
investors in the stock
of animals objectified as livestock?

O Anna Niemus

24 Cow Haiku

In Chino California
6500 cows
suffocated as they
sank into the mud

In North Dakota untold
numbers froze and
suffocated in
20 foot high snow drifts.

In southern Ohio
a cow slipped on mud.. her back legs
went both ways.. she was split up
the middle and left there over
several days to die

In a Washington slaughterhouse
a cow lay on the floor
her udder split in half.

In Maryland cows
are electroshocked away
from their babies.. stolen
to be butchered as veal

In Vermont cows have
infection encrusted udders
as they bleed from
milking machines

In Kentucky, a downed
cow was kicked repeatedly
and pulled off the truck
with ropes

In West Virginia, a truck
filled with cows was in
an accident.75 cows
spilled down the mountainside.

In Colorado, the
winter wind rips through
the slats at 81 mph
as the
slaughterhouse bound animals
huddle in trucks speeding
through mountain passes.

In Texas, trains full
of cows suffocating from
heat.. have downers
..4 d animals..
dead dying diseased
debilitated.

In Puerto Rico a boy
and the cows he was
driving through a flood
swollen river.. drowned

At New York's 'stock'
exchange they
hide the truth
of Mad Cow
to try to protect
the Mad Cow Dow

In Kansas untold
millions of cows have
frozen in blizzards

In Wisconsin, after
a lifetime of giving
a lifetime of slavery
exhausted old 'milk' cows
are sent to slaughter
for fast food chain hamburgers.

In Minnesota, 'dairy' cows
are given food (not feed..

a chauvinist term) with
animal products in it..
causing Mad Milk.

In Oklahoma cows'
ears are stapled with numbers

In Wyoming, bulls
are castrated

In Iowa the smoke
from the branding irons
of cows rises to God
and asks for mercy

In the land around
Yakima Washington
.. lived a 4 year old
little girl.. what
was the name of this
little 'mad cow'?

What have been the names
of the billions of cows
who have gone to their deaths
terrified in Illinois?

In Pennsylvania pharmaceutical
labs calves were slashed..
and smallpox sprayed
on their gashes

in a few weeks the gashers
come back
and plane off the scab.. and grind it into powder..
powder which contained BLV or bovine leukemia virus
.. the same disease as HTLV except in a different species

In Calgary, little calves
are slammed to the ground
their necks and legs breaking
in a rodeo called the Calgary

Stampede

In every state in the union
cows are electroshocked,
are bleeding, are kicked,
are pulled off trucks
are pulled from their babies

24

(for The Downed Cow do search on internet)

O Anna Niemus

25 Rising Sun

The rising sun spreads the light of truth everywhere, beyond
the ability of neocon warmonger deforesting newspapers, warjock radio
and Republican propaganda firms called pollsters.. to prevent
the sight of his rays

O Anna Niemus

27 Silent Witnesses

Palin said offshore drilling is safe. The billions of marine mammals, birds, and fishes destroyed by oil spills can not verbally disagree. They are silent witnesses to her falsehood.

O Anna Niemus

281 War: A Blood Sport

It is time to abort
all support
for aerial hunting, foxhunting
and all other blood sports
including wars
and executions
promoted by
unelected courts

O Anna Niemus

29 Vote Out The Wings Of Death

John McCain dropped bombs of fire
onto the women in a lightbulb factory
in Hanoi, and to the people, animals
and plants of Vietnam in 27 flights
altogether

while Sarah Palin has promoted
the aerial murder of bears and wolves
by the idle rich from helicopters.

(See Wings of Death, HSUS for picture
of a dead wolf being airlifted away
... his foreleg to be severed for a \$150
bounty on wolves instituted by Palin)

O Anna Niemus

29 What Is Denning?

The helicopter hovered
above the wolf lair
machinegunning
the mammals
from the air

AllCreatures site say:
What is denning?

A helicopter hovers outside a wolf den in Alaska because of Sarah Palin's
scofflaw creation of a loophole in the federal ng the
aerial hunting of wolves, moose, bears or their cubs.
14 mother and father wolves were gunned down... landing the helicopter
found 28 cubs and shot each in the head

O Anna Niemus

3 Elephants Sue Republican Party

Elephants of the world have issued a press release.. an intention to sue the Republican Party over using them as a symbol.

Their spokesperson states that no political party in the US has ever harmed them more than Republicans whose trophy hunting ivory seeking idle rich pleasure jaunt safaris with machine guns and aerial hunting candidates such as Sarah Palin have decimated elephant numbers.

The long memored pachyderms know that the party of petroplutocrats chose them for their size to give the false impression that Republicans, less than 25% of the population, have more power than Democrats.

Republicans have won power through deflecting people's attention to illegal wars, through murder (Kennedy's, King, Wellstone, Callahan etc) , through bribery and 20,000 kinds of tricks.

55% of the country is unregistered. Of the remaining 45%, 3/5 or 60% are independent or third party (Greens, Socialists, Libertarians, Constitution Party, etc.) . Of the remaining 18%, over 2/3 are Democrats.

O Anna Niemus

3 Kinds Of Serial Killers

There are 3 kinds of serial killers...

First, those

who kill a chain of individuals on a one to one basis

or by hiring a hit person

Second, those who kill millions abstractly..

never seeing those they burn as they sit in bomber planes

or government chairs.

Third, those who kill with their pens,

denying petitions for mercy from prisoners on death row

O Anna Niemus

3. Four Visions Regarding Us Election 2008

4 of this poster's visions or dreams over several years came true in the election on Nov 4, in the US.

I Three Quarters of Room Walked Out

One of my Jewish American friends in a dream asked me to see Ariel Sharon with her as he visited America. As he entered the room 3/4 of those in attendance walked out. Yesterday it was Obama and not McCain who got a large majority of the Jewish vote, despite the attempts of neocons to portray Obama as a Muslim terrorist. McCain has through the years worked to advance Sharon's agenda.

2. How I love my South Ben(d) Rose

Poster heard in meditation 'How I love my South Ben(d) Rose'. This koan has many possible interpretations.

South Bend Indiana, Ben Rose, a bend in the river of time etc.

In the Obama vote, a majority of Catholics as individuals or acting in Catholic Democratic groups voted for Obama. South Bend Indiana is the home of Notre Dame University. A majority of Catholics are no longer willing to elect warmonger candidates and ignore the suffering caused by Republican regimes. The Sermon on the Mount commandments are violated by diverting \$ to war.

3. Superman Kerry Bursts into high school

Poster dreamt George Bush was on the 2nd floor of a high school, running around in his father's cowboy boots which were too big for him. Suddenly like Superman John Kerry burst from the outside through the wall of the 2nd floor.

(Both Bush and McCain had domineering fathers whose militarism they as youths tried to avoid through alcoholism, womanizing, and rowdiness. Both eventually succumbed. The cowboy boots were metaphorically clothing which did not fit Bush's soul. John Kerry

amassed power in the 4 years since Bush stole Kerry's election... and was instrumental in Bush's defeat.)

In elections in her own state, poster and other abolitionists were unable yet to remove Republican executioners from the state supreme court, nor prosecutors working toward execution.

V19: This star is the seed of love.

Perhaps 20 years ago, poster heard in meditation

'V19.. this star is the seed of love.'

V is a capital letter in the alphabet.

Vi in Sanskrit is a prefix meaning perfection

Ve in astrology is Venus

Vi in astrology is Virgo.

One of many meanings of this koan is

that on election day for the first time in 84 years

uranus was at 19 pisces, opposite saturn at 19 virgo.

A famous astrologer has called this 'the new replacing the old.'

O Anna Niemus

32 Hours Of Jail

Every egg stolen from a kidnapped factory farmed chicken is 32 hours she spent in jail, crammed in often with 8 other inmates, her claws sometimes growing around the wire mesh like roots around a rock..immobilizing her. If she is force molted she can freeze to death. If the electricity goes out in winter in her metal shed she freezes. If the electricity goes out in summer she broils to death. If a tornado comes, her shed can be flattened and she crushed to death. She is debeaked because otherwise the overcrowding would cause pecking injuries.

In her natural state she can fly to low branches.

O Anna Niemus

333 Leaves Of Mimosa

As the leaves of the
mimosa drip after a gentle rain
so do the fingers of
peaceworkers drip with God's grace.
They work with the Sun
to cause even the icicles
in the hearts of warmongers
to drip in slow healing.

O Anna Niemus

38 Chicken Haiku Attempts

Some sad stories of captive birds
and captive humans:

CALIFORNIA SAN DIEGO

30,000 baby chicks
are sent through a Ward Egg
Farm chipper
by workers too tired to continue
individual strangling.

CONNECTICUT

In Connecticut, Michael Ross
who strangled 8 women is murdered
by the state. As a little
boy his father forced him to strangle baby
chicks on his father's poultry farm

KENTUCKY

Kentucky based Yum foods
the world's largest restaurant
conglomerate
owns KFC whose birds have their
throats slit. They are often dropped
alive into boiling water.

ARKANSAS

In Arkansas, a million chickens
die as the electricity goes out
and the metal sheds become
140 degree ovens

WISCONSIN

Senator Russ Feingold seeks to
remove minimal animal protection
for chickens, so that baby chicks
may be sent classified as mail...
smashed on loading docks
... for the regulations say
they can be shipped in cardboard boxes
.. dying, some of thirst or freezing or
stress

MAINE

DeCoster Farms, of Turner, Maine
was fined a pittance: \$50,000 in June 1988
for nearly 200 labor law infractions. In
in 1992 their virtual slavery of
100 workers from Central America was exposed.

OHIO

At Ohio Fresh Egg in Croton,
one half million chickens are bulldozed
alive into graves after a tornado
destroys their metal shed. They
were alive 9 days without food or
water in their tornado smashed
cages before the final suffocation.

(Buckeye became Agrigeneral and then
Ohio Fresh Egg)

VIRGINIA

In Newport News, a little woman
chicken's head is severed and
comes out whole as a McNugget

IOWA

Senators Charles Grassley and Tom
Harkin join
Feingold.. baby chicks males
classified as commercial mail

MARYLAND

In Salisbury Maryland
at the Perdue slaughterhouse
cranes dropp boxes full
of chickens into the street..
some die immediately
.. some run in traffic and
are turned into pancakes

PENNSYLVANIA

Cars are lined up behind
a chicken truck.. chickens
crammed into crates
their broken necks and wings
flapping in the wind.

IDAHO

Factory farms
buy older laying
hens.
Every egg represents
32 hours the mother
was held captive in a cage.

SOUTH CAROLINA

Chickens are fed back
the boiled feathers of
their slaughtered sisters.

TEXAS

Chickens are fed
as elsewhere.. the
waste of animals
mixed in with grain.
It is called wastelage.

OHIO

An EPA worker sinks neck
deep into quicksand like chicken
waste. Her life is saved
as she grabs onto pipes overhead.

TENNESSEE

The debeaking of chickens
so that they will not peck
each other to death from
the overcrowding.. sometimes
catches the chicken's tongue
in the debeaker.

MICHIGAN

Chickens live their entire
lives without spreading
their wings.. or taking
a stretch.

WYOMING

Chickens freeze to death
after given forced molting
chemicals.

COLORADO

Every egg requires 120 gallons
of production water.

MASSACHUSETTS

Every egg served in a hospital
is 275 mg to 300 mg of
brain and heart artery clogging
cholesterol.

MINNESOTA

Fixing eggs for her family
a housewife sees a skillet
full of beaks, claws,
and blood.. from fertilized
eggs.

GEORGIA

Eggs amount for
a large percentage of food
poisoning cases, yet the CDC
runs no warning public service spots.

LOUISIANA AND ELSEWHERE

Chickens are given cattle
parts.. which generates
Mad Chicken or Avian Spongiform
Encephalopathy. The USDA
does not enforce the law.

NEW MEXICO

An old man lies in pain
with arthritis, as uric
acid or trioxypurine from
a chicken's flesh has
crystallized around his joints
in needle formation

MISSOURI

Flies are sent by God
to process the 'biblical

plague' of chicken waste
in factory farms.

VERMONT

The use of female hormones
in the food and the
constant stress from living
in 24 hour a day light
and crowding.. create cancer.

WASHINGTON DC

Easter chicks for protection
are taken by children to
the zoo.. and are fed
behind the scenes to snakes

NEW YORK

Seinfeld actor Jason Alexander
ends his KFC commercials..
after viewing PETA films
of chicken slaughterhouses

SINGING

A woman neighbor to a factory
farm said the chickens she
raised used to sing when
they were given fresh straw.
The chickens she lives near
she says.. never sing.

WASHINGTON DC

Ronald Reagan passed legislation
to double the speed of slaughterhouse
lines.. cancer ridden or dead chickens whiz past
inspectors.

GERMANY

A man is barred from
farming because workers
in his chicken factory farm
nearly died from his illegal
use of nicotine insecticide. He is
convicted also of animal cruelty.
He is invited by Senator Voinovich's
red carpet (bloodsoaked) to Ohio.

NEBRASKA

Fish in Kentucky rivers and lakes
show sexual deformities
as factory farm urine containing
female hormones pervades waters.

OKLAHOMA

At a Tyson franchisee poultry
farm and many other places,
the chickens are so crowded their
claws grow under the wire mesh
making them immobile
while above them swirl their
molted feathers like a mobile

MARYLAND

Frank Purdue ordered
as a little boy to
kill his pet chick
as his father prepared
him for a life of avicide

Later he would give millions
of dollars to the Univ of Maryland
in return for their beginning
a course teaching students
to raise nurture and then kill

and skin rabbits.

In addition his Eastern shore
short line railroads are
paid for with taxes stolen
from the people of Maryland.

ALABAMA AND ELSEWHERE

Baby chick males in other
places are dropped into
bins of swirling knives called eviscerators..
for in the chicken business it will
be women spending their lives in cages

EVERYWHERE

In many hospices everywhere
people lie dying of leukemia..
professionals
label chicken cancer leukosis
to obscure its transmission to
human beings who eat them

UTAH

1/2 million chickens are
crammed in at just 1 of
Utah's many factory farms.

GENEVA SWITZERLAND

Roche markets Tamiflu for
the so-called avian flu which
in many cases is Mad Chicken Disease

REHOVOT JERUSALEM

Lab researchers are working
on creating featherless chickens

to save the time and expense
of plucking

Many of these descriptions of one state
apply to all places there are factory farms.

O Anna Niemus

4 Comma Thieves

There are many 3 comma thieves,
war profiteers of the current regime.
but the four comma thieves, whether
Pentagon CFO's, arms merchants,
or butchers, are hidden.

999,000,000,000

3.4,000,000,000,000

O Anna Niemus

45 Bank Robbers Are The Bankers

The bank robbers
are the bankers.
It is not Robin Hood
but the bankers
who are robbin the hood.

There are more empty homes than at any time
since the US Census Bureau began keeping
records. What an obscenity that bankers keep
homes empty while people live under bridges
and in tents. Utilities coconspire by turning
off needed electricity, gas and water.

O Anna Niemus

45 Causes Of Alzheimer's

Cause of Alzheimer's
or Disease of Oldtimers:
Amyloid plaque blocks the veins
which feed the brain

4 of the molecules which can build up in the brain:
a. amyloid plaque: a byproduct of animal protein metabolism
b. cholesterol in the cerebral arteries
c. calcium plaque in the blood vessels
d. trioxypurine or uric acid, the pre urine of animal
muscle cells which remains in animal flesh and crystallizes
around the joints and in the arteries

O Anna Niemus

5 Concealed Painting

Red food colorings conceal
mammal blood which congeals.

Now sodium nitrate and other red food colorings in meat
color and cover the gray of rot, white worms, yellow infection
fluid, the black of congealed darkened blood, the green of gangrene etc.. Sodium
nitrate combined
with animal protein creates in the stomach carcinogenic
nitrosamines

(McKinley was shot on Sept 6 2001 and was recovering,
but gangrene from the bullet's path through nonvegetarian
intestines was the final cause of death. When George Wallace,
American candidate for president shot by a hit man employed
by war profiteers, was hit, he had, said a national news magazine,
just eaten a hamburger, and the bullet trailed an ecoli (colon
bacteria) path through his body.)

O Anna Niemus

50 Fires, Arnold Schwarzenegger And John McCain

The governor
has asked other countries' fliers
to help put out
California fires

Where is the California National Guard?
In Iraq and Afghanistan causing fires.

Who did Schwarzenegger support
in the primary?
McCain who started bombing fires.
McCain who wants to continue
bomber fires.

Who did Schwarzenegger campaign
for in 2004?
the unelected Bush who
started many fires

Arnold Schwarzenegger has asked other countries to help in putting
out fires, because

California National Guard are in Iraq, sent by the regime
California money is in Iraq
California rescue and firefighter helicopters are in Iraq
and because the regime's anti environment policies as
well as USDA controlled burns have caused fires.

O Anna Niemus

54 Ways War Profiteers Victimize Soldiers And Civilians

The children of the poor
lured into the military by
promise of college and bonuses...
lured by the pawns of war profiteers
wanting fresh victims for their
sacrificial altars

THE ILLEGAL RACIST, OIL, AND NEOCON WAR AGAINST THE PEOPLE
OF IRAQ

War Profiteers' Victims: Soldiers & Civilians

121 soldiers have been involved in murders since returning
from Iraq. The US regime trains these men as killing machines
and pretends surprise that random as well as machine
killing occurs.

NY Times Jan 13,08

(If you are one of the 14% of Americans who support
the illegal and violent actions in Iraq and Afghanistan please
read on) . Every Iraqi, Afghan and
American soldier is equal in the
eyes of God.

deaths in the US military since 1980

-

No War in History has
had such a high ratio of casualties
to deaths.. as of August,2007, over 3681
deaths, over 40,000 casualties

Bring Them Home Today! ! ! ! !

suicides, homelessness, over 40,000
wounded, blinded, paraplegic and
otherwise mutilated men and women..
land mines, depleted uranium, sniping, food poisoning.. toxic vaccines..

The Humvee is the most frequent tomb for American soldiers in Iraq.

GOD BLESS ALL BEINGS

I HEALTH HAZARDS

1 DEPLETED URANIUM 81 times the world's average, Dutch soldiers refuse to
remove the depleted uranium,
which can cause immediate damage to the prostate before its longterm effects.
This is extended to children of soldiers with birth defects are caused by depleted
uranium, napalm and other toxins.

2 LETHAL VACCINES of Chiron, Aventis Pasteur, Lilly, Roche and Glaxo Smith
Kline over 100 million doses at 20 to 40 a shot.. or several billion for war
profiteers

Kolavic-Gray, Shellie A., et al. 'Large Epidemic of Adenovirus Type 4 Infection
Among Military Trainees: Epidemiological, Clinical, and Laboratory Studies.'
Clinical Infectious Diseases (October 1,2002) : 808-811.

The latest victim is a servicewoman from Norton Ohio.

3 FOOD POISONING from packaged meals and from Halliburton
contracted cafeterias

4.137 DEGREE HEAT, (multiplied by as much as 55 lbs of
carried gear) has caused fatal heart attacks to dozens. Such heat can turn
soap bars into liquid, turns metal packaged ingredients more toxic.. and its
opposite:

5 FROSTBITE US soldiers in Afghanistan are getting frostbite.39 soldiers
died of frostbite in 1 night in Korea. The generals' feet
have been warm..

- 6 INSUFFICIENT MEDICAL PERSONNEL AND SUPPLIES NPR reported insufficient medical supplies and medical personnel for the several thousand injured.
- 7 GUTTED VETERANS' ADMINISTRATION an underfunded understaffed undersupplied VA hospital system gutted by the illegal administration.
(There are Republican senators who have voted 11 times to cut veterans' benefits)
- 8 AGENT ORANGE American soldiers are still dying, untold thousands, from Agent Orange, napalm in Vietnam, in Colombia
- 9 GULF WAR SYNDROME American soldiers are still dying, untold thousands, from Gulf War Syndrome. Those who have not died in some cases have passed birth defects to their children
- 10 HUMAN GUINEA PIGS While corpses have been blown apart by the Army for land mine shoewear tests (rather than sign the landmine ban) 7000 American soldiers have been used as human guinea pigs. Captain Joyce Riley, USAF, one of the many truth telling whistleblowers in the US military
- 11 CANCELLED MEDICAL BENEFITS for WW2 vets, as international cartels' hireling judges rule that the WW2 recruiting officers had no legal right to offer these contracts. In the same week, billions were sent to Ariel Sharon who is using some of the money to separate Palestinians from their olive orchards, grapevines, places of work, food supplies etc.
12. HYGIENE VERY DIFFICULT Robert Wise, 21, of Tallahassee, wrote home he had not been able to take a shower in 20 days..just before being killed in Iraq.
- 13 SANDFLIES Whether facial and other lesions are caused by sandflies as generals say or by depleted uranium, they are called Baghdad boils. The many lethal ingredients in chemtrails affect soldiers as well,
14. INSECTICIDES Insecticide disseminators at military bases have reactions

from toxicity induced mental illness and metal poisoning to bone cancers.

15. CHEMTRAILS.. the chemtrails ingredients which poison the skies are in highest concentrations where they are stored and handled,

16. GUANTANAMO.. the torture of prisoners by the CIA in Afghanistan and by the USA military in Guantanamo.. has returned to Blackwater Security personnel.. as the Wolfowitz cartel has reduced the standards of international treatment of prisoners. Torture is a double edged sword which returns to soldiers of the torture hierarchy.

17 FOOD SHORTAGES

Food shortages were caused by both inefficiency and Halliburton and other profiteering.

'US marines down to two hot meals a day' was the headline of one story.

18 LACK OF COUNSELING

Buzz Williams, Marine and author: When a soldier most needs a listening ear and counseling, he is least likely to receive it.

19 VETERANS ADMINISTRATION GUTTED

In the few VA hospitals which remain, soldiers of the poor are made unconscious guinea pigs of pharmaceutical drugs.. the VA is made the arm of the pharmaceutical industry. The Washington Post in February of 2007 did a series on shocking conditions at Walter Reed Hospital to which horribly mutilated soldiers are brought.

20 WEAPON BOOMERANGS

Dangerous new bullets used by USA military.. can boomerang on the soldiers..

21 MERCENARIES BAD FOR MORALE

Senator Biden said in April that a system which pays private security as much as \$1500 a day is bad for the morale of those paid much less (peanuts) .

22 HUMVEE VULNERABILITY Humvee vulnerability
TV news reported that 400 million will be spent on

new Humvee's.. war profiteers rejoice
as they continue to churn out a shoddy product, that even
though newly armored, is vulnerable in tires, low windows
and crowd caused rollovers

23 CARCINOGENIC PERCHLORATE in rocket fuel, explosion materials
and on many military bases in
the water systems etc. is besides
a cancer causer a harmer of
thyroid function

24 DISRESPECT FOR SPIRITUAL DIETS the lactose intolerant sometimes forced
into dairy

The Danish dairy firm Maersk has 2 billion a year in contracts
Halliburton and other war profiteers are not providing enough
health options in the way of vegan alternatives, fresh fruit,
vegetarian protein.

25 HIGHEST CASUALTY TO DEATH RATIO EVER the highest casualty to death
rate in history over 3681 American
soldier deaths over 40,000 casualties
(over 2 million deaths for Iraqis
since Churchill bombed 9000 in 1920,
since sanctions, Desert Storm,
and now the worst of all..the 'Coalition')

26

War is not the only cause of deaths in the US military.

Compulsory vaccinations, new viruses, Lariam, food poisoning,
helicopter accidents, training deaths, live ammo deaths in training, ,
friendly fire.. drowning in mud at Camp LeJeune and elsewhere
are some of the causes of military fatalities

nonlethal: broken ear drums from flight training
... frostbite

27. AMMONIA Ammonia contamination by
the Army Corps of Engineers

28 CHILD DEFORMITIES
Children of soldiers born deformed

because of depleted uranium

29 DRINKING WATER SUPPLIED AT HIGH PRICES BY
HALLIBURTON'S KBR IS CONTAMINATED
Troops sickened by Halliburton KBR water

GOD bring the tankfodder poor home now..

II VIOLENCE FROM A VIOLENCE GENERATING SYSTEM

1 RAPES Congress in February 2004 hearings on American servicewomen, 100 of whom have reported being raped

2 SUICIDES. Blinded, paraplegic, horribly burned and other soldiers kill themselves at higher rates than the general population. (from conscience, from stress, from drug reactions, etc.)

3 PTSS Post Traumatic Stress Syndrome.. plagues untold millions.. some in a recognizable way.. some in a hidden way.

4 ANIMAL CRUELTY In Florida, California and elsewhere US soldiers have been ordered by military to destroy or to take to the pound their pets.

5 ALCOHOLISM AND DRUG USE Alcoholism is greatest among Marines but a growing problem in all services as the slaves of war profiteers feel trapped and seek escape. The Pentagon released a study in March 2004 indicating 1 in 5 in the military have a serious drinking problem.

6 ASSOCIATION VIOLENCE Any involvement in a violent system has negative associative effects for those involved.

7a. EXPLOITATION While USA soldiers are dying for perhaps 1/2 of minimum wage, assassins from Blackwater Security

() are profiteering from the outsourcing of war at the rate of \$1000 to \$2000 a day.

7b VIOLENCE TO CIVILIANS

MAN OUT OF MARINE CORPS A YEAR KILLS FOUR AND WOUNDS 2 IN COLUMBUS

OHIO CLUB

Columbus police identified the gunman as 25-year-old Nathan Gale of Marysville, Ohio, a former lance corporal in the Marine Corps.

8 Roche's Lariam has caused at least 4 Marines to kill their wives.

9 Officers returning home after ordering around privates like pawns... throw their weight around with relatives friends and coworkers.

III MILITARY INEFFICIENCY

1 FRIENDLY FIRE DEATHS

2 LACK OF PROTECTIVE GEAR such as vests

3 LAND MINES which US cartels want kept legal (US Govt and Israel,2 of world's only non signers of the treaty)

4 HUMVEE OVER ROADSIDE BOMBS has happened so frequently..

5 TRAINING DEATHS

6 MACHINES MADE BY WAR PROFITEERS dangerous designs in Osprey helicopters

and vulnerabilities in Chinook and Black Hawk helicopters

(LK: 'If you want helicopters to work better, stop naming them Black Hawk, Apache and other Native American names.) ..

Sikorsky one of companies

7 BOMBS by some of the 13,000 cluster bombs dropped,2000 of which are by Blair's troops.

8 OFFICERS who care more about career than the safety of their soldiers

9 SOLDIERS ARE PROGRAMMED

to believe that what they are doing is for the freedom

of their own country

The idealism of soldiers in every illegal and immoral war has been manipulated as they have been programmed to think they are protecting their country.

10 WHAT IS A PRIVATIZED MILITARY? MERCENARIES

More and more military operations are being given to private war profiteer companies, interested in money, not the welfare of the soldiers. CACI, Titan, Blackwater Security

IV, V, VI, VII

IV IRAQIS

1 IRAQIS.. MORE THAN TWO MILLION
HAVE DIED SINCE CHURCHILL FIRST
BOMBED FREEDOM FIGHTERS IN 1920..
AND SINCE THE UK THROUGHOUT
THE 20TH CENTURY HAD SEVERAL
INVASIONS...
OVER HALF A MILLION FROM SANCTIONS
.. OVER 250,000 IN THE HIGHWAY
OF DEATH ALONE IN 'DESERT STORM'
.. NEARLY A MILLION IN THE 'COALITION' WAR

Iraqis are fighting the occupiers of their own country.* Each day the situation becomes more dangerous as volunteers pour into Iraq from Iran, Saudi Arabia, Syria

1. IRAQIS ARE THE CHIEF VICTIMS

- a. DEATHS AND INJURIES
- b. NO ELECTRICITY
- c. NO WATER
- d. FOOD SHORTAGES
- e. 500,000 REFUGEES IN OTHER COUNTRIES
- f. THEIR OIL STOLEN BY SLANT DRILLING IN KUWAIT, BY INTERNATIONAL OIL COMPANIES
- g. THEIR ART STOLEN AND BOMBED
- h. THEIR ELECTED LEADERS HANGED

BY INVADERS

i. THEIR FREE MEDICAL CARE WIPED
OUT BY PAUL BREMER OF KISSINGER
ASSOCIATES

j. THEIR NICKEL A GALLON GAS
IS IN THE HANDS OF PETROPLUTOCRAT
PRICEGOUGERS

k. THEIR CHILDREN CAN'T GO TO
SCHOOL

2 THE MUSLIM WORLD

With torture, with assassinations of family members of Saddam Hussein and the hanging of the elected leader of Iraq, with many other forms of violence, the USA military has violated international law and USA law. In violating the rights of others they put American soldiers as well at risk, just as the arms race begun by USA and Likud war profiteers has caused weapons response in other countries.

3. Iraqi oil has been slant drilled by the Kuwaitis with the help of George H W Bush. The Olmert regime is guarding a Haifa pipeline now, an action which shows contempt for the Iraqi people.

4. The racist US media does not report Iraqi cumulative casualties more than infrequently.

V BUSH REGIME LIES AND HYPOCRISY

From Xoa:

Quote:

41% of American soldiers in Iraq are national guardsmen.. people who enlisted after being told their commitment would be 'one weekend a month, two weeks a year'.

These weekend warriors are spending two years fighting an illegal war, away from their wives and children. No wonder so many are committing suicide. More and more generals, admirals and officers in general are criticizing the disastrous war in Iraq.

See Loose Change, the video 100 million have seen about the real cause of Sept 11 bombing of World Trade Center

900 BILLION in Pentagon contracts,40% of them unbid, analyzed, with the 100 biggest war profiteers listed. The few are making billions while the children of the poor are getting screwed. Through Dov Zackheim and Donald Rumsfeld,2.3 TRILLION disappeared from the P

O Anna Niemus

59 Reasons To Stop Mowing Down The Green God Grows

Nonmowing turns empty lots
through time into forests
Sometimes the most powerful actions
involve inaction

59 Reasons Not To Mow

Ron Howard, director of A Beautiful Mind and many other films, made his first film at age 8.. an anti mowing film which showed the nature of mowers' attacks on lawns.

In 2003 through now, the world has seen drought, floods, famine, fire, mudslides, hurricanes, tornados and other disasters created by the unprecedented destruction of trees around the world. Trees are nature's weather stabilizers. We need trillions of trees.. new trees.

UN agencies have said reduced or ended lawnmowing and treecutting will slow down global heating. The 1990's EPA published legal briefs available without cost to those fighting compulsory mowing ordinances. Highway departments have found that bushes are better than mowed median strips.

The government of Thailand has banned logging.

GROW FREE NT MOWER ACCICT SAPLING E TIME. CONSERVE
FREEDOM.INVOKE RAIN. STABILIZE WEATHER PATTERNS. STOP MUDSLIR
NOISE. PREVENT R WILDLIFE HABITAT. FILTER AIR

In the preBush years the EPA had joined the environmental groups promoting nonmowing. The Green Party and many Libertarians also support nonmowing. In June of 2002, NPR reported that the Congressional Black Caucus has a better record than either white Democrats or white Republicans in environmental issues.

I: ENVIRONMENTAL (THE REDUCTION OF ENVIRONMENTAL MANIPULATION)

1. REFORESTATION When one stops mowing, land becomes meadow and then thicket and then woods. reforesting the world.
2. OXYGEN CREATION This extra greenery creates average tree creates 5 pounds of oxygen daily.
3. AIR PURIFICATION More greenery purifies the air through leaf filtration culcate matter b. car fumes c. noxious gases d. other airborne toxins. Removal of carbon dioxide by plants ameliorates pollution.
4. TEMPERATURE STABILIZATION TO OFFSET GLOBAL WARMING Warms the world's winters and cools the summers. There is a 50 degree difference between 70 degree equatorial rainforest and 120 degree desert. Each blade of grass is a little air conditioner. A world without drought, flood, famine, freezes, and killer heat can be eliminated by literally covering the world with trees.
5. RAIN INVOCATION Greenery calls down rain. Bayard Webster of the NY Times wrote that each mature tree evaporates 40 gallons of moisture daily (much greater amounts for older trees.) All greenery is involved in the drought and consequent starvation in N. Korea was related to the cutting of nearly all trees for fuel.
6. DEW PRESERVATION More plants preserve dew. Not only do greenspires and leaves act as masts around which dew can gather, but the more greenery the longer the dew lasts.
7. NOISE BUFFERING Leaf volume weaves a noise buffer which screens out unpleasant traffic
8. NOISE PREVENTION Ends the peace-fracturing sound of the lawnmower. Some communities have noise ordinances which prevent mowing during normal sleeping hours.
9. VISUAL BEAUTY Multiplies the beauty of diversity
10. FRAGRANCE Multiplies the fragrance in the air.
11. HEALING GREEN Nonmowing creates optical healing by creating more greenery. Research has proven that looking on the jade and forest greens reduces heartbeat and creates peace.
12. LANDFILL ECONOMY Letting lawns grow wild reduces pressure on landfills..by not adding leaves to overburdened systems (and saves the fuel and wages of collection releasing workers for the labor of their hearts) . (NPR Sept 1: methane gases leach from landfill through water into basements) As the world evolves away from tree killing, sawdust piles which are a byproduct of the lumber industry will be removed, making the earth safer for children.
13. FUEL CONSERVATION Conserves fuel a. unused in unused mowers b. As evergreen trees break cold winter winds and shroud dwellings they are natural insulation.
14. HYDROCARBON REDUCTION Prevents hydrocarbon mower emission from

polluting the air. Many media outlets are passing on the EPA recommendation that lawns not be mowed when there is great humidity and heat. Hydrocarbons create ozone alerts.

15. CARBON DIOXIDE Greenery which takes in carbon dioxide and breathes out oxygen reduces gases toxic to humans.

15a. METHANE GAS and toxic gases are purified by leaf action.

16. TORNADO PREVENTION Unstable heat is the main factor in tornados.

Greenery which reduces the temperature 30 degrees in forest areas prevents tornados.

17. MUDSLIDE PREVENTION The roots of living plants absorb great amounts of water and prevent mudslides.

18. FLOOD PREVENTION A. On river banks and everywhere, tree, plant, bush, and vine roots are flood preventers. As David Kidd of Canton, planter of more than a million trees has stated, the bigger and older the tree the more work it does.

(The 900 year old oaks with their huge diameters are a lot more precious to

Mother Earth than skinny young trees. B. Ohio Public Radio David C. Barnett Sept 9th: reported on reduction of impervious surface by reducing concrete and adding greenery. (The hard asphalt, concrete, and rooftops create more runoff and flooding.)

C. Bricks and stones in roads are better for the environment than are concrete and asphalt. They allow rain through the inter-brick space and have less blistering heat. Angel strips not devil strips (Planting grape trellises over highways re-greens the earth and creates food.)

19. DESERTIFICATION PREVENTION

Only reforestation can prevent desertification. This is the conclusion of Patrick Velasquez of US Agency For International Development and most other environmentalists. We used to think a pine cone was one seed, but apparently it is hundreds.

20. CHEMICAL POLLUTION REDUCTION Radio network show Public Interest October 7 featuring Rodale author: Chemically treated lawns are grass high on drugs.: Fertilizer has toxic byproducts for the land and water. Rodale, Emmaus Pennsylvania, USA 18049 is one leader in the organic movement.

21. FASTEST CLEANUP OF TOXIC DUMPS

Green island sanctuaries of unmolested plants, insects, and wildlife are a protection against the biotech manipulation of the environment.

22. WATERSHED PROTECTION The more greenery, plants, vines, trees, and bushes..the more the watershed, reservoirs, and lakes and ponds, brooks and streams are protected. a. Arsenic is a byproduct of the pressed wood industry. Arsenic is poisonous in the waters, and like other industrial pollutants such as mercury, chromium and polychlorinated biphenols is concentrated in the flesh of fishes.

23. BIODIVERSITY Nonmowing or letting God be the landscaper creates biodiversity and its many benefits (and benefirs) rather

than monoculture. (Loggers last year caused the death of David Chain, Earth First tree activist.

24. FIRE PREVENTION In March of 2001, widescale drought in the NW had been reported. Destruction of greenery is one cause of this. Trees' evaporation is necessary in cloud formation. Fires have destroyed untold tens of thousands of square miles of green beings and resident animals.

25. FREE FOOD

Fruit and nut trees with grape and bean vines spaced among the trees can yield 450,000 lbs. per acre. (Animal flesh yields a maximum 100 to 1000 pounds per acre.) Ted Steinberg writes that in the US alone an area the size of Florida is devoted to unproductive lawns.

26. WATER CONSERVATION: Unmowed areas do not need watering.. they are self contained systems. Nor do they need recycling. Most lawns are watered for growth and then the growth is cut and discarded.

27. INSECTICIDE AND HERBICIDE PREVENTION: Carpet lawn enthusiasts pollute the environment with insecticides and herbicides in some cases.

II HUMAN RIGHTS:

1. FEEDING THE HUNGRY: FOOD CREATION Prevents famine by giving a cornucopia of free food to the planet. Orchards are 450 times as productive per acre as slaughterhouses.. Dr. Faust, former chief of the USDA Fruit Labs, cited centenarian orchards of apple trees dropping two tons each of food. This is 400,000 lbs per acre as compared to 100 to 1000 lbs of food for meat, 10,000 lbs for dairy, 80,000 lbs. for acre. The 400 to 1 ratio is only the first step. Trilevel agriculture.. with bean and other vines around the tree trunks and other food yielding plants in the interarboreal spaces.. yield even more. This also can be multiplied by those areas which have 2 or 3 growing seasons.. e.g. Southern California. Because certain economic systems promote scarcity based profit, these orchard systems have been deemphasized.

2. PREVENTION OF DEATH AND INJURY 2a. Prevents in the U.S. alone, 75,000 accidents and some fatalities annually caused by mowers and harvesters, and around the world millions of accidents eliminated. NPR reported May 17, 2002 that tractor rollovers are the leading cause of death among farmers, and that farming in general is the 2nd most hazardous occupation (after commercial fishing) .

2b. Ravines are generally more protected from mowing, as there is wider recognition of the danger of mowing.

2c. When grass is mowed on hillsides, when wet or exceedingly dry it can cause slipping accidents.

2d, There have even been drownings

from lawnmower accidents as teens and adults drop into unseen septic tanks.

2e. One of every 5 lawnmower or machine harvester deaths, says the Consumer Product Safety Commissions, involves a child.

□

3. PREVENTION OF HEART ATTACKS As non shoveling of snow can prevent winter heart attacks nonmowing can sometimes prevent summer ones.

4. FREEDOM Health departments are reducing the forced crew cutting of lawns and the rending of Mother Nature's garments. See below for further info.

5. EMPTY JAILS Saves money otherwise spent on jailing people (see above)

6. PRIVACY Creates a privacy screen. Ways to avoid grass (a transitional plant unless land is constantly mowed) include a. pachysandra b. myrtle and other ground cover c. grape vine trellises d. evergreen trees and shrubs as natural fences bushes as natural boundaries.

7. HERBAL REMEDIES Nonmowing allows healing extracts and seeds to flourish, e.g. milk thistle seeds, which regenerate cirrhosis-afflicted livers. The active ingredient is silymarin.

Work against those who seek to patent the world's pre-existing seeds.

8. KEEPS WASPS FRIENDLY prevents wasp stings and hive attacks as their homes are destroyed.

9. ECONOMICS MINT MONEY

I It's not counterfeiting but minting money to plant olive trees which yield olive oil at \$20 a gallon or macadamias .. pears.. blueberries.. apples.

II a. saves money otherwise spent on fuel b. Saves money otherwise spent on young trees. c. Fruit trees save money spent on food. d. Free up lawnmower crews to create with their time. e. For that minority who hire lawn crews, money is saved. Seth Godin says 17 billion a year is spent on lawnmowing expenses.

10. TIME ECONOMY frees human time hours for enjoyable priorities a. no gas procurement time, no mowing time, no raking time.

11. HERITAGE: The Native American culture never spent time mowing Mother Earth. Her green cover is her mowing is a fairly recent thing. The original lawn mowers were sheep and other animals later slaughtered for their flesh. The Time

Life Gardening Yearbook mentions the 'chipped monotypic layer of bluegrass', the crewcut which is called alawn. Other ecologists speak about the hazards of monoculture.

12. FREE CONCERTS Cicadas and crickets will give freeconcerts, as will woodpeckers, songbirds whose habitats are lies will put on silent fireworks. Buttercupswill save chalices of dew for butterflies who in turn will coolthe earth with the slight breeze from their fanning wings.

13. WEED KILLER OR HERBICIDE use (Diane Rehm Show Sept1) causes childhood and other environmental pollutant basedcancers. Some leaches into the water system. Some is directly smearedonto skin.

14. INSECTICIDE BASED CANCERS: Insecticides weredeveloped as weapons in WW 2. At the end of the war, chemicalcompanies wanted new markets. These insecticides cause cancer. (NPRSept 1) Animal products concentrate insecticides at 21 times theintensity they occur in fruits and vegetables, since a 1000 ate 21,000 lbs. of food with nondegradable insecticides remaining in the muscle cells.

15. PREVENTION OF ASTHMA

While the chief physical cause of asthma is the mucus lining in the respiratory tract created by meat, fish and dairy products and the prime spiritual cause is fear or emotional stress, land allowed to grow gradually into fields and then thickets and finally woods provides less pollen.

16. HEALING: Studies of recovering gall bladder patients reveal that those looking on a garden heal faster than those not. (BJ 6 6 2000) There are now herbal therapists at Univ of Kansas, Rutgers, Texas A&M, and Virginia Tech. Those who look on living green have reduced blood pressure. The plant yarrow makes children in its proximity less aggressive within a few moments. An ancient vedic parable says that to be healed one should look upongreen. Rather than paint the world that color, a sage says'put on green glasses'. (The best green glasses are living in an environment of green.)

(Plant rights advocates to not support the killing of plants for herbs.)

17. PREVENTION OF GUN ACCIDENTS

There has been at least one shooting caused by an irate reaction to the noise of the lawnmower.

(Above are reasons 19 through 36)

18. PREVENTION OF MENTAL ILLNESS

Is it a form of control freakdom

to want to mow down what God greengrows?

19. PREVENTION OF NEIGHBOR FIGHTS

Countless fights have been caused when someone's mower cuts down his neighbor's flowers or shrubs.

20. HERBICIDES used by ChemLawn and other lawn treatment companies are poisoning the earth's waters, causing cancer deaths to people, animals, fishes, and plants.

21. BOREDOM Lawns are boring.

22. OPPOSE THE FORCE OF THE LOWEST COMMON DENOMINATOR

It is wrong to force compliance with narrow, truncated and conventional ideas of aesthetics.

COTTON PAPER LASTS FOUR HUNDRED FIFTY YEARS. TREEPAPER LASTS SIXY YEARS.

III ANIMAL RIGHTS:

1. WILDLIFE HABITAT Reprovides a home for wildlife, both those not endangered and those which birds from flying away when the power motors are started.

2 ANIMAL RIGHTS: MACHINE HARVESTERS SHRED MANY MAMMALS PER ACRE Protects insects, redwinged blackbirds and other living creatures nesting in ground cover, and prevents the mastication deaths of millions of small field animals chewed up in harvesters.. (Sometimes the tiny feet of these animals can be seen in cans of food.) In Numbers 22, God causes a donkey to speak about the beatings of her human 'owner'. Along Lake Michigan in parts of Chicago are new signs indicating not mowing is done to give birds long grasses in which to nest.

3 PRESERVE WILDLIFE FOOD SUPPLY: Not removing acorns leaves food for squirrels and other wildlife during the winter as well as providing new sapling oaks in the spring. Not removing leaves provides more thermal shelter for northern animals.

4. SONGBIRDS ATTRACTED TO WILD AREAS.....

James Marcus: Dandelions: they must be God's favorite flower for He plants them everywhere.

IV: PLANT RIGHTS.

1 PLANTS' RIGHTS Protect the rights of sentient plants whose feelings have been documented by Dr. Chandra Bose, knighted by the Queen of England for his laboratory measurement of plant consciousness. Other scientists who have proven or written of plant consciousness are Clive Baxter, Luther Burbank, The Secret Life Of Plants writers, , the owner to whose rights, Isaac Tigrett, sold all the Hard Rock Cafes he founded after becoming a vegetarian.

Pachysandra, myrtle, snow on themountain, and camomile are some ground covers which do not offend moreconservative neighbors.

2: WILDFLOWER SANCTUARY Those like Lady Bird Johnson who have worked to foster protection of wildflowers know thenecessityof more wild places.

3: ENDING BOTANICAL RACISM ord spoke to poster of botanical racism. This phrase means different things to different people. To us it means that weeds have as much right to exist as do plants with cultivated spirit-filled volunteers called weeds are usually stronger, more and more prolific than cultivated plants.

4. PROTECTING PLANTS YOU LOVE

Lawn crews are not as concerned as you about your young magnolia trees, your sapling fruit and nut trees, your wisteria and climatis vines.

V. DIVINE RIGHT:

1. Mother Earth blesses those who abandon controlling and manipulating her. She is the perfect landscape architect because she is a landscaper, not a landscaper.
2. Why fight God who lets green grass grow. God does not like lawnmowers.

Constantina Fiorentino, landscape architect, was asked to be a witness by a family who had had their *laissez faire* lawn mowed by a local health department. Asked by the judge if she would consider the yard an example of her best work, she replied 'In time'

If you would like to join the Nonmowing Coalition, you need only send an email to plantslovefruitarians@. There is no financial, work, or other obligation.

In an editorial on March 19,1977, the Washington Post editorialized: 'the tall grass can only benefit the citizens who seek the beauty of Rock Creek Park'. That year the National Park Service instituted a 'meadows' program to let some areas return to nature. The Post mentioned the federal court casevictory of an Akron citizen who fought the city's compulsory lawnmowing ordinance. 'Nature is ready to citizen cooperation is next.' In addition the Post's Richard Cohen reported on

a lawn mowed by a guinea pig named Shenon of the New York Times has covered no-mow activists such as Alice Herrington, then president of Friends of Animals. Patrick Velasquez of the US Agency For International Development studied Senegalese forest. He said the cost of planting other country exotics there was \$25 to \$50 per tree, with 19% survival rate whereas natural regeneration (which occurs from nonmowing) is free. The USDA in 1998 has signed onto the National Wildlife Federation's Backyard Conservation plan.. which encourages people to let the area behind their homes grow wild for the sake of the environment. Even these corporate media and hunting promotion groups are promoting the environment. 'Corn on the curb' is an increasingly visible thing.

O Anna Niemus

6 Death By Freezing, Fire, Carbon Monoxide, Suicide

While billionaire bankers are causing freezing deaths from evictions
neocon utilities are causing
suicide deaths, carbon monoxide deaths, freezing deaths and fire deaths as
utilities
are shut off with the full compliance of the Bush regime for which McCain
voted 92% of the time.

They are also decapitating mountain tops with their coal mining,
creating acid rain and lung problems, maiming trees rather
than put their lines underground.

O Anna Niemus

6 Point Touchdown

A six point touchdown..
some thought it a football score..
others the hexagonal flake of snow
.. soon it will melt
and into tree roots flow

O Anna Niemus

63 Cindy Sheehan

Cindy Sheehan,
Don Quixote,
tilting at the windmill
of Nancy Pelosi
which moves the
wings of war...
God give you victory Cindy

Nancy Pelosi has coordinated votes for the funding of the
violent and illegal wars in Iraq and Afghanistan.
Cindy has a website. Her campaign is gaining much support.

O Anna Niemus

6th Circuit In Us And Vatican

The unelected Republicans on the US Sixth Circuit Court have ruled that the Vatican can be sued over allegations of sexual abuse.

Hopefully the Vatican will in the Hague ask for an indictment of 6th Circuit judges for their serial killing of prisoners in governmental murder (executions) .. prisoners to whose requests for mercy they turned thumbs down as they killed with their pens.

O Anna Niemus

710 77345 And Saro-Wiwa

Was it as the clock chimed 9 bells
that Ken Saro-Wiwa
was hanged by Shell?
Oh God who each being indwells
including petroplutocrats from hell
send a firefall of Spirit to all
that courage may upwell

Write 710 77345 upside down
to know who killed Saro-Wiwa.

(Saro-Wiwa and eight other environmental activists
were murdered by the Nigerian government
at the instigation of ShELL Oil_

O Anna Niemus

72 Powerless To Protest

As they suffocate
from the suffering
of smothering
fish cannot protest.

As they die of
strangulation
fish cannot scream.

(type 'fish cannot scream' in a search
engine for all the toxins in fish)

O Anna Niemus

8 Lust Severed From Love

When from love
is severed lust
reduced is the world's
level of trust

ANIMAL PRODUCTS REDUCE SEXUAL FUNCTIONING

(If you are celibate for spiritual or other reasons, please do not take offense.)

INFERTILITY

Sons of coweating mothers have lower sperm counts and some infertility, according to a team at the University of Rochester Medical Center in New York which studied data on the partners of 387 pregnant women in five U.S. cities between 2000 and 2005, and on the mothers of the fathers-to-be.

(reported by Reuters, ABC, and MSNBC)

GYNECOMASTIA

Gynecomastia is swelling of male breasts, due in the US mainly to the regime's allowance of female hormones given to cows.. hormones banned in Europe before the WTO rescinding for causing breast, uterine, cervical and prostate cancer.

IMPOTENCE AND ANIMAL FAT

The chief cause of impotence is animal fat from meat fish and dairy blocking the penile arteries..

Pfizer, Lilly and other manufacturers

of erectile dysfunction drugs have hidden the correlation of Viagra etc. to blindness. The increased pressure from these drugs on already blocked arteries causes arterial pipebursts.

Michael Klaper, MD.. has lectured on meat as a cause of impotence

UNNATURAL SEXUAL EXCITATION

Female hormones in animal flesh (in the US and some other countries) constantly stimulate unnaturally sex appetites with consequent correlation to rape, pedophilia.

ENERGY AND ENDURANCE

Carnivores like lions give out after a short sprint. Dr Irving Fisher at primate abusing Yale found that randomly selected vegetarians could hold their arms at length 9 times longer than members of the Yale football team. Scott Jurek, vegan, won the 135 mile marathon.

WEIGHT LOSS AND BEAUTY

Dr Mervyn Hardinge's isocaloric studies revealed that after 3 months on the same number of calories, nonvegetarians weighed the most, dairy vegetarians 11 lbs. less, vegans 23 lbs. less and fruitarians the least.

FRAGRANCE

The butyric acid in animal fat lcauses an offensive smell in the skin.

PROSTATE UTERINE CERVICAL OVARIAN AND BREAST CANCERS

The US has the highest rates of prostate uterine and breast cancer in the world, as the animal agriculture dominated regime allows carcinogenic hormones banned by the EU. DES was banned in the US but was quickly replaced by another hormone, bovine growth hormone. The brutal castration and branding of bulls comes back to some cattlemen as the castration in prostate cancer.

AGGRESSION

The adrenalin hormones secreted by terrorized animals for days in transit to slaughter and in the slaughterhouse saturate the flesh. Cooking only partially breaks down the links in the hormones. Eating meat is correlated to aggression, in general and in the sex life.

In addition, the hormones given to livestock animals which create unnatural sex drive are a causative factor in rape.

Spiritual teachers say that sexuality is energy and that those who waste it in momentary pleasure have less energy for the work of life: love of God and all beings

Animal eating is necrophagy or the consumption of cadavers.

ACIDITY

The sexual fluids of nonvegetarians are more acidic and bitter (less alkaline) than those of vegetarians vegans and fruitarians.

PROMISCUITY IN BOTH STRAIGHT AND GAY POPULATIONS REDUCES LIFE EXPECTANCY

SEXUAL ORIENTATION.

Promiscuous gay and straight men live an average 7 years less than nonpromiscuous gay and straight men, . from immune deficiency diseases caused by adapting to the organisms in other systems, from STD's in general, and from correlation to violence. Just as a human being's immune system is exhausted more each time he or she consumes another animal, in the same way, immune systems are harmed by multiple sex partners. Anal sex creates more health hazards because of the ecoli (colon bacteria) . In oral sex, one is confronted with the amazing variety of toxic organisms from the eating of animal flesh.

Gay women as a rule are more faithful than gay men.

Promiscuous gay and straight men and women spread AIDS, syphilis, gonorrhea, chlamydia, crabs etc. to the general population. Promiscuity becomes a public health issue.

COLLATERAL DAMAGE: UNWANTED CHILDREN

How many millions of babies lie crying in their cribs, unwanted, given attention only to be spanked to shut them

up. These children sometimes grow up to be adults unable to receive or give love.

O Anna Niemus

900 Year Old Oak

a 900 year old oak axed down by the forest service
in a few strokes,
a livestock state senator
...killed by cow flesh...
a brain artery clogged stroke

O Anna Niemus

9999 Pribilof Island Seals

Which US presidential candidate (of the many party candidates running) is the only one to vote to club the Pribilof Island seals?

John McCain

How many seals were clubbed over the decades?

O Anna Niemus

A Father's Symbolic Death

A woman dreamt her
father had been stabbed to
death by a charismatic Marxist professor.
Upon waking she realized it was
a crucifixion for her conservative father
whom she had always worshipped...
to find when she'd returned home
from her first semester that
she no longer shared his anticommunist
views.

The writer is a socialist-green-libertarian-fruitarian
but not a Marxist because she rejects violence
and atheism. However, the hierarchies of several
religions have been involved in promoting the
wars and megathievery of capitalism. It is these
hierarchies which have sought to make religion 'the opiate
of the people'.

O Anna Niemus

A Gift To The Future Self

Oh the leafroller did not
ask the tree for permission
to take the wrapping
but he provided his own
ribbon
as he wrapped himself
as present
to his future self.

(to all the loving sacrificing past present and future
biological and spiritual parents)

A leafroller: is the larva of a
moth. These larvae make a kind of cocoon formed by the rolling
of leaves which they then tie with their own spun silk

O Anna Niemus

A Prescription Drug Pushing Shrink Arrives At The Pearly Gates

An author has written a version of a joke passed around in the hallways of federal courtrooms.

A CEO arrives at the pearly gates, irate that his life was ended so soon. St Peter tries to mollify him, saying 'It's God.. he thinks he's a federal judge.'

In actuality, in the US plutocracy, federal judges can do the voir dire questioning and eliminate many from jury selection, can set aside a jury verdict, and can require in class action lawsuits, a unanimous verdict, whereas the unelected members of the Supreme Court need only 4 or 5 votes to gavel down their decisions in favor of baby bombers and megathieves.

(In some instances, a 4 to 3 verdict has been rendered.)

O Anna Niemus

Aa Meeting

In her lead she told us all
that she awoke and was
angrily shouting at people
who had entered her bedroom
... until she realized a few
seconds later
that she had in a stupor
fallen asleep in an elevator

O Anna Niemus

Abandoned Shell Of Conch

An abandoned conch's shell
lay disconsolate in the Seychelles
but Lord Hari picked it up
and blew notes through it
as the victorious trumpet sound
was joined
by billions of ringing bells

O Anna Niemus

Abortion And Entry Onto The Human Stage

L went to a woman with spiritual clairvoyance..
one of the gifts of the spirit.

L had had 3 abortions.

The woman said to L 'I see that a soul has knocked on your
door 3 times. The fourth time you will let him in'

L began to cry, realizing that she had not prevented
birth for a soul, but only delayed the time of his return
entrance onto the human stage.

O Anna Niemus

Abortion Clinics

Where are the abortion clinics? The curried little lambs,
the cooked baby calves rested temporarily in proliferers' stomachs.

(This is not meant to cause offense but
to spark thought)

O Anna Niemus

Abortion, Slaughterhouses, And Salvation

Abortion does not extinguish a soul..
but only delays his or her entry onto the human stage.

Slaughterhouses do not extinguish a mammal's soul
but eating the flesh of an animal is bad for the animal,
the karma and health of the human being.

Hell is not a permanent state, but a temporary
emotional condition of suffering.

God is infinite divine love
in all ways and always.
God does not sentence to permanent suffering
the children God creates.

O Anna Niemus

Abuser Of Lambs And Calves

The woman who had pedophiled
many a child
said to a critic:
take your puritanical meddling
and leave

The man who had eaten
many a murdered animal child
said
... why are you forcing your beliefs
upon me
as he forced his appetite
on innocent little ones.

O Anna Niemus

Acquiring

Thought acquiring
Possession acquiring
People acquiring
melt when the ego is
no longer desiring

O Anna Niemus

Adam's Apple.. An Animal's Heart?

Father Ron Lengwin said
that the apple of Adam
may have been the heart
ripped from the first
murdered animal.
.. the first time an organ
from a body was torn apart

Stanley Kunitz: (a snapping turtle) one of them gashed my thumb
with a flick of his razor fin when I yanked the barb out of
his gullet.

O Anna Niemus

Adding The Waters Of Love

When she began to spray the plants with water's drops
the birds began to sing, the trees began to sway,
and clouds of rain began to form.

When she put more water in the blender, the fruit
smoothie making was easier on the machine.

When the waters of unconditional love are added to
a situation, conflict melts away.

Young trees can evaporate 42 gallons of moisture daily. Older
trees much more. The evaporation becomes mist and then
clouds and then rain. Trees are a necessary part of a rain cycle.
Those lumber corporations, govt. agencies, developers,
newsprint purchasers who cut down trees are creating drought.

O Anna Niemus

Advantages Of Living Alone

I can
control of my remote, or bathe in the sacred
silence. No one knocks me
out of a dream balloon when i'm
sleeping. My papers are where they
were when I come back into
a room, and the food I wanted
is still in the frig. I need not leave
the room for
a once a month attack of
flatulence. No one tells
me when the dishes should be done.
I don't have to go to dinner with
his relatives
with whom i have nothing
in common. I decide how
my money is spent. Nor need
I worry where he is
etc.

Advantages of living with
another or in community:
the banishing of loneliness..
the oneness of universal love

'the velvet handcuffs of marriage...'

a paraphrased line of a character in a William Bernhardt book
who is very happily married

O Anna Niemus

Afterstorm Gift

After the night's
fierce lightning
and thunderstorm
comes a windgift:
an aftershower spray
of gently caressing
for the plants of the morn

O Anna Niemus

Alabama For Obama

God give us honest
elections
so that it is recorded
that Alabama
votes for Obama

(this is not an endorsement
of Obama's promotion
of war in Afghanistan..
If you choose to vote third party,
God speed. McCain Palin
are the candidates promoting
World War 3)

O Anna Niemus

Alaska Govenor

How did Ms Palin from
a 9000 person town mayor
ascend Alaska's
governor chair?

Petroplutocrats, big game
hunters, warmongers
and vote fraud
helped her climb the stairs

O Anna Niemus

Alaskan Crab's Ptomaine

An Alaska crab killed
with ptomaine poisoning
President Harding
(appointed by the rich)
The untold hundreds of
thousands of Alaska animals killed
by puppet Palin's policies
are snuffing her
political ambitions.

(Because shellfish are coprophagous, eating the
waste of human and other species, their
flesh kills many annually through colon bacteria
or ecoli, anaphylactic shock, mercury poisoning,
nuclear waste contamination concentrated in the fish)

O Anna Niemus

Alexander The Great Butcher

For Alexander the Great Butcher and
his bloodletting, how much is
the responsibility of Aristotle..?
how much caused by
father, ego or bottle?

O Anna Niemus

Alfie Resurrected

Alfie was resurrected.
After much pain he had learned
it was very stupid
to act on each desire arrow of Cupid

O Anna Niemus

Alito Killed The Biggest Whales, Rove The Smallest Doves

Alito thought his votes male
the ones killing endangered big whales
while Cheney and Cornyn scotched
netreleased cage raised quail
Descartes dogs did impale
onto lab tables with nails.
Dole-funded tanks smashed
mammals and birds trees and snails.
After voting for bombs
Hatch wrote lyrics for songs.
Huckabee Brownback Romney
stripped animals of their body gloves
McCain bombed people animals and
trees from jetplanes high above
McCain voted to club the seals
Where is his love?
while animal bomber Karl Rove
killed small defenseless doves

Alito broke his promise
and twice did refuse
re Vanguard butchers' lawsuits
himself to recuse

Alito is a justice of the US Supreme Court, one who
has not been elected, one who was nominated by an unelected Bush
and ratified by a fraudulent Senate with at least 6 Diebold senators
(Diebold was the most frequently used company for vote fraud.)

Karl Rove was considered George Bush's master tactician

Vanguard is a mutual funds group invested heavily in war, slaughterhouses
vivisection

Cornyn is a senator from Texas

Cheney is the unelected vice president

Dole is a senator from North Carolina who has voted money
to bomb the babies of Baghdad and Basra

Huckabee Brownback and Romney were Republican candidates
.... all supported war and animal slaughter.

O Anna Niemus

Alito Scalia And Thomas

Said Alito, Scalia and Thomas on different occasions:

'I refuse
myself to recuse
or from this case
myself to excuse.'

(Sam Alito of the Supreme Court twice broke his promise to recuse himself from cases involving Vanguard, a financial institution invested in war, animal slaughter, and pricegouging pharmaceutical companies.)

(Antonin Scalia of the Supreme Court refused to recuse himself though 2 of his sons, in the case of the elected Al Gore vs the unelected George Bush, worked for George Bush attorneys in the case: Ted Olsen and B. Richard.)

(Clarence Thomas refused to recuse himself though his wife worked for a Republican foundation which had promoted his candidacy.)

(In the US unelected Supreme Court, one of the last nominally democratic nations in which the higher court is unelected, there are 2 Republicans who have been nominated by unelected White House residents, not the people's choice to be president. These 2 were ratified by a Senate in which over 6 senators were appointed by election fraud caused by Diebold, ESS, Sequoia Pacific, and Triad. Diebold senators included Sununu, Talent, Chambliss, Allard and others.)

(It was not for 128 years that the US government plutocracy allowed senators to be elected. But even now, federal judges and Supreme Court judges are not elected. It is time for election of federal and Supreme Court justices. In the latter case 1 judge's election every 1 or 2 years to a term of 9 or 18 years would be more fair.)

recuse: legal term for a judge's exempting himself from a case because of conflict of interest

O Anna Niemus

All 6 Virginia Presidents Were Slaveholders

The 2008 election wiped out some ancient karma as Virginia voted for an African American for President of the US.

Every one of Virginia's 6 presidents was a slaveholder (Washington, Jefferson, Madison, Monroe, Tyler, Taylor) while the New Jersey resident Woodrow Wilson (claimed by Virginia because he was born there) frequently ridiculed African Americans publicly as president of Princeton and would later as president ban African Americans from federal jobs, though Harrison, McKinley, Roosevelt and others had appointed blacks.

Virginia fought with the South in the Civil War.

Virginia likes to claim

Wm Henry Harrison but he was a resident of Ohio when elected. Virginia, home of the CIA and Pentagon, still hunting foxes though Britain has outlawed traditional fox hunting, has often been 2nd only to Texas in executions, with 3 to 4 times as many blacks as whites on death row executed.

- 1) George Washington
- 2) Thomas Jefferson
- 3) James Madison
- 4) James Monroe
- 5) John Tyler
- 6) Zachary Taylor
- 7) Woodrow Wilson

Virginia has not had a president since 1850.

O Anna Niemus

All Things Work For The Good

The filtered cigarette butt thrown onto the asphalt
became a rainsoaked sponge which timereleased water to
a nearby small weed.

O Anna Niemus

Allegations Against Alligators

Pigs complained for many years that raiding parties of alligators entered their sanctuary, kidnapping, killing and devouring their piglets and peers.

However because the evidence had been eaten, the allegation against the alligators remained a difficult thing to prove.

The pigs with a purchased DNA kit and blood samples were finally able to prove the crime. The guilty reptiles had most of their teeth removed and the killing stopped.

*

(DNA tests in many jails are outrageously expensive... some have 5 digit figure costs... it is time to make them available free to prisoners.)

O Anna Niemus

All's Right With The World

Fires are ashing.
Falls are crashing.
Men are dashing.
Sunned seas are flashing.
Fish are splashing.
Vines are squashing
Moles are nuts stashing
All's right with the world.

O Anna Niemus

Alpha Lady

The homeless woman
became so frightened,
so anally retentive
about her few bags
... that a bagel shop owner
dubbed her 'alpha lady'

O Anna Niemus

Altar Of Truth

Not an angel delivered purifying burning coal on the tongue, but the communion host... makes one think

God

keep me from criticizing others

End on this planet the consumption of murdered animals' and fishes' flesh.

Let each being's tongue be an altar of truth, nonviolence,
love, fidelity

O Anna Niemus

An Infinite Ladder

Moses' first and higher set of tablets was dashed to the ground because of popular rebellion.

Jesus kept only for His apostles.. higher teachings for which His disciples were not yet ready.

In Hinduism only 41 to 45% of the population are vegetarians, though this is a precept of the Ramayana, the Bhagavad Gita, the Vedas and Shastras. Hindus do not have religious rites for the slaughter of animals (such as halal and kosher) because Hinduism forbids the slaughter of sentient beings.

No religion has a majority of adherents honoring its highest teachings.

O Anna Niemus

Angel Tridents

He listened to the chain saw
and prayed that God would prevent
the eviction of flightless fledglings
from their fir tree homes
the smashing of spruce nested squirrels
the suffocation of foxes and gophers in
their dens
.. by sending angels to break the chain saws
and
deny gas to the bulldozers

O Anna Niemus

Animal Objectifiers

They call baby fish fry, do animal objectifiers
and throw them as objects onto hot fires
... such cruelty was forbidden by

St Francis to his friars
who said pigs are not pork
and chickens are not friars

recommended to us by Wm Bernhardt:

GREEN FIELDS

-W.S. Merwin-

By this part of the century few are left who believe
in the animals for they are not there in the carved parts
of them served on plates and the pleas from the slatted trucks
are sounds of shadows that possess no future
there is still game for the pleasure of killing
and there are pets for the children but the lives that followed
courses of their own other than ours and older
have been migrating before us some are already
far on the way and yet Peter with his gaunt cheeks
and point of white beard the face of an aged Lawrence
Peter who had lived on from another time and country
and who had seen so many things set out and vanish
still believed in heaven and said he had never once
doubted it since his childhood on the farm in the days
of the horses he had not doubted it in the worst
times of the Great War and afterward and he had come
to what he took to be a kind of earthly
model of it as he wandered south in his sixties
by that time speaking the language well enough
for them to make him out he took the smallest roads
into a world he thought was a thing of the past
with wildflowers he scarcely remembered and neighbors
working together scything the morning meadows
turning the hay before the noon meal bringing it in

by milking time husbandry and abundance
all the virtues he admired and their reward bounteous
in the eyes of a foreigner and there he remained
for the rest of his days seeing what he wanted to see
until the winter when he could no longer fork
the earth in his garden and then he gave away
his house land everything and committed himself
to a home to die in an old chateau where he lingered
for some time surrounded by those who had lost
the use of body or mind and as he lay there he told me
that the wall by his bed opened almost every day
and he saw what was really there and it was eternal life
as he recognized at once when he saw the gardens
he had made and the green fields where he had been
a child and his mother was standing there then the wall would close
and around him again were the last days of the world

O Anna Niemus

Apple Moths

As sunflowers follow
the sun,
gentle apple moths
are drawn to apples
.. they are seen
flitting
in the rays
where the sun
trees dapples

O Anna Niemus

Apples And Avocados: Nonviolent Food

Of all the foods we eat,
only the fruit of the tree
the berry bush the vine
contains the seeds of
multiplication.. to take
us to the end of time.
Only fruit is God's
design.*

*

In Genesis, the Ramayana, and many
other faith scriptures, fruit is the
food God intended us to eat..
.... whatever we are given by
the plant freely... from trees of nut
.. seeds of the sunflower..
avocado orchards, olive groves.
Soybean icecream is a fruit.
Chili non carne.. made of kidney beans,
tomatoes, and peppers, is a fruit.
The sweet syrup of corn.. yes that too
is a fruit.

Health

The healthiest food (see below in C. weight loss..natural food al for
ntion of calcium oxylate kidney stones. electrolyte balance. polysaccharides
which prevent insulin arian oils like olive oil best for ers ins no volatile sulfur
gases {onions do}.most natural prevention of scurvy, beri beri, and ght er of free
late enzymes which detoxify carcinogens, immune system nt diet-related
diseases such as diabetes, arthritis, and heart disease through high potassium
and other factors. no artificial colors, flavors, or MSG. the most efficient B12
{hydroxyl cobalamin not cyanocobalamin}.ulcer prevention with less hydrochloric
acid)

Non-Violence

+ The only nonviolent food (no killing or theft from animal or plant)
No branding, castration, or eartag punching of voiceless innocent animals.

+ POTENTIALLY NONVIOLENT HARVESTING The most nonviolent in harvest as well (prevention of harvester-caused deaths to humans and field mammals) (75,000 human accidents and some fatalities yearly.. as well as millions of mammals and other creatures sliced by combines, harvesters) (Gandhi said goats' milk kept him from being a full fruitarian.)

+ MOST GENEROUS the only freely given food, from the fruit tree which bequeaths all

No Cost...Free:

+ The most free food (freely given and no cost are not the same) (bury peachseeds in your back yard and come back) (May all who wish them have back yards)

+ Saves meat inspector costs, cattle raising tax-supported subsidies etc. etc.

Highest Yield:

+ Best feeds the hungry.. the food with the highest acreage yield (400,000 lbs. per acre) (spherical 3 dimensional fruit trees produce more than linear two dimensional rows of vegetables.) Dr. Faust, former chief of the USDA fruit labs: Centenarian apple trees can dropp 2 tons each of food. (This is further multiplied if fruitbearing vines are planted around tree trunks and fruitbearing plants are placed interarboreally. This is called tri-level agriculture.)

+ MOST DIVERSE food yield with millions of varieties of hundreds of thousands of species.

Environmental Reasons

+ The only food which can reforest the world (saying yes to tree products)

+ In reforesting the earth fruit and nut trees prevent erosion & mudslides and stabilizes temperature extremes And brings rain to desert, dust bowls and drought areas

+ And trees along with vines create oxygen

+ And purify and filter the air

+ And reduce the noise pollution of the planet.

+ The most efficiently wrapped (nutshells, banana peels, coconut husks)

+ The most decentralized (can be grown wherever are light, water, earth, and air)

+ Fruit trees, bushes and vines provide the most fabric for the planet (cotton etc.)

+ Fruit trees, bushes and vines provide housing materials (not in the form of wood from the killing of trees but fallen palm fronds etc. used in tropical housing.) 18b: Fruit eliminates the problem of flesh-containing trash which attracts neighborhood cats and dogs.

+ In reforesting, fruitarian diet adds greentree privacy screens

+ Those who let things be have no time, money, or landfill problem with the raking of fall leaves.

+ And re-provides a home for wildlife

+ And trees eat carbon dioxide which prevents global warming 22a: Fastest to prepare.. the Goddesigned fast food is fruit.

Energy

+ Since fruit has the most prolific yield of any food, and since any food can be turned into fuel, fruit (corn is only one of many) is one of the best sources of alternative fuel. (Fox TV Jan 24th: High fiber foods like oats give longer energy flow.)

+ The most energy free food in cultivation, harvest, and compost disposal. (Dr. Don Meyer: a lb. of vegetables takes 1/80th the production energy of a lb. of animal flesh) (Fruit foods are in tri level agriculture 450 times as energy efficient as meat)

+ Fruitarian soaps leave none or the least bathtub rings while animal soaps (with lard or tallow) leave the most.

+ Fruitarian cotton paper lasts 400 years. Libraries are finding that tree paper lasts 60 to 100 years.

+ Fruit is the most easily reproduced of all foods. It can be windsired.

+ The diet of humankind before we worked by the sweat of our brows

+ Because it is the most easily reproduced, and the most diverse, it most easily makes new non-laboratory species.

Beauty

+ The most beautiful (stained glass lime.. green pepper belltower where little seedbells hang) (fruits of almost infinite hues.. from most intense to most pastel.. from red passion to violet compassion)

+ The food which most preserves the body's beauty (the most vitamin C (none in animal products) (vitamin C firms cellular tissue)

+ Fruit is the sweetest food, meat the most bitter.

+ The most fragrant.. with petaled fruit blossoms which effortlessly attract bees

+ Of all dietary groups, fruitarians on the average weigh the least (Dr. Mervyn Hardinge Harvard study and others) (You can't be too rich or too thin.. say the actuaries about centenarian men.) (The causes of overweight are only tangentially overeating. Some of the root causes are fear of starvation, fear of sexual intimacy, a need for a weight blanket to counter sensitivity, unreleased anger, chewing as a relaxation device.) There have been a number of fruitarian diet books written, such as one on grapefruit, one on grape juice etc. Susan Estrich, former Dukakis presidential campaign manager, currently a law professor at UC, spoke of struggling with hundreds of diet books and overweight for 30 years, says be prepared to walk past vending machines by having apples in your purse or briefcase.

Addiction Breaking

+ The uric acid (pre-urine) in the muscle cells of animal flesh is an addictive trioxypurine, even more so than caffeine (dioxypurine) A diet of much fruit replaces addictive biochemicals.

The True Natural AntiDepressant

+ The adrenal poisons dumped by animals fighting for their lives in slaughter re-create depression, fright, and anger in those eating the animal flesh. Adrenalin is a long protein enzyme chain whose chain links are only partially broken by cooking heat.

Frees from Alcoholism:

+ General Bramwell Booth of the Salvation Army found that vegetarian diet is a natural antidote to the biochemical marriage of meat and alcohol. Current researchers find that as alcohol solvents outside the body cut grease, so do they inside. (May other cities have proportionately as many corner fruit stands and fruit and smoothie vendors as the Big Apple has.)

+ Fruits which are uncooked or eaten within 3 hours after cooking do not develop sleep-inducing bacteria (known in ancient over 20,000 year old Sanskrit as tamasic)

Consciousness and Brain Development:

+ The food which most supports brain development and consciousness (according to double Nobel Prize winning, nonagenarian neurobiochemist Linus

Pauling who discovered six elements in the chemical table) (Fruitarianism is indicated by several anthropologists including Dr. Leakey and Dr. Marvin Katz as humankind's natural diet) (It is the diet of Leonardo da Vinci according to his Notebooks as researched by Dudley Giehl, HarperCollins author) (Mathematicians Einstein, (Pythagoras of the theorem and Ramanujan did not eat flesh.)

+ The food which most supports mental and emotional peace (since the polysaccharides in fruit provide the most even of all energy flows in the body)

+ Chewing apples and coconut relaxes mouth and body muscles.

+ The most translucent..(the closest to pure light) (lime crosssection)

+ An antidote to the light resistance of lower frequency foods the consumption of which creates a natural aversion to light

+ A sleep conquering agent (The Sanskrit word for the sleep-inducing biochemicals in onions, garlic, and standing cooked meat is *tamas*.)

Empowerment:

+ The food which saves the most time (compare 3 hours for a roast to 20 seconds to peel a banana or 3 minutes to cook a fruitarian burger) (Compare the time to scrub a roast pan and all the concomitant dishes to the time required to compost a peel.)

+ Because fruit is so prolific, it melts away money, political and outside control systems which depend upon scarcity.

Promotes Meditation:

+ As high quality wiring helps channel electricity into a home, fruitarian diet is a ground for Spirit. Specifically lauric acid in coconuts is conducive to a meditative, peaceful state.

+ Just as the infra-red to ultraviolet light spectrum increases in frequency from red through orange and yellow to green blue and violet, so in fruits and foods in general. Therefore, limes are better than lemons. Violet grapes are better than crimson cherries.

Promotes Focus:

+ John Feinstein NPR Sports spoke of Bill Walton on the Portland Blazers team scoring in 21 of 22 basket attempts. (During that time Mr. Walton was wearing Love Animals Don't Eat Them tshirts at press conferences.)

Best for Economy... in Centenarian Trees Many Fruit Cents become Dollars:

+ Money does fall from trees. Look at the \$2 avocados. If a centenarian avocado tree drops 2000 avocados that's \$4000 per tree, \$400,000 per acre.

+ The food most resistant to currency fluctuation (CNN on Jan 18th ran a Swiss Radio International report which finds that businesses which marry ethics and economics do better in the long run.) .

+ Fruit is light's expansion. Meat is killing's contraction. Love is expansion. Selfishness is constriction.

+ The food best for stable economies..(The drought which can destroy linear rows of plant crops does not kill orchards) (Thank you Jimmy Stewart for ordering tomato juice on the train in your movie.)

Safety:

+ Prevention of choking on meat and fish, the 6th highest cause of accidental death.

+ The food which causes the least grease and stove fires (Prevention of industrial accidents listed elsewhere) .

Prevention of Sexual Dysfunction:

+ Dr. Michael Klaper MD lectures on vegan diet as a help for impotence.. relieving cholesterol pressure in arteries. He states that a 25% blockage of arteries can cause 4 times that much obstruction.

+ The least breast and prostate cancer.

+ The least gynecomastia (male breast growth from female hormones present in meat and dairy products)

Crime Prevention:

+ The food which causes the least incidence of rape (the female hormones given to cows, pigs, chickens, etc. cause an excitation of the sexual system in those who eat animal products) added to by adrenalin based violence (from the fright hormones secreted by animals before slaughter) .

+ Cotton fruit can eliminate forest destruction for paper.

+ The pectin in apples is a fruit source for candles.

+ Fruitarians need less dish soap and therefore less rinsing water.

+ Coconut meat is an excellent chew toy for dogs.

+ Reduce sulfuric acid. The volatile gas of sulfur in onions, when mixed

with the lachrymater of tears.. becomes hydrogen sulfide, sulfuric acid or other sulfur compounds.

World Peace and Justice:

+ Over a decade ago, a government research paper indicated the major cause of the crisis in Poland was a lack of meat. Entire populations were addicted to the uric acid (trioxypurine) in meat. Breaking addictions is a factor in world peace.

+ General Bramwell Booth of the Salvation Army ended alcoholism for London drinkers through nonmeat diet. (His father General William Booth advocated planting fruit trees along railroad tracks, in parks etc. to create food for the poor.) kept the British Navy from scurvy. So the sailors were called limeys.

+ A Czarist navy ship mutinied sparked by meat full of maggots. This led to an overthrow of Czarist anti peasant, anti-worker policies.

+ Fruit lasts longer without refrigeration or freezing. Nuts in a shell.. apples in a cellar.. coconuts within the husk.

+ More efficient military. The British navy found that limes prevented scurvy. The Odessa mutiny of the Czar's Odessa ship was sparked by sailors refusing to eat maggot infested meat.

+ Politically uniting: combines the freedom granting of the poor and the left with the conservative nature of the right.

Self Replicating:

* The only food which can reproduce itself (containing eternal seeds)

o The only self replicating food (Fruitarians who believe in plant sentience would be upset with Nostradamus' suggestion that in a special recipe one needs 300 roses plucked before dawn.)

Oil Source:

+ The oil used in eating fruit and cooking with fruit (coconut, olive, corn, nutoils etc.) is also oil which can fuel vehicles and oil machinery.

God Designed:

+ Genesis 1: 29 The Garden of Eden Behold I have given you herb-yielding seed. To you it shall be for meat. The Hebrew holiday of Tu B Shvat or

the awakening of the fruit tree sap is one example.

+ Buddha: May all that have life be delivered from suffering. If plants are sentient, have feelings, this prayer implies not killing them and not using insect killers, known as insecticides. There are frequent references to fruit in the Quran.

+ The Essene Gospel of Peace and the research of many Biblical scholars indicates the pure diet of Jesus. His anger in the temple over money changing animal sacrificing, his cursing of the barren fig tree are some indications.

+ In Hinduism, Rama the first embodied avatar, was fruitarian 14 years in the forest. Krishna, the first avatar to descend with all power, was a lacto-fruitarian (eating fruit and dairy at a time when animals were loved and not factory farmed) . Mahatma Gandhi tried to become a full fruitarian. Gandhi felt his love of goats' milk a barrier. He planted fruit trees all over his ashram.

A fruitarian eats nothing which has been killed or stolen. That supplants meat, dairy, and plants with the thousands of fruit and nut combinations on the planet. E.g., a fruitarian can eat an avocado sandwich, a coconut milk shake or the purest coconut ice cream made from the milk and meat of the fruit, veggie burgers made of lentil or beanpaste or tofu etc., , a succotash of corn, limas, peas, and tomatoes, sweets made with corn syrup or date sugar, or fructose, pecan pies made with fruit sugars, fruitshakes made of a mixture of orange and banana, pear and peach, pomegranate, papaya, and plum.. a pizza of tofu, tomato, and pepper (not pepperoni) , salads of tomato, cucumber, green and red peppers (but not lettuce, cabbage, or celery) , nutbutters such as almond butter, tahini (a mixture of sesame seed, lemon juice, and hummus {chickpea paste}), cornbread and muffins.

The scriptures of several religions and the research of several anthropologists including that of Dr. Marvin Katz and Dr. Leakey, the son of another famous Leakey, indicates our frugivorous origins. Another implication of fruitarian diet is organic food, since insecticides are not used with their carcinogenic and bone and teeth harming results. The book *The Holy Science* by Sri Yukteswar has a fruitarian chapter which inspired Dennis Weaver 40 odd years ago on the set of *Gunsmoke* to give up meat.

Industrial Safety-Preventing Industrial Slaughterhouse Accidents:

A UFCW union steward has said that most worker accidents occur in slaughterhouses. Fruitarian diet prevents the following accidents:

* Workers are kicked, bitten, and scratched in the head by terrified animals fighting for their lives unsuccessfully.

* Contract ear problems from the screaming and shrieking of the animals,

- * Have problems with bones in relation to the cold storage rooms.
- * Cuts from the metal machinery, running into computer line knives.
- * Alcoholism and drug use from trying to deal with the animals' suffering they are constantly absorbing.
 - # The reduction of OSHA staff and the use of illegal aliens to fill these jobs, some of the most unpopular in the industry, intrinsically means more accidents.
 - # Electrocution from machinery near liquid secretions.
 - # In slaughterhouses where pig flesh is scalded, there are frequent burns.
 - # Open grease pits for blood, grease, feces, urine are traps for tired employees.
 - # There is ligament tearing in the back, shoulders, and arms from the lifting of 100 lb. or several hundred lb. carcasses.
 - # Carpal tunnel is a frequent complaint of meat cutters.
 - # As a 1980's administration doubled the legal speed of the line, there is a consequent increase in accidents.
 - # The deregulation of some slaughterhouses has meant less trained personnel.
 - # In fish slaughter, there are also bites, scratches, hook accidents, fishing line accidents, drownings and other trauma.
 - # Prevention of contracting the animals' diseases in contact with slaughterhouse fluids (blood, feces, urine, vomit) .
 - # Slip and fracture themselves on blood, urine, vomit and feces soaked floors,
 - # Lung problems from constant exposure to feather dust (A Japanese movie shown on Bravo is a tale of peach trees cut down as their spirits speak to children.) .

Health Continued Weight Green Starch:

- # Avocados, lima beans, peas are very filling fruits. The toxin bouncer chlorophyll is necessary. Any uncooked green fruit contains it. Other sources are limes, green peppers, etc.
- # Fruit has the most natural fiber for good intestinal function. and therefore fruitarians have the least intestinal cancer, constipation, appendicitis, hemarrhoids, peritonitis etc.
- # Fruit, says Marion Burros of the NY Times, requires no insulin for processing of its polysaccharides, disaccharides, and monosaccharides so that fruit does not exhaust the pancreas. It is a natural guard against diabetes. (Fruitarian Dick Gregory ran 3000 miles across the U.S.)

Sachs of the Harvard School of Public Health confirms fruits and vegetables are the best.

Elizabeth Cohen of CNN: A banana has 450 mg of bloodpressure reducing potassium. It is better to get potassium in fruit than in pills.

The plethora of antacid ads showing pills after burgers underlines the hydrochloric acid required in the stomach to break down animal flesh. Countries with the highest rates of stomach cancer have the highest fish consumption.

Even citrus fruit becomes alkaline in processing. Fruit is the least acid of all foods and therefore the food which is best for long life.

Fruit is the best food for the electrolyte balance of body.

Fruit yields its energy the most gradually as first monosaccharides are burned, then disaccharides, then polysaccharides.

Fruit causes the least food poisoning of any foods. (Knight Ridder: 97% of all food poisoning fatalities are caused by animal products)

Fruit prevents calcium oxalate kidney stones associated with the cooking of oxalic acid vegetables and the much more frequent uric acid kidney stones associated with meat.

Fruitarian oils such as olive are best for the heart. Meat and fish oils are the most complex, hardest to break down, have the most toxins.

Fruit contains no volatile sulfur compounds which can become sulfuric acid and lachrymators. Onions contain such.

Fruit has the least insecticides. It is good to eliminate all insecticides.. to shop organically.. yet meat has 21 times the insecticide level of fruit because the average nameless 1,000 lb cow at her time of slaughter ate 21,000 lbs of fruit. In addition, fruit is from a filtering tree which deposits insecticides in the stem, twig, trunk, and roots, protecting the fruit as a mother protects her fetus. Besides a cruel death for insects, insecticides cause cancer, teeth loss, bone weakening, immune system devastation. A few drops of parathion is enough to kill. The United Farm Workers have spent decades fighting the planes of death which spray their fields.

Stephanie Beling, M.D. cites nuts and seeds as boosters of the immune system, cholesterol reducers, elimination aids, inflammation preventers, and stimulants of enzymes which detoxify carcinogens.

Fruit is best for the kidneys. Animal eaters, carnivores, have 5 times the kidney size per lb. that frugivores, fruiteaters, have. Carnivores have adapted to the extensive nitrogen shearing required by the kidneys in turning exaggerated protein intake into carbohydrate.

Fruit breaks the addiction of uric acid in meat, which is trioxypurine.

Fruit has the most vitamin C of any food. Dairy and meat have

none.

Fruitarianism has the best heart since a. the stimulant uric acid is eliminated b. the stressful adrenalin from frightened animals is eliminated c. there is no animal fat etc.

Fruitarianism on the average weigh least. Nonvegetarians weigh the most. Vegans weigh 2nd least. Nondairy vegetarians third least (Dr. Mervyn Hardinge's research at Harvard and that of others)

Organic fruit juice is more pure than spring water because it is filtered by the roots, trunk and twigs of the tree.

Prevention of Cruelty to Animals:

It still occurs in some areas around the world (as described in Upton Sinclair's *Jungle*) that some animals are dropped alive into boiling water before dead.96. Mother cows are separated from their calves at veal butchering time through shocking rods.

There is freezing of some animals as the trucks go through mountain passes where the high winds rip through openslatted trucks.

There is absolute terror as the animals hear the ones in front of them being butchered.

The 30,000 blizzard-stranded cows and 20,000 sheep on Dec 31st,1997 are a not wished for result of the cattle and sheep industries. Dick Goddard, Fox 8 weatherman and longtime animal protector, says paradoxically the cows sometimes do not freeze, but die of thirst because they cannot chew enough snow to process their needs.

They are kicked, bitten by other animals as they panic in hearing the animals in front of them in the killing line.

Animals relax around fruitarians because they do not smell like competitors.

Animals die of thirst often in transit.

Animals are goaded onto conveyor belts with pitchforks and electric shocking rods.

Most Varied:

There are hundreds of thousands of varieties of fruit in the world. There are a few mammal types humans eat, hundreds of dairy combinations, tens of thousands of vegetables and hundreds of thousands of fruit combinations.

O Anna Niemus

Apples For All

While a vegetarian, Ben Franklin discovered electricity
and ate an apple a day.

Isaac Newton praised vegetarians but did not
live the diet. Perhaps that is why one hit him on the head.

William Tell risked another's life shooting an apple
in half with an arrow.

Johnny Appleseed planted hundreds of thousands of
apple trees from Massachusetts to Ohio and beyond.

100 year old apple trees dropp 2 tons each of food.
Their total and free gifts become apples, apple pies,
apple sauce, apple butter, food for birds and deer.

May they never be appleless
in Athens, Peking, Delhi or Annapolis
Moscow, Lagos, Meixco City or Minneapolis

O Anna Niemus

Arafat Ate No Fat Arafat Ate No Meat

Arafat
ate no fat
Arafat
ate no meat
Arafat
ate no animals

Universal nonviolence:
for people mammals birds fishes
reptiles insects plants

O Anna Niemus

Are All Anglers Stranglers?

Are all anglers stranglers?

No.. some smash the sentient
beings' heads or
decapitate them.

Some throw them back, the
ego thrill of having caught them
and ripped their throat in
removing the hook is enough.

Are all anglers tanglers?

Are they danglers, caught within
their own lines?

=====

Fishing is with slaughterhouses, killing trees as
lumbermen... one of the 5 most dangerous occupations.

O Anna Niemus

Arising

As the gold rays
of dawn light
feather with rays
the purplenight
Out of the pile
of the body's dead ash
... the phoenix bird's
lightning flash

O Anna Niemus

Arlen Specter

The forests of Penn
where rules on a stolen
throne Senator Arlen Specter
author of the single bullet
theory
a lie which offends
whistle blower inspectors

(After the murder of John Kennedy
by war profiteer cartels, Arlen
Specter who was at the time
attorney for the Warren Commission
introduced the theory that a single
bullet was responsible for many wounds.
The ridiculous theory was satirized
on Saturday Night Live)

(Specter continues to vote money
to bomb the babies of Baghdad)

O Anna Niemus

Armistice

When governments vie
for money and markets
and start wars..
there is after
much blood
a surcease
... a temporary peace

but for the animal
victims of vivisectors,
for centuries there
has been no armistice

O Anna Niemus

Arun

Whether white black red
gold or octaroon
.... or blue, green, pink
purple or maroon
inside each is God,
the shining sun.. Arun

**

(Arun: Sanskrit for the sun
Arunishwar: God as the Lord
of the Sun)

O Anna Niemus

At Fort Campbell, Kentucky

To Kill A Blackbird

At Fort Campbell, Kentucky, the Army sprayed tens of thousands of blackbirds in the middle of winter with detergent so that they would freeze to death. Ann Free, Schweitzer biographer, reported that as the heat rose as mist from their dying bodies, so their souls to rose to God.

Our regime treats soldier children of the poor in the same way, sending them to Afghanistan, to be blasted out of helicopters at night onto frozen peaks with stinger missiles supplied to the Taliban and Mujahideen by our CIA.

(We pray for the soldiers, the birds, and all of those who have frozen to death or in other ways died or live in agony. God bless all beings, including Tom Hanks and Aaron Sorkin who made the lying piece of war propaganda known as 'Charlie Wilson's War')

O Anna Niemus

Attacking The Good

There was a row of
water filled glasses...
each reflecting the morning sun.
A man came along and poured dark ink into one glass... ending its
reflection... but the sun remained shining in the sky for all to see.

O Anna Niemus

Audubon

The Audubon Society and butchers
want us to think chickens are not birds
though when they are free
they fly to the lowlying branches of
sheltering trees

O Anna Niemus

Auras Merge

Even people who are fighting
have auras which are merging

O Anna Niemus

Avalanche

The frozen waterfall
of avalanche
with its cascade of
violent blanche
snuffed out lives
and homes
and fir trees' branch

(The more trees are planted, the less likely
are avalanches)

O Anna Niemus

Avicidal Subway

Avicidal subway..

does it refer to the pigeons
killed on subway tracks,
the geese ending up in
jet engines, the loons
carved up by boat propellers?

Is it also the marketing of
factory farmed turkey agony
and bird pieces full of cancer
salmonella colon bacteria
uric acid by the Subway corporation

which is at the same time lowering
the language standards of the US?

O Anna Niemus

Babies

Baby maggots don't have
the same public relations firm
that baby colts and bunnies
and panda bears have.

O Anna Niemus

Bad Karma Gems

The diamonds stolen
from forced labor
in the mines

The pearls obtained
by killing oysters
and abandoning their shells

The green emeralds unveiled
by bulldozing
jadeleafed trees

these are bad karma gems

The diamond gold and silver markets
are controlled by cartels who can
create rapid fluctuations for quick
profit taking

O Anna Niemus

Banker Robbers..

Banker Robbers

are

. the most common kind
of bank robber

They steal greater amounts

They cause wars

They cheat the poor

They cause suicides

They fund animal slaughter

They pay for the bulldozers of Mother Earth

They take food from the hungry

They take shelter from the housed

They take clothes from the ragged

O Anna Niemus

Bark

In animal labs frankensteins give laryngectomies to kidnapped dogs... They are debarked.

Slaughterhouse animals in live transport ships
they forcibly with shocking rods disembark.

Sentient trees are killed before stripped is their skin bark.

Lonely dogs in junkyards chained make lonely
mournful sounds... They are wanted only for their bark

Fish are smashed or suffocated.. in huge ships and tiny barques

O Anna Niemus

Bawa Muhaiyaddeen

The Muslim saint, Bawa Muhaiyaddeen, said my friend,
had a white aura which filled the room. Babies crawled out
of their mothers' laps toward his love.

O Anna Niemus

Bears In The Blueberries

Bears are murdered in
many US states and Canadian
provinces in operations
supervised by hunter
dominated wildlife departments

in China they are caged..
like Hansel and Gretel..
to provide spare parts

Abe Lincoln wrote a poem
about bears.. a hunt
he attended, at which
he was as a politician
quiet about the rights
of the bear

In Yellowstone and other
hunter dominated national
parks, darting of bears
and other animals kills
sometimes over half.

Leave alone the bears
to delight in the blueberries

O Anna Niemus

Bee Astrology

Sweet little honeybee, a gemini
in the morning, zigzagging from
flower to flower...

in the evening, with sagittarian
focus making a beeline
home to the queen.

O Anna Niemus

Bee Buzz

The sweet buzzing of a bee..
peaceful.. like the relaxing quiet
drill of a woodpecker.

Beebuzz.. amplified 10,000
times by the mower's earshattering
noise... as it shreds
the wings of butterflies and bees
and pollutes with gasoline
the south wind's breeze.

O Anna Niemus

Bees Travel Light

The bee does not fly
with finished honey
on his wings.
Matter is unnecessary
where the Spirit rings.

O Anna Niemus

Begettery

Not a good memory
but a strong forgettery
is good in
forgiveness begettery

(Irma Mason spoke of
her forgettery)

O Anna Niemus

Begonia

To the beetle
said the begonia
..Be gone ya!
Be gone ya!
but instead
the beetle
went
to Caledonia

O Anna Niemus

Benedictions

Fruit trees without truculence
give away their free succulence

O Anna Niemus

Big Dipper

Big Dipper, Ursula Major, Great Bear,
pour down your light spears
and remove
all those who ratify or actualize bearkilling
from the judicial or hunter sphere

Judges Anthony Parrillo, Susan Reisner and Linda Baxter.3 judges
who sent bear protectors to jail

Jim Lockwood of the Star Ledger in New Jersey did not think the judges
of the appellate court needed their names identified
as they voted to fine and jail bear protectors trying
to save the animals from human stalkers in the woods

In general, the corporate media do not like to focus attention
on the unelected judges who promote the agenda of the unelected regime.
June 20

The 3 judges used the testimony of an undercover cop
(wasting NJ tax dollars to harrass animal rights activists)
upheld the jail and fines for 3 bear protecters

O Anna Niemus

Biggest Holocaust

Zillions of animals murdered
for human appetites
the worst of all holocausts
For living near brutal humans
and their appetites
animals have paid a holy cost.

O Anna Niemus

Billionaire Deliberate Destabilization Of Us

Several suicides have occurred
from electricity shutoffs as
mothers with small babies
could not cope

One woman could not use the
library for years because her
landlord put 20 of her library
books, worth hundreds, out on the street.
They
were pulverized in the trash.

An elderly man lost all his
family heirlooms... to
passersby. He was not able
to be at home when his
possessions were curbed.

O Anna Niemus

Birding

Birding means the watching
of birds. May fishing now
mean the watching, not the
killing, of fish.

Oh God You turn the greed
for leaves of caterpillars into
the stuff of radiant wings.
You can turn our appetites
especially late at night
into Your divine light.

=====

Birding is
to Senator Robert Byrd who
has a heart for factory farmed
and all bird

O Anna Niemus

Black And White

In the early 1900's there was a US warden named Mr Black who was in a white body. A prisoner in his jail was Mr White in a black body. In the same way do we go around the circle from life to reincarnated life alternating between gender, taking form in different races and faiths.

O Anna Niemus

Black Hawk Down.. Sikorsky Profits Up

Black Hawk Down
Sikorsky profits up
Shuttle Blown Apart
Lockheed profiteers

Warwagers care not
how many widows' tears

O Anna Niemus

Blackberry Bush

The blackberry bush
was the best berry-er
Natural fencing!
berry bush barriers!

O Anna Niemus

Blackberry Or Briars

Revenge destroys the
brain
with its raging fire.
Hate metastasizes as
cancer cells' multiplier
Will I choose to focus
on the blackberry
or on the thorny briars?

I acknowledge the divinity of every being,
including the CEO's of war profiteer companies,
the butchers of billions of animals, the
bombers of the babies of Baghdad

O Anna Niemus

Blessed Are The Peacemakers

Bush proved to the world that the US has
weapons of mass destruction.. with a carpet bombing
of Iraq
more savage than Churchill's in 1920,

as Truman proved it.. being the only president to drop
a nuclear a civilian population.

as Clinton proved it.. and Johnson.. and Nixon..
and George Bush, head of the CIA in 1976, proved it..

only Jimmy Carter.. followed Jesus' words:
Blessed are the Peacemakers.

O Anna Niemus

Blindness From Viagra

If a man's arteries are so clogged with animal fat and amyloid plaque that he suffers impotence, please warn him that sildenafil citrate in its generic and prescription forms (Viagra for instance) can cause blindness, strokes and heart attacks. It is dangerous to put a lot of pressure on a blocked pump

O Anna Niemus

Blown Apart

With the astronauts
these creatures
over 5 states were blown apart
... by war profiteers,
vivisectors and would be Bonapartes.

In the obsolete shuttle Lockheed shot into space, a shuttle which exploded killing 7 astronauts, 1 of them an Israeli pilot, Americans were not informed by NASA or NASA Glenn that thousands of captive research animals were in the hold, a hold which could have held a docking collar instead. The CBC reported this and the NASA scientist being interviewed said that to replace a docking collar with research animals is an unwise safety hazard.

Lockheed is the world's biggest arms merchant (F16's etc) as well as the biggest profiteer from the war in Iraq.

NASA has in the past shot monkeys and dogs into space.. to circle in the lonely void until a merciful death came.

O Anna Niemus

Bomber Pilot: Partial Birth Abortionist

In America, 'pro-lifers' manipulated by wolves in sheep's clothing support warwaging candidates who in dropping bombs become partial birth abortionists.

O Anna Niemus

Born With Silver Spoon

He was born with a silver spoon in his mouth. It gave him a forked tongue.

O Anna Niemus

Boycott Of Kfc Wins Partial Victory

The efficacy
of boycotting KFC
will be reported on
the CBC
as sales of the dead chicken
flesh
distilled from
chicken agony
containing PCB's
and PBB's
carcinogenic female hormones,
Mad Chicken prions
and arthritis seeds
will continue to nosedive

(PETA's 2 million members
have won concessions for the chickens
from Canada's KFC but not the US'.
This happened with the successful
Burger King boycott. First Canada
BK and then the US withdrew veal.
It's time for Canada to stop
clubbing seals.)
(KFC has Home Depot, CVS
and other officers on its board..)

O Anna Niemus

Brainfiring

Who decides which 1 or several or infinite
pathways thoughts and nerve signals
will take in our brains?

God

O Anna Niemus

Breathtaking

The regime results in Iraq are breathtaking..
permanently breath-taking
.. as the souls of millions of Iraqis
and several thousand US soldier have left
their bodies

*

Over 4 million refugees have been forced by bombs, thirst, loss of
electricity, difficult to obtain gasoline and food and jobs,
to leave Iraq

O Anna Niemus

Brian Williams

When the name Brian Williams is spoken,
some think of the tv anchor. My classmates and I
think of one of our school peers.

Those with a history of opposition to war think
of a man, before Rachel Corrie, who protested
armaments shipments on a train, which did not
stop but cut off both his legs.

God bless and protect all with the courage to
oppose war.

O Anna Niemus

Broken Souls

Is it a divine mystery
that sewer water
can make parched plants
grow?
plants which help to
stabilize Mother Earth's
weather

that souls judged
broken by others
can heal?

S.A. Grafio has said 'I love broken souls. They warm us by the
light coming through their cracks.'

O Anna Niemus

Bubbles Bursting

A frog snatches several bees
and his throat is stung
A beaver fells a tree
the wrong way and it falls on him
A python eats a crocodile
and then ruptures.
Encased in form, in so many ways
do beings'
bubbles burst into the bay of God

O Anna Niemus

Buddha's Way

The zen of flyfishing is that zen masters don't fish The Buddha suffocates no creature,
nor does he smother
any creature father or mother.

O Anna Niemus

Buddhist Acquisition: Oxymoron

A true Buddhist has no addiction
to acquisition, to addition.
Each day he reduces
the weight of possessions
and desires,
that he can release
the love of his soul fire.

O Anna Niemus

Buffoon

In calling the other
a baboon
he revealed himself
as a buffoon

O Anna Niemus

Bugs

Insecticide sprayers
perhaps think that the God
who made little bugs does not want them to eat.

O Anna Niemus

Bulls Of Spain, Mexico, Portugal

If about the goring of bulls in
bullfights
you are disconsolate
please write the Spanish
Mexican and Portuguese
consulates

O Anna Niemus

Bus Shelters

The city has no money, they say,
for bus shelters to provide
relief from snow and rain.

And yet, for a marathon,
overnight bloomed sturdy
tents for miles.

O Anna Niemus

Butterflies

Butterflies

take butterfly flight

away from netters who

don't support

butterfly rights

(many prefer olive oil, coconut oil,
soy margarine to the butter made
from milk meant for baby cows)

O Anna Niemus

Butterfly

The oil painting showed a butterfly.. part of its one wing
cut off.. (perhaps by a lawnmower.. a golf ball..
a careless foot?) ... the transparent hand of God
was descending to lift it to safety.

*

(Linda Tompkin
brought this idea into reality.)

O Anna Niemus

Cable Tv

Cable tv..
promoter of war,
architect of materialism,
pusher of prescription drugs,
monger of the flesh of innocent animals,
pricegouger,
vulgarian pandering to the lowest
common denominator,
thief of our air waves..
marketeer of subliminal advertising,
muzzler of the people: owner of the airwaves,
encourager of couch potatoes,
generator of obesity,
promoter of spectator status,
programmer of sheep

I have been tv-less for over 4 months
.. I have broken the chains.

O Anna Niemus

Cadavers In Coffins

At the barbecue they served hamburgers in buns,
cadavers in coffins... with the catsup symbolizing
spilled blood.

O Anna Niemus

Cain And Abel Disinformation

Is Cain and Abel a disinformation story?
designed to make sheeple believe
that butchers like Abel are more pleasing
to God than Cain's fruits and vegetables?

christianveg dot com
all-creatures dot org
jewishveg dot com

O Anna Niemus

Calgary

Animals in Canada
will have fewer Calvaries
when end the seal clubbing
grizzly hunting and
Stampede in Calgary

O Anna Niemus

California

Was the ocean named Pacific because it
kisses the land of peaceful California?

(to all past present and future residents of
California)

O Anna Niemus

California Public Employees Pension

a state retirement fund
run not by the people but
by megathief pawns....
invested in animal
concentration camps,
baby bombing war profiteers,
Mother Earth bulldozers,
strip malls, longlines fish
smothering, the worst
of Wall Street's big bank foreclosers
and evicters, even putting
money in that greasy slop
on the trawler floor bottom:
worse than snake oil: fish oil.

O Anna Niemus

Caligula And The White House

Unelected Caligula sent
the Roman army
to the shore
to collect
seashells

Our unelected White House
resident sent the US army
beyond its shores
to collect oil for Exxon and BP
Unocal Chevron and Shell

For the adults and babies
and animals of Iraq
and their own soldiers
the White House
created hell.

shortly after
the seashore shells
secret powers
rang
for Caligula
the exit bell.

(God give George Bush the grace to follow the whispers of conscience
rather than the programming of his father and the warmongers
who surround him.)

O Anna Niemus

Camel Lot

At the auction
in the camel lot
camels dream
of Camelot
where there are no
buying butchers
ready to serve
their mammals hot

O Anna Niemus

Candles

That animals are murdered
now more think a scandal...
Their fat made candles
Their skin made sandals

O Anna Niemus

Capricorn Sun Pisces Moon

His capricorn sun wanted
the fir forest framed
mountain lakes of the highlands
while his pisces moon:
the empty easel of
sky sun and sea in
the lowlying islands.

*

O Anna Niemus

Car Astrology

Car astrology

(or what's wrong with our cars and bodies is symptomatic of spirit blocks)

aries: Brake problems from too much speeding, dead birds clogging air intake

taurus: steering problems: likes to go 1 direction only

gemini: car stereo, radio, and cellphone distractions

cancer.. rear view mirrors too big.. looks back too much

leo.. fuel lines clogged with high cholesterol oil

virgo.. a cluttered car... can't let go of physical possessions

libra.. oil change needed.. resentment building from overaccomodation of others

scorpio..exhaust pipe clogged (nonforgiveness)

sagittarius... radiator problems.. not enough of the waters of tact

capricorn... check axles.. knees of capricorn not always surrendered to God's will

aquarius...took out the other car seats.. doesn't always want company

pisces... tires low.. depression from not letting go of hurt

no maps.. likes to go many directions at once

O Anna Niemus

Carpe Diem

Carpe Diem
they said
as they carpe'd Diem.
Like all beings
he was
expendable to them.
*

(Diem of Vietnam, murdered
in a coup, one of 16,000 assassinations
arranged by the CIA with military
escort teams.) .

O Anna Niemus

Cars At A Rock Concert

Thousands of cars at the
summer rock concert,
because of overflow
directed onto grass meadows.

The music notes float
over the bodies of tens of
thousands of dead crickets..
as their souls rise to God.

O Anna Niemus

Cat Haiku

Cat Stories

A cat who had escaped from
a lab could only squeak..
because her voice was removed
by laryngectomy... so that
visitors to the building would not
know cats were imprisoned and
inflicted with pain there.

*

A feral mother cat had
lost her ears to frostbite
keeping her kittens warm.

*

Cats are easy targets for
torture by children who
are abused by their parents.

*

There is a cat in cattle.
Cats and other roadkill animals
often end up in food given to
factory farmed cows, pigs, etc.

UC Berkeley

Professor Russell DeValois for 12 years
shoved electrodes into the brains of sick and dying
cats and monkeys in his color perception studies
Now Jack Gallant of Berkeley is continuing to
torture animals there, while those who picket his
home are harrassed by the FBI

Emory Univ.

With the cooperation of the CDC, Emory Univ. has
put cats into restraining chairs with stereotaxic devices
which immobilize them for brain states. Emorylies dot com
has frequently been hacked. Saxby Chambliss has
been an operative for Emory and the CDC.

Ohio State

has given cats aids.

The university's alumni magazine has ignored covering this issue, to poster's knowledge, but published a portrayal of the vet school as a happy place for animals. Ohio State was sued for and is continuing to break mice spines. Ohio State taught Michael Swango how to kill animals in medical school. He went on to kill over 100 people. Ohio biology classes taught Jeffrey Dahmer to dissect.

He said in one of his final prison interviews that he first learned to love dead tissue in his Bath Ohio biology class.

*

Cincinnati Zoo

which was fined in 1989 by OSHA for having allowed 3 sealions to die through negligence in transit is now breeding cats for research labs.

Purina

promotes the false idea that cats need the flesh of other animals.

Cat Trappers

An Akron Ohio mayor and several City Council members are trapping cats who are then under the table taken to labs. Neighbors use cat food as bait to trap the licensed pets of those living next door.

Politician Cat Abusers

Bill Frist, senator from Tennessee, known as the senator from Eli Lilly because he authored legislation to exempt pharmaceuticals from liability suits, has with his

family made over a billion dollars in a hospital chain which has ripped off the poor and been indicted for fraud.

In his autobiography he recounts that as a medical student he portrayed himself as a pet adopter to get cats from shelters and then took them to Boston labs for vivisection. Boston and Harvard receive more federal dollars for animal torture than any other city.

Cat Eaters

Some in the Vietnamese and Chinese populations kill and eat cats. A popular Chinese dish is fried cat entrails.

Cleveland Clinic

and University Hospital are behind Cleveland Mayor Jackson's proposal to trap cats, to kidnap them through the use of baited traps.

Cat Bombers

Whenever bunker buster or cluster or hyperbaric or other bombs are dropped from F16's or shot from Cruise missiles etc., besides the many deaths of children, adults, elders, are deaths of cats, birds, fishes, insects, plants.

George Crile of the Cleveland Clinic

bragged that his neighbor's noisy cat was kidnapped by him and put under the knife. He has passed on but the Cleveland Clinic continues as a major vivisector, one which did not warn the public of the effects of Vioxx.

The Future

Taurine, the enzyme needed by cats, has been produced synthetically since 1930.

The book *Vegetarian Cats and Dogs* by James A Peden, in its third printing,

is a carefully researched book on why cats can be vegetarian. Veterinarians such

as Andrew Knight and associations of holistic veterinarians endorse

the concept of no longer killing some animals to feed others.

O Anna Niemus

Caterpillars, Bulls, And Deer

the Caterpillar
harms infinite caterpillars

and the bulldozers
disturb bulls dozing.

The John Deere
destroys the homes
where live the deer

O Anna Niemus

Catholic Mass

It pains those who love animals
and Mother Earth to hear prayers
in a Catholic Mass for
'the human family'. Is it time
to uncircumscribe the compassion..
to remove the boundaries?
Does the light of a lamp
end 3 feet from the origin?
Jesus when He drove the butchers
out of the temple...
underlined His love of all living beings.

O Anna Niemus

Cedars Of Lebanon Cedars Of America

The Sahara was multiplied as
Roman shipbuilders clear cut
the ancient trees of North Africa.

The cedars of Lebanon were cut...
for ships, for temples...

Samson Loggers I pulling down
the pillars of God's jade shrines

The cedars of America have been
clear cut...700 year old cedars
.. with the help of the US Forest Service
of the USDA under both George Bushes
and William Clinton and Ronald Reagan.

Ecoterrorist Paul Bunyan has been
glorified in children's books
as murdered tree bodies
are sent down brooks.

The text and audio book Dark Justice
by William Bernhardt explores
the environmental movement's
more radical activists..
in a courtroom drama and murder mystery.

He said that Paul Bunyan had been made
a hero and that a 700 year old cedar
was cut down with the imprimatur of
the USDA.

O Anna Niemus

Celebrate Christmas By Protecting Christmas Trees

Dead Christmas tree sales have dropped 45% said a news show.

1 Fire hazards: wiring, dry needles becoming inflamed, children and animals knocking tree over

2 Apartments banning the trees because of fire hazards

3 Declining land fill space

4 Desire to preserve habitat for animals

5 Individual tree rights

(the consciousness of trees has been proven by Dr Chandra Bose.. and by the unethical research of Clive Backster and others)

In Catholic churches December 28th is the Feast of the Holy Innocents, the 2 year old baby boys murdered by Herod as he sought to slay the 2 year old Jesus.

Dec 28th appear other innocents on the curb.. baby and young and old trees slaughtered to celebrate the birth of Jesus. Celebrating Jesus' birth by cutting down a sentient tree is a blasphemy similar to saying grace over the carcass of a slaughtered animal.

O Anna Niemus

Celerity

With divine celerity
God weaves
new little celery trees

They are not fruits..
not designed
for humans to eat

O Anna Niemus

Celibate Mouths

Celibate the mouths of
only those monks
and nuns and priests
who eat no meat.

O Anna Niemus

Cervine Spongiform Encphalopathy

CERVINE SPONGIFORM ENCEPHALOPATHY

Oerhovered the spirit of the
murdered
deer Tennyson
when the hunter
ate his flesh.. called Mad Deer venison
*

Maddeer is a website

O Anna Niemus

Chambered Nautilus And Homeless Woman

There was a story on the news
of a woman in Manhattan
who had no home.
Because her income went
to 3 storage rooms.
she was forced to roam.

Like a shelled Nautilus
pushed out of all her chambers
into the mornlight amber

O Anna Niemus

Chemical Chain

In treating animals and birds as machines
they create factory farms.
The colon bacteria from their waste pollutes
the rivers lakes and streams.
To kill the ecoli, chemical companies sell
chlorine to cities.
To kill the cancer caused by chlorine compounds,
pharmaceuticals sell lethal drugs.
To enbalm the victims of the medico-narco-
industrial complex, funeral homes use formaldehyde.

O Anna Niemus

Chemical Strait Jacket, Government Dope

Haldol, Navane, Ativan,
Thorazine, Prozac, Zoloft,
etc etc. etc.

some call shrink prescribed
drugs chemical strait jackets.

Others call them government dope.

They put a lid on creativity, muzzle
the soul.

Some cause the Parkinsonian
like effect of permanent shaking.

Others cause impotence or
weight gain, nausea and thirst,
suicidal and homicidal tendencies.

Ativan and Navane: as addictive
as heroin.

Physicians' Desk Reference lists
thousands of pages, each with
dozens or hundreds of lethal
side effects from the legal drugpushers

O Anna Niemus

Cherries Over Strawberries

Why are cherries
preferable to strawberries?
They come from
groves of fruit trees merry
And there are not as many
insecticides to make one
less cheery.

O Anna Niemus

Child Disarms

A child heard the
Scalia appointed Bush
say that
'the civilized
world must disarm terrorists'
and the child
went to his home
and removed the rifle
with which Bush had killed
so many innocent birds, at least
one endangered.

O Anna Niemus

Childhood Friend

Because you, childhood friend,
have seen and heard my father
and my mother.. and know
of their loving sacrifice....
you are more precious to me.

O Anna Niemus

Circular River

The snake bites his own tail. Angels show this to Michael
Faraday in a dream
as they tell him molecules can come in rings.
Thus benzene is discovered.

The Ojibwa tell of a circular river, always flowing into itself,
with mouth and delta joined.

Inside these rings and circles..
the omnipresent God's lair.

O Anna Niemus

Circulation

A dollar, ruble, pound, yen,
circulated to 100 people is multiplied 100 times.
Left in a drawer it does nothing.

(In Christianity is the parable of the ten talents)

.

O Anna Niemus

Cirrhosis And Sclerosis

Alcohol can cause the liver's cirrhosis
while animal fat: multiple sclerosis.
Animal fat in the brain arteries
is premature senility
while a high meat diet is
linked to sterility.

O Anna Niemus

City Of St Francis

Joan speaks of St Francis
who bought animals on the way
to market to liberate them.
Perhaps all can end the following:

Tired and sick homeless men
and some who are also old
dumped at 6am from San Fran 'shelters'
into the freezing cold

*

God cause Ron Dellums, Jerry Brown, Nancy Pelosi, Dianne Feinstein, and Arnold Schwarzenegger to end the practice

O Anna Niemus

Claim Jupiter

The claim jumper
learned to claim Jupiter
.. with his infinite cornucopia
.. his pouring waterfalls
of grace and supply

(to muse Ted Sheridan)

O Anna Niemus

Claude Rains

The arteries of Claude Rains
were not clogged drains
for his breakfast was not flesh but porridge
.. it gave him strength for canoe portage

O Anna Niemus

Cleaning

It is easiest to clean an empty home
as those uncluttered by desire
and possessions find it easiest to
focus on God.

O Anna Niemus

Clouds And Wind

Angelbidden clouds
and winddriven trees
provide to holy ones
shade and breeze.

O Anna Niemus

Coal Train To Diamonds

watching a long train of coal cars.. knowing
that God with 1 thought can turn every piece of coal
into a diamond as He can turn an apple seed
into endless orchards of apple food.

He the divine alchemist..
who gives each of us
the ability to awaken the latent power of
divinity

but more difficult is to turn our stone hearts
into soft temples

O Anna Niemus

Coconut Miracle

A coconut bobbed upon the waves
and alighted softly on the sands
of the shore. Years later there
were many coconut palms on the
island. They provided milk for babies,
nut fiber for others, oil for lamps,
coconut shells for dishes, lauric
acid for meditation. Lifegiving
little lakes of milk unstolen from
an animal protected by a hard shell
as transform into heaven
slaughterhouse hells.

O Anna Niemus

College Mail Walrus

That college student tore open the mail
ignoring family letters for the checks
like walruses ripping apart the shells
for the oysters

O Anna Niemus

Colors Of Peace

When
a skunk dies by violence
a bad smell infects the land.
When a cow dies by violence
her unheard cries pollute the land.

When a pig lives out his life
in safety,
good fortune accrues.

Annie Besant in the years when Chicago
was the physical slaughterhouse capital
of America saw its aura of red anger
an hour away.
Nonviolence can change any aura
to deep violet.

O Anna Niemus

Commanding The Angels

The closer one comes to
God's allgiving hands
the more one can devas
and angels command

O Anna Niemus

Compassionate Alcoholics

Compassion

is never lacking in an alcoholic.

It is his sensitivity to pain,
his willingness to take on the burdens
of others, consciously or unconsciously,
which causes some to choose booze
to tune out their pain.

But in the long run, alcohol causes more
pain.

O Anna Niemus

Condo

Condoleezza,
your condo lease is up...
for the requisite number
of vote dollars was never
paid.

God awaken peace, love
and nonviolence in the hearts
of all beings today and forever

O Anna Niemus

Consort Mercury

Though poets often claim otherwise
... mercury is a much closer consort
to the sun than is the moon.
But the mind's mercurial thoughts
and the emotion's ephemeral feelings..
are neither as close to God
as the surrendered will.

O Anna Niemus

Contempt Of Court

Billions are guilty of contempt for the US Supreme Court, with its rubberstamping of war, execution, and mechanized animal slaughter.

*

(In 1917 we began to elect US senators. It is time to elect US justices,¹ each year or 2 years for a term of 9 to 18 years. The US is one of the last nominal democracies without an elected higher court.)

O Anna Niemus

Continued Communion

Like secret lovers sleeping in adjoining bedrooms..
their front doors closed to each other but their
chambers connected, those who have departed their
bodies continue to commune with us

O Anna Niemus

Corporate Attorney

He was a corporate attorney
for a Wall St venture capital
firm. He was a glorified bounty
hunter.

O Anna Niemus

Cover Slides Off

Dawn removes
the solid black from
the trees'
silhouette
against the lavender sky.

O Anna Niemus

Coward

Coward.. abbreviation
of cow hearted..
Cows are courageous
and the term coward is used in a false way
to imply paralyzing fear.

O Anna Niemus

Cream Can Lead To The Crematorium

Cream can lead
to the crematorium.

In the US animals are given female hormones banned in Europe.
The European Union banned American meat and dairy stolen from captive
or murdered animals because of the carcinogenic nature of these hormones.
The military money of the US regime filed in the money dominated World
Trade Organization court and the EU lost.

Reproductive cancers prostate, uterine, breast, cervical develop from
these hormones. Diethylstilbestrol was banned in the US and the moneylovers
substituted another variant as well as bgh, bovine growth
hormones.

In addition the cholesterol in cream can clog the arteries of the heart,
brain, etc. leading to heart attacks, stroke, embolisms.

O Anna Niemus

Creiophilic And Thermophilic

Some little beastly bacteria
can survive freezing temperatures..
They are creiophilic.

Other little beastly bacteria
can survive temperatures of 160,
300 or more degrees.
They are thermophilic

O Anna Niemus

Cremation Costs

Birds, pigs, cows, lambs whether raised on factory or free range farms end up, nearly all of them, being roasted or fried or shoved into an oven.

Why is it that it costs a few cents to broil the cadaver of a murdered bird, but cremation cartels charge hundreds or thousands to shove human cadavers into an oven?

In my town the cheapest cremation is \$810 and a more expensive one is \$2200

O Anna Niemus

Crickets

The sweet peep of the crickets was
stilled by the cruel frost
as the gentle voices of peace
have been silenced by
the occupied airwaves of America

Thank You God that You are now
removing the warmongers from
power.. that you are now and forever
foiling the attempts
of Cheney-Chertoff
democracy's shirts to take off

O Anna Niemus

Crimson, Gold, Orange Bell Peppers

Crimson bell peppers
Gold bell peppers
Orange bell peppers
Kelly Green bell peppers
Each with belltowers inside
in which Spirit bells of immortality
hang... ready for the sun's light
them into life to ignite

The exterior color of no import

O Anna Niemus

Criticism

Criticism shuts down newly opened hearts...
and turns walking temples of God into objects.

O Anna Niemus

Croci

One by one
in many countries
they break through
the ice of fear..

cups of crocuses
.. stand up in caucuses
.. East to West
from Africa to the Caucasus

and declare
their eternal
allegiance
to the Creator Sun.

O Anna Niemus

Crown Of Thorns.. Dissolve It

How many sharp spokes were in Jesus'
crown of thorns? fifty? 100?
Yet arthritis is a tree of thorns
.. sometimes stabbing people
in many places.

(The crown of thorns can gradually be removed by eliminating
foods containing oxypurines: meat, fish, coffee, tea etc.)

(The Arthritis Foundation and the makers of arthritis drugs
have kept quiet about uric acid or trioxypurine, the chief cause
of arthritis.)

(Uric acid, the pre urine in animal muscle cells which
was not secreted because they were murdered, is
the chief cause of arthritis. It crystallizes in needle formation
around the joints, spine and bones, so that
the spine resembles a thorny tree stem. It is stronger
than caffeine which is dioxypurine, since as trioxypurine
it has 3 oxypurines to every 2 of caffeine. The Physicians' Committee
For Responsible Medicine is over 1000 vegan physicians
and other health care workers.)

O Anna Niemus

Cubed Prisons

The animal labs and factory farms
had wire cages stacked in columns..
The animals on the bottom received
the strongest rain of urine and diarrhea
and when a frayed electrical cord
hit their cages, their cubed prisons
became electrocution chambers.

O Anna Niemus

Custer

By Native American freedom fighters
was General Custer
turned into custard
and the troops he did muster
became liquefied mustard

Swiss mercenaries in Ft Pitt distributed blankets infected
with smallpox to the Native Americans... as a peace offering

O Anna Niemus

Cut Burn And Poison

The book came out in the 70's.
It was called Cut, Burn and Poison
and described the surgery, radiation
and chemo'therapy' of the
cancer medico-narco-pharma industrial complex.

There are more children dying of
the the 'therapies' than from the cancer.

Radiation... is fusing organs together,
turning living needed tissue into black
char.

What has God designed for cancer cures?

uncooked fruits, elimination of animal and
fish flesh and stolen animal products..
forgiveness, release, sunlight, exercise,
joy, gratitude to God and to all

PCRM, Physicians' Comm. For Responsible Medicine: over 1000
vegan MD's

O Anna Niemus

Dalai Lama

Many many

Dalai Lamas

.. have eaten no pig or fish
or cow or llama

O Anna Niemus

Dangerous To Play With The Fire Of The Stars

It's dangerous to play with the fire of the stars

For the first time since 1778, pluto is returning to capricorn. The US government, nominally a democracy, has never before had pluto oppose its three planets in cancer.

God wants the killing to stop.

(The same cartels which destabilized the Chilean economy in 1973, which tampered with Australia's elections in 1972, Iran's government, which attempted to murder Fidel Castro countless times, which has attempted to murder Hugo Chavez, which has caused countless plane crashes from those of John and Robert Kennedy and John F Kennedy Jr as well as those of Mel Carnahan in Missouri, Paul Wellstone in Minnesota, and countless other plane crashes recorded in the book Confessions of An Economic Hit Man, are now attempting to drive the poor of America into despair through doubled gas prices, doubled food prices, evictions, foreclosures, outsourcing of jobs, etc. God dismantle now the megathief cartels. Thank You that what we ask together You materialize, for You are the God of the poor.) which helped Calderon, Harper, Bush, Merkel and others sit on their stolen thrones,

O Anna Niemus

Daniel 1

Because Daniel would not
eat the defiled meat of the king
but vegetarian pulse
God gave him visions and
increased clarity
and a more efficient pulse

Read Daniel 1

O Anna Niemus

David Black

Blood bibbing billionaires like Black.. their gold bullion pays for the bombing of the babies of Baghdad, while beech, birch, baobab and buckeye trees are killed for their warmongering newspapers.

O Anna Niemus

Dc And Our City

Our city and many others have many streets with potholes unfilled... instead they send metallic brushed streetsweepers to scrape the backs of tiny ants and crush samaras. Instead, they send out personnel to enforce unconstitutional mowing ordinances, and spend the taxes stolen from the poor to spray poisonous insecticides which give people cancer, kill God's little creatures, and make hemlock poisons out of our water.

(samara: maple seedling)

O Anna Niemus

Dead Churches, Dead Bodies, Dead Animals

Morticians paint
the lips of corpses.

Enbalmers inject
mammal pieces made into
cold cuts with sodium nitrate
dyes.

and dead
churches paint
their exterior

while inside..
the words of Jesus
about peace
are ignored.

O Anna Niemus

Deeper Footprints

A 300 pound man
walked along the beach,
his deeper footprints
catching more tidewater
...at night reflecting
more stars

O Anna Niemus

Definition Of Pro Life

Prolife means no babybombing in Iraq or elsewhere.

Prolife means not to eat animals' murdered corpses called meat.

Prolife means not supporting state murder.. called execution.

Prolife means not killing insects.

Prolife means not harming plants.

There are many human chauvinists who call themselves prolife but are unconscious about the Divinity Dance in all beings. Two of the unconscious were Thomas Aquinas and Augustine, who taught that animals had no souls, while Francis of Assisi, Anthony of Padua, Clare, and Mary knew otherwise.

(The above poem is not an opinion either way in the prolife prochoice debate, for the writer not being omniscient has no right to judge.

Most of us still kill insects with cars or by purchasing insecticide sprayed food or in other ways.

Most of us still kill plants.

Yet each day we pray for grace to do better.)

O Anna Niemus

Deforestation Becomes Desertification

At some point, deforestation
becomes desertification.
The cool shade of patient
trees gradually becomes
the burning sands of
the desert.

O Anna Niemus

Demons And Dementia

When he was exorcised
by abstinence...
of his demons
also left
his dementia

O Anna Niemus

Denmark

Denmark, when one sees
a meadow of gold buttercups
starring a green meadow sky
he thinks of your brave king,
who wore a gold star in oneness
with the victims of Nazis.

May the pigs also know of
your love for them..

for at present the something
rotten in Denmark.. is the pork
of murdered innocents

Denmark gives free health care, free college education,
and 5 weeks vacation to its citizens. May it honor
animals' rights as well.

O Anna Niemus

Descartes The Monster

How many know of
Rene 'I think therefore I am'
Descartes
that he nailed dogs' paws
to his vivisection carts

Descartes: the sentence associated
with your name should be
'I crucify.. therefore I am a monster'

*

Descartes stole his wife's dog for vivisection as well

Leonardo Da Vinci: One day the world will look on research on animals
as it now regards research on human beings

O Anna Niemus

Detachment

She sees the divine in everyone.
She could even describe a serial killer
as having 'detachment around the heart chakra'.
But at detachment's highest octaves, yogis
can be 'In the world and not of it'.

*

(to Tanya S)

O Anna Niemus

Devas Of The Dumpster

Angels.. who need no earthly proximity
to facilitate God's miracles
often watch dumpster divers,
ready to materialize what they wish.

O Anna Niemus

Developed Heart

The mice held captive
in the vivisector lab
tremble and urinate with fright
as of the vivisector
they catch sight.
Yet he concludes
that they feel nothing
proving not that they do not
have a brain
but that he does not have
a developed heart.

O Anna Niemus

Dewdrops

Hexagonal snowflakes
their weapons dropped
as they melted into
dewdrops

....

O Anna Niemus

Dianne Feinstein, Insider Trader, War Profiteer

Insider trader, war profiteer
causing Iraqi women's tears

sending a billion dollars of
war contracts to her husband
Richard Blum
while the Iraqi desert with
scarlet blood blooms

sipping Dom Perignon and
other fancy wines
... the henhawk known
as Dianne Feinstei

Dianne Feinstein became mayor after the
murder of Harvey Milk.

Richard Blum's billion dollar contract with the Pentagon
involves payouts to mercenaries, including the CACI
employees sued for torture over their interrogation
of Guantanamo prisoners, Titan, Blackwater
Security and others.

O Anna Niemus

Dictionary Edited By Animals

Oven: Crematorium

Knife: Murder weapon

Factory Farm: Auschwitz

Lab Scientist: Serial Killer

Fish And Wildlife Employee: Pawn

Branding: Mutilation

Fisherman: Suffocater

TV Network: Propaganda Machine

Abattoir Chute: Valley Of Death

O Anna Niemus

Did Abraham Fail His Test?

A rabbi wrote a paper
saying that Abraham failed
his test with God.. that he was supposed
to put his own heart ahead of the
external orders of God
.. he was supposed to stand up for Isaac
He was supposed to honor the silent voice
of God as his conscience.

*

(Jan F my muse re this poem)

O Anna Niemus

Dinner Menu

What's on the menu?

Which bird cadaver?

Which mammal corpse?

Which fish's rotting remains?

Putrefactive pieces of which murdered pig?

Decaying diseased flesh from which dead duck?

George Bernard Shaw asked the man next to him at the table why he had become a vegetarian. Meat inspector, the man replied.

O Anna Niemus

Dinner Menu Affected The Bedroom

Insecticides concentrated
in meat and fish cause sterility
Amyloid plaque from meat
and fish... cause senility
The animal fat in meat fish
and dairy
clogs the arteries
reducing sexual
ability

*

PREVENTION OF SEXUAL TRAUMA

Impotence And Animal Flesh

A. CONQUERING IMPOTENCE

Dr. Michael Klaper, Md, in a public speech mentioned that a 25 per cent blockage of penile arteries from cholesterol (animal fat) accounts for a quadrupled lack of function. Elimination of animal products in many cases returns sexual function. The Physicians' Desk Reference lists sexual dysfunction or impotence as a byproduct of many psychiatric drugs.

(Dr. Klaper is available through archives and live discussion on the web at

Drs. Neal Barnard MD and Chaitowitz both concurred in this opinion in an article in May in the Montreal Gazette.

National Public Radio on Sept 9,98 hosted the author of a book on Prozac who stated that 30 to 40% of users feel a loss of sensation sexually.

Viagra has been correlated to heart attacks. (Eli Lilly and Pfizer make these 2 drugs.) Fox News reported June 10,98 that Viagra in combination with nitrates such as sodium nitrate used to color hot dogs can be lethal.

Dr. Drew, MD, host of Loveline, stated one should research the many antidepressants which cause impotence.

B. CURING BREAST CANCER

(See the Ohio file no.7 under Nonviolent Action for an analysis of federal and state programs regarding breast cancer.)

The New England Journal of Medicine in November of 1997 stated that animal fats which become trans-fatty acids are a cause of breast cancer. The major cause of breast removal in the animal products.

(The five countries with the highest rates of breast cancer have the highest animal product consumption. They are Scandinavian countries, the U.S. and one other. Women with mastectomies lose none of their beauty, but they have a difficult time adjusting. Elimination of the butyric acid in animal products makes the body more fragrant.

(Other factors in sexual dysfunction are generalized anger, anger with the partner, low self esteem, general exhaustion, female hormones in animal products, etc.)

The dietary causes of breast cancer are both the animal products and the female hormones given to the animals. The Dept. of Defense Health Section in October did a symposium on the trans fatty acids found in animal products as a cause of cancer.

The administration's plan to give 450 million dollars to the testing of 2 breast cancer drugs (one already banned once by the FDA) is not the best way to end breast cancer. Presently there are still federal welfare programs for those animal product producers who are causing the cancers.

C. CURING PROSTATE CANCER

Prostate cancer is caused in many incidences by animal products in the diet. The growth hormones affect men as well as women.

Gynecomastia is the condition of male breast growth because of ingestion of female hormones in milk, eggs, cheese, meat. Spiritually prostate cancer can be cured by realization that we are beings, not human doings, and that our power lies not in our bodies but in our spirit.

In the fall of 98, researchers at the University of Buffalo reported prostate cancer inhibition from virgin olive oils.

D. ACHIEVING SEXUAL CONTROL

Eliminating animal products from the diet eliminates the female hormones they are given, and therefore eliminates unnatural sexual stimulation.

While some women joke that men are nicer since consuming female hormones, unnatural stimulation is a serious problem.

E. HEALING GYNECOMASTIA

1. Gynecomastia is male breast growth from the animal hormones in meat and dairy products. While many transsexuals seek this effect, for most men it is a frightening situation, and can be eliminated by avoiding the products which caused it. The Monsanto growth hormone opposed by activists at the Mustard Seed and around the world is in our dairy products. It adds breasts to men who do not want them and removes them by cancer from women who do.

E2. Mr. Kanneganti has mentioned the plastics research around the world in regards to the phenomenon of high density polyethylene. In

its production nonal phenols are released. When these nonal phenols are consumed by fishes and animals, they mimic estrogen. Some fishes have changed gender.

F1. OVARIAN AND UTERINE TUMORS BOTH BENIGN AND NONBENIGN
Ovarian tumors as well are caused by the female hormones in animal products.

F2 MENOPAUSE

WHLO, a Christian radio station, had a talk show guest on Sept 14th who stated that the number 1 selling female hormone in the U.S. is made from the urine of pregnant horses and has as its byproducts blood clotting (and consequent strokes) , breast and uterine cancer.

Researcher Winnie Setoh has written that in Japan there was no word for 'hot flashes'

because this was a nonexistent situation until meat consumption increased there. Magnesium, he said, present in green foods, is a desired nutrient.

F3 RAISING SPERM COUNT:

National Public Radio held a live radio show at the Civic Theatre in Akron in 1996. It was reported at this show that Akron male residents have a lower sperm count than the national average. Factors in raising sperm count are elimination of foods high on the insecticide chain (meat, fish and dairy) , elimination of foods with female hormones and elimination of foods with preservatives and additives of which the average American eats 37 lbs. annually.

G. MENSTRUATION Some vegans and fruitarians experience amenorrhea or lack of menstruation which does not affect their fertility. One theory is that the diet creates fewer toxins and reduces the uterus' need to eliminate them.

H. INCREASING SPERM COUNT NPR on July 21st reported a multi-nation study which indicates sperm count averages dropping everywhere. Environmental pollutants such as insecticide, arsenic, chromium, pcb's, mercury, oil spills, are eliminating over half of the frogs in the world and affecting humans too. The cessation of insecticide and herbicide is one tool. Most significant is the elimination of high insecticide foods (animal products) since a 1000 lb. animal has eaten 21,000 lbs. of food before being goaded with electric shocking rods onto the slaughterhouse conveyor belt. Many insecticides are nonbiodegradable and are concentrated in the fat and muscle cells of the eaten animals. Meat and fish have the highest insecticide concentrations.. then dairy.. then vegetables. Least are in fruit, whose trunk, roots, and stem filter out some from the fruit. If one has the money and transportation, it is best also to buy organic

fruit, or to grow it in your back yard.

I. URINARY TRACT 1998 research at Rutgers has validated the centuries old practice of clearing up urinary tract infections with cranberry and blueberry juices.

J. PREVENTING INFANT DEFORMITIES:

NBC reported that every European Union country and 100 American school systems have banned dairy products containing Monsanto's growth hormone, because of suspected link to cancer. In one of the worst growth hormone scenarios, children in Puerto Rico as babies and infants developed sexual growth.

II

A. CONQUERING DEPENDENCE: Sexual and emotional dependence are a byproduct

of not loving oneself. As a soul becomes more and more confident of its own spiritual beauty, it is no longer attracted to coldness in others but to genuine love.

B. THE QUESTION OF PROSTITUTION: Someone who lived in a neighborhood with several streetwalkers dreamt that a shy small female dog in heat was being suffocated and ripped apart by many male dogs on top of her. Perhaps this is a metaphor in which prostitutes, their clients, the mates of their clients, the victims of muggings are all the losers through the spread of disease, the weakening of a family unit, etc. Some argue that prostitution is necessary in a society which has people who feel that they are unattractive and have no other options. Eliminating dietary hormones is only 1 factor in all the causes of prostitution. Nevertheless the reduction of sexual urgency heals society.

C. ENDING RAPE:

Rape is a sexual dysfunction. It is a combination of anger and excitation, both of which are factored into diet. Meat contains fright and anger hormones secreted by terrorized animals during slaughter. These long protein enzymes are broken to some extent by the heat of cooking but most of the chain links remain intact so that the consumption of animal flesh is the ingestion of biochemical anger, fright, and terror. In addition, the female hormones given to cows, sheep, pigs, chickens etc. stimulate the reproductive systems not only of the cows but of those who eat their products. To eliminate animal products is to reduce the rate of rape.

There are fewer rapists

in the vegetarian, vegan, and fruitarian population than in the nonvegetarian population.

D: REMOVING BARRIERS TO INTIMACY:

a. The butyric acid in animal products has a strong odor.

b. There is natural weight loss in non-animal diets for a form-conscious shallow society.

CELIBACY

Celibacy is a cessation of sexual function, not only with another but with oneself. In many religions it is considered a way to preserve energy and to focus upon God. It comes naturally to any soul so balanced between yin and yang, female and male, that he or she needs no completion from outside.

Gandhi felt that his 20 hour days could in part be attributed to the yogic belief that retained sexual energy travels up the spine to energize the mind and the chi. Many athletic coaches also believe this, asking their star athletes to be abstinent before a major performance. Celibacy is dangerous if it does not proceed from spiritual love of God. One evangelical author of a book on spiritual warfare, Mr. Murphy, states that sexual repression is a cause of the commitment of many to psychiatric wards.

.....

Elizabeth Conrey, teacher of vegetarian nutrition at Cornell, is interested in hearing from vegetarians and vegans in regard to dietary influence on women's reproductive cycles. ejc6@

Viagra footnote:

- Sildenafil Citrate is Generic Viagra No Prescription.

If a man's arteries are so clogged with animal fat and amyloid plaque that he suffers impotence, please warn him that sildenafil citrate in its generic and prescription forms can cause blindness, stroke. It is dangerous to put a lot of pressure on a blocked pump

O Anna Niemus

Divine Comedy

Milton Berle, Candace Bergen, Marlo Thomas, Julie Dreyfus,
Chevy Chase..Bob Cummings
Cindy Williams Mary Tyler Moore
Betty White Bea Arthur
Rue McClanahan

and so many other comedians..

how is it that their love of making
people laugh and their abstention from eating
animals.. are related

Is it a sensitivity to suffering..
and a desire to turn pain into laughter

O Anna Niemus

Divine Pumpkin

The Halloween pumpkin visage
may cause children fright
but some did it ignite
with flaming candles of the same divine light

O Anna Niemus

Do Christians Crush Cockroaches?

Do Christians
crush cockroaches, beloved creatures of Christ?

(to Terri Blackstock :)

O Anna Niemus

Do Cows Not Count?

The board of
The National Horse Protection League
advertised in a newspaper that there are no vegetarians on their board.

Do cows not count? Does God love horses more than cows or pigs?

US regime (unelected) wants to murder (euthanize) wild horses

Senator Craig who has resigned because of a sexual scandal
(effective with election or before) is trying to prevent horse
protection. Horse slaughterhouses have moved to Canada and Mexico

O Anna Niemus

Dog Stories

A dog abandoned stays at
a telephone poll
for
48 hours running
after every car
which looks
like his

Dogs' paws nailed to tables
by Descartes before the
vivisector carved them.
'I crucify. Therefore I am'?

120 dogs run to
death or frozen
or broken legged
dying in Iditarod..

Dogs at San Diego
State, Ohio State
etc. in forced swimming
or sleeplessness or
other experiments..
social animals kept alone

Dogs eaten
after being skinned
alive in Korea...
eaten without being skinned
in Taiwan and China

Mangy dogs leaving pawprints
of blood starving
to death from telescoped
intestines

Junkyard dogs
.. neglected
dying of thirst

Back yard dogs
with chains embedded
in their necks
from long neglect

Dogs at Akron's largest
hospital
given laryngectomies that
their cries not disturb
patients when traveling
up the ventilator shafts*

Dogs used as minesniffers
blown apart
in Afghanistan and Iraq
while the US and Israeli regimes
are 2 of the last nonsignatories
to the land mine treaty.

It is said dogs no longer
researched upon
at Wright Patterson..they were
kept in cages..
with sores where wire meets flesh

Greyhounds with living
rabbits as race motivators
.. breaking their legs
in dog racing.

At the University of Liverpool
these greyhounds go from the frying
pan into the fire. Too old or injured
to race they end up under the drug
company research carving knives.

Dogs dying in the hold
of airplanes
smashed by big boxes

Dogs abandoned on

the dock freezing, dying of heat

'Hunting dogs' like
beagles.. kept
in cages all year
round.. their pads bloody
from wire mesh

Police dogs trembling
in the cold
captive to
earthlaw enforcers..
sometimes shot

50,000 dogs and other
research animals at the
Univ of Texas
trapped in underground cages
drowning in a flood.. Not a single
human researcher drowned.
The labs are underground
to avoid inspectors' eyes.

Dogs dying of
grief
at the
graves of their masters

Dogs losing legs in
steel jaw traps

A woman is sent by her relatives
to a nursing home.. her
dog is sent to the pound
where she, housebroken
and obedient, does not
want to urinate in her cage
and dies of a burst bladder.

Dogs dying of cancer from
the roadkill, dog pound kill
and slaughterhouse cancerous

animals put into their food
while vegan dogs are living longer.

Dogs at Tufts University
had their legs broken using
a machine developed by Blalock
of Johns Hopkins.

Robert White at Case Western
made many 2 headed dogs and
monkeys.. all died shortly
after.

Case became the last university
in the US to end the killing of
dogs in medical schools.
Now pigs are the new scapegoats..
or scapepigs.

* James R spoke of the Akron
hospital dogs' cries
* Physicians' Committee For
Responsible Medicine is over 1000
vegan physicians and other
health therapists recommending
vegan diet for dogs as well
as humans.. many recommend
vegetarian diet for cats
since the enzyme taurine has
been synthetically available
since 1931

O Anna Niemus

Doormat No Longer

The secretary to a powerful manager
had slaved for him for years,
had been his doormat.

She was crushed when his wife died and he married
another instead of her. She had mistaken domination for love,
errands for intimacy.

O Anna Niemus

Douglas MacArthur

General Douglas MacArthur as he left soldiers to die in the Bataan death march while boating off to the safety of Australia said in stentorian tones: 'I shall return.' He rolled tanks onto veterans seeking their own benefits. He sacrificed untold numbers on the altar of his ambition.

But his words of wisdom 'Do not involve the United States in a land war in Asia' have been ignored by war profiteers who care not how many young boys are sacrificed.

O Anna Niemus

Dracula

Dracula despises dawn's bright sun swords
Insomniacs plug out the bird choirs' cheery chirps.

O Anna Niemus

Dracula Slinks Away

The sun need not advertise his rays
Critic Dracula before His daybreak
slinks away.

The sun need not defend his light.
Birds tune up their predawn choirs
and the roosters crow with delight.

O Anna Niemus

Dragonfly And Lily Pads

The dragonfly calls
many lily pads home.
No tree hotelier can be robbin
the traveling robin.
She needs no reservation
at any branch.

O Anna Niemus

Dream Magic Carpets

There are many kinds of dreams:

1 those in which we play all the parts of our dream..

as we act out internal conflicts

2 precognition dreams

3 karma burning dreams in which by God's mercy we experience negative karma in a less harmful way than in a waking state.

4 recurring pattern dreams in which angels try to teach us through a variety of metaphors or tape replays

5 direct revelation dreams

(Einstein said in his autobiography that angels gave him $E = MC^2$ squared in a dream) (The discoverer of the benzene ring dreamt of a snake biting his own tail.. before that scientists did not conceive of molecules in rings) etc

O Anna Niemus

Dream: Agatha Christie's Tennis Match

Agatha Christie wrote 6 novels under an assumed name. In one of them her character has a dream that she is playing tennis alone opposite her husband and his secret lover. Agatha Christie's first husband was unfaithful to her. She divorced him and found happiness with another. Perhaps the dream helped her to act more quickly to end the unhappy yoking.

O Anna Niemus

Dream: Blue Bird And Piano

A tiny blue bird perches upon 1 of the bottom octave black and white keys of a piano ** for different ones different meanings

a. for a pianist, the message that if he wanted to keep on playing he must give up meat and fish and caffeine whose heavy metals and uric acid caused carpal tunnel and arthritis

b. * the value of the blue bird is not diminished by her not being able to play a piano *

c. *Spirit often uses physical media through which to express to those in form

d * black and white are duality... blue transcends division

e. * Is the blue bird strong enough to strike the key?

f. When a bass opera singer's throat is impaired, where do his notes go? where does his throat go?

g. the soul is not the body the music is not the instrument

O Anna Niemus

Dream: Cat Carrier

A man is invited by an old school
friend to spend vacation with him..
then he has a dream of a cat carrier
sitting in the man's kitchen. Upon visiting
his friend, there are so many limitations
that he feels he is the person
confined in a cat carrier cage.

O Anna Niemus

Dream: Censored Basement

A man walks into his basement
and sees that there are many rooms
.. each with a sign on the door
saying 'censored'. (painful memories
still being suppressed...(parts of
the brain not speaking to other parts)

O Anna Niemus

Dream: Coin Toss

A beloved friend dreamt she was asking God yes or no about a situation and used a coin.. which landed neither on its head nor tail but straight up...

(Perhaps she was being told to wait.. or to consider more options)

O Anna Niemus

Dream: Cross Shaped Swimming Pool

A cross shaped swimming pool.. its shape does not affect the swimmers

(A cross of water is not a harming cross as the grace of God
can transmute any situation)

O Anna Niemus

Dream: Eagle And Butterfly

In a dark lagoon, an eagle has with his beak impaled the tip of the wing of a huge butterfly... surprised by the approach of humans he opens his beak and the butterfly away flies.

(The occupiers of America, the neocon regime, harassing peaceful activists, but the latter are invulnerable)

O Anna Niemus

Dream: Four Doors, Four Addresses

A beehive of activity
occupying a building
covering a whole city block..
4 doors on the 4 streets surrounding
the building, each with a different
number and street address,
each with a different name

Sometimes intelligence agencies make
1 operation appear to be four or more

O Anna Niemus

Dream: Kenmore And Barberton

Dream of a map of Appalachian Caucasian Kenmore Ohio
and E European Barberton Ohio, 2 tangent communities.

There is a dotted line at the border of the two. Someone picks up the map
and tears it on the dotted line separating the 2 communities.

Dreamer was being told that E. Europeans would join the
antiwar community more quickly.

Then she realized the Ken in Kenmore and the Barb in Barberton.
(the Ken and Barbie dolls) represented.
a marriage of 2 externally attractive people which was breaking up..
as form consciousness was transcended.)

O Anna Niemus

Dream: Superman And The Ocean Liner

We are all on an ocean liner (earth) but
God, the angels, and self realized masters
can come and go like Superman.

O Anna Niemus

Dream: Two Rows Of Sheep

Two rows of sheep, perhaps 20 in each, are being shoved into slaughterhouse chutes
.. each row by 1 man. The sheep suddenly start backing up, realizing their combined power, pushing the men down as they free themselves.

What we visualize together becomes reality
The lion shall lie down with the lamb.. they shall not hurt nor destroy in all my holy mountain

O Anna Niemus

Dromedary

The milk of cows goats and dromedaries
is for their children alone a dairy
affirm people from Beijing to Lagos
New Delhi Moscow and Londonderry.

O Anna Niemus

Drones Dropping Death And Aerial Hunters

One could compare ethically unconscious trophy seeking hunters riding shotgun in helicopters as they blast away at terrorized creatures on the ground to the unmanned drones which shoot Pakistanis and Afghanis from the air.

*

Palin's wholesale violation of US federal law in creating loopholes for aerial hunting was one of thousands of factors in the defeat of McCain.

O Anna Niemus

Duke And Duchess

If a female duke is a duchess
is a female liver fluke a fluchess?

Liver flukes are present in raw or low temperature
cooked fish, pork, etc.

O Anna Niemus

Dukhobors

He left the iffy world of hookah bars
for the pure life of the Dukhobors

Dukhobors were influenced by the universal pacifism
of the vegetarian Leo Tolstoy who through Mahatma Gandhi
influenced Martin Luther King. Dukhobors migrated to Western
Canada.

O Anna Niemus

Dung Tongue

Oh Glenn Beck
may God remove you and
all warmongers from
our stolen air waves
May He purify your
tongue
removing the scandalmongering
dung
removing the warmongering
and hunting promotion dung
so that from now on
your speech
is like a bird's song
or a bell's chiming tong.

O Anna Niemus

Each Day's Full Measure Of Devotion

Others in the restaurant watched
as the aged couple prepared to leave.
First he, with his cane, helped her
into her walker, and then with his
cane in his left hand, he gently
pulled her walker with his right,
each moment giving his 'last
full measure of devotion'.

O Anna Niemus

Each Second Auspicious

April is oft the time
for the tendrils
of new vine roots
but love at any time
can bear instantaneous fruit

O Anna Niemus

Eagle And Butterfly

Vision:

In a dark lagoon, an eagle has with his beak impaled the tip of the wing of a huge butterfly... surprised by the approach of humans he opens his beak and the butterfly away flies

O Anna Niemus

Ecoterrorist

Who is an ecoterrorist?

He with a terror wrist
whose actions release
Dyncorp
herbicides to poison the waters
of South America.. and the seas

Who is an ecoterrorist?

Those who bomb
the palms
of Iraq

O Anna Niemus

Edison's Elephant

About what did the recording angels?

that Edison electrocuted an elephant
publicly?

that he murdered a prisoner with electricity
to demonstrate his electric chair...
... he had the voltage wrong and the man's
bones caught on fire

that he charged for what God made free..
even today utility CEO's are
thieves of
democracy
decapitators of mountains as they grab for coal
destroyers of watersheds
producers of acid rain.. turning bitter
the sweet showers of Indra

Now most of the world has repudiated electric chairs
but still in the dungeons of secret CIA, IDF, and other
prisons, as well as the cells of prisons, tasers,
miniaturized electric death machines, have sent thousands
out of their bodies permanently

O Anna Niemus

Eisenhower

We are all creatures of the age into
which we were born.

Eisenhower let millions of Russians
die fighting the Nazis in 1942 and 1943.
He ordered cats shot on the White House
grounds.

He for many years patronized the segregating
sands of the Augusta George country club
which hosts the golf masters' tournament.

And yet if he were born in the last 18 years,
he probably would be involved in no violence.

O Anna Niemus

Elephant Dung In Thailand

Oh Thailand
where Buddhists have banned logging
protecting the trees
and make paper from elephant waste
for their tree ministrees.

O Anna Niemus

Elephants' Graveyard

Slaughtered elephants' graveyard ivory
Their burial shroud.. a curtain of jade ivy

Japan is one of several countries countenancing under the cover payments
to African countries to slaughter elephants.
S Africa has not protected the elephants.

Elephants have been machinegunned, and their tusks chainsawed off.

O Anna Niemus

Eli Eli Lamma Sabacthani

flies an arrow
plummets a sparrow
his mate day after day
grieves

O Anna Niemus

Eliot Spitzer V Goliath

Eliot Spitzer,
though you were harmed
by Paulson and other
Wall Street sharks,
... hark!
the sound of
resurrection's larks!

In the US we have a courageous man,
Eliot Spitzer, who fought the sharks
of Wall Street who control the US
regime. He had sued Goldman Sachs
and other firms, successfully, as
attorney general of New York. As he
became governor of New York, one
of the sharks, Henry Paulson,
former head of Goldman Sachs,
and president of Nature Conservancy,
where Paulson turned wilderness shrines
into cattle concentration camps,
became Secretary of the Treasury,
as Wall St shark Robert Rubin before
him went from Goldman Sachs CEO
to the Secretary of the Treasury.
As the Secretary of the Treasury is
head of the IRS, insider trader Paulson
used his new power to entrap
Eliot Spitzer. God give victory now
to all courageous opponents
of petroplutocracy, pharmaplutocracy,
war profiteer plutocracy.

O Anna Niemus

Elizabeth K S H

She cannot thank people from the
bottom of her heart for her heart
has no bottom... nor sides nor top

O Anna Niemus

Environmental Bloggers

environmental bloggers
warn toads about joggers
trees about loggers
and butterflies about
insecticide foggers

O Anna Niemus

Erica Jong

Erica Jong once described her grandfather's massive oil painting of horses galloping out of the ocean to shore

She was asked by a radio caller if she was born in 42.. she said yes
The caller responded that perhaps her grandfather had a vision of souls reborn in the year of the horse immediately after being killed in WW2

O Anna Niemus

Etymology

Why is it called liverwurst?

Is it that of all organ meats
toxic liver is the worst?

**

(Is Wurst of Germanic origin?)

O Anna Niemus

Eunuch

How sad to call a being
by his forced castration...
by what he lacks:
eunuch, castrata, gelding,
steer

How sad to define
a buck by
the number of his
antler points

Such synecdoches
are spirit-ectomies

O Anna Niemus

Every Action Is God's

The door to door salesman awakened a man from a nightmare caused by his falling asleep on his arm and blocking circulation. In ways we do not understand, all works for the good. Even a serial killer released his victims from the cage of the body and the prison colony of earth.

From Starseed Transmissions: One does not have enough data to assign value to any action. Yet this writer is a slow learner of this truth.

O Anna Niemus

Expendable

American soldiers are to war profiteers
and agents of foreign powers expendable
in the grab for oil and in the fearmongering
about religious difference.

The poor are expendable to plasma
companies willing to exploit the dangerous
procedure for profits.

The poor are expendable to pharmaceutical
companies advertising through network
tv for human guinea pigs in trials of
lethal drugs.

O Anna Niemus

Fat Baby Groundhog

Fat baby groundhog,
lovable, we see you
ambling toward your
tunnel, anxious to
escape from violent
gardeners

like a woman self conscious
about her weight
ready to sit
in the darkest corner
of the restaurant
to escape prying eyes

O Anna Niemus

Father In A Canoe

A father in a canoe in which his baby is seated walks more carefully than on land.

O Anna Niemus

Father Mother God

Peace for all
works Isabelle
.. Iraq Afghanistan
Palestine and Israel.

Some call Him Allah
Some call Him Abba
but whatever our faith
or lack thereof
we were all born with
the same
Divine Mother Papa

O Anna Niemus

Fed 3 Horses

The narrator spoke
'She fed her 3 horses that morning'
Hippophagy...
a tragedy

=====

While it is probable that the author meant that she
fed 3 horses in the stable,
horse slaughter occurs at Texas slaughterhouses
and the horse pieces are sent to France and other
hippophagous countries

O Anna Niemus

Fertilized Egg

She cracked an egg into a skillet
not realizing it was fertilized..
the pan was full of a beak and claws
and baby feathers

Every factory farm egg is 32 hours of chicken jail
said Art Margolis.
It is 275 to 300 mg of cholesterol, says PCRM, Dr Neal Barnard,
Dr Michael Klaper, and many others.
It is 120 gallons of production water.
It is an inefficient use of grain.

O Anna Niemus

Fidel And Barbara

Barbara Walters wrote that Fidel
Castro is a vegetarian
and that he cooked her
a nonanimal sandwich.

O Anna Niemus

Final Shudder

As a fan sometimes trembles
as it is shutting down
so does an abused baby's
cry shudder before dying out
.. so do arrow-shot does' bidues
quake as their souls fly to God.
*

O Anna Niemus

First Do No Harm

As she impaled the worm on the
hook she said fishing gave her peace
... as she ripped out their eyes
throats and gills.. without surcease

Why not fish without a hook
without a net
with no intention to harm

O Anna Niemus

Firth Of Forth

The fifth child moved
to Fife
not far
from
the Firth of Forth

O Anna Niemus

Fishes Don'T Like States Beginning With M

Fishes don't like states beginning with M

Lobsters are boycotting Maine, Massachusetts, and Maryland
while shrimp are avoiding Mississippi and
fresh water fish are swimming out of Minnesota, Michigan, Montana
and Missouri.

M stands for Mother..

No more suffocation
is the fishes' supplication.

(7 of the 8 states are on the US border)

O Anna Niemus

Flags Of Independence

In my neighbor's unmowed yard
are flowering grass spires
.. courageous flags of independence
they do others inspire

O Anna Niemus

Fleece Powdered

the teen raised in a vegan community
heard the phrase 'curried lamb'
and visualized a baby lamb, his
fluffy white fleece powdered with goldenrod dust

O Anna Niemus

Food

Because a cow eats corn instead of a human being
does not make the corn 'feed' instead of 'food'.

Is that not rude?

Animals are not 'it' but
he or she.

NPR, please eliminate
human chauvinist semantics.

O Anna Niemus

For Tuna

The Economist

Forbes

Fortune

are not

for tuna

nor for you or me

O Anna Niemus

Forbidden Fruit

Animal flesh and fish flesh
are the forbidden fruit of murder....
murder of the innocent, the powerless,
the voiceless, the 'last, the lost, the least'.

O Anna Niemus

Force Of The One

10,000 night shadows

melt in the sun.

10,000 Satanic powers

melt in the love of the Son.

10,000 evil powers

melt in the force of the One

O Anna Niemus

Forcefeeding And The Force Of Feds

French and Strasbourg geese are force fed
And then there is the force of the feds..

(secret prisons, hidden execution chambers in Terre Haute Indiana
.. torture in the secreted dungeons of the CIA)

O Anna Niemus

Forebearance

When to holiday dinners
came the four bears' aunts
they always showed kindness
generosity and forbearance

O Anna Niemus

Forest

God made the flowering jade forest
for free fruit, animal homes
 and for rest
and not for the bloom and bee killing
of ephemeral florists

O Anna Niemus

Forgettery

When we by killing and
abuse the
divinity of God's animals
forget
He sometimes takes
away our memory
and gives us a forgettery.

A byproduct of protein obtained
by killing or stealing from
animals is amyloid plaque,
which lines the brain arteries
causing senility or Alzheimer's,
and lines the heart arteries
as well.

Irma Mason was the first person
this writer knows of who used
the word forgettery.

O Anna Niemus

Forgiven Ice

In the winter
we curse the ice.
In the summer
we find it quite nice.

O Anna Niemus

Forgiveness Of Spring

As 32 degrees centigrade is the temperature at which icicles melt, so it is inevitable in the history of each soul that he or she arrives at a forgiveness point.

As the icicle daggers of King Winter melt away,
so do the stalactites
of past fights.

O Anna Niemus

Forgiving Is

Forgiving is

- . unplugging a clogged sewer
- . putting down a heavy burden on a very hot day
- . recognizing God who indwells our foes as well
- . realizing that all return hurts are boomerangs of what
we sent out in this or another life
- . taking that same old picture..
off the tv screen
- . taking the needle off the broken record
- . ending the projection of self rejection onto others
- . melting the icebergs in the sea of divine love

O Anna Niemus

Forked

we spear
the muscles of innocent animals.
We fork ourselves to death
with these tines

O Anna Niemus

Former Deer Hunter

A deer trapped on frozen
lake
..pulled to shore
leapt away to freedom
after saying goodbye

(Bill Leonard found
the deer on Kingwood Lake
NH.. the experience of the
deer's trust of him..
changed his life..he
can no longer hunt or
kill deer)

O Anna Niemus

Former Foes Forgive

Where former foes each other forgive
and become faithful friends
is the most hallowed ground
of all
*

(based on a line in the Course In Miracles)

O Anna Niemus

Fortune Cookie

Those who speak discouragingly are akin
to angry employees in a fortune cookie
factory, writing doom and gloom.

Those who speak positively magnetize
to themselves hidden aid.

O Anna Niemus

Fossils

It's not always
good
to be docile.
Fossils
are docile.

O Anna Niemus

Founding

The United States
was founded
when a colonial government
was violently overthrown..
removing George III and
his
violently founded throne.

Yet while the rest of the world
has progressed, our Senate
and Supreme Court
are mired in the past
.. neither is a 1 person 1 vote
democracy

O Anna Niemus

Four Chambers

The milk born of the four
chambered stomachs of cows
is not good for the four
chambered hearts of human beings
... though we all learn
from the gentle generous
enslaved cows.

O Anna Niemus

Foxhall Road

Few of the idly rich Virginians who hunt foxes
Few who live on Foxhall Road

None of Rupert Murdoch's
Fox execs

are found in military morgues
.. or in cold and dirty foxholes

(Oscar Wilde about foxhunting:
the unspeakable in full pursuit of the
inedible)

(When Tony Blair kept his election promise
to outlaw most foxhunting in the UK,
Virginia became one of the last
places in the world involved in the
ancient barbarism)

O Anna Niemus

Fractured Peace

Shrieks of terrified
blackbirds
rise from fields a-cornin
while the songs of
meadowlarks
are in their throats aborning
and the sun keeps his
promise
and returns to earth each morning.

O Anna Niemus

Free Market Fruit

What is free market economics? Loan sharks become bigger and bigger in the ocean.. with none to protect the smaller fish.

Soon they are invading countries to grab new markets.

What is the fruit?

flagdraped coffins of the poor returning to Dover Air Force Base
children in burn wards from bombs
no electricity, no water, no homes for 4 million Iraqis
the US regime fighting with others for control of the poppies
and the pipelines
long food lines
evictions
foreclosures
the highest gas prices as petroplutocrat pawns
are allowed to roam

As JR has said: capitalism is a primitive economic system
managed by glorified street criminals

O Anna Niemus

Free Tv: What's Good About A Scheduled Demise?

What's good about an end to free tv after 60 years in America, should the cable companies have their way?

The audiences will shrink, as fewer will be able to afford the pricegouging rates, thus fewer people to absorb CNN and all other network war programming, fewer people to buy hook line and sinker the advertising lies and materialism shilling, fewer young to be influenced by the Sodom and Gomorrha programming of the networks, fewer customers for fast food murder sandwiches, fewer fat people, subjected to infinite streams of food ads, fewer ears for the loanshark megathief capitalism proponents.

O Anna Niemus

Friday Afternoon

A long queue of commuters
waits in cars under a freeway
bridge.. looking up at the birds
who are already arriving home
in their homes under the span

O Anna Niemus

Frig

Thank You God that You kept my old frig going
until December became an outdoor one.

O Anna Niemus

Frogkissing

Frog kissing by the queen:
unconditional and universal love
becomes the magic wand turning
the powerless into a plenipotentiary
king

O Anna Niemus

From Petrolia To Poe

While one was driving
through Petrolia, California
another in a tucked away
place happened upon the tiny Ohio
Poe

.. near Medina's River Styx Road
not too far from the fish hatcheries
where new life is generated
not for the joy of the fishes
but for the appetites of
their human masters.

O Anna Niemus

Fruit Seeds 3

They thought the man crazy.
He would not give fresh fruit as gifts
to any unless he knew that
the avocado, mango, and other
seeds would have a winterwarm
place in which to grow.

O Anna Niemus

Fudged Statistics

The US military has not been
forthright
about how many Iraqis
were murdered
each fortnight

(As General Westmoreland falsified Vietnamese and American
soldier and civilian deaths in Vietnam,
so the US military classifies many deaths in Iraq Afghanistan and
elsewhere as noncombat deaths. These are not reported
in the casualty figures.)

O Anna Niemus

Full Moon Between Minarets

like a white football between goal posts
between 2 minarets rises the full moon
.. may it remind us that Allah the All Merciful
wants His compassion extended to
camels, goats, cows, sheep
and all He has created

O Anna Niemus

Full Moon Night

A balmy night
The full moon's light
multiplies the blue
and the wavecaps white

O Anna Niemus

Funeral Of John F Kennedy

She wrote a poem of
the funeral of John Kennedy,
whose rhythm did repeat
the mournful drum beat

O Anna Niemus

Furred, Feathered, Finned

What is the difference
between a leghold trap
which catches an animal's
fragile fingers... or slamming
your hand in a car door?

The animal can never remove
his hand.. unless he chews off
his paw.

Unlike the car door the trap
has sharp teeth each of which
grabs onto his flesh.

The animal dies of thirst
or has his eyes pecked out by
birds of prey.

Please boycott fur, companies
owning fur stock. Please comment
to those you might see wearing fur.
Please tell the NY Times you don't
purchase newspapers which
advertise fur.

When beavers and other aquatic mammals
are trapped, they often drown.

PETA is the source for the comparison
of traps to car door slamming.

O Anna Niemus

Gadflies

Do gadflies
secrete their eggs
in hanging meat?

O Anna Niemus

Garuda The Godbird

Light curves out, spirals
out in spinning chakras
of waves.... Garuda the
Godbird takes flight

O Anna Niemus

Gemini

gemini is the sign
of spiritual skepticism
until gemini experiences God
and then the skepticism is transmuted
into knowledge of oneness

O Anna Niemus

George Carlin

George, as you are now a disembodied angel, please
look out for us below.

Continue please with laughter to lift all hearts

unhindered by the body's
cage

O Anna Niemus

German Shepherd: Collateral Damage

Her human companion was sent by
the unelected to Iraq.

With no other options, the soldier
gave her to a family which doesn't
want her.

She lies in the back all day, with no
shelter,
her rope twisted around rocks or
young trees, her water pan
never filled. She is skinny.
She moans in loneliness all
day long.

She's just one more victim
of the family busting regime,
the one supported by
some 'family values' pastors.

O Anna Niemus

Gifts Of God

love of all beings
love from all beings
nonviolence to every creature
peace
discipline
energy
brilliance
knowledge
power
fidelity
supply of all that is needed
fulfillment of heart wishes
patience
healing of others
ability to listen with focus
all gifts and fruits of the Spirit
frequent silence
physical strength
beauty on all planes
health

these are some of the infinite gifts of God
.. no two people receive the same package..
but for all there comes a time when
all is given.

O Anna Niemus

Giving A's

A's are yes's
soaring
beyond other grades'
critical measure
They give encouraging
energy
plugging hearts into their own souls'
current treasure

O Anna Niemus

Gizzards

Neglected abused cows
often freeze to death in blizzards.
Their bodies are chain sawed
and carnivores eat their gizzards.

O Anna Niemus

Glass Sculptor

Knowing that a glass molder's
lifetime of work lasts longer than
that of sand castle architects
or ice sculpture carvers
only if a rambunctious 3 year
old is not around...
knowing that a lifetime of
interior decoration in a home
can be destroyed by fire, earthquake,
tornado, or thieves,
the wise focus on the eternal
nature of given love.

O Anna Niemus

God Have Mercy

God respond now to the cries
of all barks, meows, honks, and moos
Every sound of pain from mice chimps
pigs cows and moose

God now end all violence on this planet and everywhere forever

O Anna Niemus

God Is Green

God is green,
said Jim Wilson,
with such holy charisma
that others agree

Jim Wilson of Ann Arbor's Vineyard is
one of many working to save God's earth

O Anna Niemus

God Made No Weeds

God made numberless plants
but God made no weeds.
Every flower on the earth
carries... peace seeds.

O Anna Niemus

God Make The Last The First

Texas:

cow genocide,
military contracts for those
on the inside
oil, petrocide
state murder machines,
or government homicide.

God turn Texas deserts into fruit tree paradises (through irrigation initially) . Everywhere make the last the first

O Anna Niemus

God Melt All Our Chains

That his friend not drink alone
in dangerous bars, he began
to be there with her, and gradually
was drawn into the bottle.

She in time began to go to AA
meetings. He though was still
hooked. God bless and heal us all.

O Anna Niemus

God Set The Captives Free

How many potsmokers
are jailed
in US prisons
How many see no flowers..
the sun's colored prisms
Bush regime family busters
while dropping bombs
called bunker busters.
God unlock the doors
and set your nonviolent
captives free

The US has the highest % of incarcerated people in the world
because of the billions of dollars wasted in criminalizing marijuana
as well as because of the greed of prison privateers and profiteers.
Wackenhut is one of the biggest

O Anna Niemus

Godshelled

Compare the nuts God-shelled
with the meat from slaughter:
food from hell

O Anna Niemus

Gold's Deadly Desert

Around the Emerald City was
the deadly desert.
And around gold
whose sire
is comfort desire...
are the cyanide deserts
of poisoned streams,
poisoned air,
poisoned fish and turtles
and birds
from the mining of mountains

O Anna Niemus

Good Karma Food

Meat comes from mammal and other murder
Fish comes from suffocation of the suffering
Dairy products and eggs come from cows
in concentration camps, chickens in hot hells
of factory farm metal sheds.
Vegetables come from killing plants.
Only fruit comes by God given.
Only fruit comes by the allgiving
tree, berry bush, and vine... God given.

O Anna Niemus

Gopal

Union Carbide desecrated
India with
killer insecticides
brought to Bhopal
All bugs are sacred
to Hindus
They honor
Ahimsa's Gopal

O Anna Niemus

Graping Vines

Why complain if on my squash
and grapes squirrels dine
God not I did rain and shine
upon my arbor's graping vines

O Anna Niemus

Grass Blades

Each blade of grass.
an ver,
a mini air conditioner
cooling the planet
.. replacing carbon dioxide with ocygen

They cannot scream or ask in a whisper
for water.

*

Why at the equator which receives the most sunlight
is the rainforest 70 degrees
while in some parts of the world's deserts the temperature can be 140
during the day and minus 130 at night?
trillions of trees make the difference

O Anna Niemus

Gratuitous Suffering

They call it 'catch and release'
thinking it better to rip out
the fish's throat or eye or gills
cutting
away the hook.. than
to kill him and eat his flesh.

Gratuitous cruelty,
paid for in American parks
by people who have
not been consulted.

Why not sit with a pole in the
water...one with no lethal
danglers
from the anglers
to save them from
becoming stranglers

O Anna Niemus

Great John Ruskin

The great John Ruskin
resigned his chair
at Oxford's
old school
rather than condone
by silence
vivisection cruelty
which breaks God's rules.

O Anna Niemus

Greatest Alchemist

Who is the greatest alchemist?
the redwood through
evaporation creating mist?

the chrysanthemum
spinning gold
from the rays of the sun?

No, it is
those who
receive hate
and give back love

O Anna Niemus

Haiku Of Zoos

ZOO HAIKU

A Detroit Zoo hippo choked on a tennis ball tossed into his yawning mouth.

A Bronx Zoo polar bear suffocated in the heat in his fur coat.

Until public outrage stopped it, the San Diego Zoo provided primates for research to UC Davis.

Public outrage has not yet stopped the use of the Washington Zoo as a supply line to National Inst. of Health Frankenstein labs.

Kapir, a captive elephant, drowned at the Vienna Zoo.

The Israeli Army bulldozed a Gazo Zoo without removing the gazelles or other animals. Some had their backs broken. Others were killed outright.

Churchill bombed the Berlin Zoo

Dolphins have killed themselves rather than live in Sea World captivity.

The Cincinnati Zoo has begun breeding cats for voodoo vivisectors.

The Cleveland Zoo provided 'excess' animals for Texas canned hunts in which trophy seekers blast away at animals trapped in 9 ft high chain link enclosures.

Other zoos breed mice to be fed to their snake population.

but in
Tokyo's Mutsugoro Okuku Zoo
a snake named Aochan.
refused to eat a living hamster, Gohan
put in his cage.

(Wolf Clifton did a poem about Aochan
and Gohan)

O Anna Niemus

Haiku: Declaration Of Independence

We are told that haiku
should have a 1st line of 5 syllables,
a 2nd of 7, and a 3rd of 5.

A bonsai tree finding a tiny vase
too constricting sends its roots
to crack the form,

5 plus 7 plus 5 is 17 1 plus 7 is 8

but spiritual numerologists say 9
is the holiest number

All can write a declaration of independence..
from any iambic pentameter, haiku
or other prescribed form.

5 7 6
or 6 7 5
adds up to 9

O Anna Niemus

Hank Asher

One of the greatest
operatives of piracy
..a thief stealing the
right of privacy

(Somewhere between 450 million and a billion
files are in Hank Asher's Matrix, a data file
reputed to have been used to pin false
allegations of hijacking on Saudi Arabians in the
neocon WTC operation)

(Dec 4 2009)

O Anna Niemus

Hanuman.. And A Peaceful Maryland Valley

Hanuman, your monkeys around the world pray for your intercession...You who plucked up mountains and dropped them into the sea... can end now their systematic murder by the thousands in the prisons of Ft Detrick, in the peaceful Appalachian valley near Frederick Maryland, in the underground dungeons of Harvard's Southborough, in the subterranean jails of the University of Texas, , as well as their centuries of torture in Oxford. The list is very long.

Primate Killers:

Ft Detrick, the CDC, Oxford, Cambridge,
Harvard, Yale, Princeton, Cornell, Ohio State, University of Texas,
University of Wisconsin, University of Oregon, Yerkes, University of Michigan, etc.

Many thousand primates killed in Ft Detrick, CIA and Battelle weaponized anthrax research

The CIA's funding of weaponized anthrax with 1 billion to the Battelle Memorial Inst. of Tennessee and Ohio, with the assistance of Ft Detrick in Frederick Maryland which had already sacrificed 4005 primates in 1 experiment alone.

Leonard Horowitz's articles at Tetrahedron.

Anthrax samples have been stored at over 300 sites in the US .. from Univ of Iowa at Ames to Harvard and the Smithsonian. Weaponized anthrax has been stored as well.

Anthrax is one of tens of thousands of zoonotic diseases (transmitted to humans from the eating of animals or their stolen products) . It was originally called wool sorters' disease.

O Anna Niemus

Hari Humbled By Honor

A huge gathering of souls crowded around Hari.
All were pouring love, handing him their hearts.
It was a humbling honor to the holy one. The bodhisattva
would spend many lives for them.

O Anna Niemus

Harryjoe Crockpotter

He ate the cookie but unharmed was the good fortune strip inside

O Anna Niemus

Harvard Crimson

Harvard..

crimson with the blood of hundreds of millions of animals
dead in their underground vivisection labs

Harvard crimson, as the US university with the largest endowment,
invested in war, animal and fish flesh, factory farms, killer drugs
Harvard crimson, with the dollars it has stolen from the US poor.

Harvard which lost prion discoverer Stanley Prusiner, who was tired
of the university's animal flesh investments putting his research on
the back burner.

Harvard economists, destabilizers of the Russian economy

Harvard, driving the poor out of their homes, paying \$4000 in the 70's
for homes in surrounding neighborhoods

Harvard, way behind Oberlin in ending exclusion of women and African
Americans

Boston is the vivisection capital of the US, and Harvard receives more
vivisection dollars than any other university.

O Anna Niemus

Hawaiian Avocado

As we were walking up a wilderness
shrine.. a Hawaiian mountain..
a wild avocado tree dropped lunch
gently at our feet...
Eden island.

O Anna Niemus

Hazel F

Just let me brush my tooth
and I'll be right with you,
said Hazel F,
lifting me with her
self deprecating jokes.

O Anna Niemus

Healing Stripes

Healing stripes are those of dawn...

unhealing stripes are those which fly
above Guantanamo and other
secret torture dungeons.

O Anna Niemus

Heaven Next To Hell

By the slaughterhouse, full of the screams of
terror, the blood, urination from terror,
defecation from agony, grease, mud
and slime
were orchards... of orange and grapefruit
lemon and lime.

Hell on the fringes of heaven.

O Anna Niemus

Henhawks

Never trust the public relations talk
of war profiteer pawns.. henhawks

A henhawk is someone who sends others to
die on the altars of sacrifice... but has
never risked her own skin

Henhawks include Nancy Pelosi, Hillary Clinton,
Kay Bailey Hutchison, Condoleezza Rice, Olympia
Snowe, Elizabeth Dole, and any other US senator
or representative or judge who has voted for
war or execution

O Anna Niemus

Highway Of Death

White flagged surrendering Iraqi soldiers, Kuwaiti refugees, dogs, donkeys pulling carts had their waving petitions for mercy ignored as Bush, Colin Powell, Barrie McCaffrey and Norman Schwarzkopf carpet bombed them, bulldozing them alive into graves.

After George H W Bush sent April Glaspie to tell Saddam Hussein that if he tried to regain Kuwait, once part of Iraq, the US regime would not interfere, Hussein made the fatal error of believing the former head of the CIA.

When Bush, the arranger of Iran Contra, the man who had kept American POW's in jail for 6 additional months as he negotiated with Iran to give them arms in return for their holding hostages longer (an act of treason on private citizen at that time Bush's part) began bombing Baghdad and other areas, the Highway of Death occurred.

Even the conservative Rutherford Organization which has attempted to criminalize the private sex lives of public officials... described the Highway of Death.

O Anna Niemus

His Name: Al Zheimer

His name is Al Zheimer
The name is Alzheimer's

from Alcohol
from Aluminum and other metal ware used in cooking
from All animal and fish flesh, whose amyloid plaque residue
blocks the cerebral arteries

International pharmaceutical cartels, meatmongers and booze pushers
do not want the public to know.

O Anna Niemus

Hitler And Churchill

Peter Singer, Jewish animal rights activist, was asked about Hitler's vegetarianism and he replied
'If Hitler had a nose should I cut off my own? '

Hitler banned vivisection, was a vegetarian, and one of his last acts was to release animals from the Berlin Zoo during Churchill's bombing

However

1. Hitler supplied meat to the German army... killing billions of animals for this
2. Hitler's bombs destroyed billions of animals as well as people
3. Hitler's tanks drove over nesting birds, toads, sapling trees

History is full of individuals who can bomb and burn by the billions and yet can like Churchill instruct a butler to put a ladybug outside or like Hitler love nonverbal beings.

We are all walking temples of God, whether we are young souls, green sour hard fruit, or older souls, sweet ripe fruit.

O Anna Niemus

Hitler And Public Radio

What do Hitler and public radio affiliates have in common?

They both hired war propagandists and both liked to play classical music for others.

O Anna Niemus

Hitler Had One Ball

Cinderella was kept from the ball.

Those in a slump can't hit it.

A New Year comes with the
fall of the ball.

Hitler had one ball

Gore Vidal's father three

Most men don't want

ballectomies.

O Anna Niemus

Hosanna

Jai! Hosanna!
to every Rao and Mohammed
Yang, Hosea and Anna!

O Anna Niemus

Hot Passion Cold Revenge

JW in Cincinnati was convicted
for killing in hot
passion by a judge who kills
with his pen
either
in cold revenge
or to place another person
on the sacrificial altar
of his judicial career

O Anna Niemus

How Does He Summon?

Sometimes He calls
through a look
or from a picture in a book
Sometimes He whispers
by a brook
or in the heart's
most quiet nooks

O Anna Niemus

Howard Austen

Who is Howard Austen?

The faithful companion of Gore Vidal for 53 years.

May all friendships be as enduring.

O Anna Niemus

Howard Zinn

We are not Zionists but Zinnists

Howard Zinn, after being a bomber pilot in WW2,
has spent the latest 60 years of his life
in working for peace.

O Anna Niemus

Hubbard Texas Slaughtered 1000 Migrating Birds

Federal agencies involved
in elimination
and not illumination

In August of 1984, with the permission of the US Fish and Wildlife 'Service', bulldozers crushed young cattle egrets, blue herons, and snowy egrets trapped in their nests. Crushed and mutilated birds were hanging from the trees and lying on the ground. 90% of the citizens of Hubbard Texas had voted against waiting until fall to eliminate the colony whose noise and smell had caused discomfort to Hubbard's human residents.

O Anna Niemus

Human Mountain

Human mountain, please cool down
and do not explode with lava,
that trees and grass
remain on your slopes.

O Anna Niemus

Hypocrisy Re Hippocrates

The AG and Justice Department are fighting Oregon assisted suicide and citing Hippocrates and the 'first do no harm' oath. However the same network is silent about Hippocrates when seeking to bomb the babies of Baghdad, adding bullion to billionaire profiteers, silent when attempting to murder prisoners in the name of the people of the Untied States.

O Anna Niemus

I Don'T Give A Phuc

said the bomber pilot
I don't give a f**k
as he released more napalm fire
onto Kim Phuc

*

(that day the pilot was dropping not bombs but napalm)
(for a picture of Kim Phuc, go to the search engine, type her name and
then hit 'image')

O Anna Niemus

Icarus And Sisyphus

Fell down the hill Sisyphus
Fell out of the sky Icarus
but when a plum gently plummets
it is because the sun
has his knitting work done.

O Anna Niemus

If Ever She Should Leave Him

She worked at a domestic battering shelter, and she would remind those on the outside who made judgmental comments about women who went back to abusive husbands...how difficult it is to leave a man.

100 actions must fall into place.

One mother of 3 worried about

Ignoring her church's and her society's programming about divorce,
protecting the children, protecting the relatives from his revenge,
having money to make the move when he held the purse strings, having a rare
detachment about leaving
many precious things behind, or else gradually removing things,

and the most difficult, which is cutting the ties of love,
more difficult for many than separating Siamese twins joined at the heart

O Anna Niemus

Igniter

As the stars ignite
the dark night
so
recognition and delight
in a student's eyelight
do a teacher's
heart excite

O Anna Niemus

Ignored Priorities

A new day breaks

I ignore my 1000th list of priorities
(start the day with meditation,
yoga, exercise and cleaning)
to come to the gate of the
world: the computer

are we internet addicts
the planet's most sedentary?

O Anna Niemus

Illegal Advice

It was not just that
the bank was enabling war,
war profiteering
ecocide, animal slaughter, and
pharmaceutical pricegouging,
with its
loan portfolio. It was also
a predatory lender with
a history of redlining.
It was a factor in the use of
its questionably obtained capital
to destabilize governments overseas
and was now doing so in the US as
well.
It was a forecloser and an evicter,
illegally advising homeowners
that in order to sell their homes
they must evict all the tenants.
It was allowing fellow corporations
to seize money out of the poor
out of bank accounts without
due process.

(One of the companies involved
in illegal vacating of homes is
Fifth Third Bank)

O Anna Niemus

Illinois

Whenever anyone
mispronounces Illinois
I think of the poetic genius
of Alfred Noyes

Watchers Of The Sky..by Alfred Noyes. one of my father's favorite books

O Anna Niemus

Immaculate Conceptions

Krishna was conceived in the womb
of Devaki as the parting sun in the West
imparts his rays to the rising moon in the East*

Tolstoy compared Mary's virgin birth
to the ephemeral and mysterious parting
of the Red Sea, which was made whole again.

Minds in purity arc to other minds.
Divine love ignites all hearts.

Yet all births are immaculate conceptions
.. their source, Love which is God
their goal.. immersion in God

Srila Prabhupad translated the Sanskrit
literature about the 1st full Avatar: Krishna

O Anna Niemus

Immunity

Those who have many lovers
or eat many animals
are ignoring with impunity
the laws of immunity

*

Every time a nonmonogamous person has sex with
a different person, his immune system is compromised
adjusting to the many diverse organisms (bacteria viruses hormones etc) of that
person.

But these pale by comparison to the immune exhaustion
from adapting to hundreds of animals and thousands of
fishes in a lifetime of consuming their bodies.'

Most acid sperm: nonvegetarians
Least acid sperm: vegans and fruitarians

O Anna Niemus

In The Rainforest So Lush

In the rainforest so lush
there is a sacred hush
as the morning sun's paintbrush
gives each tree jade blush
and dips its fruits in wash
of pink or rose flush

=====

(It is these areas which are being
destroyed by cattle ranches
as even the Nature Conservancy
has been overtaken by Goldman Sachs
and its pawn Henry Paulson)

O Anna Niemus

Incarnations Of Love

My teacher says that
we are the form of peace
we are the incarnation of love
vessels oerspilling with joy

O Anna Niemus

Inner Star

Everyone has an aura
Each being has. a halo.
Even serial killers' clouds cannot
douse inner star's dayglow

O Anna Niemus

Invulnerable

Invulnerable is
the Avatar
More brightly than the sun
blaze all His stars

O Anna Niemus

Iranians: First To Follow Jesus' Star

The Star of Bethlehem was 3 planets (jupiter saturn and mars) so close they had a trinity of 1 glow. The Greek translation of the Bible refers to the wise men who came to see Jesus as 'magou', Greek for Magi astrologer. (They were Persian or Iranian)

The first Gentiles to whom Jesus showed Himself were Iranians and astrologers.

Knowledge of astrology

1. helped one woman realize her attraction to the man would be uranian (of uranus) . It would not last.
2. helped a man realize his despair would end soon as pluto finished transiting his sun
3. helped a woman realize she should circle around a man who was a cauldron of anger... as the Magi did not return by way of Herod after being warned in a dream.

The French statistician M. Gauquelin, a skeptic, ran 300,000 birthdates and occupations through a computer and found amazing correlations way beyond the random probability that 8.5% of an occupation would be of a certain sign. He found that professional magicians frequently had neptune (mysticism) in the 10th house (career) , that pisces were more often than other signs involved in dance, that taurus sired the most musicians.

Intelligence agencies of the US, Russia, UK, Israel etc. employ astrologers, not because they are holy networks, but because they pick sexual and other agents based on the mutual charts of agent and victim.

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O Anna Niemus

Is Every Carrot From Mother Earth Untimely Ripped?

Is every carrot
from mother earth
untimely ripped?
Off her jade crown
unceremoniously ripped?

The orange in squash and oranges, pumpkins
and saffron tomatoes.. is more healthful..
since the fruit embryo is the most protected
from the environment's contaminants

O Anna Niemus

Isaiah On Christmas Trees

The Isaiah who said 'break not the bruised reed'
might also say 'I delight not in your green being sacrifice'

O Anna Niemus

Isaiah To John Hagee

Isaiah in dreams and the Bible has said to John Hagee 'I delight not in your blood sacrifice'. May God unblock John's ears.

(John Hagee has been breeding and slaughtering red calves in hopes of reinstalling animal sacrifice in houses of worship. He has a cattle concentration camp in Texas, is flouting state water laws {slaughter mysteriously creates drought} and has a special jet landing strip for idle rich trophy seeker hunters who like to blast the animals on his ranch with rifles.)

O Anna Niemus

Ivy Clad Ivory Towers

Beneath the jade ivy clad
ivory
towers of Harvard Princeton
Cornell and Yale
are the catacombs
in which primates, dogs, cats
and hundred
thousand mice are
imprisoned in crimson blood
coated cages of mail.

The world which has organized against
ivory is organizing against the
crucifixion of animals

O Anna Niemus

Jada Bharat

The Sanskrit scriptures record that Jada Bharat, a wandering monk, was forcibly drafted by the king's servants to carry the king in a palanquin with other bearers.

Because Jada Bharat, who respected all creatures, would not crush ants he walked erratically, disrupting the king, who released him from his conscription.

Compassion breaks the chains of slavery.

*

O Anna Niemus

Jade Fingers

Walking in the woods,
a raindropp jeweled fir
with her jade fingers,
lightly touched my face,
releasing a shower
of raindropp grace

O Anna Niemus

James Bond

James Bond:

a paid assassin of plutocratic cartels,
a womanizer,
a dipsomaniac,
a speed demon,
a materialist.

O Anna Niemus

Japamala Luminescence

His names
are repeated as
a japamala is fingered.
The Light of Love pours from the Litany.

O Anna Niemus

Jerry Hughes

Lightning bolts in a twinkling
top newly materialized candles
on his eggless birthday cake... with
the Pinocchio miracle of flame

this comes with prayers to God
for Jerry's quickest healing

O Anna Niemus

Jerry Springer

They could never
gerrymander
populist antiwar
Jerry or his candor

Jerry Springer had a brief
candidacy for governor of Ohio.
It is not a defense of the Jerry Springer
Show to say 'thank you' to Jerry
who guest hosting for the hawkish
Jim Bohannon said
'Saddam Hussein has never
done anything to me.'
Springer said this before the
illegal invasion of Iraq. He
was an early truth teller.

O Anna Niemus

Jesus

One need not reject Jesus
simply because so few
Christians follow Him

O Anna Niemus

Jesus And Animals

Jesus chose to be born in a stable among donkeys and cows. He chose to ride into His last week of life on a donkey. He said the foxes have their lairs and the birds their nests. He said He is the Good Shepherd who lays down His life for His sheep. He said the Father watches over the birds of the air.. the sparrows. He became angry in the temple when His animals were butchered. Proverbs 20: 23 Be not among the winebibbers nor the riotous eaters of animal flesh.

-O Anna Niemus-

O Anna Niemus

Jesus Drove Butchers Out Of The Temple

Jesus the butchers out
of the temple drove
for all beings are sacred
to Father Son and Dove.
Yet for 2000 years, animal
abusers have been sneaking
them back in for bloody sacrifice
at church barbecue or
in satanic coven.

O Anna Niemus

Jesus Drove The Butchers Out Of The Temple

Why did Jesus drive the butchers out of the temple?

Some translators say it was that they were moneychangers.

Others knew that cruelty to animals angered Him.

(Augustine and Constantine were 2 of those who helped to destroy in 325 and other years the early Christian vegetarianism which was based on Jesus' practice, as an Essene, the last vestige of which was meatless Fridays. There is a Christian vegetarian association available by searching the internet)

O Anna Niemus

Jesus, Martha, Mary And The Bhagavad Gita

Jesus praises Mary for listening attentively to Him and implies that Martha's path is not as lofty.

The Bhagavad Gita spoken 5000 years ago gives the same message:

If You cannot Love Me (God) then work for Me.

A river effortlessly carries boats

while towards the sea it floats

The sun simply by shining

can force humanity to remove its coats.

Unconditional Love can accomplish more

to melt evil than opposition to it

as the sun vanquishes night simply by rising.*

Many of us ask for unconditional Love from All

and yet give it to none.

* As the earth turns away from the sun each day
so it is we who run from God who never leaves us.

O Anna Niemus

Jewel Of Jupiter

The Jewel of Jupiter
has been set in many tidal pools
as the Avatar giving darshan
is reflected in many eyes.

O Anna Niemus

Jim Martin Of Georgia

It's always raining sundrops..
of light and grace.

Dear Jim,

God stood by as Saxby Chambliss, Diebold and war profiteers
stole Max Cleland's election. Chambliss violated the sovereign will of
the people of Georgia.

This time, may God and his angels guard your victory.

O Anna Niemus

Jimmy Dean

Jimmy Dean
when he smiles..
each tooth a tombstone
for millions of murdered pigs' lives

O Anna Niemus

John Lennon's Death

John Lennon, George Harrison and Paul McCartney were vegetaian. McCartney still is.

Only 1 beatle invested in cattle ranches. That was John Lennon. The investment in the slaughter of other beings opened the door of karmic return, for which Lennon's assassin was the immediate but not the karmic cause.

To invest in violence whether meat companies, pharmaceutical vivisectors, war profiteers or other is to invite return violence.

O Anna Niemus

John Tiong Chunghoo

After the rain
with grace drip
bamboo fronds
as does the pen
of Chunghoo, John
Tiong

O Anna Niemus

Jonathan Marosz

Narrator Jonathan Marosz..
the shakti in your sun filled voice
quickens the May rose

O Anna Niemus

Joshua Sharpstein

Joshua Sharpstein, have you used your position
on the board of a Baltimore animal shelter
to siphon dogs and cats to Johns Hopkins?

O Anna Niemus

Joyful Harvest

A joyful harvest of the fruit God has knitted..
the huge humble saffron pumpkins not designed for
a tree's holding, the crimson tomatoes,
blackberries, scarlet strawberries, the bright
orange squash, jade green peppers, blue berries,
purple plums..

unless the labor is backbreaking and forced by poverty

United Farm Workers, UFW has a website

O Anna Niemus

Judi Bari's Nails

Judi Bar, like Jesus, crucified by establishment nails.

(The information below is taken from William Bernhardt, and internet sites.

When CIA black ops specialists were hired by a cabal of logging companies to attack environmental groups such as Earth First, the cabal created a nail bomb which sent hundreds of nails at high velocity into Judy Bari, environmental activist, in 1990. She was crippled. The FBI, servant of the Bush old growth logging regime, put out the disinformation that she had done it to herself.

The bomb also injured fellow activist Darryl Cherney. Bari died in 1997 of cancer, but her federal lawsuit against the FBI and Oakland, California police resulted in a 2002 jury verdict awarding her estate and Darryl Cherney a total of \$4.4 million.

Bari's supporters believe there is evidence the FBI helped plan the bombing, There has never been a government investigation into this claim. Special Agent Richard W. Held, who supervised the Bari case for the FBI, was dismissed from the lawsuit in early 1997.)

O Anna Niemus

Juice

It looks like juice..
the blood and temporarily liquid
animal fat
in the fast food sandwich

but soon skin will conceal
the animal fat temperature congeals

For your spiritual and physical heart,
think of the white glue cholesterol
occluding the arteries

O Anna Niemus

Jury Selection

It is unconstitutional to eliminate someone from a jury because his or her religion (indeed all religions) teaches that it is wrong to kill.

For over two centuries, such a question has eliminated the merciful from juries.

Only those who will kill or those who lie about their beliefs are left.

God ban prosecutors from asking this bloodthirsty question

O Anna Niemus

Karl Marx

Karl Marx,
atheist,
advocate of force
in overthrowing capitalism...
now knows that God
is and that God's force
is love

Capitalists started World War II,
the Vietnam War, the wars in Iraq
starting with Churchill's bombing of 9000
in 1920. Capitalists are waging
the invasive wars in Afghanistan.
Capitalists as colonialists invaded
over 100 countries, spreading racism
theft and violence.

O Anna Niemus

Karma The Artist

Karma the artist has carved the endangered species safari hunter's face. It has sculpted trioxypurine uric acid lines in his brow like music scales with no notes It has painted his face the red of cholesterol blockage It has constricted his right eye.. His lip curls with contempt for others. His eyes evade the searchlight of truth.

O Anna Niemus

Kill Not. Cause No Pain.

It is holy to be a Jewbu
and sacred to be a Jewdu
or to be a budu
or dubu
but God frowns on the
animal sacrifice
and bloodshed in voodoo.

(Jewbu: Buddhist of Jewish descent
Jewdu: Hindu of Jewish descent)
(Budu: Buddhist Hindu
DuBu: Hindu Buddhist)

O Anna Niemus

Killing By Computer

There is now computer simulated duck murder training.. similar to the computerized bombing of Iraq and Afghanistan from Florida by computer.

We have a presidential candidate in the US who killed with such abstraction... bombing Vietnamese women he did not see from the air. The abstraction of violence generates a greater level of violence.

O Anna Niemus

Killing The Creatures Became A Verb

God made fish to swim in lakes
and seas

When was the verb fishing created
by killing the noun

O Anna Niemus

Kinder Eon

In fast food freezer
Mad Cow prions
while the fridge
is leaking freon
and outside is
harsh light neon
... even so.. comes
a kinder eon

O Anna Niemus

King David's Lyre

King David on a willow
branch hung his lyre
while the Wind
made of the willow
a lyre which He did strum
under star fire

O Anna Niemus

King Sacrifices Pawns

The war profiteer kings
have violent games of chess
in which the other pieces are moved
around without regard to their
happiness.

Warmonger kings (puppets of
billionaires and professional
haters) will sacrifice every pawn
(young son of the poor) , every
knight, bishop, rook, and yes
even the queen.. to achieve
their ends of power, money,
and elimination of those
of different opinion or faith.

.

O Anna Niemus

King Winter Defeated

King Winter's ice had the river crippled
but Spring Sun through the river rippled
So can healing power in each now flow
and cause sick bodies with health to glow

O Anna Niemus

Kissing Carnivores

If she wouldn't lick a toilet
should she kiss a carnivore

O Anna Niemus

Kudzu

Kudzu vine..

green love conquers all.

O Anna Niemus

Kuru

The cannibals and carnivores
found a vegan guru
and were not bothered by
ecoli, strokes or kuru
nor were they prostate
from cancer of the prostate

(kuru: a BSE type disease from
eating human brains)

O Anna Niemus

Lamb Of God

At the restaurant
she ordered lamb..
a Lamb of God

O Anna Niemus

Lao Tsu

Lao Tsu says
the way of water
.. of yielding.. is
the way of most peace

Another whispers..
'If you're in the back
seat, you can't drive your
car.'

Each chooses his own way.

O Anna Niemus

Larks Over Borders

How lucky are larks
who can wing their arcs
over Canadian and American
border narcs

Travel advisory: the neocon regimes of Bush and Harper
are seizing laptops at the border. Computers with mp3 files
adjudged illegal by the invasive snoops have been seized

O Anna Niemus

Laundromat

A man in our town goes to church
and during the week he
charges more for his laundromat
services than any other. Some of the poor
faced with thieving profiteers
in oil companies and even at laundromats
have found it costs less to throw away their
dirty clothes and buy clean ones
at the Salvation Army.
Thus do petroplutocrat
pickpockets encourage waste
while stealing. God in you will
change the world for the better.

O Anna Niemus

Leadership

a leader persuades.. does not coerce

a leader inspires.. does not force

a leader motivates...

a leader works harder than his subordinates

a leader delegates and trusts

a leader listens

a leader's power comes through love

a leader seeks to ignite the same power in his followers

a leader is accessible

a leader has extraordinary mental and physical energy

a leader prefers circles to authoritarian pyramids

a leader is focused on goals.. sticks to priorities

a leader sees the divinity in foes.. and seeks to build coalitions, networks
rather than dividing through insults

a leader's truth and integrity are respected

O Anna Niemus

Leaf Greed

Oh God You turn the greed
for leaves of caterpillars into
the stuff of radiant wings.
You can turn our appetites
especially late at night
into Your divine light.

O Anna Niemus

Leafrollers

Oh patient tree
when God the Controller
is the Unscroller
of the cocoons
of leafrollers
you will have
lovely satellites..
moths in flight
dancing in the light

A leafroller: is the larva of a
moth. These larvae make a kind of cocoon formed by the rolling
of leaves which they then tie with their own spun silk

O Anna Niemus

Leaving Cocoon In That Room

The blue light of Spirit
filled that church's nave.
Approaching it
transformed was the knave.

Leaving his cocoon
in that room
he emerged a butterfly.

O Anna Niemus

Ledo

Ledo

was never detached

never lee

about her dough

O Anna Niemus

Left Hoof

As the matador approached
the bull gave him an explosive left hoof
and then a knockout right horn

God end the sadistic blood sport of bullfighting in which
hundreds of thousands enjoy public sadism

O Anna Niemus

Less Red In Our Flags

Would our unelected regimes have
started fewer wars had
there been less red in our flags?

O Anna Niemus

Lessons From Goebbels

Military, electoral, and commercial making propagandists are aware that words when combined with a music background and pictures, video, or film bypass the critical thinking areas of the brain, targeting the emotions.

O Anna Niemus

Libertarian

Only those who live in such a way as to secure liberty
for all humans, animals birds fishes reptiles insects and plants
are truly libertarian.

O Anna Niemus

Light Unfocused

A lantern is not focused.
It spreads in all directions
its luminescence.

The light and love of the sun
are not goal oriented..
as He flows rays everywhere
from His omnipresence.

A saint's aura
is unbounded
.. not directed
as peace pours
to all.. from her essence.

O Anna Niemus

Lightning Strike

Uranian lightning bolts out of a blue
sky struck into saturnine stone
and carved into every
temple, mosque,
church the sentence
LOVE YOUR NEIGHBOR
AS YOURSELF
for who is our neighbor?
Not just fellow Christians
or fellow Jews or fellow Muslims
but all

...

O Anna Niemus

Lightning Struck Pat Robertson's Church

God sent a lightning warning through the windows
of Pat Robertson's church. It struck
the 10 Commandments carved in stone
on a tablet in the church... and
effaced the 'not' in Thou Shalt Not Kill.
God does not like hypocrites or those
who asterisk His message of universal
nonviolence with exceptions for war,
execution, and animal slaughter.

(based on a vision H had)

O Anna Niemus

Litany Of Horror: 19 Ways Wars Harm Animals

19 ways current wars are harming animals

War is war on animals too.

1 People animals birds toads trees are killed by bombs and rockets.

2 People animals birds toads trees are blown apart by mines of war profiteers.

3 Animals die on live transport ships in wartorn ports after standing in their own waste, dying of hunger and thirst, not allowed by embargo or bombs to disembark to their slaughter.

4 Whales, dolphins, fishes, turtles, sea birds are killed in oil spills from bombing power plants.15,000 tons of oil

have been dumped into the Mediterranean by the Israeli bombing of a Lebanese power plant.

5 Animals die in military weapons research labs.

6 Animals die in military contract 'vaccine' research.

7 Animals are bulldozed (killed or backs broken) in zoos in wartorn areas.*

8

Animals are made minesniffers.. porpoises are electroshocked into being device carriers.

9 Animals are seized from their human 'owners', slaughtered in terror and eaten by armies.

10 Animals disoriented by bombs run away from their homes.

11 Animals are abandoned by refugees. From Iraq alone, there are 4 million refugees from the unelected American president's violence.

12 Animals are not allowed in to all refugee camps. The US Red Cross after a worldwide outcry re its gunbacked separation of people from animals in Katrina and elsewhere has begun to change its rules on this.

13 Animal habitat (trees, orchards, vines, plants, watersheds) are destroyed by literal daisy cutter, bunker buster and other bombs, napalm etc.

14 Depleted uranium is giving animals as well as people cancer,81 times the average in Baghdad.

15 Animals as well as people have died as supply convoys were foiled by bombed roads and bridges, and as convoys have been fired upon.

16. Some abandoned animals are left tied up without war and are dying of thirst.

17. Motorists racing to get out of bombing areas are mowing down goats, cats, dogs, chickens, sheep on the roads.

18. US soldiers at Dugway Proving Ground and elsewhere are told to hunt kill and eat rabbits and other creatures.

19. American soldiers drinking have shot tigers and lions in the Baghdad Zoo. In the war of the Israeli government against the Lebanese people, a million animals have died in an oil spill created by a power plant bombing. Cows have died of thirst on boats unable to land liveshipped animals. Animals have died as relief supplies can't get into the many crisis areas. The Olmert regime has fired upon relief workers.

- * Churchill bombed the Berlin Zoo
- * The unelected US regime bombed the Baghdad Zoo
- * The IDF killed many Gaza animals bulldozing the cages while the animals were in them.. gazelles had their backs broken

O Anna Niemus

Little Birds

the little birds
will never have legs
if consumed are
the fertilized eggs

O Anna Niemus

Looking Up And Down

When she sat outside
she looked up for feelings
of freedom to the sky,
but when she walked
she looked down
that she not step on
tiny ones crawling by

O Anna Niemus

Love Him To Leave Him

'Love him (or her) or leave him'
is a cliché. But the spiritual
truth is that in order truly to leave
anyone, one must love him or her.

*

(From eternity's perspective, we never
leave anyone)

O Anna Niemus

Love In The Clouds

Grey thunder clouds passing overhead...
would they pass the parched earth by?
He rushed out and turned on the spray hose
... that magnetic current arc from it
to the mercy carriers...

suddenly... lightning answered..
and rent the clouds
.. the dwindling pond was starred
with rain dropp circles

...
as great love respnnds to
even tiny acts

O Anna Niemus

Lsd

He described how
LSD gives a stream
of radiant light amber
and opens his mind's
each honeycomb chamber
as a cataract of new thoughts
through his nerves clamber

Libertarians work to end the criminalization of marijuana.
Some work to end the criminalization of LSD as well
LSD, many say, should not be taken without a trusted guardian present.

The FDA, ATF and other agencies have become the pawns of
multinational pharmaceuticals who monger products such as Navane
which are as addictive as cocaine

O Anna Niemus

Luke's Wisdom

Because he ate the
liver of a sheep
confounded by
liver flukes
was the now wiser Luke

He realized livers could be deaders

O Anna Niemus

Lust's Twin Is Hate

She could be Chinese, Saudi Arabian,
British or Eurasian...
the wife... told to make room
for a second wife.

A divided house cannot stand.

The seeds of hatred grow stronger
in such a home, a home in which
lust has extinguished love.

O Anna Niemus

Macadam

To his audience said
the fruitarian MacAdams
In Eden there were no
slaughterhouses
round Eve and Adam
Nor any sizzling hot
strips of macadam

O Anna Niemus

Maccabees

Not might but light lit Maccabees' lamp through the night.
Trust in the nonviolence of God's peace and right

O Anna Niemus

Mad Cow On Roses

Mad Cow bone
meal
on new roses
caused in
gardeners new
neuroses

O Anna Niemus

Madison Avenue Pawns

Madison Avenue pawns
Fleet Street peons
for the pieces of murdered pigs
writing paid for paeans

O Anna Niemus

Mammals

Why are the animals
devoured by millions
called mammals?
Because they nurse their young.

Mammal and MaMa: the sound
babies make when nursing

O Anna Niemus

Mammon Angel

Money as master
is demonic.
Money as servant..
an obedient angel.

(to old soul Howard Simon whose
poem Money sparked
this response)

O Anna Niemus

Manger And Stable

The Babe lay in a manger,
a recessed animals' food table
in a stable

surrounded by animals who sought shelter from the cold, Some time later He
would be worshipped by Iranian astrologers called Magi or wise men,
who came to worship Him from afar
drawn by the conjunction of the Son of God's three stars*

Some 30 years later He would drive those who butchered
His animals out of the temple, overturning their tables.

Is there room in the inns of our hearts for His poor, His animals,
all His creation?

(The Star of Bethlehem was a trinity of 3 planets.. so close their
light looked like that of 1 star)

O Anna Niemus

Map To The Heart

Love is within...
an infinite sea.
To find it one needs
no strategy..
but only.... to
breathe, to love,
to be

O Anna Niemus

Marcia Blackburn

While money for bombing babies is
voted by henhawks like Tennessee's Marcia Blackburn
... the victims are Iraqis, Afghanis,
and American soldiers white and black who burn

O Anna Niemus

Marigold Materializer

The God who fashioned phlox, created chrysanthemums,
grew geraniums,
designed delphiniums, willed wisteria, and materialized marigolds
wants ckd

O Anna Niemus

Mars Neptune

how wonderful
that the anger of mars
amuses neptune
as the heat of the sun
becomes the light of the moon
becomes the delight of the moon

O Anna Niemus

Mary Poppins' Popcorn

Mary Poppins was popping off
with Count Popoff
about the price of popcorn..

And millions popped up
to support her.

Mary Roach said
that movie theatre
chain owners such as
AMC and other members
of NATO (National
Association of Theatre
Owners)
are charging
\$5 for a nickel's
worth of popcorn
and salt..

we wish to join
her army of popcorn price
reducers

© O Anna Niemus

O Anna Niemus

Mary's Little Lambs

I dreamt that Mary was on a boat to Greece
but got off to take care of her little lambs
She did not want them on a boat to Greece
kidnapped, their baby fat knifed and cooked into grease

O Anna Niemus

Master's Glance

Writers write
for themselves sometimes
as a catharsis
or in the hopes of influencing
others.. or of sharing
.. some hope their words
will survive them.

A master's glance
can send one into trance.
Masters need not write.
Their thought, their
will, their aura,
a touch from a master
ignites the fire of Spirit
in new chambers of the soul.

O Anna Niemus

Math Of Bribery

Joe said that
the main difference between county,
state, and federal judges
was that for each step upward
one had to add 2 zeroes to the to the end
of the bribery dollars required

O Anna Niemus

Maypole

In spring
the trunk of the maple
is a childringed maypole
while in the fall
the maple grove cathedral
has 100,000
stained glass leaf windows
blazing gold and yellow
crimson and orange in the sun.

O Anna Niemus

Meadows Of God

Corn on the curb
yields corn on the cob
.. Crewcut lawns grow
to become
the meadows of God

O Anna Niemus

Mel Gibson, Russell Crowe, Ted Turner

Mel Gibson, Russell Crowe,
Ted Turner

you have given to billions
lifting their hearts with
your art and your generosity

Now it's time
to set your captive mammals free

O Anna Niemus

Men's Restroom

His soul slipped out of his body
and soared to God
as his body slipped into
the men's restroom.

US government investigations of filthy slaughterhouses, torture centers for innocent animals, in the 2nd term of Theodore Roosevelt reported that one cadaver of a murdered pig fell from his hook, slid through the blood and feces and grease into the men's restroom, and was then slid down the processing line, unwashed.

Tubercular pork, beef, lamb etc. often made (and still do) their way into the stores which monger meat.

Page by Page books is one of severla sites offering the entire book *The Jungle* by Upton Sinclair.

O Anna Niemus

Mercy

The sun like God does not
reduce his light's blazing infinity.
But he does send
cool mountains, trees for shade,
clouds the sun's hot rays to shroud.

O Anna Niemus

Merry Tricia

Merry was Tricia
for she was not
meretricious

O Anna Niemus

Michael Chertoff

The emerald city of his mind
is a machine focused on power and
is surrounded by the deadly desert
of his heart

Dual citizen
Michael Chertoff
has taken New Orleans' poors' shirts off
and has helped with bombs
to burn Iraqi and Afghani shirts off.

God remove the violent agents of occupying powers
from the governments of the world. Replace
them now with the good.

O Anna Niemus

Mindful Of Squirrels

Looking from the window
he saw a squirrel dart under his
car...and
underlined
in his mind
next time
to look under the chassis
for fellows of his kind

O Anna Niemus

Mohammed's Cloak

It is said that Mohammed
came upon a cat sleeping on
his cloak and cut away
that portion of his cloak
the cat did not need..
and slipped away.

Hundreds of millions have died in religious wars
.. all have the same Father.. called by different names

O Anna Niemus

Molluskcules

what do you call the hepatitis, anaphylactic shock, and ecoli (colon bacteria)
poisoning contracted by eating
coprophagous shellfish?

molluskcules?

O Anna Niemus

Monosodium Glutamate

Monosodium glutamate

It's glue can keep you
from your mate

. the use of monosodium glutamate, a meat tenderizer, which
in breaking down muscle cells breaks down the brain cells of the
consumer, causes brain damage msgtruth

O Anna Niemus

Moonbreak

He dove into
the midnight pool
breaking the moon
into silver slivers

O Anna Niemus

Moon's Long Fingers

Sleeping beauty moonflowers
wanded awake at night
by the long fingers of the
moon

O Anna Niemus

Morley Safer Could Have Played It Safer

If Morley Safer
had played it safer
the Vietnam War Memorial
would have more names

Morley Safer of CBS in the late 60's was so moved by burning of Vietnamese huts by American soldiers... and the sight of an old man weeping outside his humble home in flames, that he publicly condemned the war.

The Pentagon now, directed by the unelected regime, has embedded journalists and blocks access to the war.. to manage the news, to hide the flagdraped coffins returning to Dover Air Force Base.

O Anna Niemus

Mormon Caffein

In coffee is dioxyurine
In meat is trioxyurine.
The latter causes more arthritis,
more heart attacks.

Mormons are not supposed to drink caffeine which is dioxyurine
May God cause the LDS church to disinvest from animal flesh and
slaughterhouse
operations. Cadavers of murdered animals contain trioxyurine,
much stronger than dioxyurine or caffeine. It is the uric acid or pre-urine
in animals' muscle cells which would have been excreted had the animals
lived.

May all religions promote the pacifism of Christ and sever their
connections to senators and presidential candidates who wage war
or vote for war funding.

May women be included in the hierarchies of all religions.

May God align all to His/Her nonviolence to animals, nonviolence to people,
and equality for all.

LDSveg has an internet resource

O Anna Niemus

Mosquitoes Love Carnivores

Mosquitoes are more attracted
to the blood of carnivores
than of those who eat apples
and dropp the cores

O Anna Niemus

Mother Earth's Housekeepers

Swept by the wind,
without harsh brushes
Washed by the rain
Dried by the sun

Mother Earth's housekeepers
are immaculate
and efficient

Warmed by the sun
Cooled by the rain
and the green trees
Mother Earth's forest makers
are the best temperature control

O Anna Niemus

Mother Earth's Rood

Daily newspapers in
killing trees cause floods
Wood using home builders
turn forests into slides of mud.
Ride on mowers shred and crush
rose tendrils' pinking buds.
Drought, famine, global heating caused by..
bulldozer nails in Mother Earth's rood.

O Anna Niemus

Mother Raccoon

The mother raccoon had not made it
across the road. She was killed
by someone 'saving time' by
speeding. One by one her
3 babies crawled over to her.
One by one, each was killed.

A roadkill line
.. a silent 'drive slowly' sign.

O Anna Niemus

Mountains Ringed

More than the flatlands,
a mountain on all sides
lives in air, is ringed
by water rivers and
bathed in sunfire...

O Anna Niemus

Multigenerational Chickenhawks

What is a chickenhawk? A politician who sends the
children of the poor
off to war
but keeps his own body
safe from scars.

What is a multigenerational chickenhawk...?
Someone who exempts his own children
and grandchildren from
the horrors of war.

O Anna Niemus

Murders By The States

There were many
murders by the states
in the calendar year
of two thousand eight

These men were murdered in Sept 2008 by prosecutors, judges, and governors who were guilty of not hot passion but cold premeditated murder

- Gregory Wright (TX)
- Frank Williams, Jr. (AR)
- Charles Hood (TX)
- William Murray (TX)
- John Middleton (MO)
- Joseph Ries (TX)
- Richard Henyard (FL)
- Jessie Cummings (OK)

O Anna Niemus

Muse Ling

Musseling
and...
mulesing
both offensive
to the muse ling

(ling: Sanskrit for the juncture of being and nonbeing..
Lingas represent God's materializing power)

For a description of the mutilation of sheep known as mulesing
.. go to [savethesheep dot com](http://savethesheep.com)

O Anna Niemus

Museum

If the board values art more than
human beings, a museum
can become
a mausoleum

O Anna Niemus

Names Of God

God is One. God's names are many.
Some are God, Allah, Great Spirit, Father,
Divine Mother, Maheshwara, Shiva, Abba, Higher Power
God answers by any name by which called.
All paths lead to God. All will return home to the Lord
of Love on the lighted way of love.

O Anna Niemus

Naming Guardian Angels

We all have guardian angels.
Perhaps we should name them
or better, ask them to tell
us their names

O Anna Niemus

Neal Barnard

Loves every being,
every captive animal in a barnyard,
the brilliant and courageous
physician, Neal Barnard

*

Barnard is a psychiatrist and founder of PCRM (dot org)

O Anna Niemus

Nestled By The Seaweed

The tide has gone out
leaving the clams
rippling on the shore
in the sands.

Will God have mercy
protecting them
from gullswoops...
.. letting them be..
nestled by
the seaweed strands

O Anna Niemus

New Hampshire Mountains

From the Vermont side
of the Connecticut
River, New Hampshire's
mountains look more
beautiful..
as distance reveals
those who dominate
the skyline of our hearts

O Anna Niemus

New Roses And Mad Cow

Don't use bone meal to create new roses
.. the resulting Mad Cow or Mad Pig
causes many neuroses

(run a search for bone meal on British roses
causing Mad Cow... just as bone meal to
factory farmed fish or in the food given
chickens is a cause of Mad Fish and Mad Chicken)

O Anna Niemus

Ngaio Beck

The poet's poems are mystic mirrors
onto which each projects his own
face. His poems have
as many meanings as readers.

(to Ngaio Beck)

O Anna Niemus

No Bells

Angels chime no bells
when they hear Nobel
... enabler of
vivisectors
who send innocent
animals to lab hells.

(Nobel gave a peace prize to Henry Kissinger,
bomber of Cambodian and Vietnamese civilians,
destabilizer of the Chilean and other economies,
architect of the Watergate frame of Richard Nixon, *
puppeteer of Iraq 'czar' Paul Bremer,

*Richard Nixon was not framed by Watergate because
of his illegal warwaging in Southeast Asia but because
he wished to end unfair domination of the people owned airwaves
of the US

O Anna Niemus

No Court

They need no priest or pastor,
no court to marry them.

The blossom laden boughs
witness their eternal vows.

O Anna Niemus

No Evil

There is no evil in us
though there may be
fruit still hard not yet sweet
or rosebuds who did not yet
unfold
their gold

O Anna Niemus

No Flesh Is Halal. No Flesh Is Kosher.

No flesh is halal

All consumption of dead flesh is an offense to Allah the all merciful

No unflayed or flayed flesh is kosher

All animal flesh is an offense to YHWH the all merciful

KFC and other Yum Foods owned restaurants such as Taco Bell
Pizza Hut and others have cooperated with the CIA which
is assassinating Muslims. How else did KFC get into so many
countries?

For videos of KFC slaughter methods... search for
Kfccruelty

O Anna Niemus

No Flowers Or All Flowers

The constitution wrote of separation of church and state.. Can the heart and mind be cleaved? Should there be no flowers... or should schools teach all petals of the flower of Spirit?

(this is an extremely complicated philosophical question... should voodoo's chicken murder or any other animal sacrifice be classified as a faith?)

O Anna Niemus

No Thing

Only those attached to no thing
can carry all

O Anna Niemus

Nocturnal

She told me that beavers were nearly wiped out
by hunters in the US, and that those surviving
had become nocturnal, with night's veils hiding
them from the bloodthirsty.

O Anna Niemus

Noor Of Allah

The favorite Noor of Allah
is the rays of love in the awakened
heart.

(Noor: Light)

O Anna Niemus

Noor Of Allah Light Of God

It was the church which could not
fix its roof, so much of its money was
spent on the homeless, through
which roof hole the light of God
poured.

It was the mosque attacked
by war profiteers and professional
haters.. through whose bombholes
the noor of Allah streamed.

O Anna Niemus

Norm Coleman, Usurper Of The Throne

Norm Coleman, recipient of a Senate seat representing Minnesota through the murder of Paul Wellstone and the machinations of Diebold...

O Anna Niemus

Norway, Canada, Japan

Why do Norwegians impale
with machine harpoons the gentle whales?
Why do Japanese turn sea red with knives
they use to shorten dolphin lives?
Why do Canadians club seals
While seal mothers with grief reel?
It is their goal, their wish
to remove competitors for fish.

=====

Every nation has several ways it allows
the murder of innocents

O Anna Niemus

Not All Must Have Human Birth

Hanuman took birth in monkey form.
Ramana Maharshi said his cow Lakshmi
achieved liberation upon her death.
The bird Jatayu was liberated upon his
death and merged in God.

The Bhagavad Gita in Sai Baba's words is
the source for the comment on Jatayu.
68 volumes of Baba's words are

O Anna Niemus

Not Asunder

'What God has joined together let no man put asunder'
'This is as well of animals birds fishes and trees' He told the hunter
and His message to under
line
he sent his lightning framed by thunder
to burst the bow and arrow asunder

O Anna Niemus

Not Hating The Haters

Jesus said to love the haters.
Buddha said not to hate the haters.
The sun continues to pour out love,
melting the frozen icebergs of
hate in the sea.

O Anna Niemus

Not In My Back Ocean

What do the George Bush's have in common
with those ocean protectors
who oppose offshore drilling?
They don't want it done
off the coast of Kennebunkport.

O Anna Niemus

Not Lot's Wife

Maybe Lot's wife
looking back
turned to salt
but Marilyn
looking forward
turns experience
into sweetness.

(to Marilyn Lott)

O Anna Niemus

Not Might

Not might
but light
lit Maccabees' lamp
through the night.

O Anna Niemus

Not Right

Those on the
political right
less often
think that
prisoners have rights
that the homeless
have rights
that
animals have rights
less often think
that trees have
rights

O Anna Niemus

Nursing Home

What's another name for many nursing homes in the US?
a concentration camp for elders

Anna Niemus

Occupational Magnetism

Does gynecology
attract some male lust-ers?

Does interrogation
attract some skull busters?

Are Mother Earth rapists
among some cropdusters?

Does politics draw
men of great bluster?

Is the military a great big
family buster?

dropping on Lebanese
babies their bomb clusters

O Anna Niemus

Ocean Jasper Of Madagascar

Janet told me of
not jasmine
but ocean jasper
which is mined
at low tide
in Madagascar.

*

(How allegorical that the jasper
can be mined only at low tide...
when the ocean mine can be accessed)
(Is it right that only 1 person owns the mining
rights to these jewels, which God gave free to
all)

O Anna Niemus

Octopus Occupier

The interlocking tentacles of the octopus occupier
of our land:

The 1st:

rogue agencies: the CIA, NIH, FDA, ATF,
FBI, USDA, DOI, EPA etc.

The 2nd: CIA connected universities: Harvard,
Yale, Univ of California, Univ of Texas, Princeton etc.

The 3rd: pharmaceutical vivisectors

The 4th: war profiteer corporations

The 5th: megabutchers

The 6th: insurance, banking, and Wall Street

The 7th: agribusiness, major alcohol mongers, tobacco

The 8th: Mother Earth rapists from Monsanto and Caterpillar
to ConAgra and Cargill

The octopus has just become a nonopus

The 9th: petroplutocrats in the Mother Earth raping Father Sea poisoning
oil industry

O Anna Niemus

Ode To Cockroaches

Have you seen a cockroach's face
as he turns potato chips.. into lace

as he, guru of simplicity
survives on the glue in bookbinding

God's garbage men and women
removing waste

gentle.. not
stinging like bees
or biting like mosquitoes

hiding at night from
the crushing tread or
slamming fist

Are God's strongest smartest
creatures His most despised?

O Anna Niemus

Ohio

Thank you Johnny Appleseed
Because of you
the world is more treed.

Ohio is the state in which Johnny Appleseed planted the most trees, which when they grow for a century, dropp two tons each of free food. It was in Hudson Ohio that John Brown vowed to work to end slavery. Oberlin was the first college in the country to stop excluding women and African Americans.

Ohio sounds like Ohayoo, the Japanese word for 'Good morning'

May the government of Ohio end executions and stop using the tax money of the poor to promote the slaughter of animals.

O Anna Niemus

Oil Thieves Exempted From Government Regulation

In the US

we have no democracy

We have only plutocracy.

In the United States, there is nominal control of Wall Street sharks by the Security and Exchange Commission.

Oil speculators, in league with the regime's deliberate destabilization of the US economy, have driven the poor of the US to the wall.

It is time to

1. require government regulation of oil speculation
2. cap prices
3. nationalize oil
4. seize excess profits

O Anna Niemus

Oklahoma

That constant sound
beating in the hearts
of every human being
every bird trilling
every woodpecker quietly drilling
.the Om
in Oklahoma
*

The hearts of Oklahoma from
the poet Joy Harjo and the brilliant
attorney mystery writer William Bernhardt
to every soul driven to Oklahoma from
the Trail of Tears
is now melting the icebergs of hate
created by Senators Inhofe and Coburn,
two senators
who sponsored the Animal Enterprise Terrorism Act
... which criminalizes peaceful protest

They represent the dragging foot of Oklahoma,
those unconscious souls who made the state
the last to ban cockfighting in the US

Why is Oklahoma a tornado state?
Because wherever animal slaughter is concentrated,
ecological disasters follow.

O Anna Niemus

Omnipoet

Poets wand nouns into verbs..
they collapse time
they are by God granted poetic license...
a license not to kill

O Anna Niemus

Omnipresence... God Indwells Temporary Hells

Some Christians believe in an eternal hell and damnation.

If God is Omnipresent, then God is everywhere

... even in the darkest temporary hells..

... and the heart of chaos.

God is Love.

Jesus let souls out of hell.

An eternal hell is not in keeping with the knowledge that God is Love.

O Anna Niemus

One Tiny Cloud

My teacher said in more elegant words that one tiny wispy translucent veil of cloud is enough to block the sun. He compared that to 1 remaining desire in an advanced soul which can shroud spiritual power.

**

Based on the speeches of Sai Baba

O Anna Niemus

Outside Immaculate

She would not let her parents bring
their cat and dog to her immaculate
home when they visited.

And after they left she sat down
to eat the decaying cadaver pieces
of murdered animals.

Jesus spoke of whited sepulchres...
those clean on the exterior while
they, walking cemeteries, moved
around with dead animals
in their intestines.

There was no room in the inn of her
heart for the Christ Child's stable
friends, but there was room in
her belly for pigs, cows, sheep,
chickens, turkeys, fishes
once they'd been slaughtered.

(the Gospel of Mary indicates that Mary
was a fasting vegetarian almost from
her inception)

The Greek translated into 'whited sepulchres'
is sarcophagi (sarx flesh phagi eater)

O Anna Niemus

Ox In A Ditch

Was it not civil disobedience?
breaking the law?
for those in Palestine
to rescue their ox from a ditch?

Was Jesus once again
underlining the hypocrisy
of many?

O Anna Niemus

Oxfam Stands For Killing Oxen Causes Famine

Oxfam like Heifer International
is distributing animal flesh
to third world countries,
thereby causing animal agony,
spreading human death and disease,
enabling deforesting and continued
global heating, wasting energy.

Oxfam means.... killing oxen causes
famine.

I WILL NOT SAIL WITH SHEEP

- W. H. Davies - (1870 to 1940)

When I was once in Baltimore
A man came up to me and cried
'Come, I have eighteen hundred sheep,
And we sail on Tuesday's tide.'

'If you will sail with me, young man,
I'll pay you fifty shillings down.
These eighteen hundred sheep I take
From Baltimore to Glasgow town.'

He paid me fifty shillings down.
I sailed with eighteen hundred sheep;
We soon had cleared the harbour's mouth,
We soon were in the salt sea deep.

The first night we were out at sea.
Those sheep were quiet in their mind.
The second night they cried with fear –
They smelt no pastures in the wind.

They sniffed, poor things, for their green fields.

They cried so loud I could not sleep:
For fifty thousand shillings down
I would not sail again with sheep.

O Anna Niemus

Oxymoron

Oxymoron:
fresh fish

JBO:

'The beach at Sanibel... an Arlington Cemetery of shells.'

*

Every suffocated or strangled fish is first given
waterboarding sensations.

*

Fishes more frequently than
mammals or birds are cut open
alive, while their eyes watch
the knifing of others and their
gills struggle for absent air.

Fish cannot scream.

Greed for suffocated fish flesh causes seals to be clubbed in Canada, Norway, S
Africa etc., dolphins to be knifed in Japan, whales to be murdered by
Norwegian Japanese Icelandic and American Inuit fishermen, bears
to be murdered in Alaska, untold thousands of fishermen to
be lost in tsunamis, 700 Bangladesh fishermen lost in just 1 storm, Thai
fishermen working for slave wages, tens of millions around
the world to die of stomach cancer, food poisoning etc.**

What's in fish? unreported Mad Fish
Disease, nuclear toxins a million
times more concentrated than in
sea water, AIDS from unprocessed
human waste dumped into
the oceans, hepatitis, anaphylactic shock, ecoli,
and other food poisoning,
throat, stomach and other cancers,
mercury, lead, cadmium, arsenic, pbb's, pcb's, thousands
of carcinogenic industrial waste products, and heavy metal sired

brain damage, pfiesteria (red tide) which poisons the fishes

FISH CAN'T SCREAM, FISH TOXINS, FISH STORIES

Are all anglers stranglers?

Dick Gregory: Eating fish liver oil is like eating the filter out of a car.

I

MERCURY, PCB'S AND OTHER NEUROTOXIC METALS HARM BRAIN AS DOES
AMYLOID PLAQUE, CORRELATED TO ALZHEIMER'S, A BYPRODUCT OF ANIMAL
AND FISH PROTEIN

The next time you hear an ad promoting omega 3 fatty acids in fish, please
remember that the Inuit have the
lowest life expectancy in the world and eat the most fish, that such acids are full
of some of the toxins listed
below. They damage memory and cause cancer. Omega 3 fatty acids are the slop
along with oil and blood
ending up on the fish trawler floor.
The trash mongering industries
think the public are suckers.

While articles in corporate media tout fish as brain food, the high mercury levels
in fish cause memory and mental function loss.

'Symptoms of amnesic shellfish poisoning include possible permanent short-term
memory loss.' * The cultures eating the most fish (Inuit) have the lowest life
expectancy of

any group surviving to adulthood, while the Japanese who eat high amounts of
fish have as their number 1 cause of death fish correlated stomach cancer.

Toxins in fish include selenium, mercury, chromium, lead, arsenic, pcb's, pbb's,
pvc's, cadmium,

radioactive strontium, fire retardant,

insecticides and female hormones dumped into the seas
from waterways,

and every other nonbiodegradable toxin which is 100 to 1000 times more
concentrated in the flesh of fish than in the water. (Rachel Carson's The Silent

Spring dealt with among other things the massive loss of bird and fish life from DDT. Fish is the antibrain food as fruitarian and vegetarian geniuses DaVinci, Einstein, Ramanujan, Mary Shelley and others can attest. Linus Pauling, only person to win a Nobel Prize both for peace and his discovery of 6 elements, has written that an orthomolecule is a fruit molecule. They are the most similar to the neural transmitters in the brain. There is no vitamin C (speeds flow of nerve signals across synapses) in fish or animal flesh or in animal products.) The EPA issued 3500 warnings against fish consumption in one year alone. Arsenic poisoning (arsenic from the oceans is concentrated in the flesh of fishes) creates lesions and warts on the hands. Radioactive waste dumped directly into the ocean by some nuclear nations concentrates poisons in fish as well.*

While neocons attempt to blame Russia for thallium poisoning, they obscure the fact that thallium is frequently found in mussels and clams

II NUCLEAR WASTE CONCENTRATED IN FISH

Several countries are dumping nuclear waste directly into the ocean. Such poisons concentrate in ratios of 1000 to 1000000 times in the flesh of fish, termed the top of the sea food chain.

III AIDS AND SHELLFISH

We know that hepatitis and ecoli (colon bacteria) are caused by the coprophagous (sh*teating) habits of bottom feeding shellfish. and anaphylactic shock which can be fatal from eating decayed fish (whether or not their decay is apparent) . But what is underreported

is the relationship of AIDS to fish as unprocessed human waste in many cities around the world from Mexico, Baltimore and New York, to Asia.. is dumped directly into the ocean. Shellfish eat not only the waste but the mucus with which it is entwined.

One can see pictures of fishermen molesting lobsters by netting them, the lobsters' claws holding toilet paper

IV A STOMACH CANCER

One national cancer association reports that fish consumption is related to stomach cancer.. Those countries with the highest fish consumption having the highest rates. Included are Korea, Japan, Chile, Norway and others. Those countries with the highest meat consumption (Canada, Australia, the US, Chile, Argentina, etc.) have the highest intestinal cancer rates.

IV B THROAT CANCER

An Italian environmental group has issued a press release on oil spills impacting fishes and the throats of those who eat them.

IV C INTESTINAL CANCER AND CONSTIPATION

There is no natural bulk in fish. It is naturally constipating. While meat causes most intestinal cancers, fish is a cause as well.

IV D PROSTATE UTERINE AND BREAST CANCER FROM FISH

Skyrocketing rates of

prostate, uterine and breast cancer in the US come from female hormones given to cows, sheep pigs chickens etc to cause their water weight gain before death. The urine from these factory farmed animals is dumped into the waterways causing fish to have cancerous growths. If they are eaten by humans before they die they can cause cancer in human beings, just as a chicken can transmit leukemia (though the multi trillion dollar chicken industry calls leukemia leukosis when they don't manage to hide chicken cancer altogether.)

V

FOOD POISONING

Fish flesh is from a rotting cadaver and therefore can cause food poisoning (ptomaine, brucellosis, toxoplasmosis, salmonella, ecoli) . Anaphylactic shock frequently causes death to those who eat shellfish. It is universally known that dead fish stink (as do all cadavers) . Choking on fish bones has been common throughout the centuries. Urticaria or hives is one less lethal but allergic reaction to fish consumption.

The Texas Dept. of Health stated in one year that 245 people had been victims of illness from oysters in Galveston Bay. The bacterium is *Vibrio parahaemolyticus*. 208 people have had oyster illness in the Northwest.

U.S. News and World Report Nov 24,1997: One of the strains causing food poisoning in shellfish is *Vibria Vulnificus*.

VI

KIDNEY PROBLEMS

The ketosis from high animal protein diets leads not only to bleeding ulcers but to kidney shutdown and blocked urethras.

VII

FISH DISEASES

NPR November 6,1997: Dr. James Porter of the Univ. of Athens at

Georgia was studying the many new fishes diseases such as black band and white pox. He reported that increased shipping, increased pollution, and overfishing (an oxymoron since all fishing is overfishing) are factors for the rise.

Pfiesteria or red tide poisons the fish. One of its causes is the quadrillions of gallons of pig waste from the factory farms of millions of captive pigs in Virginia, North Carolina etc.

VIII

PISCAN SPONGIFORM ENCEPHALITIS OR MAD FISH DISEASE

In addition is the emerging truth of piscine spongiform encephalopathy or Mad Fish Disease as both

- A. factory farmed fish are being fed bone meal and
- B. ocean fish are eating the parts of other animals
- C. shrimp fishermen and other fishermen bait hooks with pet food

Manganese from insecticides combines with prions of BSE

IX

HEART DISEASE AND ARTHRITIS

The uric acid in fish is trioxypurine, more powerful than caffeine, and is correlated to arthritis as it crystallizes in needle formation around the joints. It also adds to the incidence of heart disease and stroke, stimulating the heart unnaturally.

IX B ADDICTION

The uric acid or trioxypurine like caffeine or dioxypurine is addictive, and since there are more oxypurines than in coffee, it is more addictive.

'If you miss fish or meat, take out a veggieburger and whiz on it.'

X

WORMS. We know that pig flesh contains trichinella worms wrapped in cysts so that they remain in many pork dishes.

Owen Parrett, MD wrote that even Rocky Mountain trout from the most

unpolluted streams
have worms.

XI HEPATITIS

The coprophagous (human and other waste eating) habits of shellfish are the number 2 (yes) cause of hepatitis.

XII

MOST DANGEROUS OCCUPATION[/b]

Commercial fishing causes more fatalities annually than any other occupation, through sudden storm drownings, through problems with pulleys, ropes, nets, sails, through spiking and other injuries from fishes gasping for their breath and fighting for their lives. Noncommercial fishermen have died when lightning turned their metal poles into lightning rods.

XIII

CHOKING

Choking on meat or fish is the 6th cause of accidental death in the US. So common has it been to choke on fish bones that the Catholic Church has a feastday dedicated to St. Blaize in which throats are blessed. Fraternity house pranks in the cruel blood sport of goldfish swallowing have resulted in deaths to humans as well as the fish.

Perhaps no illness is more karmically linked to eating fish than breathing difficulties. Fish most often suffocate. Suffocation brings suffering to the fishes and to humans who eat them, through lung cancer, asthma, mucus buildup in the respiratory tract etc.

XIV ALLERGIES TO IODINE

A radio network caller, Oct 27,97: 'My mother never got to see the same military MD twice, so it was years before medical detectives realized that her Saturday headaches were caused by her Friday fisheating with an

allergy to iodine.

XV CARCINOGENIC ADDITIVES

Many carcinogenic or lethal additives such as MSG are added to fish flesh by some companies and restaurants. MSG is used as a 'meat tenderizer' because it breaks down muscle cells (as well as nerve cells of the brain.. causing Chinese restaurant syndrome.. of which headaches are the least of the problems) .The FDA allows MSG and other toxins in food under the label 'natural flavoring'.

XVI DEPRESSION

In reality, fish like birds and mammals secrete adrenalin or epinephrine when terrorized, fighting for their lives, fleeing the hook or the gun. Adrenalin is a longchained protein enzyme, only some of whose links are destroyed by cooking. Eating the biochemical agony of the fish or animal causes depression to humans eating the fish cadavers and can stimulate violence.

XVII NEUROTOXIC INSECTICIDES

end up in the waters of the world.
Some are organophosphates, carbamates and pyrethroids.

XVIII FEMALE HORMONES

end up as well in the waters of the world causing fish deformitiesand cancers which are transferred to fish eaters. These hormones are excreted as urine by trillions of enslaved farm animals and work their way into the streams, rivers and oceans of the world, causing breast, prostate, uterine, ovarian and other cancers.

XIX EVERY HEAVY METAL, EVERY TOXIC CHEMICAL, EVERY TOXIC FERTILIZER EVERY POLLUTANT, EVERY OIL SPILL EVERY ROCKET FUEL DUMP ends up in some way impacting the fish. and concentrating itself in their flesh

XX TYPHOID FEVER FROM SHELLFISH

The fishing industry dominates the press releases of many health departments. Thus typhoid fever's relation to consumed shellfish and meat has been muzzled.

XXI PSYCHIATRIC MEDICATIONS CORRELATED TO HOMICIDE AND SUICIDE

Quote:

Drugs including antibiotics, antipsychotics, birth-control hormones, Viagra and Valium routinely turn up in wastewater all over the world because people flush them down their toilets. But medications have also ended up in Los Angeles County's water supplies because of the region's aggressive efforts to turn treated sewage into drinking water.

The makers of Prozac, Paxil, Haldol, and many other drugs have been sued successfully for the lethal effects.. including homicide and suicide caused by their drugs.

XXII ANTIBIOTIC RESISTANCE The above quote mentions the antibiotics in the water. The animals have built up resistance to them and pass it on through their urine.

XXIII WHAT'S IN MUNICIPAL WATER?

Antibiotics, female hormones, lethal 'antipsychotic' drugs which trigger homicide and suicide, antiepilepsy drugs, ecoli or colon bacteria, fertilizers, insecticides, mercury, hundreds of other toxic metal combinations, arsenic, nuclear waste dumping radiation are some of the thousands of contaminants in drinking water.. their source is zillions of gallons of urine from humans, from factory farmed animals, nuclear power plants, factory dumping, agribusiness runoff, tanneries, lumber mills etc. Many of the above are not biodegradable and are concentrated in the flesh of fish at rates of 100,1000 or 1 000 000 times the drinking water level, said Rachel Carson in her pioneer book: The Silent Spring.) [/i]

XXIV POISONS IN FISH.. POISONS WHICH HAVE SENT ALLEGED MUDERERS TO JAIL.. ONLY THREE OF MANY LISTED

1. CYANIDE

Cyanide is one of tens of thousands of poisons accumulating in the flesh of fishes. Perhaps someone could write a murder mystery about a faithful husband accused of murdering his wife because her body had high concentrations of cyanide in it.

2. STRYCHNINE

Health departments, extermination companies use strychnine in rodenticides. The strychnine washes into the water systems and accumulates in fishes.

3. ARSENIC

Often mentioned 2nd to mercury in concentration in the waters.

XXV DEODORIZERS

'Two executives of St. Petersburg-based Sigma International Inc., were sent to prison and fined \$1 million for dunking spoiled shrimp in a bleach solution to hide the smell.'

-Vietnam Bob-

Around the world many shrimpflesh mongers do likewise.

II ETHICS ENVIRONMENT

I FISHING CAUSES INTERNATIONAL CONFLICTS

The Russians have courageously detained Japanese fishing boats. The Australians have worked against Japanese fishermen as well. (Perhaps the Japanese will organize a worldwide boycott of Australian kangaroo, cow and sheep flesh.) Japanese fishermen supported by their government kill whales, knife dolphins, take far more than other countries in their fishing operations. Other whale killers are supported by the US (Makah tribesmen, naval propellers, sonar) , Norway, and Iceland. Norwegians, Caadians, and S Africans club seals.

II DEEP SEA FISHING IS THE WORLD'S MOST DANGEROUS OCCUPATION

A.

Deaths from boats capsized, fishermen overboard drowning, fishermen caught in nets, or sliced by creatures fighting for their lives from catfish to sharks.

B. Slavery for Thai and other shrimp fishers

Eating shrimp is very bad for the shrimp, causes many food poisoning, mercury and other diseases, and causes slavery for shrimp workers in Thailand and elsewhere.

III

MARINE MAMMAL MURDER

Seals and whales are killed by Canadians Norwegians and Japanese because they compete for fish. Penguin babies can die because there are no longer enough fish for them to eat.

Dolphins, turtles and other sea creatures are caught in the nets.

Whales are caught in lobster lines.

Manatee and all forenamed creatures are caught in boat propellers.

Those who promote fisheating incur the karma not only of the suffocated fish (problems of breath) but the karma of the seals, whales, dolphins, turtles, octopi and all other sea beings killed by the fishing industry or individuals.

A Hindu ashram not in accord with the Bhagavad Gita's dietary nonviolence was inundated by the perhaps military machine generated tsunami.

In addition, the trillions of tons of plastic in the ocean are causing the choking of dolphins, seals, pelicans, albatross, and thousands of other species.

IV

COMMERCIAL CORRUPTION

There are trillions of gallons of fish oil slop on trawler and processing floors.

Harvard whose corporate funded studies were a factor in Stanley Prusiner's (prion discoverer) leaving for California is also promoting the glut of fish on the market.

States like Maryland which subsidize fishing promotion are violating the first amendment rights of Buddhists, Hindus, vegetarians, vegans, Seventh Day Adventists, Jains, and many other religions which teach not killing.

The sale of fish brings 54 million to the state of Maryland, whose governor prevailed on 3 chains in the Washington area to begin again to sell Chesapeake fish despite the pfiesteria disease caused by untold trillions of gallons of pig factory farm sewage being dumped into the Atlantic.

One factor of many in the disease of the fish might be the Calvert Cliffs nuclear power plant, which raises the temperature of the water in the area.

V

FISHES' SENTIENCE

Dr Donald Broom, science adviser to the British government, has said that the pain system in fish is the same as for mammals and humans.

Any child who sees a fish flopping on the deck, or struggling for life on a hook, or impaled in the eye by a flyfisher knows that fishes fill pain.

What's worse than a snakeoil salesman? A pawn of fishmongers.

VI VEGAN CAT FOOD

A vanguard of holistic veterinarians, and James A Peden, author of VEGETARIAN CATS AND DOGS, which is in its third printing, are working to help petowners transition their cats to nonharmful foods, ones which do not cause urethra blockages, feline leukemia, kidney dysfunction, crippling arthritis, lung infections and breathing problems or food poisoning. Andrew Knight DVM has written of a litany of toxins in commercial pet food. Taurine, an enzyme thought needed by cats, has been produced synthetically since 1930.

VII CONSCIOUSNESS AND KARMA

The more conscious the animal, the worse the effects from eating that animal. Thus humans contract kuru when they eat other humans. The eating of monkey meat in Zaire, Zambia is a source of AIDS. Mammal eating causes many more heart attacks. The eating of birds causes leukemia, food poisoning deaths, Mad Chicken Disease.

VIII

OXYMORONS: FRESH FISH AND OVERFISHING

With asbestos in Lake Michigan, pcb's in the livers of polar bears in Alaska, oyster contamination in the Gulf from the runoff of the Mississippi, lipophilic insecticides in Lake Erie, pfiesteria in the Atlantic seaboard..arsenic, chromium and mercury, pcb's, insecticides, fish killing old oil and every other toxin in the oceans,
shellfish in the NE
eating unprocessed human waste, where is there fresh fish?
The UN FAO, Prince Philip, and government and private coalitions around the world are working to reduce fishing so as not to wipe out certain species.

O Anna Niemus

Palin Not A Maverick But A Judas Goat

Mavericks are calves and bulls
who try to escape from the branding iron, the castration knife,
the barbed wire on the fence, the filthy water in the feedlot,
the thirst and bruising of the transport truck, the final
shrieks of the slaughterhouse

Palin's Not a Maverick but a Judas Goat

(Judas goat: a goat leading other animals to slaughter)

O Anna Niemus

Papal Bull

Centuries ago
the Pope issued a papal
bull
to excommunicate those
who fight the bulls

(Then the pope's order was amended
... and only priests officating at
bullfights were excommunicated.)

God bless Mexico for not extraditing
those accused of killing.. to the US.
God bless Mexico for being
a more civilized nation than that
which has been formed by the US junta..

Mexico.. one of the over 108 nations
which have banned the barbarism
of governmental murder.

Now thank You God that Mexico
is ending bullfighting.

O Anna Niemus

Papal Pulpit

He was a priest with a papal pulpit... who saw that
Jack in the Pulpits preached no sermons... but only poured out
their stained glass light... that Indian paintbrush
pictures were greater than the masters',

(to Don Mario Mazzoleni)

O Anna Niemus

Parasol Burst

rainy day..
beneath lowering
gray sky
a cobblestoned roof
of black umbrellas

3000 miles
away, the beach
bloombursts with
parasols

shoredwellers
hide from the prayed
for sun

O Anna Niemus

Parenting

May parents
let children
follow
their own hearts
.. do the work
they love

Parents, touch with love
your children, that they
not grow up to be possessive

O Anna Niemus

Parricide

Those who live by killing animals
are parasites.

Those who live by killing animals
commit parricide.

O Anna Niemus

Pastels Above Hells

As the morning breaks in
holy pastels
above the battle's gory hells
so the spirit loves all being
while the fighting mind
sees outer shells

O Anna Niemus

Pastor And Governor Strickland

Former pastor, present governor Ted Strickland...
we pray that the Holy Spirit will remind you that Jesus
prevented an execution in progress as recounted in John 8: 7
.... that in Exodus 26: 34 we are commanded not to kill,
that Jesus told Peter to put down his sword.

Please follow Jesus in cancelling all executions in Ohio.

May a firefall of Spirit reach to the Supreme Court, to the federal
and state supreme courts, to every country and individual on the globe
now and forever, each day and all days, all ways and always.

O Anna Niemus

Path Of Light

Waves break the sunlit way
across the waters into pieces
but if the direction is maintained
one finds again the path to peace

O Anna Niemus

Path Of Stars

Zillions of star rays
from the Milky Way
do all with grace
and miracles spray

(not the toxic Milky Way bars with their carcinogenic female hormones)

O Anna Niemus

Path To Peace

waves break the lightway
across the waters into pieces
but if the direction is maintained
one finds again the path to peace

O Anna Niemus

Patience

I listened today to an African American man
... attempting to gain access
to his cellphone account on the web... for
an hour...replying so patiently to the
clerk at the other end of the phone.
His ancestors (and mine in my
black lives) who showed anger
were given the policeman's club,
the mob's lynching, the racists'
burning crosses as they incinerated
homes.

O Anna Niemus

Paul Newman Leaves For God

After a lifetime of monumental charity, having given away over 100 million of the proceeds from his and his wife Jo Anne Woodward's food business, having been a peace activist all his life, a film actor who entertained billions, a vegetarian for reasons of nonviolence, Paul Newman has slipped from the glove of his body. He loved all. He was loved by all.

As the world contemplates Wall St greed and Wall St pawns in the 2 major political parties, it is inspiring to remember a soul who sought not how to take but how to give.

Now he is unencumbered by time or space, or by the limits of the body, in his mission of love.

(One of Paul Newman's many recipients was the Nature Conservancy to which he contributed both time and money. Nature Conservancy was taken over by Henry Paulson, who turned the wilderness shrines Newman loved into cattle concentration camps.)

(Like Jonathan Winters and unelected Republican president Rutherford B Hayes, Paul Newman was a graduate of Kenyon College in Gambier, Ohio, which in 2004 was (not Hawaii) the last place in the US to vote, because of the Republican Party's plan to underman (underperson) and undermachine the polls in the majority Democrat state)

(The Verdict is the writer's favorite of the Newman movies she's seen.)

O Anna Niemus

Peace Train Coming

The eagle's warlike screams
destroy Baghdad babies' dreams
But a peaceful sunrise comes
with His magic wandling beams

O Anna Niemus

Peach Gifts Three

Grateful for the bucket of water poured slowly
into its tap root on a very hot day, the
peach tree dropped 3 peach gifts
at his feet.

O Anna Niemus

Peach Tree

Who is your favorite bard
they asked B
requesting she choose
between A and C.

But the peach tree
could neither mango nor
apple impeach
nor her private opinions preach
as she went on
to each peach seed enpeach.

(This poem does not refer to
the unelected regime and its
unelected judges who should
be impeached, imho)

O Anna Niemus

Peacock

The peacock sun has
retired for the evening
but has fanned out
his peacock tail..
each ray radiant

O Anna Niemus

Peltz' Pelts

Numberless are the
murdered animals' pelts
from whose blood
profits Nelson Peltz

(Peltz owns Arby's, Wendy's and Kraft Foods.)

O Anna Niemus

Pent

Don't tell me to repent
if I have never pented

Don't tell me only 1
is immaculate
for none are maculate
.. all are in God's eyes
holy and pure

Don't say I'm inept
.. for all in God's
eyes are ept
.. for the way He made us
us He has kept

O Anna Niemus

Peter Burwash

Peter Burwash, tennis star,
once lost a match of tennis
because he would not step
on a column of ants..
perhaps one of them named Dennis

O Anna Niemus

Petroplutocrat

Wall Street loan sharks and neocon war profiteers...
speculate oil up to 138 a barrel, in their
attempts to destabilize the economy of the US
as they did the economies of Chile, Australia,
Iran etc.

But the world's people are on fire with the spirit
to prevail over petroplutocrats and their
pawns

O Anna Niemus

Pharmaceutical Company Kills 21 Homeless

Who were the pharmaceutical moles
who convinced the untypical Poles
to take money on the dole
for their own nefarious goals?

While the Telegraph did not say which pharmaceutical
company was involved, the most active disseminator
of 'avian flu vaccines' is Roche who in partnership
with Rumsfeld has tried to inflict its Tamiflu around the world.

Polish doctors and nurses, said the Telegraph,
have killed 21 homeless people they used in
involuntary trials of an 'avian flu vaccine'.

O Anna Niemus

Pigeons' Commentary: Aviary Crapdown

A statue to a civilian bombing
general
who burned many to realms stygian
Birds' antiwar opinions have been
left by the droppings of the pigeons.
They're organizing the world's birds
for
a flyover.. an aviary crapdown
onto whaling boats
Japanese and Norwegian.

O Anna Niemus

Pigs Lose Their Feet In Tarheel

In Tarheel North Carolina,
the world's biggest killing fields,
pigs lose their feet,
their ears, their tails...
no brutal bullfighters claim
their severed parts
... their bodies are lots
divided amongst the
consumers of their flesh..
but their souls have soared
... to the Lord

O Anna Niemus

Pineapple Crowns

He hated to see
the pineapple crowns
thrown away
He rescued them
and put them in water
waiting for their new
root threads.

O Anna Niemus

Pink Petal Clouds

In spring the
cherry tree.. a pink petal cloud
.. in summer a green leaf cloud
in the fall..ruby studded
in winter.. through its branches
one sees the sun and clouds

O Anna Niemus

Pink Skies With Ebony Stars

God made watermelons
as pink skies full of ebony stars.

*

As huge corporations try to patent all the world's
seeds, and to produce watermelons without
seeds, grapes without seeds..
demand of your farmers and grocers
food with seeds.

...

O Anna Niemus

Pinocchio's Nose

The unelected regimes myriad mouths
have lied so often that
its Pinocchio nose has circled the world
more often than its spy satellites

Even so, Saturn's rings
are unplugging the regime's power now

O Anna Niemus

Plant Rights

My neighbor's yard is running the sprinkler
... dewdrops of grace

She's violating the water laws..
because the plants have rights intrinsically

and because she knows that trees
invoke rain

**

(Bayard Webster of the deforesting NY Times wrote
that each average size tree evaporates 42 gallons
a day of moisture (think what the redwoods do)
.. which becomes mist and then clouds and then rain)

O Anna Niemus

Poet Fruit

As a barrel accumulating raindrops...
spills over into streams
so do your words
spark others to action

O Anna Niemus

Poison Ivy And Mosquitoes

Poison Ivy

The wild rose' thorns
the blackberries' briars

Mosquitoes

vestal virgin keepers of
green flames' wilderness fires.

O Anna Niemus

Polly The Tick

Polly the tick
is not concerned
with politics

O Anna Niemus

Population

He was careful
with his copulation
thinking Mother
Earth needed
no more population.

(If all human beings were supporting arbor culture...fruits and nuts
from trees, grapes, pumpkins. squash, cucumbers etc. from vines, berries.
(these systems yield 450,000 lbs per acre as compared
to 100 to 1000 for cadaver food) ... if all human beings were
respecting earth by building not with dead trees but stone and stucco
brick and block etc... human population would not be so harmful
to the earth)
from berry bushes,

O Anna Niemus

Powder Power

To tell you of vibhuti
is my sacred duty.

*

O Anna Niemus

Prayer

Some think that George Bush is dominated by his father

Others that he is being bribed by compromising pictures held by
domestic and foreign spies

God keep him from causing harm and give him and us all grace to change
God give us honest elections for the first time ever
and give Obama protection and the grace to withdraw from Afghanistan
and Iraq

O Anna Niemus

Predawn Sun

The predawn sun
is waiting in pinkcloud wings
The actor lingers behind
the curtain.

The Baby Jesus
lies in swaddling
in a manger.
but His Omnipotence
is certain.

(to Chris of P and B)

O Anna Niemus

Pregnant Woman

The landlord told the family of 2 with another due in a month that they have 1 month to move out. He is, he said, being foreclosed upon.

The anxiety the mother is suffering can affect her in utero baby.

The only place she can afford is her aunt's home... and her aunt wants to bar her husband.

This is one of millions of family busting and child harming tragedies arranged by the big banks in the US, and their billionaire network around the world.

God bless all the victims of big banks, insurance, and war profiteer companies. God melt away the Satanic tentacles of the greedy and violent.

O Anna Niemus

Premarga

We are all Prema on Premarga to Premishwara

We are all Love Incarnate on the Path of Love to the Lord of Love

O Anna Niemus

Priests Of The Pharmaceutical Octopus

He was told by his psychiatrist
that he was and would always
be a schizophrenic

a shrink who projected his
own fragmentation onto
the mystic's mirror

The young man was not
strong enough to resist
the satanic projection

and he killed himself.

The 'therapist' committed
murder... as surely
as Andrea Yates' doctor
with his devilish brew
of 5 medications..
killed her and her 5 children.

O Anna Niemus

Prodigal Father

PRODIGAL FATHER

The young bachelor dropped a plum seed into
Mother Earth and went his way
while upon it the sun shone
and the rain gave spray.

The seed sparked, forked with green
and then became a young sapling
and grew and grew... her first fruit
appeared and then many did upspring.
In 20 years' time, the bachelor, now
middle aged, came and
was gifted by her stitched purple love
whose knitting needles had been
rain and sun from above.

As a prodigal father who has done
nothing for his children
can be redeemed by their forgiving love.

O Anna Niemus

Prolife Dichotomy

Is the prolife movement full of gay priests and angry parents both groups sheepishly led by the American Catholic archbishops who work with the CIA to keep the prostitutes of war in power? (In their ignorance of reincarnation's multiple lives they cause souls to be born into families which don't want them... where they are neglected except to be beaten.)

All five unelected Catholics on the US Supreme Court have voted for the bombing of the babies of Baghdad, the incineration of the babies of Afghanistan, have denied requests for mercy from prisoners on death row.. have approved the mass executions by the billions of US animals, and yet call themselves prolife.

Jesus as recorded in the Bible never said anything about abortions, but He did say that those who eat animals are whited sepulchres, mobile cemeteries, of the innocents they devour. The Aramaic word He used was translated in Greek as 'sarcophagi' (sarx flesh phagi eater) .

(This writer opposes third trimester abortions.. and all abortions after the quickening..)

O Anna Niemus

Prosecutors' Stones

Prosecutors pick up the stones
Jesus told the mob to put down..

(In John 8: 7 it is recorded that Jesus
prevented an execution in progress.
Even today some countries stone
to death men and women for
adultery.)

O Anna Niemus

Prostate

Victims are prostrate
over cancer statistics
of prostate
... untold millions of men
carved up and there
is no study indicating
that men rendered impotent
and incontinent by
prostate surgery live
any longer than those
who have no treatment.

The skyrocketing rate of reproductive organs in
the US is related to the female hormones given captive
animals.. hormones banned elsewhere because of their
correlation to cancer.

O Anna Niemus

Psalms

They dropped fiery napalm
over rice paddies
and trees of napalm
and on Sunday
their silent chaplains
had them repeat the psalms

O Anna Niemus

Pumpkin Gratitude

Thank You, Loving Divinity
that You did not make pumpkins
to grow on trees

and that as the abandoned ones
lie in the fields they become
food for the birds and groundhogs
and next year's automatic pumpkin patch.

O Anna Niemus

Pumpkin Patch

How does the swelling pumpkin patch
all giving sun's beams catch?
And how spontaneously does
God
the workers to pumpkins dispatch

O Anna Niemus

Puppeteer

Does God the Puppeteer
pluck our puppet strings
making us dance...
then punishing His
powerless pawns
for each misstep?

O Anna Niemus

Puppy Chewing Ankle

JF looked on the woman who opposed her
as on a new puppy chewing on her ankle.

O Anna Niemus

Purple Cherries

Fragile pink cherry blossoms
fall
that there be sweet purple
cherries in the fall

and each cherry seed
can make the world cherry treed

inspired by muse
MuKaKo MuKaMo

O Anna Niemus

Quarantine Unjust

an absurd cruelty
for British government
dogs and cats
to quarantine
while exporting
corpses called
meat
which are filthier
than latrines

O Anna Niemus

Queen Of The Pines

He took a sticky cone of pine
and put sap behind each ear
that he might attract
the Queen of the Pines.

(later he planted and watered the pine cone)

O Anna Niemus

Queue

A line of painted clotheshorse dolls like Barbie queue
to turn their bodies into cemeteries at the barbecue

O Anna Niemus

Quicksand

One said 'quicksand' and the other
thought of how quickly flow the sands
through the hourglass of time.

O Anna Niemus

Radical Feminist

She was that brand of
radical feminist
who hated men.
Then God gave her a dream
about a past life of hers
.. as a man. She realized
she was the enemy.

O Anna Niemus

Rain Away The Clouds Of Shame

Criticism creates clouds of shame and pain in the heart
which can hide the sun's rays of love for decades
or centuries.

Rain away the clouds with shining will.

O Anna Niemus

Rain, Grapes, Amrita

The rain turns to grapes
through weaving by grapevines
while Jesus at the marriage
feast
turned water into wine
and the Avatar whenever
he wishes
can turn anything to amrita
divine

amrita: nectar of immortality

O Anna Niemus

Random 1

Liberation:

As on her stove she
boiled sparkling snow
and watched the crystals
turn to flows..
she saw that some went
further still
dropping their water walls and wills..
their chambered dewdrop
worlds... to
rise as one in steam

*

America can be greened
when the red bloodshed is stopped

*

Through the transparent row of icicle daggers
the morning sun shines.. as he drips them away

*

Onto the canvas of purple velvet night
the moon put a soycream wash of
her own moonlight

*

Mammon loving sherlocks
of
interfaith shylocks
cause blood to drip onto
violets' shy locks

*

the sun has melted
away many centuries
of the
iceberg sculptor's masterpieces..
castles with secret caverns
... spires which pierce the skies

O Anna Niemus

Red

Red peppers are often hotter than green ones.
Red mars is sometimes more martial than loving venus.
Red auras have more anger.. while purple ones more compassion.
Red as a color excites the reproductive chakras.. women wearing
red are more often raped than women wearing blue
Red is the aura of slaughterhouses for many miles around..
as the terror, torment, pain and anger of the animals remains
in the electromagnetic in the animal's cadaver: meat.

But red is the color of dawn's resurrection
from night's sun rejection

O Anna Niemus

Red Carpet

War makes a crimson carpet of
spilled blood on desert sands.

Love makes a universal
welcome carpet

O Anna Niemus

Red Convertible

She is an unusually empathic soul..
and her numberless acts in helping
others to carry their burdens had
manifested as extra weight.

A clairvoyant saw her in a small red convertible....
a precognition of weight loss, red with independence,
and open to the sun of God consciousness

(Convertible driving requires caution)

O Anna Niemus

Red Purple Leaves

Red purple leaves
did all summer weave
free purple plum fruit
from dawn til eve.
Now after the fruitfall
the tree's leaves
do themselves
the tree leave

O Anna Niemus

Release 9

Curtains of shame
do Spirit light block
as flow is slowed down
by feardriven locks
as power is lessened
by those who watch clocks

O Anna Niemus

Reverse Frostbite

the glacier gingerly put his toes into
the lake... and when he pulled
them out they were gone.. this also
happened to the coal lump near the fire

O Anna Niemus

Reverse Samsons

They who would pull down the nutbrown pillars
with their jade Ionic column caps in the
temple forests of Alaska, Brazil, Canada,
Russia or anywhere else are
Philistines, pulling down the shrines
which ensure their own survival.

O Anna Niemus

Revolutionary War

War's drummer boys have been blown apart.
The fife players blinded.
The flag is shredded and full of blood.
The horses have been gored.
Yet the war profiteer hoarding his
gold
thinks not of anything else.

O Anna Niemus

Ridicule

To ridicule the desire of another for gender change
is the sign of a newly human soul, not an old soul.

O Anna Niemus

Rifle Melted Down

God revealed to the hunter..
that the same lovelight in the eyes
of the dog he loved..
was in the raccoons, the deer, ,
the bear he had hunted.

That day he put down his rifle
and never picked it up again.

O Anna Niemus

Rise And Fall

Fruit tree saplings toward the sun rise
Later their free and ripened gifts fall.

Seadrops toward the sun rise.
Later as merciful rain they fall.

From the Formless God evaporates us into cloud forms
Then back into the sea of GodLove we fall.

O Anna Niemus

River Of Time

We are all caught in the fast moving
current of the river of time as we
are carried to the Sea of God.
Whizzing by on the banks are
the deeds we feel guilty for not
having accomplished, but
God will in time and exterior to
time, accomplish all the Godplanted
wishes of our hearts.

O Anna Niemus

River Reverie

The river flows on.. meditating...
carrying leaves and boats
effortlessly, while lost in
river reverie.

Looking on her, the
captain decided to resign
... and not be chained
to reveille

O Anna Niemus

River To Salmon

Said the river to
the salmon:
End ever
this endeavor
and just float to the sea
... float to the sea

O Anna Niemus

Rivers Of Relationships

The rivers of our relationships
sometimes run through rapids... rapidly
and then resume their rippling peace

O Anna Niemus

Rivers Refuse To Be Pushed

Rivers refuse to be pushed...
and if one tries to forcebloom
a bud rosered
he will only end up
with scarlet rose shreds

O Anna Niemus

Robert Bly

Bly said 'It's important that the words
in your poems
be those you could
speak to your friends.'

If one wishes to communicate
with millions
he uses simple words

and yet there is
a delight
in words
rarely heard

O Anna Niemus

Rooster Reveille

The rooster's reveille
The morning sun's light
unwelcome to those
who haven't slept all night

O Anna Niemus

Rose

That March
the dawn sun reflected rose
in the lake which froze
but it became goldwhite
as to the zenith it arose

O Anna Niemus

Rose Colored Glasses

He dated a psychic woman
... and his rosecolored glasses
became thicker as she told
him what he was thinking and feeling.

He had made the mistake of thinking
that because she knew him, she loved him.
Now, his rose colored glasses remove,
he sees more clearly.

*

(Most psychics are more evolved than
the average person... but there are exceptions..
including those who sell their powers to
government, corporate, and coven spooks)

O Anna Niemus

Rose Gratitude

The rose has thanked
the leaves' petioles
for her frragrant
pink petals

(petiole: leaf stem)

O Anna Niemus

Rosebuds And The Bear

Theodore Roosevelt, a president of the US,
in 1905
went to stalk bears in their homes.. the Colorado
woods. He killed at least three on
that one trip alone. Perhaps he wanted
another scalp for his belt, or another
bear rug.

When they knifed open the third bear
and examined her stomach contents,
it was found that the last meal
of the condemned prisoner was rosebuds.

As he came down the mountain, he
described the birdsong..The
cries of the innocent mammals
had subsided.

What had been her crime?
They did not even know her name.
God and the angels and a few holy
ones know the names of
the victims of human lust for blood.
Wherever she is now, God bless her.

(Thank you to Edmund Morris for
passing on the contents of the bear's
stomach in his book)

O Anna Niemus

Route To The Heart

Hidden water springs are sought
by the trees' humble roots.
The humble ways to the pools of love
are to heart the fastest routes.

O Anna Niemus

Rugby

Some on the grass.. play rugby
Others let the grass rug be

O Anna Niemus

Rumi

The universe is
more roomy
because walls were
knocked down
by the mystic Rumi

O Anna Niemus

Rush Hour

The meat fish and dairy cholesterol molecules in his arteries look
like the cars at rush hour on Los Angeles freeways

O Anna Niemus

Rush Limbaugh

Rush Limbaugh

Limb

Baugh (a branch)

The branch is separated from the vine

The limb is separated from the body of God

God let Limbaugh see the mountain of negative
karma he has created. Turn him around now, God.

O Anna Niemus

Saint Nicholas

Jesus gave many others the power to heal.
'Greater things shall you do than I have done.'
St. Nicholas is said to have calmed a storm.
20,000 people in the United Kingdom are
licensed to heal with their hands.
God who is omnipresent indwells all
no matter what path they tread.
Available to all is
the power to tap into the Trinity's
inner fountains of divinity

O Anna Niemus

Saint Sebastian

Bowhunters turn the animals
they kill or maim.. each
into a Saint Sebastian..
tied to a pillar of pain
with 1 or a dozen arrows
sticking from them..
some mammals survive
for months as walking
arrow cushions.

O Anna Niemus

Sam And Ella

The old tv show, St Elsewhere, had 1 woman say 'knock knock'
Who's there? Sam and Ella. Sam and Ella who?
Sam and Ella food poisoning.

In the animal agriculture dominated regime, the FDA and USDA
like to blame all salmonella on the 3% which is caused by
unwashed human hands or surfaces.

The 3% of salmonella caused by exterior bacteria can be washed
off. But the 97% of salmonella which is in the carcasses of
animals, the cadavers of fish, and the contraband of dairy stolen
from chickens and cows.... cannot be washed off. It is
interior.

O Anna Niemus

Samarra

McKinley's men torched
the villages of Philippines' Samar.
Bush's men bomb Iraq
from Mosul to Samarra.
The ground so hot with
depleted uranium
spark to life can
no seed of samara.

*

(samara: maple seedling)
(Half of the trees in Iraq have
been torched)

O Anna Niemus

Samson Spring

Samson spring has
pulled down the last
icicle pillars of
winter's temple..
harming none.

O Anna Niemus

Sand Script, Septillion Tons

The rain blows away
the clouds' horizon Sanskrit
and incoming tide erases
the seaweed's sand script
(but when political messages are
censored by craigslist
the cause is cowardice)

*

He had read The Merchant of
Venice and wondered how Shylock
could be so cruel
as he went to the butcher's
and asked for a pound of pork
flesh, watching as the meatcutter
sliced off muscle cells of the
cadaver and placed them on the
scale.
What of those billionaires
who have sold septillion tons
of meat?

O Anna Niemus

Saturn Opposite Uranus

Very strong roots cling
while uranian wings of freedom
are lifted by the wind

He feels subdivided

O Anna Niemus

Scarlet Letter

A scarlet oak
was by flooding destroyed.
Gone the tree
and the A carved into her
sentient bark.

O Anna Niemus

Schwarzenegger, Abuser Of Countless Animals

Arnold Schwarzenegger who murdered a California prisoner by way of the execution chamber, who campaigned for the continued genocidal bombing of George Bush, has signed into law for UC Berkeley primate crucifiers, UC Davis primate torturers, UCLA dog abusers, Loma Linda, Stanford and other; 'researcher' barbarian tools of the international pricegouging toxic manufacturing pharmaceutical industry, a bill criminalizing freedom of speech, making it a crime to publish information about vivisectors who inflict pain on laboratory primates, other mammals, birds, fishes, reptiles, secretly behind underground laboratory doors.

Schwarzenegger did not work to prosecute the psychopathic Frankenstein torturers of animals, but to harm those who work to protect the animals.

God remove Schwarzenegger from office now
and melt away this type of law pushed by Senators Inhofe
and Coburn of Oklahoma, Senators Izakson and Chambliss
of Georgia, and insider trader and war profiteer Dianne Feinstein.

O Anna Niemus

Scroll Inside The Bottle

A bottle with no message inside
was brought by waves to shore
because demon rum
had removed the writer's pen
Would he ever write more?

shotgun weddings:
alcohol and war,
alcohol and death,
alcohol and disease,
alcohol and violence

O Anna Niemus

Scruples

Like the bribed legislator
about whom she would bed
the hooker had no scruples...
if the man had enough
dollars or yen or pounds francs
or rubles

(a spiritual clairvoyant who was
very frank.. said to a woman
fellow house guest... 'You must
have been with many lovers for
your aura below the waist is
brown.. each you have been with
has shared negative karma with
you...)

O Anna Niemus

Sculptor

An unwitting clues
gave the sculptor that he
was the serial killer..
to the detective.

He was about
his art
very selective

his pieces
were all headless

O Anna Niemus

Sea Power

Baba says the
sea is ever engaged in
omkar
ever sweeping twigs to shore.
Chunghoo speaks
of a jellyfish on the shore
as an outcast.
Dickens says the
sea asks for nothing,
but those standing by her shore
gradually attune themselves
to her rhythm.
They write of the sea
The avatar and His Son
can calm her waves,
walk on her breakers,
yea even inscribe their names
upon her foam.

O Anna Niemus

Seagulls Three

Three seagulls were fighting
on the beach over a banana peel.
Are all fights as silly, given
the infinite supply of God?

O Anna Niemus

Seamus

Such a kind heart has
Seamus
He would never ever
shame us

O Anna Niemus

Second Chance

though she could not
erase his name on the
gravestone

they would once again
walk near spring fields
each having down laid
defensive shields
... as to each other
they did yield

inspired by a dream poem of Michelle Arnold

O Anna Niemus

Seeker

He became a silence
loving seeker
.. left heavy boots
for quieter sneakers
... and preferred
birdsong to
blaring speakers

O Anna Niemus

Self Luminescent Truth

Like the sun, truth is self luminescent. It is reality, self evident, needing no external defense. It is immediately recognized by resonant hearts. It can be hidden for a short time by clouds or by imprisoning others indoors.. but inevitably truth conquers all, as does love. God whose name is Truth whose name is Love is ending the violence in the world now.

O Anna Niemus

Semantics

Some call them hunters.
The animals call them stalkers.

O Anna Niemus

Senate With 100 Head

The livestock state
senator describe how many 'head of cattle'
he had.

He belonged to a Senate with 100 head.

Most senators have continued to steal money from America's
poor to fund an illegal war begun by an illegally installed
unelected White House resident... to rain fire on the
children of Iraq and Afghanistan.

O Anna Niemus

Senator Max Cleland Of Georgia

They know in from Macon and Atlanta
to Los Angeles, NY, and Cleveland
that Diebold stole the Senate race
in 2002 from Max Cleland.

O Anna Niemus

Serial Promiscuity

If one has sex with someone who is
married to another
is it a form of theft?
of breaking and entering?

O Anna Niemus

Serpent's Tooth

How sharper than a serpent's tooth
is unkind or gossiping or excess truth.

O Anna Niemus

Shakespeare

The bard of Avon, William Shakespeare,
would never harm an animal
nor at him shake a spear

*

SHAKESPEARE ON CALVES DEER FLIES BEETLES
VIVISECTORS AND ANIMAL FLESH

OF CALVES

-William Shakespeare-

William Shakespeare, Henry VI, Part Two, Act 3, Scene 1, Lines 202-220

Thou never didst them wrong, nor no man wrong;
And as the butcher takes away the calf,
And binds the wretch, and beats it when it strays,
Bearing it to the bloody slaughter-house,
Even so, remorseless, have they borne him hence;
And as the dam runs lowing up and down,
Looking the way her harmless young one went,
And can do nought but wail her darling's loss.

ON A FLY

William Shakespeare, Titus Andronicus Act 3, Scene 2, Lines 55-80

Mar. At that that I have kill'd, my lord; a fly.
Tit. Out on thee, murderer! thou kill'st my heart;
Mine eyes are cloy'd with view of tyranny:
A deed of death, done on the innocent,
Becomes not Titus' brother. Get thee gone;
I see, thou art not for my company.
Mar. Alas! my lord, I have but kill'd a fly.

Tit. But how if that fly had a father and a mother?
How would he hang his slender gilded wings
And buzz lamenting doings in the air!
Poor harmless fly,
That, with his pretty buzzing melody,

**

ON DEER

[c1600] | William Shakespeare, As You Like It Act 2, Scene 1, Lines 24-71

Duke S. Come, shall we go and kill us venison?
And yet it irks me, the poor dappled fools,
Being native burghers of this desert city,
Should in their own confines with forked heads
Have their round haunches gor'd.
First Lord. Indeed, my lord,
The melancholy Jaques grieves at that;
And, in that kind, swears you do more usurp
Than doth your brother that hath banish'd you.
To-day my Lord of Amiens and myself
Did steal behind him as he lay along
Under an oak whose antique root peeps out
Upon the brook that brawls along this wood;
To the which place a poor sequester'd stag,
That from the hunters' aim had ta'en a hurt,
Did come to languish; and, indeed, my lord,
The wretched animal heav'd forth such groans
That their discharge did stretch his leathern coat
Almost to bursting, and the big round tears
Cours'd one another down his innocent nose
In piteous chase; and thus the hairy fool,
Much marked of the melancholy Jaques,
Stood on the extremest verge of the swift brook,
Augmenting it with tears.
Duke S. But what said Jaques?
Did he not moralize this spectacle?
First Lord. O, yes, into a thousand similes.
First, for his weeping into the needless stream;
'Poor deer, ' quoth he, 'thou mak'st a testament
As worldlings do, giving thy sum of more
To that which had too much: then, being there alone,

Left and abandon'd of his velvet friends;
'Tis right, ' quoth he; 'thus misery doth part
The flux of company: ' anon, a careless herd,
Full of the pasture, jumps along by him
And never stays to greet him; 'Ay, ' quoth Jaques,
'Sweep on, you fat and greasy citizens;
'Tis just the fashion; wherefore do you look
Upon that poor and broken bankrupt there? '
Thus most invectively he pierceth through
The body of the country, city, court, '
Yea, and of this our life; swearing that we
Are mere usurpers, tyrants, and what's worse,
To fright the animals and to kill them up
In their assign'd and native dwelling-place.
Duke S. And did you leave him in this contemplation?
Sec. Lord. We did, my lord, weeping and commenting
Upon the sobbing deer.

ON ANIMALS TURNED INTO MEAT

William Shakespeare, Twelfth-Night; or, What You Will Act 1, Scene 3, Line 46
I am a great eater of beef, and I believe that does harm to my wit.

ON BEETLES

William Shakespeare, Measure for Measure, Act 3, Scene 1, Lines 85-87.

Isab....And the poor beetle, that we tread upon,
In corporal sufferance finds a pang as great
As when a giant dies.

ON VIVISECTION OR ANIMAL RESEARCH HARDENING THE HEART

William Shakespeare, Cymbeline Act 1, Scene 5, Lines 7-32

I will try the forces
Of these thy compounds on such creatures as
We count not worth the hanging, —but none human, —
To try the vigour of them and apply
Allayments to their act, and by them gather
Their several virtues and effects.
Cor. Your highness
Shall from this practice but make hard your heart;

Besides, the seeing these effects will be
Both noisome and infectious.

O Anna Niemus

Shaktipat Merging

The disciple has through the
grace of shaktipat
merged with his guru
as a river flows
into the sea...

Which are his guru's
words and which
are his own
.. sometimes
sparks
his forgettery

O Anna Niemus

Shattered Mirrors Multiply Light

a mirror shatters....
what does it matter?
the pieces bring not 7 years' bad luck
but as each reflects the noon sun
they multiply his light

O Anna Niemus

Sheath

Death.. when the soul sheds
its body sheath
and soars into Shiva Shanti...

It is illusion that the moon is eclipsed
and that souls die.

O Anna Niemus

Sheridan

There has never
been a haridan
in the tribe
of Sheridans
no furmonger
Sheridan
at Ramada
or at Sheraton

O Anna Niemus

Sheriff Deputies Of Banks

The bank was required in that state
to give only 10 days notice to
people whose landlord had been
foreclosed upon.

The gun toting deputies arrived
to enforce an eviction... from a 5 story
walkup with no elevator.

It was a hot day and the crew did
not want to exert themselves. An
air conditioner was thrown out the window,
crushing dandelions and their satellite
bees. No children were in its path,
by angels' arrangement, not the caution
of the enforcers.

A toddler began to cry quietly when
his stuffed puppy was taken.

A box of borrowed library tapes, books,
and CD's was scattered on the lawn,
\$200 worth. The people's property was treated
with no more respect than the tenants'.

Passersby began picking through
a family's treasure, taking what they
could cart away.

Banks, pharmaceuticals and their vivisectioners, war profiteers,
butchers, food monopolists dominate the Bush regime.
America's biggest banks and mutual funds firms have
caused a record of tens of millions of evictions, foreclosures,
food line queues, homelessness, living in cars.

O Anna Niemus

Ship Masts

Ship masts pierce the lowlying clouds
Tall firs' shadows turn to spears
and yet the dawn's sun sphere
shows baseless are the fears.

O Anna Niemus

Silent Springs

all romantic love is the projection
of infinite love which waits to be discovered
like silent springs within ones own heart

O Anna Niemus

Silver Weapons

oyster forks
steak knives
silver plated weapons
further cutting up lives

O Anna Niemus

Sir And Lord

Should anyone be called Sir or Lord?

Do not these titles encourage the most deference to the least ethical elements of society?

Are not many in the 'House of Lords' war profiteers, megabutchers, banker robbers, illegal fox hunters, pharmaceutical drug pushers, slum landlords,

Mother Earth rapists with the exception of a few writers, artists and entertainers?

These titles are inherently antispiritual.

O Anna Niemus

Sitting By The Pool

Sitting defensively by tidepool
snowflakes are drawn to yield
Shyly shedding their shields
they slowly silently slide
into the shallows' liquid field

O Anna Niemus

Sky Framed Apartment

He made his billions
invested in arms mongers,
baby bombers,
tree bulldozers
He lives in a penthouse

He should live instead
in a repent house

O Anna Niemus

Sky's Stagehands

The sky's stagehands, so silent
and swift, as they change her theatre
backdrops from gold sunset to purple night to pink
dawn, sometimes, grey thunderheads, blazing blue noon, white cloud afternoon,
and evening of lavender backdropp for the moon.

O Anna Niemus

Slaughtered Christmas Trees

Slaughtered Christmas tree
hung with ornaments
Murdered buck's antlers
hung with coats
A gorilla's hand turned
into an ashtray
and sold at the Safari Club
convention
Bears shot.. their
skins used as rugs
by those insecure about
their own masculinity

(Matthew Scully describes several kinds
of animal torture in the book he wrote
after he could no longer find it in himself
to write speeches for George Bush)

O Anna Niemus

Slipping Canoe

He was a soul
who preferred to slip
silently through the
seas in a canoe
than to fracture quiet
peace
and manatee in
a power boat

O Anna Niemus

Smile Of The Colonel

Oh Colonel Sanders
when you smile
each of your teeth gravestones stands
for trillions of little bird lives

The 2 million members of PETA have
achieved an agreement with KFC
Canada for less brutal slaughterhouse methods
but not yet KFC US (part of Yum Foods of
Louisville Kentucky) . This was done after 12,000 vigils, leafletings
and pickets in many cities around the world.

O Anna Niemus

Smith And Wesson

Hearing Smith And Wesson, the gun manufacturers, she thought of Smith and Wilson, the founders with the help of a Catholic sister and a Seiberling, of Alcoholics Anonymous.

She once witnessed
the annual motorcycle caravan homage of hundreds of bikers
coming to honor Dr Bob's grave at Mount Peace Cemetery in Akron, Ohio,
and saw the anniversary medallions they left on his grave...
some as short as 30 days... some for 30,40, or 50 years.

Each told of his own personal
lifting... out of hell
.. in the air were angels' silent bells
... and many wept silent tears.

O Anna Niemus

Snow Boils Lobsters

It was cold snow causing living lobsters
to die by boiling water in Maine.

Olympia Snowe and Susan Collins, Republican
senators from Maine, who have voted for war
voted to further the agony of lobsters
dropped alive into boiling water by
voting American poor's tax money, 188,000
worth, to the University of Maine Lobster Institute.

Lobsters' revenge comes after their deaths,
when people curl up in agony from
the ptomaine poisoning, anaphylactic
shock and colon bacteria sicknesses
of lobster flesh, a flesh high in mercury, pcb's,
arsenic, chromium etc.

O Anna Niemus

Snow On The Vietnam War Memorial

There are 58,000 names on the Vietnam
War Memorial.... the American poor
sent off to war by the pawns of the rich.

But where are inscribed the names of
the 4 million Vietnamese who are dead....
their bodies falling like snowflakes
while their spirits rose..

snowflakes indistinguishable
as snowblankets further froze

now melted, the snow to
the sea did flow

When John McCain was shot down
he had been bombing a lightbulb factory's
women employees.

Few suffer from war more
than the soldier victims
of war profiteers.

God bless all soldiers.
God bless all widows.
God bless all the dead.
God bless all beings.

O Anna Niemus

Snowmen Unassembled

'Snowmen dropp unassembled from the sky' *
some created by sculpting child's play
.. their life models are men frozen into cruelty by
pain

* an anonymous email

O Anna Niemus

Sobriety

If trying to maintain sobriety
it's best to have support
society.

O Anna Niemus

Socrates

not for truth
but for pedophilia
did the state murder
Socrates

neither he nor his
killers honored
the 'first do no harm'
rule of
Hippocrates

O Anna Niemus

Some Poems Are Pure Spirit

If one does not know the faith,
gender, race, age, or economic
status of a poet, one will
still receive his or her message,
without knowing the scent
of his aftershave, whether
she used a pen or typewriter,
computer or pencil,
without seeing the particular
with which he weaves
the universal.

O Anna Niemus

Song Of The Lark

Like a bell with
a broken tong
the lark was
without a tongue
.. demons having
served it on a platter.
in this life
silencing
her song.

And while the dawn
was daffodil dew-ing
in the slaughterhouse
they did chickens
de-wing

But God is changing
the world, one heart
at a time.

O Anna Niemus

Soul Light Which Left The Body

The sun's
slivers
disappear from
the river
but the sun
remains forever

O Anna Niemus

Sound Over Water

As sound is heard more easily over water
so words which come from loving beings
are more effective.

O Anna Niemus

Sour Hard Green Fruit

Hate no sour hard green fruit on the tree of life
. As these small orbs continue to bask in
the sun of God's unconditional love, they will grow sweet and
ripe and larger soon to fall as free gifts from the Divine.

Jesus said 'Father forgive them for they know not what they do.'

O Anna Niemus

Sparrow Splash

Sparrows splash
in the pool
beneath the air conditioner's
steady stream.

O Anna Niemus

Speech Of Peach

Though a tree of peach
is incapable of speech
she can give shade
and peachade
purified air
through evaporation new rain
a home for squirrels and birds..
all this... without audible words

O Anna Niemus

Sphinx

The Egyptian sphinx has been
labeled 18,000 years old by
geologists
whose scientific method
has been disputed by
some Egyptologists
As the head of a woman
and the body of a lion
she represents
the cusp which joins the virgo virgin
to the leo lioness.

O Anna Niemus

Spies 3

There are hit men and women spies
who live not with truth but with lies
who cause others in pain to die
and then are murdered by other spies.

O Anna Niemus

Spirit Filled African Church

A dirtfloored African church..
holes in the roof, rickety furniture,
paint peeling off the walls..

so filled with Spirit one
loses awareness of its surroundings

as when a plain woman becomes
translucent with flowng love

or as when an area is so flooded with
sunlight
nothing else can be seen

=====

(The warwhore shockjocks on War Radio have
been ridiculing Obama's grandmother's home
with its dirt floor. One does not have to support
Obama's promotion of war in Afghanistan
to be offended)

O Anna Niemus

Spode China

Spode: a fine bone china
its translucence marred
by the bones
of murdered pigs and cows
and sheep and chickens
... a sight to sicken

O Anna Niemus

Spores Aspire

Falling petals of spirea
while a spiral of
dandelion spores
on the wind spread and
to the sky aspire

O Anna Niemus

Spots Of The Leopard

Spots has not the leopard
because he is lepered
but he must leave alone
the lambs
of the Good Shepherd.

O Anna Niemus

Spring Has Sprung

Though the bed has a spring sprung
Outside April has sprung spring.

O Anna Niemus

Star Of Bethlehem

Star of Bethlehem...
saturn, mars, and jupiter
so close together
they were a trinity
of one glow

Star of Bethlehem:
shine now your peace
on Bethlehem and the
world

O Anna Niemus

Stars Of Allium

Alliums.. spheres
made of hexagonal
lavender stars..
... to Palestine and Israel
Peace is what you are

O Anna Niemus

Starseeds

One eats out of loneliness..
to fill the void
Another to have a starch sponge
to mop up anger's acid in his stomach
A third, has his appetite unnaturally stimulated
by medications.
A fourth, a self realized master,
sometimes takes on his disciples' karma
by eating. He carries the load of their
transgressions on his body.

Starseed Transmissions: One does not have enough data
to assign value to any action

O Anna Niemus

Steeple Minarest Minuet

Side by side, the church belltower
and the mosque minaret
Birds make new nests in the caves
of each
each minute dancing
their alighting minuet

their flight patterns both
circumscribe
making them one

talking plants
communion seeds
aided by
winged heralds of peace

O Anna Niemus

Stephen Frye

Steve Frye,
is it possible to run
a private equity firm
without causing harm?
without investing
in slaughterhouses,
ecocide, and arms?

Is it possible to write
books without highly graphic
descriptions of violence?

Is it possible to write books
without a main character
who advances strip malls
and porn corporations,
sports teams with spectators
guzzling beer,
casinos which fleece the sheeple?

Is it possible to write books
without giving the villains
Irish, Italian, and German names..
as if you are still fighting WW2?

Is it possible to write books
without a commercial for animal
flesh in every chapter?

Is it possible to discuss the
JFK assassination without
impugning the character of
truthseeker Jim Garrison?
without promoting the CIA
lie that Oswald was
a Russian Marxist?

Is it possible that the FBI
and its author pawns

can admit the truth of
the past? Hoover's
role in JFK's murder,
Mark Felt's role
in the Watergate frame?
Mueller's role in
the crucifixion of ELF
nonviolent activists?
Mukasey's role in
waging illegal
and violent wars?

=====

Frey's book *The Legacy* is designed to whitewash the Hoover LBJ
murder of John Kennedy. It is one of the latest of thousands of media offerings
(tv series, movies, books, magazine articles etc)
of the FBI, going back to *I Led Three Lives* and Efrem Zimbalist's
series. The taxes of the poor have been spent to whitewash the FBI's
role in
.. the murder of Violet Liuzzo by an FBI informant
. the FBI moles of the lumber industry within the Earth Liberation Front
and the criminalization of the animal rights movement by Robert Mueller
and FBI invasive spyware named 'Carnivore' etc.

Am grateful to Stephen Frye for his suggestion that canoers row
down the center of a river rather than frightening birds along the bank.

Am also grateful for his statement implying that intelligence agencies
have threatened people with kitty porn frame ups, as these groups
which have the power to hack computers with viruses also have
the power to put whole files on people's computers

O Anna Niemus

Stephen Harper

Stephen Harper, unelected Canadian prime minister

Will the Harper stand for Harp (seal kill) er
or for Harps played by angels for his ending seal clubbing

O Anna Niemus

Sterility And Senility

What takes away
men's sexual ability?
Animal fat based impotence
causes low sperm count sterility
and bones' increased fragility
while meat's amyloid plaque
creates senility

O Anna Niemus

Still Life

For his love he picked a bouquet
... depriving each bloom
of the sun's immersion kisses,
the rain's sweet caress,
the wind's gentle play..
depriving each flower of love

Paintings of such arrangements
are literally 'still life'.

O Anna Niemus

Stinger Missile Boomerang

Those stinger missiles bought with your billions of tax dollars
and sent to the Mujahideen and Taliban through the CIA
to fight Russia in Afghanistan are now blowing up American
soldieres in helicopters, as Aaron Sorkin and Tom Hanks promote
a proppanda film called Charlie Wilson's War in hopes of continuing
the bloodletting.

O Anna Niemus

Stopping Frankenstein

As sociopaths often torture
animals before they take
to human serial killing
so Frankenstein vivisectors
torture mice before
vivisecting mentally
disadvantaged, prisoners
or other human beings.

Mouschwitz
becomes Auschwitz.

Team Rodent: How Disney Devours the World
by Carl Hiaasen, author, who used the term Mouschwitz

O Anna Niemus

Storms Of Desire

Those who are unable to
forgive
the storms of desire
which sweep over others
may find God giving
them such educational storms

O Anna Niemus

Stranded

The evicted family has moved out,
leaving behind their bewildered cat.
He goes from door to door
hungry and alone...
like Jesus and Mary, sleeping
in the stable. Is there room
in the inn of the heart?

O Anna Niemus

Strange Mix

That seashore community drew
artists, the yacht owning wealthy
and fishermen whose occupation
engendered poverty.... eddies
coming together

O Anna Niemus

Street Thug Spyware

Like street thugs asking
if one wants to pay for
protection from their violence,
the spyware company asks
if one wishes to pay for
protection from the computer
shutoffs they generate

O Anna Niemus

Suicide Is Forbidden By The Koran

There are war profiteers and warwagers of other faiths who are either ignorant of the Koran or intentionally deceive...

Many of the so-called suicide missions have been acts of murder accomplished by kidnapping or by drones.

When women and men are found handcuffed to the steering wheels of cars loaded with explosives and driven by remote by their kidnappers into a building, these are not suicide bombers.

When Matrix and other datamining pick names from their billion profile data bases for WTC bombing planes.. stealing the names of people in Europe and calling them hijackers.. it is murder not done by Saudis but by nonMuslims.

The wars in Iraq and Afghanistan are being waged for oil theft, for control of the heroin (poppy) trade, for geographic area control, and by professional haters.

O Anna Niemus

Sun Pours Rays Equally In All Directions

If the sun were to pour his rays unequally,
with more to 1 direction than another,
our solar system could not have survived.
God wants us to love to all
beings.. not to withhold love from any
of creation.

O Anna Niemus

Susie Rain

The clouds became gardens' suzerain
as on the black eyed Susan's
they dropped their merciful rain

When killing stops and compassion
is sovereign
in drought areas will drop
the saving rain.

O Anna Niemus

Symphony Of Planets

Is there God's design
in the orbit of neptune
exactly double that of
uranus, and 14 times that
of jupiter

as God takes uranian
genius and doubles its
octave... transmuting
it to universal compassion

The souls born between 1989 and 1992
have rare conjunctions of saturn, uranus
and neptune in capricorn

O Anna Niemus

Syndrome: Asberger's

The child heard her mother's acquaintance
had Asberger's
and thought it meant he had a big rear
end from eating animal burgers

O Anna Niemus

Take Heart

'It is darkest before the dawn'.
Stars are red giants before
they are white dwarfs.
Balloons are biggest before
they pop.
Icebergs melting below
the water disappear in a trice
though there may be great mass above.

O Anna Niemus

Tales Of Tails

Trucking living lobsters often entails
their freezing and smashing, losing claws and tails.

Coprophagous shellfish eat the products
of others' entrails.

Vegans avoid anaphylactic shock,
hepatitis, food poisoning, colon bacteria
and other sick tales

by not eating the cadavers of lobsters
from the mobsters'

bloody trails.

*

(coprophagous: eating the waste of humans
and other beings... in other words.. bottom feeders)
lobsterlib

O Anna Niemus

Tavisty

The opposite of a travesty
is a Tavisty
.. the sunshine
is in his voice

(to Tavis Smiley)

O Anna Niemus

Taxidermist

The taxidermist
(corpse stuffer)
turns decaying cadavers
into trophies for
mammal stalkers
who love to inflict pain

=====

(it's time to take the
murdered decapitated animals' heads
off Theodore Roosevelt's walls, and
their facsimiles off of the walls of
Abercrombie and Fitch)

O Anna Niemus

Ted Turner

Ted Turner..
so generous, so energetic
... a gifter to many
worthwhile human causes.

Please let the bison be
... unslaughtered and free.

O Anna Niemus

Tents And Trailers

Homes can be made of
trailers of brick
and block
of tents and stone
and stucco
and rock

said the trees
to me

O Anna Niemus

Tents For Evicted Tenants

For the big bank evicted
tenants
the regime might have tents
... as the unelected head of
'Homeland Security'
provides no homes' security
but continues to violate
the Ten Commandments' tenets.

O Anna Niemus

Terror-Ist Food

He confided to his nutritionist that whenever he
ate meat he started after awhile to
feel angry. She responded that
the terror, agony, fright of slaughter
bound animals hearing the shrieks of
their fellows causes massive secretions
of adrenalin, a protein enzyme whose
links are only partially broken by cooking.

Meat is terror-ist food.

O Anna Niemus

The Blindfold On The Statue Of Justice

Sometimes the blindfolds
the statue of justice wears..
are those of racism, human
chauvinism, obedience to
mammon, and violence.
*

O Anna Niemus

The Coat Of One Color

She walked out of the marriage
after some years..
and slipped out of the green coat
of jealousy
.. and has never donned another
slime green coat.

O Anna Niemus

The Cows Of Medora

Thousands of Theodore Roosevelt's
enslaved cows froze to death
in North Dakota's Medora
... their body lights going out
like the snuffing of a Passover menorah

but their souls soared
to Divine Mother Lord

O Anna Niemus

The Green Socialist Libertarian Fruitarian Political Party

As the writer is attracted to
the philosophy of greens, socialists,
libertarians, and fruitarians,
without a political party which represents
all of those she will have
on each issue to be eclectic

asking God to put into her
head grace turned thought electric

O Anna Niemus

The Heart Makes Its Own Way

In the hospital was a woman in her 90's
quietly weeping.. because she
had left the stove on once.. her son
was planning to take her out of
her lifetime home

Social workers suggested
to him
a safety stove and
meals on wheels

..

and she was able to stay
in her home

Where there's a heart
there's a way

O Anna Niemus

The Lamb Next To Lambs

in the church was a massive
oil painting of Jesus
descending down a rock
strewn mountain to
rescue a lamb..

and in the church
cafeteria a few
yards a way..
they served pieces of
dead lambs

and the hindquarters
of butchered pigs
.. called hams
and hepatitis
generating
ocean evicted clams
and lips and gut linings
in cans called Spam

O Anna Niemus

The Magi

Christians who reject
astrology read a Bible
in which the first
Gentiles to worship
Jesus were Magi
astrologers

The 'magou' Greek word
in the King James means
'Magi' or Persian astrologer.

O Anna Niemus

The Mort In Morgage

The mort in mortgage... is it the deaths which
came to the victims of eviction?

the deaths which come to the dogs and
cats the poor abandon in their panic?

The fruits of war... include the deliberate
destabilization of our economy by
Wall St. big banks and war profiteers

*

O Anna Niemus

The Mother Of Sania Harris

Now unencumbered by the body she left, ..
with time and space her servants
and no longer her masters...
she can guard and love you
more than ever

(to Sania Harris)

O Anna Niemus

The Name Summons The Reality

Metcalfe
met a calf
and looked into her soul.

Two 19th Century founders of the Bible Christian Church, a vegetarian church, were named Cowherd! and Metcalfe! .

O Anna Niemus

The Oval Of Night

EGG OF NIGHT

The silent fertilized egg of
night
is fractured
by the sharp
rays of the sun
.. bloodred flows
everywhere..
broken claws of rays
broken beaks of light

(Every factory farmed egg is 120 gallons of production water, 32 hours of jail for a chicken, and 300 mg of cholesterol)

O Anna Niemus

The Play's Not The Thing

Holy actors can play roles
in terrible plays.
Villain actors can play roles
in holy plays.

But when the final curtain
falls, God reveals
that Divinity lives within all.

The play's not the thing..
reality lies behind the curtain
and in the wings.

O Anna Niemus

The Truth, The Whole Truth, And Nothing But The Truth

Witnesses in trials in the US are asked to swear to 'tell the truth, the whole truth and nothing but the truth'.

It is impossible to tell the whole truth. Only God is omniscient.
It is impossible to tell the truth. Human beings, like church stained glass with the sun, always filter the truth, We can only project what we are, the particular rung of frequency on which we are perched.

Defense attorneys exaggerate and select because their first duty is to their clients. Prosecutors withhold exculpatory evidence and send innocents to jail because scalps on the belts are good for their careers.

In our political system, the higher one goes, the greater the number of corrupt judges. Those who have honored the truth the least ask others to abide by higher standards than the judiciary.

O Anna Niemus

The Usda And Trichinella Worms

At the USDA
they don't care
how trichinella worms
squirm
in the flesh
of butchered innocent pigs.

They have muzzled the truth about
Mad Cow, Mad Pig, Mad Chicken,
Mad Deer, Mad Fish, Mad Sheep,
Mad Elk etc.

Through the USDA Forest Service
old trees which have stood
for centuries, (one of the last 700 year old
cedars) were cut
down
.We are the land of skinny trees.

The Forest Service sets
'controlled burn' fires..
when the wind changes
fires have destroyed millions
of acres.

The USDA does not enforce
the lab inspection laws.
The result is animal agony,
filthy labs, and redundant
research.

This regime selected Ann
Veneman from the American
Meat Institute to be its head.
Now as the head of UNICEF
she is trying to poison the
world's children with
cadavers of animal flesh

Their agents have destroyed
food
coops in Washington,
infiltrated vegetarian and
vegan groups.

Whether under Dan Glickman, Ann Veneman, Ed Schafer
the USDA policy has remained the same.

O Anna Niemus

The Verb Necklace

Poetry publisher,
you necklace the poem beads of
others
gathering them into One.

May the world stop using trees for paper
In Thailand logging is banned
and there are no plants making paper
from elephant and other waste

O Anna Niemus

The World Exploding With Change

When Paul tells Christian women to cover their heads
do some of them see red

When Muslim women are told
burkhas and veils to wear
do some open their tresses
to the air?

O Anna Niemus

Theodore And Dorothy

Why is Theodore
which means gift of
God.. a male name
and Dorothy
which means the
same.. a female one?

O Anna Niemus

There's No Way To Wash A Cadaver

When you see and hear on radio and
tv, meat ads' palaver
please remember that you can freeze
fry or color them
but there's no way
to wash a cadaver

O Anna Niemus

They Have Divided My Lots

The big bank predatory lenders and foreclosers and the realty company leeches who work with them have divided the lots of those on the cross of the Bush regime's destabilization program.

They profiteer from the suffering of others.

God exorcise them all.

O Anna Niemus

They Steal From God

When Paul Bremer, appointed czar of Iraq by Henry Kissinger's network, declared that Iraqi farmers could not save their own seeds, and must buy from regime approved companies such as Monsanto,
he stole from God.

O Anna Niemus

Thistlely

There are wild mountain
meadows of Sicily
all wildflowered and
purple thistlely

O Anna Niemus

Tiger Woods

Tiger Woods
rarely hits a ball
into the woods

as he continues to
break down racist stereotypes in Japan,
the Augusta Masters
and everywhere else he goes.

Now, Tiger, please stand
up for the right of women golfers
to play everywhere.

(The Augusta Masters did not
invite black players til 1975,
nor allow blacks into the country club
til 1990. The Masters still
does not allow women to play.)

O Anna Niemus

Til Neocons Did Them Part

At their wedding they repeated to each other their vows of eternal love, and the words of the ceremony were intoned: til death do us part.

It was neocons who sent him to Iraq .. where a malfunctioning helicopter did him from his body and from his wife part.

O Anna Niemus

Tim Russert

Tim Russert,
I seldom agreed with you..
but always magnetizing
were your eyes' twinkles
.. always cheering
were your laugh line
crinkles

When you chose,
you could quickly pull
down the curtains of hypocrisy
to reveal the pathetic
wizards of oz who were
your guests

O Anna Niemus

Time

Time will remove my clinging fingers
from all my possessions.

Therefore I will endeavor
to give them away, recycle them,
or develop detachment.

When I leave my body I will
find that time swirls as a cloud
outside the timeless sun of God.

O Anna Niemus

Time For True Democracy

The occupiers of the United States
government have made it easy for
corporations to file bankruptcy..
and restructure their loans
but
very difficult for the poor
and the middle class
to restructure their loans
to save their very homes.

It is time for the priority
to be: saving the homes
of the poor and middle class...
provide homes for the homeless

O Anna Niemus

Time Prostitute

Nearly everyone works best pursuing labors of love. Working on another's priorities instead of our own shuts down the heart, makes the body tired. More men have heart attacks on Monday morning going to work they hate than at any other time. . An apple tree does not make grapes. A pumpkin vine does not produce blackberries.

Capitalist governments have reduced the minimum wage, attempted to destroy unions, and have deliberately and secretly encouraged the mass influx of noncitizen laborers to destroy workers' rights. Many are so desperate that they must be time prostitutes for others, selling pieces of their lives. May God's firefall of grace give all the ability to work on their own souls' missions.

O Anna Niemus

Time Reverses

Time reverses his sculptor and painting

.. turning grey to black and blonde
and brown and red

... erasing wrinkles

... with the help of vitamin C firming up the skin

... removing the plaster of flour from the intestinal
tract walls

.. and on and on

Each soul is a miracle factory of focus, will and love

O Anna Niemus

Timothy

Timothy,
I tell each tree
that I love thee. I love thee.

And I tell each dropp of dew
that I love you. I love you.

I wrote this for a beloved relative.

O Anna Niemus

To Timothy

All the desires in your soul
will be filled sooner or later..
Only God knows
how many days hence
as S/He runs the universe
from the throne of divinity
inside your heart

(to T Weierman)

O Anna Niemus

Toddler Hides Behind Mother's Leg

The toddler clings to and hides
behind his mother's leg
as a nonswimmer hangs on
to the pillars of a pier
or shelter behind trees
is sought by a deer

O Anna Niemus

Tom A Hawk

General Tom was a hawk
His weapon civilian bombs
not tomahawks

O Anna Niemus

Touchable

The man called
untouchable
found his guru's
feet touchable
as he took
padnamaskar
beneath a statue
of the Avatar

Sai Baba,
Mahatma Gandhi,
and many others have
been melting away the
corruption of the caste system
created by the invasion of India

O Anna Niemus

Toxic Lullabies

Some drink themselves to sleep
Some eat themselves to dreamy deeps
Some take prescriptions toxic in their effects.
Some read to make their eyes tired
or listen to music or movies or talking books
Some pray or meditate... better than
Hangovers, excess weight, a drugged state..

O Anna Niemus

Tracks

As a petty thief found that
his revealing snow tracks had
been covered by a longer wider foot
so God takes on the negative
karma of those who
have changed their ways

O Anna Niemus

Trevor

Trevor wrote triolets
of violas and violets

O Anna Niemus

Trichrome Linear, Garden Spherical

From her porch hung the trichrome flag,
its stripes contrasting with the soft curves of
the garden flowers' scroll,
its colors seeming harsh against the
soft pastel pinks and lemons, aqua
lavender and saffron of nature's display.

O Anna Niemus

Tripe

Because the stomach parts
of ruminants, known
as tripe..
are decomposing they
are always overripe.

O Anna Niemus

Trojan Horses

In the US Senate
there are Trojan horses
installed not by people's
votes
but by vote fraud force.

Norm Coleman
Jim Talent (lost in subsequent election)
John Sununu
Wayne Allard
Izakson
Ben Cardin (won in general election but not in the primary)
The above were installed not by the people but by Diebold,
ESS, Sequoia Pacific, or Triad vote fraud.

O Anna Niemus

Trophy Hunters

In nature predators kill the sick and the weak, thus leaving the strong to breed.
Human hunters kill the best and the strongest, and often just for trophies,
leaving the weak to breed.

O Anna Niemus

Trumped By Booze

remembering parts of her past lives
she saw that she had died in a French
gutter, trumped by booze

so now this one
stays away from demon rum

(the wonderful poems of C Ngaio Beck
sparked this remembrance)

O Anna Niemus

Trustbusters

In families:

Those who are lustbusters
defeat the trustbusters
(those unfaithful ones who
break apart families)

In government though,
we need cartel breakers
trustbusters
to begin to approach
a democratic lustre

O Anna Niemus

Tufts

Faculty at
a university called Tufts
broke dogs' legs
and buried their
bones and
tails and tufts

O Anna Niemus

Tulip Soldiers

Should tulips be soldiers to
stand in a row?
May flowers not pop up
where they choose?

*

Dec 4 08

O Anna Niemus

Tuscaloosa

From Timbuktu to Tuscaloosa,
they think it wrong
to loose elephant tusks
or to castrate oxen
for their musk.

O Anna Niemus

Two Million Flowers

Maureen Dolan reports that
bees must visit 2 million
flowers and travel 55,000 miles
to make 1 lb. of honey.

Yet unreported is how hive
owners steal the bees' work
without giving them even the most
pitiful wages, how after stealing
all their food, many hive owners
let them starve and freeze in the
winter for it is cheaper to buy
a new hive in the spring,
how many bees are crushed
in the racks by those who slide
the racks in and out.

The wings of the queen bee
are sometimes clipped to confine
her and the rest of the colony.

The insecticides sprayed to
kill other insects kill bees as well,
and make their honey poisonous.

God['s sweetener: fructose...
sweeter than sugar,
Its sparkling white crystals, derived
from dates and virtually all other sweet fruits,
have polysaccharides, disaccharides,
and monosaccharides for time
released energy flow.

Please ask the Health and Human Services Dept of the US
to stop promoting honey.
Thousands of lawsuits against 'health' departments poisoning
our waters, fishes, insects, birds, and human beings with
carcinogenic insecticides have been filed. God give them victory.

O Anna Niemus

Two Negatives

It is a
divine mystery
that added negatives
are still negative
whereas 2 multiplied
negatives become a positive

e.g., the lies of warmongers
repeated often take on
their own reality

but Truth which is God
will show itself as surely
as the dawn

O Anna Niemus

Two Waterfalls

Two souls forgive each other,
releasing the past, making
the ground on which they stand holier,
as if they are
two waterfalls opposite each other
pouring their ablutions into one common
river.

O Anna Niemus

Two Yangs

If an h follows another H
as in North Hampstead
or Northampton
one h is silent..
as when 2 yangs are
together, one is
subservient.

O Anna Niemus

Two Year Olds

Emotional wo year olds sometimes
smear their diaper waste
as scrawl
upon the internet's vast walls

O Anna Niemus

Tyrean Purple

Tyrean purple.. a beautiful dye associated
with the Lebanese city of Tyre.
Not so long ago Tyre was crimson.. with blood from
innocents slaughtered
by raining bombs.
In the harbors
were animals on boats dying
of thirst...as occupiers' embargos
prevented the disembarking
of mammals objectified as cargo

O Anna Niemus

Udderly Ridiculous

Those who decry sex with unmarried mothers
don't mind drinking milk stolen...
... pulled from udders

(to Robert Cohen)

O Anna Niemus

Umbrella

A little ant named isabella
in the rain stayed with her fella
under a dandelion most mella
grateful for her umber umbrella

O Anna Niemus

Unburnt Food

The numbers of
nonvegetarians decline
as more see
the Garden of Eden
design
created by Almighty
Design
is perfect beyond
our ability
to define.

Genesis1: 29

Why eat raw or uncooked food?

1. keep the enzymes which fight cancer and which are destroyed by heat...
2. preserve the vitamin C, the body's toxin bouncer, brain signal speeder and flesh firmer
3. preserve the fiber, the bulk, destroyed by cooking.. the fiber which prevents intestinal cancer
4. prevent carcinogen creation by heat... even worse than the stove or oven is the microwave
5. avoid the heavy metals in canned goods which contaminate the contents
6. prevent fires caused by cooking
7. prevent energy waste caused by cooking
8. prevent some deforesting packaging waste
9. less violent to the smallest beings.. the ones invisible to human eyes
10. save time
- 11 lots of juices in diet cause weight loss
.. since the liquid fills one up sooner

O Anna Niemus

Undecapitated Dandelions

The Henry VIII mower which
decapitated the tall Anne Boleyn flower
left alone the sunny heads of
humble dandelions in their bowers.

O Anna Niemus

Unequal Contest

Hunters set traps, mimic sounds of mates in distress,
sit hidden in blinds, stalk animals in the woods,
often in darkness,
have telescopic sites. There is no glory
in murdering defenseless animals.

O Anna Niemus

Unholy Altars

The smoke arising from animal sacrifice
in slaughterhouses, woods and on bloody altars
whose magicians God's creatures alter
is not fragrant frankincense
but hell's fumes which do God incense
as they rise from hell through earth's cracks
opened by the murder

O Anna Niemus

Uniformed

It is so often the poor, the uninformed
who are baited into
being militarily uniformed

O Anna Niemus

Unmerciful Mercy Corps

Unmerciful Mercy Corps like Heifer Int'l is shipping baby animals overseas
.. separating them from their families, terrorizing them, transporting them to
slavery
and slaughter.

O Anna Niemus

Unmolested Oleander

they don't kill as many as machine
harvesters)

The Scythe Book: Mowing Hay, Cutting Weeds, and Harvesting Small Grains,
With Hand Tools (Paperback)

by David Tresemer

Anonymous wrote:

We have a water ditch outside of our property line on one
side, and the city is forcing us to mow it all summer as
a 'right of way', as if it was a sidewalk strip in front of
our house, but it's NOT! The area is half the size of our
lot! They can cite us and fine us if we refuse!

We have no rights to the water, it belongs to a ditch company,
yet we're being forced to keep it mowed!

*

Unmolested:

oleander can reach 20 feet tall..

Bamboo 60 ft or much higher

Rhododendron in Nepal

90 feet or more with green growing fire

How beautiful are the privacy screens
and jade curtains God grown

.. the animals appreciate their sanctuaries

are there plant pedophiles who destroy the young
green beings created by the Almighty?

(William Bernhardt reported that before
the 19th Century clear cutting of Vermont forests
white pine reached 200 feet in height
and there were chestnut trees which
from branch tip to branch tip stretched 200 feet.)

O Anna Niemus

Unpruned Plum Tree

The plum tree
he does not prune
for unpruned trees
create most prunes

O Anna Niemus

Unscrolling

He who directs
each root to unroll
each leaf to unscroll
has every being
in His control

O Anna Niemus

Unshackled

He hated to see
tv cop shows
with the victims of
ratings seekers in handcuffs
or
prisoners of war in shackles.
He knew it raised
the world's hackles.

The God who has the keys
to hell.. has
the keys to all locks.

O Anna Niemus

Unstained Glass

between God and him
He wanted no intermediary
No one telling him what to do
No one reading his diary
He broke
the links of the chain of command
.that none of him could force demands

He wanted only unstained glass
between him and the sun

O Anna Niemus

Unwanted Baby Boy

An unwanted baby boy
lying untouched always
on his back in his crib...
constantly crying...
His mother has been
told by male hierarchs
that contraception is a sin.
She has had 6 other
children in 9 years.
A bottle and a full stomach
allow him to go to sleep
and leave his body temporarily.
They are his ticket to the ocean
liner which takes him away
from this cold land.
Is it any wonder he grew
up to be overweight?

O Anna Niemus

Unwelcome Tenants

To have entities in an aura is akin to being a landlord in a house with locked rooms to which there is no access.

Alcohol, prescription
drugs, anger, marijuana are some aura invaders which
can damage the soul's electromagnetic field.

O Anna Niemus

Usurers And Usurpers

Neocon banker robber
usurers
work with capitalist
democracy overthrowing usurpers

O Anna Niemus

Vampires

He thought interest in vampires
was despicable as
he poured gravy containing
a murdered animal's blood
onto his potatoes.

*

(vegan gravies are available)

O Anna Niemus

Van In The Wilderness

Driving on dirt roads in the wilderness,
leaving a trail of frogs flattened into pancakes
.... garter snakes smashed..
the wake of her worship of nature

O Anna Niemus

Vanished Trails

They make pet food
out of puppy dog tails
and roadkill
and lamb entrails
and try to wash down
the drain
the bloody trail

for more on what's in commercial pet food
madcowboy dot com

O Anna Niemus

Veneman And Venom Men

Ann Veneman
was taught by Venom Men..
the meat mongers of the
American Meat Institute..

now she is polluting the
diets of the children of the world

During her muzzling reign at the US Dept of Agriculture,
news of Mad pigs, mad cows, mad sheep, mad deer, mad elk,
mad turkeys, chickens and fishes was silenced.
She has promoted carcinogenic animal flesh
which causes agony to animals and disease to humans
while helping to deforest the planet and add to global heating
as it decimates acreage yield and multiplies energy use.

O Anna Niemus

Venus Fly Traps

Army recruiting offices are that rarity, mean flowers,
venus flytraps... using the scent of
college, travel and money to lure buzzing bees (children of the poor)
to their deaths by burning, shooting,
heat, the diseases of 'vaccination'.

O Anna Niemus

Veterinarians For Animal Rights

In his life of rescuing animals
he had encountered
veterinarians who vivisected,
veterinarians who hunted
veterinarians who believed
humans but not animals had souls
veterinarians who were meat inspectors
 of the cadavers of murdered mammals
veterinarians who treated only large animals
.... akin to the physicians who treat those
 on death row

He knew that he preferred healers who
were members of Veterinarians For
Animal Rights

O Anna Niemus

Victoria's Dirty Little Secret

Victoria's dirty little secret:
over 200 million catalogs mailed out yearly..
how many trees
sacrificed for pornography

O Anna Niemus

Vietnam Lilies

Once again grow the Buddhist monastery
Nam lilies
where once napalm and bombs
destroyed families

O Anna Niemus

Vincent Van Gogh

Vincent Van Gogh
loved all living beings
and like the sun
with his paintbrush
immersed all in light

Vincent wrote his brother Theodore that after
visiting the abbatoirs of southern France
he had become a vegetarian.

Leonardo ate only fruits, nuts, seeds, pasta.

O Anna Niemus

Violet Light

God bless the millions of deer
being murdered during hunting
season.... the billions of pigs
being assassinated for the
appetites of humans,
the billions of cows
being killed and all beings
who die by the violence of others.

Victims of violence sometimes
leave their bodies surrounded
by violet light.

O Anna Niemus

Virginia Criminalizes Costume Balls

The animal rights protester was arrested by the FBI at a Virginia circus... for wearing a mask.

Virginia has criminalized all Mardi Gras celebrations, all costume parties, all Halloween parties, as 5th class felonies.

O Anna Niemus

Visitation

John was visited at night
by an angel of compassion.
After that he no longer sought
hunters' big cat trophies..
He lost his taste for killing..
and caused no more catastrophes

O Anna Niemus

Vitamin C

How I love you, Vitamin C

bouncer of the body's toxicity

firming up the skin, we see

speeding neural signals over
synapses..

so that we more quickly see

(It's better to get Vitamin C in
uncooked fruit than in pills, but
if one purchases pills know that
stearate, glycerine, whey, MSG,
and natural flavor are terms for
animal products and other toxins
added to pills.

No animal product has vitamin C and
it is destroyed by cooking heat.
Linus Pauling, only person to win Nobel
Prizes both in peace and biochemistry..
studied vitamin C.)

O Anna Niemus

Vivisection Central

The staff of NIH exec Anthony Fauci
are often to captive animals
quite grouchy.

=====

Fauci has a long reign as
a pawn of pharmaceutical companies
at Vivisection Central, the National Institutes
of Health

O Anna Niemus

Vivisectors Do Voodoo Not Science

Vivivectors, those who carve up, cage, or in other ways inflict pain on kidnapped captive animals, misname their voodoo by calling it science, as they place terrified painridden animals on their bloody altars of greedy cruelty.

There are thousands of nonviolent alternatives to the ancient barbarism of animal research, which has been condemned by Gandhi, George Bernard Shaw, Leonardo Da Vinci, and the spiritual teachers of all paths from Jesus and Buddha to Shiva.

John Ruskin resigned his Slade fine arts professorship at Oxford in 1885 rather than countenance vivisection, while the classical musician Richard Wagner whose music is played around the world 135 years after his death said vivisectors must be frightened.

VOLTAIRE

This dog, so very superior to man in his affection, is seized by some barbarian virtuosos, who nail him to a tble, and dissect him while living, the better to show you the mezeraiic veins. All the same organs of sensation which are in yourselves you perceive in him. Now, you automatonists (machinists) what say you? Answer me. Has nature created all the springs of feeling in this animal that it may not feel? Has he nerves to be without pleasure or pain? For shame! Charge not Nature with such weakness or inconsistency.

from Dictionnaire Philosophique

ROBERT BROWNING

I would rather submit to the worst of deaths, so far as pain goes, than have a single dog or cat tortured on the pretence of sparing me a twinge or two.

-from a letter to Miss Cobbe-

(vivisectors don't eliminate pain.. they multiply it)

ALFRED TENNYSON

I could think he was one of those who could break their
jests on the dead,
And mangle the living dog that had loved him and fawned
at his knee,
Drenched with the hellish oorali.. that ever such a thing
should be.

(in The Children's Hospital)

(oorali: a poison used on arrows)

Tennyson:

We shudder but to dream our maids should ape
Those monstrous males, that carve the living hound

(Descartes nailed dogs' paws to a table)

CHARLES THINGYENS

According to an official report, nearly one hundred cruel
experiments have been made upon the 'lower' animals for the
purpose of investigating the subject of suspended animation.
The necessity for these experiments I despise. Man has no
right to gratify an idle and purposeless curiosity through the
practice of cruelty.

from -All The Year Round-

WAGNER

Musician Richard Wagner:

(Wagner whose music is played around the world 135 years after
his death said vivisectors should be frightened)

The thought of their sufferings penetrates with horror and
dismay into my soul, and in the sympathy evoked I recognize the strongest
impulse of my moral being, and also the probable

source of my art. The total abolition of the horror we fight against must be our real aim. In order to attain this our opponents, the vivisectors, must be frightened, thoroughly frightened, into seeing the people rise up against them with sticks and cudgels. Difficulties and costs must not discourage us.

-in a letter to Ernst von Weber-

JOHN RUSKIN

(who resigned his chair as Slade Professor of Fine Arts in 1885 at the University of Oxford, as a protest against vivisection there)

These scientific pursuits are now defiantly, provokingly, insultingly separated from the science of religion; they are all carried on in defiance of what has hitherto been held to be compassion and pity, and of the great link which binds together the whole creation, from its Maker to the lowest creatures. (speech at Oxford 1884)

SAMUEL JOHNSON

What is alleged in defence of these hateful practices everyone knows, but the truth is that by knives, fire and poisons, knowledge is not always sought, and is very seldom attained.

I know not that by living dissections any discovery has been made by which a single malady is more easily cured. And if the knowledge of physiology has been somewhat increased, he surely buys knowledge dear who learns the use of the lacteals at the expense of his own humanity. It is time that a universal resentment should rise against these horrid operations, which tend to harden the heart and make the physician more dreadful than the gout or the stone.

-in The Idler-

EDWARD MAITLAND

If vivisection be right, then has the world existed and

mankind striven and suffered in vain.

-In a letter to the Examiner 1876-

AIR CHIEF MARSHAL LORD DOWDING

(commander of the Battle of Britain)

I firmly believe that painful experiments on animals are morally wrong, and that it is basically immoral to do evil in order that good may come-even if it were proved that mankind benefits from the suffering inflicted on animals. I further believe that in the vast majority of cases, mankind does not so benefit, and that the results of vivisection are in fact misleading and harmful.

(speech in the House of Lords June 18 1957)

(Dowding's wife Muriel formed Beauty Without Cruelty, a manufacturer of cosmetics with no animal products.)

(Dowding told Adela Rogers St John, Hearst reporter, that so many planes landed back in England with dead pilots while tailgunners and other crew reported angels flying the planes, that he had to accept this.)

(There is an inconsistency in saying that one cannot do evil to bring about good.. in relation to vivisection opposition, but not in relation to pacifism.)

QUEEN VICTORIA

The Queen has seen with pleasure that Mr Gladstone takes an interest in that dreadful subject of vivisection in which she has done all she could and she earnestly hopes tht Mr Gladstone will taken an opportunity of speaking strongly against a practice which is a disgrace to humanity.

-letter to Gladstone-

These quotes are from a pamphlet published by Scottish Society For The Prevention Of Vivisection

O Anna Niemus

Volcano Of Sacrifice

American soldier, have you become
the Aztec virgin selected to be
dropped into the volcano of war?

Say no to the warsmiths
Say yes to Jesus, Buddha, Ahimsa

O Anna Niemus

Warmongers Disguised As Patriots

Warmongers disguised as patriots
wave flags aggressively
like violent matadors at peaceful
bulls.

O Anna Niemus

Wars Destroy Wealth

Some people who would not think of
throwing cash into a fireplace
support warmonger candidates.
Everyone knows war is
governmental murder on a mass scale.
Wars destroy wealth.
As the Bush regime has started
fires with bombs in Iraq
and Afghanistan,
the National Guard is in Iraq
and not fighting fires at home.

O Anna Niemus

Was It Humorous

when a downed cow
falls and breaks her humerus
the other cows are sad
while sadists find it
humorous

It is said that laughter is suffering with which we are unable to empathize

In the 19t Century, butchers were not allowed
to serve on British juries because it was felt
their jobs gradually hardened them to suffering.
Should vivisectors be allowed to serve on juries?

O Anna Niemus

Washington

Washington was a Mason, a slaveowner, an avid fox killer participating in hunts,
an insider trader who profited
from the sale of land for Washington's capital. Washington sat with his feet warm
in a heated house while
his soldiers' feet froze off at Valley Forge.

Yet, whenever she watched a movie about him,
my mother shed rare tears.

O Anna Niemus

Wasp Waist

Cutting the wasp waist of the Americas
at Panama
caused the destruction of millions of birds,
mammals, trillions of trees.

Virtually every highway is an ecological disaster
.. designed to destroy the train transit of the
world as it removes temperature stabilizing
sentient trees and leaves innocent animals
as roadkill stains on hot black asphalt.

O Anna Niemus

Waswolf

Should it not be waswolf
or werewolves
instead of werewolf?

O Anna Niemus

Water Spray

In his water closet
he installed a water spray
... for a tree protecting
toiletpaperless world he prays

O Anna Niemus

Watery Ashtray

For a while he
had a watery
ashtray
that no cigarette embers
get away
.. or go astray

He went to no smoking
meetings
where some had used the
patch..
some self hypnosis tapes
and others had gradually
each day reduced the cigarettes
they allowed themselves.

Now he was cigarette free.
He could climb steps without
pausing to breathe.

O Anna Niemus

Watery Rood

The factory farmed chickens
never given a place to brood.
In the livestock states
tornado, hurricane and flood.
The cross to which the animals were nailed
has boomeranged as watery rood.

June 4,2008, severe thunderstorms impact the upper Midwest United States. Tornadoes, hail, severe lightning, . Flash flooding caused evacuation of thousands of homes in low-lying areas. The situation worsened as rain continued on June 5. Flooding has continued up to June 14. States affected: Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, and Wisconsin.

O Anna Niemus

Way To My Heart

'Don't hand me another glass of wine. Pour it in my mouth. I've lost the way to my mouth.' said Rumi.

I am worse.. for I have often
lost the way to my heart.

O Anna Niemus

Weapons: Cupid's Arrows

They met while working to solve the case of a serial killer.
They subsequently married. The 100th lamb's weapons had been
their Cupid arrows.

O Anna Niemus

Weight Of The Birds

10 pheasant hunters died when their plane crashed
into Lake Erie.. too heavy with the load of the carcasses
aboard..

.. the weight of the birds
they killed.. killed them

O Anna Niemus

Welcome Thunder

He heard the thunder
He was still alive.
The lightning
The moving finger of God
had not struck him

O Anna Niemus

Went To War

He went to
war
for his nation's glory
He returned from war
knowing it gory.

=====

O Anna Niemus

What Color Is The Castle?

They were discussing the lives into which they would be reincarnated. What color are the walls in your castle going to be, said one. A sage walked by and said 'what color are the walls in your next prison going to be? '

The wise seek liberation from rebirth through alignment to God's will.

O Anna Niemus

What Do I Want?

Do I want my words to persuade or anger others?

Do I want to lift spirits or depress them?

Do I want to be part of the positive electrical current of
change or to unplug people?

The choice is up to me.

O Anna Niemus

What Do You Call?

What do you call
the decimation of salaries
and the tripling of gas and
food costs?

Official destabilization by
the folks who destabilized
Chile in 73, Australia in 72,
Russia in 91.

How to fight it?
Buy food at farmers' markets.
Barter. Network.
Organize Pray

O Anna Niemus

What Is A Poem?

Emily D put words into poems
as an infinite forest of oak
is encapsulated in an acorn's
nutshell

Rita Dove called poetry
distillation

Linda McCarriston described
a poem's lightning, 'saying
the unsayable', as she
poured out the pain of
being the victim of incest.

Robert Frost penned that
the sign
of a poem is his mind's
delight

Mary Cowell's words: the lyrics
don't matter. The rhythm
alone lifts us to the stars.

Ogden Nash was funny,
lyrical

while Shakespeare was
total, spherical

Poems expand our minds.
They tell stories.
Like dreams they the
separate link
.. turn nouns into verbs
and verbs into nouns.

Richard Wilbur
blew the mind apart

with his art

W H Davies
broke our hearts

=====

W. H. Davies' 'I will not sail with sheep'
Wilbur's
the Milkweed
stanza of Two Voices
In A Meadow

O Anna Niemus

Wheat Stalks In Storm

Like wheat stalks in a great storm do Muslim men
bow daily to the Spirit of Allah.

O Anna Niemus

Where Have All The Fireflies Gone?

(to be sung to the tune of 'where have all the flowers gone?')

Where have all the fireflies gone?
Monsanto's got them.. almost everyone
Boycott that company
Boycott that company

Monsanto

- a. has been making seedless fruits in order to control the seed and food supply
- b. in Iraq, Paul Bremer, 'czar' from Kissinger Assoc., issued an order that Iraqi farmers could not save their seeds. Seeds had to be purchased from Monsanto and other regime approved companies
- c. In Canada, Monsanto sued, claiming the right to the windborn seed which got into farmers' fields.
- d. Monsanto makes seeds with insecticides inside them, called terminator seeds.
- e. In some countries, Monsanto plants have been burned.

O Anna Niemus

Which Prevails?

Is the animal's right to life
.. not to be eaten,
greater than human free will?

Is the child's right not to be
defiled
greater than that adult's
wish to have
pedophiled?

O Anna Niemus

White Cliffs Of Dover

In rowboats and schooners
and yachts and canoes and dories
the British soldiers were
snatched from death at Dunkirk
to the white cliffs of Dover.

But dead and hidden from the public
are the flag draped coffins of the soldiers
who return
to the US Air Force Base
in America's Dover.

A variety of methods of falsifying casualty figures
include
classifying only those who die on the battlefield as
casualties. The severely wounded are shipped
out to die elsewhere. Their deaths are classified
as training accidents or other.

O Anna Niemus

Whited Sepulchres

In front of the restaurant
bright flowers grow..
while inside in the
freezer
drawn and quartered
pieces of cow

*

The Greek translation of Jesus'
words about 'whited sepulchres'
is sarcophagi...
from sarx (flesh)
and phagi (eaters)

O Anna Niemus

Whiz On A Veggieburger

Since the chief addictive substance in meat and fish is uric acid or the trioxypurine, the pre-urine in animal flesh, one suggests people who crave meat buy veggieburgers and whiz on them before eating them.

O Anna Niemus

Why Do The Meek Inherit The Earth?

Why do the meek, the kind
inherit the earth?

Because those who live
by the sword
often die by the sword.

O Anna Niemus

Why Is The Vulture Bald?

It is not age which has made
The cadaver eating vulture bald.
His skullfeathers
have been ripped off in repeated sticking to
the gluey corpses into which he sticks his head.

(written re a Carlyle private equity
group war profiteer...Baldness is correlated to high uric acid in the diet
.. trioxypurine or preurine in animals' muscle cells.
Meat's trioxypurine is stronger than caffeine which is
dixoypurine.)
All of us are in bodies getting older every second.
Time robs us all eventually of exterior beauty.)

O Anna Niemus

Widow's Mite

There is a
biblical command
to take care of widows
and orphans of this land
End the cancellation of
the widow's mite
by this regime's
warmoney siphoning
illegal might.

The US Social Security Administration Under the Bush Regime

(Since the presidency of Franklin Roosevelt, the Social Security Administration has been set up to provide a financial umbrella of protection to seniors, widows, the disabled.)

1. The Social Security trust fund, like that of the US Postal Service, has been raided to provide money for the illegal war by the unelected regime.
2. Social Security office managers know that their ascendancy depends on reduction of benefits through a variety of measures such as making people jump through document hoops. Even if these have been provided before and are in the archives the SSA has often required resubmission. In addition, personnel are often arrogant and not oriented to service.
3. Social Security does not notify several classes of citizens that they are eligible for benefits, e.g. widows. Nor does it give refunds for the time in which people were unnotified.
4. Social Security offices do not necessarily provide magazines or comfortable chairs.
5. Social Security offices at their introductory windows can sometimes require handicapped people to stand for for several minutes.
6. Social Security offices in federal buildings are difficult access for patrons. Downtown parking is expensive and many federal buildings have eliminated their garage parking for the public who

are their employers. Citizens like jack in the boxes must jump up frequently to feed meters and then each time go through new security systems in which four or more guards can stand around. Your taxdollars at work.

7. Citizens asking to see copies of the law under which they are told what they must do find such requests are frequently denied.

8. Use of cellphones is sometimes forbidden, even though it pertains to the application and someone has had to wait an hour or more to get in for an interview.

9. Those who cannot afford to have nearly \$100 for a Medicare premium deducted each month find it takes several months to stop the reduction.

10. Citizens are not given their right to oversee investments of the SSA trusts in order to remove those which are invested in war, in corrupt banks, in environmental destruction, concentration camps for captive animals etc.

11. Citizens are told that if their work quarters from 40 or 50 or 60 years ago have not been recorded by the agency, that unless they can produce, e.g. a 60 year old W2 form from a bankrupt or disappeared company, they have no options to have those quarters included in their work record unless they hire an attorney.

12. There is a capitalist taint to the system, such that the wealthy who have been able to pay more into the system can receive several times the benefits that millions of Americans receive. For tens of millions of Americans, the benefits are not enough or barely enough to provide food, clothing, and shelter.

13. The twice unelected Bush regime has attempted to privatize (allow megathieves in) the Social Security trust fund and has failed.

14. However, this regime has put frequently sued Wall St. CEO Henry Paulson, former CEO of one of the 10 most corrupt Wall St. firms, who has links to foreign cattle ranches, (Nature Conservancy wilderness shrines which he turned into cattle ranches during his presidency of Nature Conservancy while he was a CEO on Wall St) in charge of the US Treasury and the IRS. The IRS provides SSA with nonbeneficiary addresses.

15. Chertoff's operatives in 2007 proposed privatizing the Federal Protective Services which guard some Social Security

and other federal offices.

16. Those calling the 800 772 1213 are discouraged by automatic tapes from waiting for agents. Social Security Administration directors rather than serving the public discourage them by not listing phone numbers for local offices. Nor does neocon Google make it easy to find local numbers.

17. Some Social Security agents pressure people into giving home addresses (SSA data has often been hacked by huge corporations) saying it is against the law not to give this. However agents on the national switchboard say otherwise, that SSI recipients must give a home address but not general SSA recipients.

18. Many utility, pharmaceutical, computer and phone companies such as ATT, Time Warner,

A. illegally demand social security numbers

and have not been sufficiently prosecuted about this. Their second area of illegality is that

B. they maintain illegal data bases with access to the entire SSA list of numbers.

19. Privacy is violated by the SSA which states that it gives personal information to Congress, to the Justice Dept. and in addition for 'general research' (researchers not specified.)

20. It is a small thing but symbolic that Social Security does not get involved in cents, only dollars. Cents are always rounded off to the regime's favor, not the citizen's.

The mustard seed, the manna in the desert are past scriptural references to the power of the God of every being to materialize out of nothing.. these miracles are repeated every second every time a free piece of fruit falls off a tree, a berry off a bush, a grape or squash or tomato off a vine.

O Anna Niemus

Wind Conductor

In the concert hall of the forest
the trees are played by the wind
.. of a sudden they become
woodwinds

O Anna Niemus

Wings Of Wax

Every lie has
wings of wax
In truth's sun
like Icarus
they cannot wax

O Anna Niemus

Wings Untucked

Nightshards have
from sunrays fled
Daybreak's red
in silence spreads
waking sleepers
from their beds
lifting wingtucked
robins' heads.

O Anna Niemus

Winston

Ever faithful to 'British' oil was Winnie
Ever did he rhetorically and obediently whinny.

*

The first person to bomb Iraq was Winston Churchill
who burned 9000 freedom fighting Iraqis in 1920
with bombs.

Tens of millions have been evicted,
foreclosed upon, thrust into
poverty since money has been siphoned
out of the US to bomb the babies of Baghdad
and Basra.

O Anna Niemus

Wisteria Vine And Cat Intestines

The wisteria vine was killed
and his gentle threads were made
a bow with which to shoot arrows
into innocent animals' bone marrow.

The loving cat met with
death by violence.
Her intestines were used
to make music from a violin.

(to Fred Babbin whose kind
sending of a Buddhist parable
gave the idea to me)

O Anna Niemus

Wmd's Of Supreme Court Justices

The WMD's of the Supreme
Court majority are gavels
and gag orders
which silence freedom of
speech, and pens writing
writs of execution, war, torture and bombing
with the blood of innocents as ink

In America, there are

1. elected officials with term limits.

US presidents may no longer serve more than 2 terms.

2. elected officials with no term limits

Among these are senators and representatives. The Senate
was not elected until 1917

3. officials neither elected nor with term limits..

These are Supreme Court Justices, whose mark on the nominal
democracy has been that either of a dragging foot on the sands of
time, or of the promoter of organized violence of war and execution,
factory farms and slaughterhouses.

Not only were the 5 Republicans not elected to the Court. They
were nominated by an unelected White House and ratified by at least
6 unelected senators placed into office by Diebold vote fraud. Since 1789
the Supreme Court has been the tool of megathieves.

Impeachment of the 5 Republicans is asked for by the people,
as well as the election of 1 justice every 1 or 2 years for a term
of 9 to 18 years.

God remove now the
gavels and pens of judges
who vote for war, execution,
and other forms of violence.

O Anna Niemus

Women Of Saudi Arabia

Allah thank You that now
all women Saudis
will be able to steer trains
motorcycles and Audis

O Anna Niemus

Women, Teach Men Your Gentleness

Is it men or women who work the
most in slaughterhouses?
Is it men or women who are
most involved in domestic battering?
Is it men or women who commit
the most rapes?
Is it men or women who
vote for the most executions?
Is it men or women who promote
war, vote for war, kill in war?
Is it men or women who as
'talk show hosts' allow no talk?
Is it men or women who
are more often pedophiles?
Is it men or women who torture
lab animals more?

Writer asks forgiveness of old soul men reading this poem.
As an attorney for the defense exaggerates and is selective
in what she presents, so it is with this poem.

It is the teaching of several religions and the belief of the poster
that we go back and forth between male and female incarnations
as we spiral down the inner ladder to the Indwelling God

The military and hunting organizations socialize gentle men into
believing they must murder voiceless powerless beings in order
to prove their masculinity. It is a lie from hell.

O Anna Niemus

Worse Than Oedipal

It's downright Oedipal
to think animals edible.
Corpse slices neath microscopes
show sights incredible.

O Anna Niemus

Wrapped In Ribbons Of Light

The Buddhist
gave his friend
a Christmas gift
..a present in wrapping
of maya, with
dawnribbons of streaming
light..
inside was nothing.....
the void which births
all wishes
the emptiness containing
all

O Anna Niemus

Yacht Trash

The rich and those
aspiring to be speak of
trialer trash

Is there mansion trash?
Castle trash?
Yacht trash?

O Anna Niemus

Yahoo

thank you Yahoo
that you have never in an active group
to this poster's knowledge
edited individual posts
nor have you ever deleted a post.
You have more free email memory than others
You have more group posting memory than others
You allow more characters in a post than others
You make each post a forwardable link and facilitate
its emailing.

Wish List:

Activists request

Yahoo to stop giving space to hunting and fishing groups, to pornography groups, , meat ads on vegan sites, limiting bulk mail posts to once an hour, deletion of inactive groups, search engines which bury or limit access to peace, animal rights, environment and other sites, difficulty in retrieving hacked email account, that posts don't accommodate html or graphics, that peace activist posts are often put in spam mail preventing quick deletion of same, etc..May Yahoo
and all be aligned with God's will in all ways

O Anna Niemus

Yang Please Be Yang In Protecting Yin Lab Animals

Yang, please be yang in protecting yin lab animals.

Gates, please shut down the gates of vivisection at Duke University.

Jerry Yang, on the board of Stanford University, please use
your great power to end vivisection (animal research)
at that university.

O Anna Niemus

Yard Sales And Motorbikes

What are the signs of
an occupied country
dominated by war wagers?

yard sales
.. motorbikes.. as gas skyrockets
tents for the evicted
food lines, foreclosures

O Anna Niemus

Yosemite

he thought
Yosemite
was a hebrew
mantra

O Anna Niemus

Z So-called Free Speech Is Money Speech

On America's neocon run
talk radio stations
so called free speech is moneyed speech
driven by war profiteers, butchers,
ecocidal gas, utility, lumber companies
On America's neocon run
talk radio stations
the talk radio is actually lecture radio..
like a national football game
in which tens of thousands are spectators
on the side,
while a few
crash at each other on the field.
In neither are the people allowed
on the field.

Free speech is not free.

Mormon warmonger Rush Limbaugh now controls
the illegal monopoly Clear Channel through Bain
Capital, a company which sought to give a Chinese army
connected company a Pentagon contract.
Mormon Utah gave McCain 62%, the highest of any state,
while Hawaii gave 70 some percent go Obama.

O Anna Niemus

Z Does Gates Want Soldiers To Die In Hot Iraq And Cold Afghanistan?

Gates wants even more soldiers to die in the hot sands of Iraq and the freezing mountain peaks of Afghanistan in illegal violent wars for BP and Shell, Chevron and Exxon Mobil.

O Anna Niemus

Z Exorcise The World Of The Satanic Triumvirate

The triumvirate of capitalism, war, and black op lies
.. is a record
with the blood of innocents checkered.

O Anna Niemus

Z Gates Has Built No Bridges To Nowhere

Bush McCain wars have not been a bridge to nowhere.
They've been a bridge to hell.

O Anna Niemus

Z Pelosi The Jukebox

'The country must be governed from the middle, ' said centimillionaire Nancy Pelosi,
coconspirator in the vote fraud which reduced Cindy Sheehan's vote to 17%.

That's like saying 'a train must be driven from the middle'..

Chickenhawks and henhawks
are each an antique jukebox..
when someone gives them coins
they play the tunes that the
warpipers call for.

Pelosi wants to escalate the war in Afghanistan.
Americans want us out of Iraq, Afghanistan, Pakistan, Guantanamo,
illegal CIA jails in Poland and other parts of Eastern Europe.
We want the imperial violence and arrogance of 900 bases
around the world stopped.

O Anna Niemus

Z Saxby Chambliss

God remove from office Saxby Chambliss now.

Senators Chambliss, Inhofe, Coburn initiated with the help of the FBI a bill which became law... to criminalize the 1st Amendment protected actions of animal rights activists, to criminalize picketing the homes of vivisectors such as Gallant of Berkeley, to criminalize vigils at slaughterhouses.

Georgian government has harrassed vegan parents through the Fulton County 'Health' Department, has with the CDC and Emory University been an operative of the pharmaceutical industry.

God remove Chambliss from the Senate and exorcise the demons of racism from half of the Georgian population.

Can someone go to jail for receiving stolen goods that do not exist?
What if the stolen goods are fraudulent nonexistent votes?

Chambliss voted to spend trillions of dollars in illegal violent foreign wars while Georgians suffer.
He voted to abolish the minimum wage.
He voted to criminalize free speech.
GA's Saxby Chambliss, MN's Norm Coleman...
are recipients of stolen goods...but because they are Republican and the goods they received were nonexistent votes arranged by Diebold, they served 6 years in the Senate and voted for Bush wars. It's time to vote them out.

O Anna Niemus

Palin

Please tell us Sarah Palin
as the full moon was palin
How many women animals
were you arrow-impalin?

How many
pregnant deer wombs
did you turn
into tombs?

With your prolife badge and
smoking rifle did you appear
terrorizing the gentle ones
as they ate gold pears.

How many bullets
'prolife' Sarah Palin
have you sent
through
innocent bears' cerebellums?

Because of people
like Sarah Palin
they make verbs out of
nouns
Murder of whales is
called whalin

How many bones have you
left behind
for future palintologists?

VOTE FOR PEACE

Palin of the minority GOP
is secretly funded by Chevron and BP
Biden not she will be
the anti war nation's VP
She; ll be stopped from

igniting World War III
by the majority including
them and me
and hopefully thee

PICTURES

On the internet are pictures of the moose
Palin shot in the nose with an arrow
and wolves gunned down by helicopters
.. strapped to the metal underpinnings
of planes.

One realizes that most killers
hide their crimes, but trophy seeking
serial hunters show their victims
as if they were showing family photo
albums

(See HSUS: aerial hunting article)

McCain picks prowar prodrilling BP Chevron Trans Canada connected moose
slaying huntress as running mate

please multipost whatever you like from this

Perhaps after you read this file, you will feel as my friends and I feel,
that Sarah Palin was fasttracked from a mayor's job in a 9000
resident town to the governor's chair, coached in everything
she said or did, and prepared to be a neocon candidate on
the national stage...all in 2 years time. Vote fraud could have
defeated her Democratic opponent. All of this occurred as the neocon
dominated FBI was investigating Senator Stevens. Certainly Murkowski
defeated governor and Stevens had corrupt offices, but the orchestration of the
chorus for Palin by oil prostitutes Newt Gingrich, Sean Hannity, Rush
Limbaugh and others was it seems planned. 'That most
dangerous of all classes: the wealthy criminal class' wrote
President Theodore Roosevelt of plutocrats and their pawns.

PEACE

Sarah Palin is a supporter of the violent illegal wars in Iraq and Afghanistan.

Her husband is an employee of British Petroleum. Alaska and the US government have allowed a foreign company to control some of the oil in Alaska. BP as Anglo Iranian Oil with Churchill bombed 9000 Iraqis to death in 1920 and BP is still involved in Mosul and Basra.

GUN CONTROL

While Sarah Palin supports the right to bear arms, those who continue Cleveland Amory's mission support his plan to 'arm bears'.

ANIMAL RIGHTS

Governor Sarah Palin of Alaska
lifetime member of the NRA
and supporter of the brutal Iditarod
is the choice of John McCain. She
says she loves hunting and fishing, while adult males
between 18 and 34 have had a 33% decline in numbers of
hunters.

Polar Bears

She calls environmentalists 'extreme environmentalists' and sued to try to have the polar bear removed from the endangered species list (both for BP and other Alaska polluters as well as for trophy seeking hunters) .

Wolves

Worldwide, the animal rights community has not received a response from her in 2 years to the international wish for an end to the helicopter aerial hunting of wolves by trophy seeking serial killers of mammals. She set a \$150 bounty on wolves and she supports the continued slaughter of the mammals from the skies. Wolves travel in extended family packs.

When one or several is shot, all are terrorized.

Moose

She has hunted for moose and guts them herself.

(gut: when a verb means to knife into an animal's body to eviscerate her) . She eats mooseburgers (sandwiches made of the drawn and quartered pieces of slain mammals) .

The Suffering of Fish Suffocation Multiplied

Before she took office, she was owner of a commercial fishing company. Her husband Todd continued to work as a commercial fisherman before taking a job with BP. Commercial fisheries are the chief drive behind the clubbing of seals in Canada, Norway, and S Africa.

The killing of Pribilof Island seals was cancelled.

Ban Fur

Is Gov Palin is wearing the stolen skins of
1 or 2 murdered mammals in the 1st picture?

Cows

The 'free market capitalist' turns out to want government support of animal agony.

Matanuska Maid Dairy Closure and abuse of cows

When on June 6,2007, the Alaska Creamery Board recommended closing Matanuska Maid Dairy, an unprofitable state-owned business, Palin objected. The dairy received at least \$600,000 of stolen tax money that year.

Dogs

Palin supports the brutal Iditarod dogsled race which causes deaths by drowning, freezing, smashing, and many other injuries to dogs.

Bears

While many states have banned the hunting of bears (most recent victories have been in NJ and MD, the illegitimately elected governor of Alaska is a supporter of bear murder.

ENVIRONMENT

Governor Palin advocates the rape of Alaska wilderness in ANWR for oil as well as

offshore drilling, cut a wind farm from the state budget while putting in a half billion for an oil company, pushes the controversial pipeline, defeated a clean water measure

QUESTIONABLE ETHICS

Tony Knowles was twice the popular Democratic governor of Alaska, but was barred from a 3rd consecutive term. He was defeated in his 2006 race not by Sarah Palin but by vote fraud.

As aforementioned, Palin's husband is an employee of BP, a conflict of interest.

Ms Palin was first suggested by Newt Gingrich, indicted for corruption by the US Congress, a neocon warmonger who while his wife was resting in the hospital after a cancer operation told her he wanted a divorce.

The Alaska State Legislature has voted to investigate Palin for abuse of power in the 2 following incidents:

A Palin staffer pressured a boss to fire state trooper Mike Wooten, who was locked in a child-custody battle with Palin's sister.

On July 11, 2008, Palin dismissed Public Safety Commissioner Walter Monegan ostensibly over state trooper vacancies, but in actuality because he would not fire her ex brother in law.

The governor was flown to Dayton in the corporate jet of one of the neocon backers of John McCain (such as jets of Rupert Murdoch, Paxson, and Michael Bloomberg) .

Was her 2nd son named Paxson (middle name) for the neocon warmonger nominal Christian owner of Pax TV?

Gov Palin says she is for reduced govt. spending as she is on a ticket which has illegally spent trillions in Iraq and Afghanistan

Her tasteless Vogue cover picture in 2007 was not appropriate for a governor.

CAPITAL PUNISHMENT

Ms Palin is a 'prolife' supporter of governmental murder, which is called capital punishment.

ENERGY

It seems clear that the 'anticorruption' candidate is actually the tool of big oil, one who defeated a bill which would have taxed the windfall (pricegouging megathievery) profits of BP and other oil companies operating in Alaska.

Alaskans pay more than \$4 a gallon for gas while the government of Alaska sells Alaskan oil to Japan and elsewhere.

Palin vetoed money for the 50 megawatt Fire Island wind project(as one would expect of someone whose husband is employed by wind competitor BP.

She pushed a plan for the petroplutocrat company which gets the pipeline license to receive half a billion dollars for 'development'efforts. Much worse than any Teapot Dome Scandal. This is the 'free market' capitalism she supports... stealing taxes from the people to give to mega polluters.

LACK OF EXPERIENCE

Palin has only 2 years as a governor and a stint as a small town mayor, a town with 9000 residents.

ECONOMICS

Palin defines herself as a 'free market' capitalist. Ms Palin, there are no free markets anywhere as the US Commerce Dept, FBI, and many other agencies promote the Fortune 500 around the world.

CIVIL RIGHTS

Civil rights has not been as much an issue in Alaska as other states. Alaska's black population is 3% (18,436) while that of the US is (36,000,000) 12% or higher, as of 2006. Yet, the smaller the percent, the harder the minority has it.

GAY RIGHTS

Palin was forced by the Alaskan State Supreme Court order to implement same-sex benefits into law under protest,

FAMILY

Her husband works in the oil business on the North Slope. She is a supporter of the war in Iraq, has encouraged her son to enlist for the war in Iraq. There is question as to whether or not her 5th child is rather her grandson.

Alaska governor's reputed 2nd son may be her grandchild.

WOMEN'S RIGHTS

Palin is a member of the 'prolife' movement.

In the past she participated in the meat markets known as state beauty contests.

NATIVE AMERICANS

Palin is the first governor since 1976 not to appoint a Native American to the Alaska Board of Game.

HYPOCRISY RE FREE MARKET

In June 2007, Palin signed into law a \$6.6 billion operating budget—the largest in Alaska's history.

She kept a state dairy at a cost of millions.

She cancelled a wind farm project but pushed .5 billion to
a huge oil company.

The 'free market conservative' proposed providing grants to electrical utilities.

O Anna Niemus

Zelda Fitzgerald

On one side of her chart
Pluto, mars, the moon,
south node mercury and, neptune
opposite saturn, uranus,
upiter, and the
north node

If she had asked for God's
help she
could have turned the unusual
opposition of her natal
chart
into the magic wand
of the resurrected heart

Zelda Fitzgerald was born July 24,1900

O Anna Niemus

Zen Buddhist

Some seek every day
new things to acquire.
Zen Buddhists seek daily
owned things to release.

O Anna Niemus