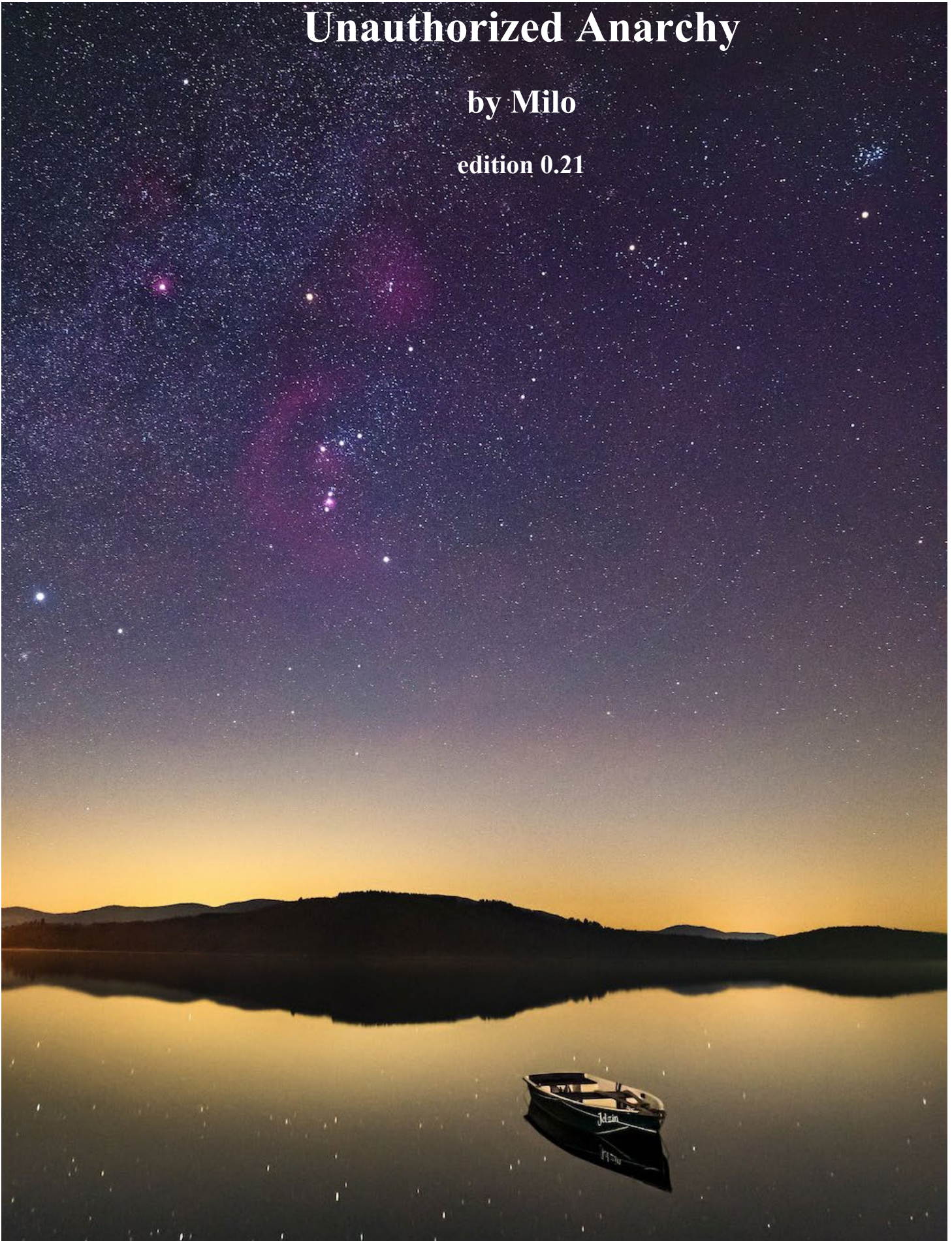


Unauthorized Anarchy

by Milo

edition 0.21





Book: Unauthorized Anarchy

Author: Milo

Edition: 0.21

Photo credit: Image by Bessi from Pixabay



unauthorized anarchy

introduction

At the time of the release of this edition, new drafts are being created almost every day. This will eventually slow down.

Unauthorized: “not having official permission or approval.”

Anarchy: “absence of government and absolute freedom of the individual, regarded as a political ideal.”

A group can agree as individuals among themselves to share any set of rules and still be anarchist.

Individuals can make unauthorized use of copyrighted materials for their own personal use in private (see Copyright Office notice below as well as fair use doctrine expressed in the copyright law itself).

You can freely mix and match rules from different games. And modify those rules. And add in your own rules. You can also strip away rules as you please.

You can use famous characters from literature, film, TV, internet, art, comics, music, or any other source for your own personal use in private.

The essence of this presentation is to set yourself free and play in the manner in which you and your fellow players desire to play.

External links are marked like [this](#).

Images: I am making liberal use of the royalty free artwork at Pixabay. I am including all of the artist credits (although emojis are being dropped until I figure out how to get them into a PDF).

Field Manuals: Like the original *Anarchist Cookbook*, I am relying heavily on US military publications (especially US Army Field Manuals) to convey real world information, but I am crediting the source and quoting their actual text. Any US citizen can freely use US government publications.

Wikis: Initially I intend to make use of information from Wikis, including Wikipedia, to quickly get initial information into the drafts of this book, but depending on how things move forward and your feedback, I may keep some amount of this material and just credit the correct source and license.

Game copyrights: I am going to quote here from the US Copyright Office:

Copyright does not protect the idea for a game, its name or title, or the method or methods for playing it. Nor does copyright protect any idea, system, method, device, or trademark material involved in developing, merchandising, or playing a game. Once a game has been made public, nothing in the copyright law prevents others from developing another game based on similar principles. Copyright protects only the particular manner of an author's expression in literary, artistic, or musical form.

Material prepared in connection with a game may be subject to copyright if it contains a sufficient amount

of literary or pictorial expression. For example, the text matter describing the rules of the game or the pictorial matter appearing on the gameboard or container may be registrable.

If your game includes any written element, such as instruction or directions, the Copyright Office recommends that you apply to register it as a literary work. Doing so will allow you to register all copyrightable parts of the game, including any pictorial elements. When the copyrightable elements of the game consist predominantly of pictorial matter, you should apply to register it as a work of the visual arts.

—Library of Congress, US Copyright Office, FL-108 (04/2016)

SDRs: I am including information from SDRs released by Wizards of the Coast under one of the Open Game Licenses.

I was placing the legal notice for d20 SDR Game System License after each quotation, but it adds too much extraneous repeated info, so now it is here just once:

Legal Disclaimer

This SRD reference Requires the use of the Dungeons & Dragons Player's Handbook Third Edition, published by [Wizards of the Coast, Inc.](#)

Dungeons & Dragons(r) and the d20 system are registered trademarks of Wizards of the Coast, Inc. in the United States and other countries and are used with permission. All images and text associated therewith are the copyrighted property of Wizards of the Coast, Inc. All rights reserved.

'd20 System' and the 'd20 System' logo are trademarks of Wizards of the Coast, Inc. and are used according to the terms of the d20 Game System License version 6.0. A copy of this License can be found [here](#) and [Open Gaming License](#).

The System Reference Document authors are: Jonathan Tweet, Monte Cook, Skip Williams, based on original material by E. Gary Gygax and Dave Arneson. It was edited and reformatted by The Bishop based on previous formats by Bombshell and the dynamic duo of Sage & Sovellior. The document has been further adapted by the [Dragon.ee crew](#).

Recipe copyrights: I am going to quote here from the US Copyright Office:

How do I protect my recipe?

A mere listing of ingredients is not protected under copyright law. However, where a recipe or formula is accompanied by substantial literary expression in the form of an explanation or directions, or when there is a collection of recipes as in a cookbook, there may be a basis for copyright protection. Note that if you have secret ingredients to a recipe that you do not wish to be revealed, you should not submit your recipe for registration, because applications and deposit copies are public records.

A recipe is a statement of the ingredients and procedure required for making a dish of food. A mere listing of ingredients or contents, or a simple set of directions, is uncopyrightable. As a result, the Office cannot register recipes consisting of a set of ingredients and a process for preparing a dish. In contrast, a recipe that creatively explains or depicts how or why to perform a particular activity may be copyrightable. A registration for a recipe may cover the written description or explanation of a process that appears in the work, as well as any photographs or illustrations that are owned by the applicant. However, the registration will not cover the list of ingredients that appear in each recipe, the underlying process for making the dish, or the resulting dish itself. The registration will also not cover the activities described in the work that are procedures, processes, or methods of operation, which are not subject to copyright protection.

Examples:

Jules Kinder submits an application to register a cookbook, *Pie in the Sky*. In the "Author Created" field of the application, Kinder asserts a claim in "text, photographs, and compilation of ingredients." Each recipe contains a list of ingredients, instructions for making a pie, and a photograph of the finished product. The claim in a "compilation of ingredients" will not be accepted because there is no copyrightable authorship in a mere listing of ingredients. Since this claim is not

acceptable, the Office may communicate with Jules Kinder to limit the extent of the registration to the text and photographs only.

Paulina Neumann submits an application to register a recipe for caesar salad dressing. In the “Author Created” field, Neumann asserts a claim in “text.” The work consists of a list of eleven ingredients with the following instructions: “(1) puree anchovies, garlic, Dijon, egg yolks; (2) drizzle oil in gradually to emulsify; (3) add lemon, parmesan cheese, salt, pepper, Worcester-shire and tabasco sauce.” The Office will refuse registration for this work, because the list of ingredients is uncopyrightable, and the instructional text contains an insufficient amount of creative authorship.

—Library of Congress, US Copyright Office, Circular 33

I hope you enjoy this. I would greatly appreciate **feedback**. At the time of writing this edition, the best place is at the Twitter account [@TSOStheband](#) (which includes a lot of different subjects, including political views you may despise).

I keep finding spelling, punctuation, grammar, and syntax mistakes. In version 0.8 I found several spelling mistakes that have been here since version 0.0. Even if you don’t want to provide feedback and criticism of the content, you can at least point out the writing mistakes.



table of contents

introductory basics
early RPG history
team
rules
rules basics
dice rolls
character creation
attributes
hit points
age
height and weight
alignment
languages
species
dwarf
elf
gnome
half-elf
half-orc
halfling
human
physical appearance
backgrounds
wealth and status
classes
multi-classing
basic classes

barbarian
bard
cleric
druid
fighter
monk
paladin
ranger
rogue
sorcerer
wizard
prestige classes
arcane archer
assassin
blackguard
dwarven defender
loremaster
shadowdancer
NPC classes
adept
aristocrat
commoner
expert
warrior
advantages
disadvantages
quirks
skills
feats
equipment

starting equipment
character advancement
success rolls
adventuring
combat system
magic system
psionics system
survival
preparation
immediate threats
calm down
assess situation
plan
pattern for survival
psychology of survival
motivation
tools and equipment
self-defense
first aid
shelter
fire
signal
water
food
technology
movement
trekking
locomotion
animals for transportation
single person vehicles

land vehicles
freight vehicles
rail vehicles
emergency vehicles
military vehicles
burrowing vehicles and machines
water vehicles
flying vehicles
space vehicles
communications
game worlds
government
buildings
cannabis clergy
burden on religious beliefs
sincerity of religious beliefs
religious beliefs
religious requirement
Meyer's Test
IRS guidelines
age of belief
number of believers
divinity
Goddess of Cannabis
Diana
ultimate ideas
comprehensiveness of beliefs
philosophy
mathematics
numbers

science

biology

monsters

animals

plants

açci berry

fungi

single cell organisms

minerals and rocks

chemistry

atoms

zinc

physics

cannabis religion continues

metaphysical beliefs

creation

after life

ethical system

external signs

accoutrements of religion

statues

the Sphinx

prophet

sacred writings

Ancient Egyptian proverbs

Rastafari Bible verses

music

gathering places

temples

pyramids

tomb at Qurna
Tomb of Userhet
sacred gardens
keepers of knowledge
sesh per ankh
ritual or ceremony
marraige and weddings
circumambulation
tarot
organized structure
discipline
education
holy days
diet or fasting: Goddess diet
nutrition
food and recipes
avocado toast
cheese
tabouli
appearance
clothing
propagation
distinct and separate existence
general applicability
strictscrutiny
legal defense
witch hunt
blood libel
timeline
illegal bias

what is religion?
pharmacy and sorcery
potions
false claims
false claims of non-existence
Satanic claims
supposed danger
disease
bad weather
agricultural failure
crop failure
chicken eggs failure
milk cow failure
racism
laughter
laws against cannabis Witchcraft
Exodus 22:18
other verses against Witches
Witch of Endor
Papal Bull of 1484
Malleus Maleficarum
Martin Luther
separation of Church and State
Controlled Substance Act (CSA)
conspiracy
Borders and Customs
arrest
fabricated evidence
torture
bruloirs

pressing
Elizabeth Bathory
 mobs
death penalty
hanging
drawn and quartered
beheading
burning
burning at the stake
burning in Hell
sealed records
anarchy
conclusion



role playing games

introductory basics

This chapter is intended for those who are new to Role Playing Games (RPGs). This is a brief explanation of how these games work.

Dungeons & Dragons divided an adventuring team into character classes. Each character class had a specific role in the adventuring party, encouraging every player to have an equal part in the adventure and the fun.

Character creation typically started with the assignment of attributes. These are scores (usually on a scale of 1-20, 3-18, or 1-100) that quantify basic abilities, such as intelligence, dexterity, and strength. The choice of attributes varies from game to game. Some games have primary and secondary attributes, usually with the secondary attributes being partially or completely derived from the primary attributes.

One common attribute is hit points, which is a measure of how much damage the character has taken, often with zero indicating either death or near death.

Most RPGs include multiple races, an unfortunate choice of terminology. I recommend that the different possibilities (usually humans, elves, dwarves, and similar fantasy people) be called people or maybe species. Let's remove the overt racism from RPGs.

Once the species is chosen, some games have rules for physical appearance and some leave the entire physical appearance to each player's imagination.

Some games have rules about backgrounds and some RPGs leave the entire background to each player's imagination.

Skills based RPGs often let players choose from lists of advantages and disadvantages at the time of character creation. At least one RPG has a system of minor advantages and disadvantages called quirks, which allow for customization of personality without wasting valuable character creation points.

While skills can be available as options in class-based RPGs, they are central to character creation and game play in skill-based RPGs. In a skill-based RPG, the player typically spends a starting allotment of points on skills. As the character advances, the player gets more points to purchase additional skills.

Third Edition Dungeons & Dragons included feats available to player classes. These feats added special powers to a character. This started a trend of feats and other systems of options that allowed for players to customize their character's class.

Usually the last step in character creation is the choice of starting equipment.



image by Marcel Ste from Pixabay

A Dungeon Master (or DM, the term used in *Dungeons & Dragons*) or Game Master (GM) or some other similar title creates an adventure for the adventuring party to participate in.

The earliest adventures were dungeons, consisting of a series of rooms, each room possibly containing monsters to fight, traps to avoid or disarm, and treasures to collect. Over time, adventures became more robust story telling settings.



image by MasterTux from Pixabay

In addition to creating the adventure, the DM or GM plays the roles of all other people and monsters in the game world, as well as serving as the referee resolving all actions the players attempt.

The two most common approaches to a game session are either a One Shot (an isolated episode that occurs over one or two game sessions) or a Campaign (a long term game world setting where the players slowly move towards major goals over many game sessions).

I am not convinced that we need the term Master, which harkens to master and slave or master and servant. Terms such as Narrator or Story Teller or Referee are probably better.

Two major parts of most fantasy RPGs are a combat system and a magic system. Many magic systems use the *Dungeons & Dragons*'s pairing of divine magic (clerics, druids, etc.) and arcane magic (magic-users, wizards, etc.).

After one more introductory chapter with some general notes, this book will look at various common rules, and also look at how using ideas from real life and history can enrich a game session. The first general section will look at how people can best survive in emergency situations, followed by ideas that can be learned from historical and modern combat.

I hope you enjoy this. I would greatly appreciate feedback. At the time of writing this edition, the best place is at the Twitter account [@TSOStheband](https://twitter.com/TSOStheband) (which includes a lot of different subjects, including political views you may despise).



summary

This is a summary of the proposed unauthorized anarchy version of role playing game. These ideas will be expanded upon in future chapters.

A section of chapters on rules will follow. These chapters will look at common RPG rules and make suggestions on the proposed unauthorized anarchy version of role playing game.

The rules sections will be followed by sections and chapters looking at game playing advice that can be garnered from real life (modern and historical), research, and literature (including short stories, novels, books, magazines, poetry, arts, movies, TV, theater, etc.).

As mentioned in the introduction, the goal here is to have a much more free form and personalized version of RPG, where each group customizes for their particular preferences.

terminology

Role playing session: The typical role playing game session involves one referee and one or more players.

A **game session (or session)** is one period of time when the group comes together to play an RPG. If there is a short break (for snacks, bathroom, meals, etc.), the entire time is usually a single session.

The term **referee** refers to the player who resolves game play. The term **narrator** refers to the player who has crafted a setting and adventure for game play. Usually the referee and narrator are the same person.

The term **player(s)** refers to the human beings in the gaming session.

The term **character(s)** refers to the characters depicted in the game. A **player character (PC)** is a character controlled by one of the players. A **non-player character (NPC)** refers to all other characters in the game. It is possible that human players may play NPCs. This is normally done with either a large group or to provide for a person who is not normally part of the group to drop in for brief play.

game play

Genre: The players should agree on what genre of fiction they want to play together. *Dungeons & Dragons* is set in medieval fantasy. Some of the common RPG genres include: science fiction, horror, western, post-apocalypse, spy/espionage, gothic, crime/detective, romance, steampunk, cyberpunk, and superhero. It is possible to chose a “many worlds” game, where the players hop from setting to setting, much like Dr. Who.

Style/Tone: The players should agree on the style and tone of play. Play style can range from realistic to comedic. The tone or mood can vary greatly, with some moods more appropriate for certain genres.

Character creation: Each of the players (other than the referee) need to create a player character for

themselves. Everyone can create characters using the same game system. Players can create their characters from different rules sets (it can be surprising how well different game systems can fit together). Players can pick a famous (or obscure) character from any media. Players can make up a character from their own imagination.

Most RPGs are very much worried about one player overshadowing the other players. It is typical to see roles separated by class just to make sure that every player has something unique to contribute to the game. There is nothing wrong with playing that way if that is the way your group wants to play.

I don't think it matters that much. DC Comics has Batman, anchored in the possibilities of a human being, and Superman, intentionally the most over powered character in comics, routinely work together (or even fight each other) and the stories flow fine. An imaginative and cooperative group of players should be able to handle wildly different levels of capabilities and create interesting stories and fun play together.

Decades ago I joined an *Advanced Dungeons & Dragons* group shortly after the game had been released. The other players had characters around level 10 and invited me to start with a level 10 player. I chose to start at level one because I wanted to learn the new version of *Dungeons & Dragons*.

In the first gaming session the group ran into a tough obstacle. My character was an elven magic user-fighter-thief. I used ordinary items from the spell components pouch to make a mechanism and used the thief climbing skills to get into place to release it over the on-going combat. The Dungeon Master decided to give everyone in our adventuring party a +1 on attack and +1 on defense. Everyone in our group having a 10% boost in combat quickly turned the battle into a rout.

Over the next several sessions as my character caught up in level, I continued to explore the possibilities of the game. I intentionally chose the unpopular spells. And looked for creative ways to make those unpopular spells useful. I kept finding specific spots where a less commonly used "lesser" spell made a key difference at a key moment.

I won't go into details. My point is that the PCs can have wildly varying levels of power and still work together.

Combat system: The vast majority of combat systems involve the following steps: selection of actions (and order that they occur), determining the modifiers for a particular attack or action, determining the modifier for the defense, rolling dice to determine whether the attack succeeds or not, determining the modifiers for damage, rolling dice to determine the damage (which get subtracted from some variation of hit points), along with some possible saving throw. Once you abstract everything, you just find where each game's rules fall into the steps and apply them accordingly.

The group can freely mix together whatever rules from whichever games they want, as well as make up their own rules. As long as everyone agrees, all is good.

Action resolution: Action resolution follows the same idea.

Magic systems: Magic systems can vary wildly from game to game and many games have multiple magic systems. No big deal. Eventually each magic system has results that have a specific effect on the game world. Let each player use whatever magic system they prefer (or even one they make up) and the referee only need to worry about the final resolution of the results.

Computations and dice rolls: There is a balance between detailed accuracy and fast play. Adjust your gaming sessions to match the desires of your group. If you want extreme accuracy, go for it. If you want things fast so you can keep role playing or cracking jokes or whatever else interests you, simplify. There is nothing inherently wrong with the referee quickly considering the factors and announcing a percentage chance and the player rolling dice. The referee can even ask the player or players how difficult they think the attempt is. There is nothing wrong with cooperatively deciding how the game plays out.

Flow of game: Every group has their own preference for game flow. Which parts of the game should slow down and become intricate and which parts should move on quickly.

Drama, like music, should have an ebb and flow of tension and release. Ideally a challenge should be presented, get solved, only to reveal a new (preferably tougher) challenge. The classic example of this is the Train Chase scene from Wallace and Gromit “The Wrong Trousers.” The official Wallace and Gromit You Tube channel offers the [Train Chase](#) scene for free.

Game flow cards: I recommend getting a package of index cards (3x5 in the US and 76.2x127mm in the rest of the world). Write major kinds of actions on the cards and let players or the referee play the card of their choice at any time during the game.

Once a card is played, another player or the referee can play a card, either to modify the already played card or to cancel or overrule the already played card. The first player may either accept or reject the newly played card. If the first player rejects, the second player can put the matter to a group vote.

Any number of players (including those who have already played a card) may play additional cards until the group comes to an agreement on how the story has changed.

The referee or narrator can object to a chosen game flow because it might spoil what has been planned. Again, the group can override the referee or narrator, but generally it might be wise to trust the referee or narrator. The narrator or referee can also suggest the game flow be delayed or modified in some way.

Some examples below (make up your own as well):

Abduction

Adultery

Adversity

Ambition

Chase

Combat

Comedy

Compassion

Complication



image by Comfreak from Pixabay

Conflict

Cruelty

Daring

Deliverance

Disaster

Dramatic flair (no real change from what is already occurring, but the player wants to infuse the action with a dramatic flair)

Enmity

Imprudence

Intrigue

Loss

Madness

Misfortune

Mistake

Pursuit

Recovery

Remorse

Revolt

Rivalry

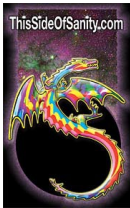
Romance

Sacrifice

Supplication

Tragedy

Vengeance



role playing games

early history

Back near the beginning of the universe in the early Stelliferous Era there was a small rocky planet called Earth orbiting a yellow dwarf star. This planet was infested with a species known as humans.

Two of those humans, Gary Gygax and Dave Arneson, invented a game named *Dungeons & Dragons*.

Dungeons & Dragons developed out of miniatures war gaming. There were several wargames with fantasy elements, including M. A. R. Barker's *Tékumel* and Greg Stafford's *White Bear and Red Moon*.

Gary Gygax and Jeff Perren created a late medieval wargame called *Chainmail*. Later editions included an appendix for adding fantasy elements such as wizards and dragons. Dave Arneson mixed *Chainmail* and a set of rules by Dave Wesely. Arneson then created *Blackmoor*. Arneson and Gygax collaborated on the new game *Dungeons & Dragons*.



image by Mitaukano from Pixabay

The next role playing game (RPG) was Ken St. Andre's *Tunnels & Trolls*.

Other early fantasy role playing games included *Empire of the Petal Throne*, *Chivalry & Sorcery*, and *RuneQuest*. Early science fiction role playing games included *Metamorphosis Alpha*, *Traveller*, and

Gamma World. The early super hero role playing game was *Superhero:2044*.

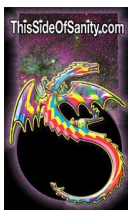
TSR released *Advanced Dungeons & Dragons*. Chaosium introduced *RuneQuest* and *Call of Cthulhu*. Iron Crown Enterprises released *RoleMaster*. Palladium released *Palladium Fantasy Role-Playing Game*. Victory Games released *James Bond 007*. West End Games released *Paranoia*.

Role playing games (RPG) tend to fall into two major types: class-based and skill systems.

In a class based RPG the player chooses a class (such as fighter, cleric, magic-user, or thief) which defines the character's capabilities and advances through levels, each of which adds additional capabilities.

In a skill based RPG the player chooses from available skills (and other capabilities), custom building a character with the features he or she prefers. Advancement occurs by adding more skills or capabilities.

Dungeons & Dragons and most RPGs are now called Table Top Role Playing Games (TTRPG), in contrast to an acting version called Live Action Role Playing (LARP), which is similar to historic battle recreations.



team

Dungeons & Dragons divided an adventuring team into character classes. Each character class had a specific role in the adventuring party, encouraging every player to have an equal part in the adventure and the fun.

Modern special forces are heavily cross trained and typically any member of the team can fill in for any other member of the team.

I understand the idea of separating roles for gaming purposes and to make sure that everyone has something they can shine doing, but that seems to me to be an artificial constraint.

Use the convention if you enjoy it.

Some typical roles in typical teams:

Role Playing Games

Fighter/Barbarian/Paladin

Cleric/Healer

Druid/Ranger

Archer

Wizard (study)

Sorcerer (innate)

Rogue/Thief

Bard

Monk

Antiquity and Medieval

Heavy Infantry (Knight, Cataphract)

Heavy Cavalry

Light Infantry

Light Cavalry

Foot Archer

Horse Archer

Mounted Infantry (Dragoon)

Slinger

Chariot

Pikeman/Hoplite

Artillery

Samurai can be classified as heavy or light cavalry

Special Forces A-Team

Detachment Commander

Detachment Technician

18Z Special Forces Operations Sergeant

18F Assistant Operations Sergeant

2x 18B Special Forces Weapons Sergeant

2x 18C Special Forces Engineer Sergeant

2x 18D Special Forces Medical Sergeant

2x 18E Special Forces Communications Sergeant

Rifle Team

Rifle Squad Leader

Fire Team Leader

Rifleman

Grenadier

Squad Automatic Rifleman

Support from Rifle Platoon Headquarters

Rifle Platoon Leader

Rifle Platoon Sergeant

Radio Telephone Operator

Combat Medic

Field Artillery Forward Observer

Support from Rifle Company Headquarters

Rifle Company Commander

Rifle Company First Sergeant

Rifle Company Executive Officer

60mm Mortar Section

Company Fire Support Officer

Company Communications Officer

Combat Engineer Sapper Team

Space Ships (Star Trek)

Captain

Executive Officer/First Officer

Chief Operations Officer/Second Officer

Operations Officer

Quartermaster

Chief Science Officer

Science Officer

Chief Engineer

Engineer

Communications Officer

Navigation Officer

Chief Helm Officer

Helmsman/Helm Officer/Pilot

Security Officer

Master-at-Arms

Chief Tactical Officer

Tactical Officer

Weapons Officer

Chief Medical Officer

Medical Officer

Head Nurse

Nurse

Chief Counselor

Counselor

Morale Officer



rules

rules basics

As of the writing of this book, Wizards of the Coast offers a free download of the Basic Rules for *Dungeons & Dragons*.

“Set in a medieval fantasy world, D&D allows you to experience stories and adventures full of endless possibilities and amazing surprises. The Basic Rules for Dungeons & Dragons is a PDF that covers the core of the tabletop game.”

“The *Basic Rules* runs from levels 1 to 20 and covers the cleric, fighter, rogue, and wizard, presenting what we view as the essential subclass for each. It also provides the dwarf, elf, halfling, and human as race options; in addition, the rules contain 120 spells, 5 backgrounds, and character sheets. But the best part? The *Basic Rules* is a free PDF. Anyone can download it from our website. We want to put D&D in as many hands as possible, and a free, digital file is the best way to do that.”

“**Part 1** is about creating a character, providing the rules and guidance you need to make the character you’ll play in the game. It includes information on the various races, classes, backgrounds, equipment, and other customization options that you can choose from. Many of the rules in part 1 rely on material in parts 2 and 3.”

“**Part 2** details the rules of how to play the game, beyond the basics described in this introduction. That part covers the kinds of die rolls you make to determine success or failure at the tasks your character attempts, and describes the three broad categories of activity in the game: exploration, interaction, and combat.”

“**Part 3** is all about magic. It covers the nature of magic in the worlds of D&D, the rules for spellcasting, and a selection of typical spells available to magic-using characters (and monsters) in the game.”

“**Part 4** is about tools for Dungeon Masters. It includes information and stat blocks for monsters, advice for building combat encounters, and magic items.”

Get the free download from this [web page](#).

From d20 SDR (e3.0):

Basics

Dice Notation

These rules use the following die notations:

- **d4** = four sided die
- **d6** = six sided die
- **d8** = eight sided die
- **d10** = ten sided die
- **d12** = twelve sided die
- **d20** = twenty sided die
- **d%** = percentile dice

Die rolls are expressed in the format:

[#] die type [+/- modifiers]

Example: 3d6+2 means: "Roll 3 six sided dice. Add the result of the three dice together. Add 2."

Rounding Fractions

In general, if you wind up with a fraction, round down, even if the fraction is one-half or larger.

Exception: Certain rolls, such as damage and hit points, have a minimum of 1.

Multiplying

Sometimes a special rule makes you multiply a number or a die roll. As long as you're applying a single multiplier, multiply the number normally. When two or more multipliers apply, however, combine them into a single multiple, with each extra multiple adding 1 less than its value to the first multiple. Thus, a double (x2) and a double (x2) applied to the same number results in a triple (x3, because $2 + 1 = 3$).

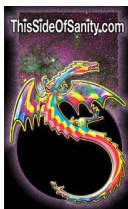
Basic Task Resolution System

These rules assume a standardized system for determining the success or failure of any given task. That system is:

d20 + Modifiers vs. Target Number

The Modifiers and Target Number are determined by the type of task. If the result of the d20 roll + the Modifiers equals or exceeds the Target Number, the test is successful. Any other result is a failure. A "natural 20" on the die roll is not an automatic success. A "natural 1" on the die roll is not an automatic failure.

See beginning for legal copyright notice regarding Game System License



rules

dice rolls

Dice rolls are used to determine the results of actions and other game activity.



image by Ana Carolina Franco from Pixabay

A common system is the format of $x dy \pm z$ where x is the number of dice rolled, y is the kind of dice rolled, and z is a modifier added after the dice are rolled.

An example is $3d6+2$, which means rolling three (3) six-sided dice (the ordinary kind), adding up the total, and then adding an additional two for the final result.

Typical kinds of dice are four sided, six sided, eight sided, ten sided, twelve sided, and twenty sided. Twenty sided dice can double as ten sided dice by ignoring the tens digit. On a ten sided die, a zero can indicate 10. On a twenty sided die, a zero can indicate 20. There are 100 sided dice, but usually percentile rolls are done with two ten sided dice of two different colors (one designated for the tens digit and the other designated for units digit).

Some games require the player to equal or exceed a goal for success, while others require the player to be equal to or less than the goal for success, and some use both systems depending on what kind of activity is being resolved.

3e SRD:Basics

The Basics

The Core Mechanic

These rules assume a standardized system for determining the success or failure of any given task. That system is:

$d20 + \text{Modifiers}$ vs. Target Number

The Modifiers and Target Number are determined by the type of task.

If the result of the d20 roll + the Modifiers equals or exceeds the Target Number, the test is successful. Any other result is a failure.

A "natural 20" on the die roll is not an automatic success. A "natural 1" on the die roll is not an automatic failure.

Dice

These rules use the following die notations:

- d4 = four sided die
- d6 = six sided die
- d8 = eight sided die
- d10 = ten sided die
- d12 = twelve sided die
- d20 = twenty sided die
- d% = percentile dice

Die rolls are expressed in the format:

[#] die type [+/- modifiers]

Example: 3d6+2 means: "Roll 3 six sided dice. Add the result of the three dice together. Add 2."

Rounding Fractions

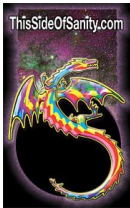
In general, if you wind up with a fraction, round down, even if the fraction is one-half or larger.

Exception: Certain rolls, such as damage and hit points, have a minimum of 1.

Multiplying

Sometimes a special rule makes you multiply a number or a die roll. As long as you're applying a single multiplier, multiply the number normally. When two or more multipliers apply, however, combine them into a single multiple, with each extra multiple adding 1 less than its value to the first multiple. Thus, a double (x2) and a double (x2) applied to the same number results in a triple (x3, because $2 + 1 = 3$).

This material is published under the [OGL](#) from [D&DWiki](#)



rules

character creation

Character creation is the process of a player creating a Player Character (PC) to play the game.



image by Alexandra d from Pixabay

Various RPGs have rules of varying complexity for creating characters. Some are simple and fast, while others are complex and time consuming.

Often it can be difficult to create a specific character, either one from imagination or one from

literature.

I think that if anyone wants to play a particular character, including famous characters from either literature or history, that the player should be able to play their chosen character.

As far as game balance goes, if DC Comics can find ways for a human such as Batman to interact as an equal with Superman, the most overpowered character in literature, then any mix of character power and level should be playable. It may take effort by the players and their referee, but it should be possible.



rules

attributes

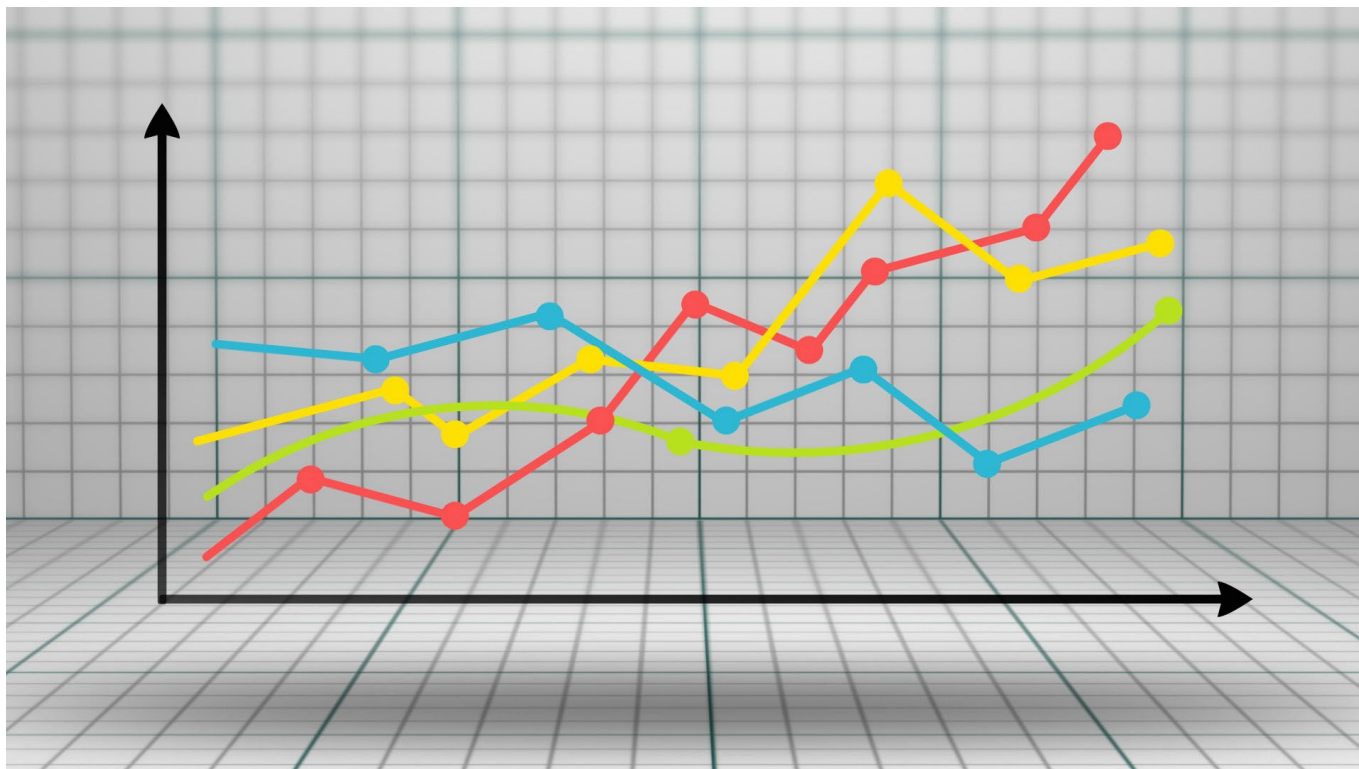


image by Mediamodifier from Pixabay

Character creation typically started with the assignment of attributes (sometimes called stats or statistics). These are scores (usually on a scale of 3-18, 1-20, or 1-100) that quantify basic abilities, such as intelligence, dexterity, and strength. The choice of attributes varies from game to game. Some games have primary and secondary attributes, usually with the secondary attributes being partially or completely derived from the primary attributes.

One common attribute is hit points, which is a measure of how much damage the character has taken, often with zero indicating either death or near death.

From the Wikipedia page on [Attribute \(role-playing games\)](#)

Attribute (role-playing games)

An **attribute** is a piece of data (a “statistic”) that describes to what extent a fictional character in a role-playing game possesses a specific natural, in-born characteristic common to all characters in the game. That piece of data is usually an abstract number or, in some cases, a set of dice. Some games use different terms to refer to an attribute, such as **statistic**, **(primary) characteristic**, or **ability**. A number of role-playing games like *Fate* do not use attributes at all.

The nature of attributes

There is no uniform consensus on what ability scores are, even if many role-playing games have them, but games that use them have a common theme. According to the BBC Cult TV website “All characters have Attributes — basic physical and mental abilities.” and in the *Pathfinder Roleplaying Game* “Each character has six ability scores that represent his character’s most basic attributes. They are his raw talent and prowess. While a character rarely rolls a check using just an ability score, these scores, and the modifiers they create, affect nearly every aspect of a character’s skills and abilities.” In some games, such as older versions of *Dungeons & Dragons* the attribute is used on its own to determine outcomes, whereas in many games, beginning with *Bunnies & Burrows* and including more modern versions of *D&D*, the attribute works with a skill to affect the overall outcome.

Common types of attribute system

There is no standard amongst role-playing games as to which attributes are important for the game, though there is a school of design which says you pick the attributes after you decide what the game is about.

Set attribute systems

Dungeons & Dragons

Dungeons & Dragons used six attributes (there were brief attempts to add a seventh, Comeliness, in *Unearthed Arcana* and *Dragon* magazine, but this was short-lived). The six attributes used in *D&D* are:

“Physical” statistics

- Strength - measuring physical power and carrying capacity
- Constitution - measuring endurance, stamina and good health
- Dexterity - measuring agility, balance, coordination and reflexes

“Mental” statistics

- Intelligence - measuring deductive reasoning, cognition, knowledge, memory, logic and rationality
- Wisdom - measuring self-awareness, common sense, restraint, perception and insight
- Charisma - measuring force of personality, persuasiveness, leadership and successful planning

These range from about 3 to 20 (depending on the edition).

The attribute sequence in *D&D* was originally: Strength, Intelligence, Wisdom, Dexterity, Constitution, and Charisma, sometimes referred to as “SIWDCC”. This listed the four “prime requisites” of the character class families before the “general” stats: strength for fighters, intelligence for magic-users, wisdom for clerics, and dexterity for thieves. The current “SDCIWC” sequence was introduced in *AD&D* 2nd edition in an attempt to divide physical and cognitive traits into two groups.

Other games

Many other notable games have followed suit while slightly varying the attributes, like *Traveller* (Strength, Dexterity, Endurance, Intelligence, Education, Social Standing) or like Cortex System games such as the *Serenity RPG* and the Cortex Plus *Leverage* with Agility, Alertness, Intelligence, Strength, Vitality, and Willpower.

Others use more, some fewer. Tri-Stat dX (including *Big Eyes, Small Mouth*), as the name would suggest, uses three (Body, Mind, and Soul), whereas a more common division of three, and used in the Cortex Plus game *Firefly* is Physical, Mental, and Social, but expands with the Storyteller System’s attributes.

SPECIAL is an acronym statistics system developed specifically for the *Fallout* series, representing the seven attributes used to define *Fallout* characters: **S**trength, **P**erception, **E**ndurance, **C**harisma, **I**ntelligence, **A**gility, and **L**uck. SPECIAL is heavily based on *GURPS*, which was originally intended to be the character system used in the game.

Some games have used particularly complex systems. For instance, *F.A.T.A.L.* uses a system of five attributes with four sub-attributes each, resulting in twenty total statistics to roll. This system was criticised for its complexity and for the lack of correlation between related sub-statistics, resulting in oddities such as a character with a higher Average Speech Rate than Maximum Speech Rate.

Classifications

The first three editions of *Shadowrun* had three separate headings of Physical attributes, Mental Attributes, and Special Attributes, with three stats in each. With the six non-special attributes being Strength, Quickness, Body, Charisma, Intelligence, and Willpower, and two of the three special attributes relating to magic and the third being derived, this is arguably a six attribute system.

The Storyteller System used in games like *Vampire: The Masquerade* took this one step further, breaking the attributes down into three by three classifications. Power, Finesse, and Resistance, and Mental, Physical, and Social, leading to nine different combinations each of which has a separate name with, for example, Mental Finesse being the attribute Wits and Social Resistance being Composure.

Stats and substats

Some games think that attributes are not and should not be treated as entirely independent, and therefore make a lot of their attributes dependent on others. *GURPS* uses two levels of statistic - four primary statistics (Strength, Dexterity, Intelligence, Health), and four statistics derived directly from those (Fatigue which defaults to strength or health depending on edition, Hit Points (health or strength depending on edition), Willpower (defaults to intelligence), and Speed (defaults to half the average of health and dexterity)). Hero System 5th edition has eight primary statistics, and a further five derived from them.

Fitting the setting

Some game systems such as those using the Cortex Plus system or those Powered by the Apocalypse work on the basis that the attributes should emphasise elements of the setting thus making them different from game to game even within the same family. So, for example, *Dungeon World* is meant to resemble a game of *D&D* so it uses the same statistics as above, whereas *Monsterhearts*, with its mix of teen drama and paranormal romance uses the statistics Hot, Cold, Violent, and Dark.

Common attribute names

Attributes are commonly referred to by a three letter abbreviation (Str, Int, etc.).

Hard statistics

Hard statistics are those statistics which are generally physical in nature, and are often used to represent physical characteristics of a character.

Soft statistics

Strength aka Body, Might, Brawn, Power ...

A measure of how physically strong a character is. Strength often controls the power and/or damage of melee attacks, the maximum weight the character can carry, and sometimes hit points. Armor and weapons might also have a Strength requirement to use them

Constitution aka Stamina, Endurance, Vitality, Recovery ...

A measure of how sturdy a character is. Constitution often influences hit points, resistances for special types of damage (poisons, illness, heat etc.) and fatigue.

Defense *aka Resistance, Fortitude, Resilience, ...*

A measure of how resilient a character is. Defense usually decreases taken damage by either a percentage or a fixed amount per hit. Occasionally combined with Constitution.

Dexterity *aka Agility, Reflexes, Quickness, ...*

A measure of how agile a character is. Dexterity controls attack and movement speed and accuracy, as well as evading an opponent's attack (see Armor Class).

Soft statistics are those statistics which are generally cognitive in nature, and are often used to represent nonphysical characteristics of a character. Alternatively, instead of being mental statistics, they may also represent certain nonphysical effects on a character, as with attributes such as Luck, seen below.

Intelligence *aka Intellect, Mind, Knowledge, ...*

A measure of a character's problem-solving ability. Intelligence often controls a character's ability to comprehend foreign languages and their skill in magic. In some cases, intelligence controls how many skill points the character gets at "level up". In some games, it controls the rate at which experience points are earned, or the amount needed to level up. Under certain circumstances, this skill can also negate combat actions between players and NPC enemies. This is sometimes combined with wisdom and/or willpower.

Charisma *aka Presence, Charm, Social, ...*

A measure of a character's social skills, and sometimes their physical appearance. Charisma generally influences prices while trading and NPC reactions. Under certain circumstances, this skill can negate combat actions between players and NPC enemies.

Wisdom *aka Spirit, Wits, Psyche, Sense, ...*

A measure of a character's common sense and/or spirituality. Wisdom often controls a character's ability to cast certain spells, communicate to mystical entities, or discern other characters' motives or feelings.

Willpower *aka Sanity, Personality, Ego, Resolve, ...*

A measure of the character's mental resistance (against pain, fear etc.) when falling victim to mind-altering magic, torture, or insanity. Many games combine willpower and wisdom.

Perception *aka Alertness, Awareness, Cautiousness, ...*

A measure of a character's openness to their surroundings. Perception controls the chance to detect vital clues, traps or hiding enemies, and might influence combat sequence or the accuracy of ranged attacks. Perception-type attributes are more common in more modern games. Note that this skill is usually understood only to apply to what a character can perceive with their established senses (i.e. sight, sound, smell, etc), and does not usually include extrasensory perception or other forms of mental telepathy or telekinesis in the given game unless the character's specific attributes expressly include such abilities (such as the Force in *Star Wars*). Sometimes combined with wisdom.

Luck *aka Fate, Chance, ...*

A measure of a character's luck. Luck might influence anything, but mostly random items, encounters and outstanding successes/failures (such as critical hits).

Text is available under the [Creative Commons Attribution-ShareAlike License](#)

From d20 SDR (e3.0):

Ability Scores

Every character has six basic Ability Scores:

- Strength (STR)
- Dexterity (DEX)
- Constitution (CON)
- Intelligence (INT)
- Wisdom (WIS)
- Charisma (CHA)

The score of an ability ranges from 0 to infinity. A limit, if any, will be specified in the rules. The normal human range is 3 to 18. It is possible for a creature to have a score of “none”. A score of “none” is not the same as a score of “0”. A score of “none” means that the creature does not possess the ability at all. The modifier for a score of “none” is +0.

- STR 0 means that the character cannot move at all. He lies helpless on the ground.
- DEX 0 means that the character cannot move at all. He stands motionless, rigid, and helpless.
- CON 0 means that the character is dead.
- INT 0 means that the character cannot think and is unconscious in a coma like stupor, helpless.
- WIS 0 means that the character is withdrawn into a deep sleep filled with nightmares, helpless.
- CHA 0 means that the character is withdrawn into a catatonic, coma like stupor, helpless.

Keeping track of negative ability score points is never necessary. A character’s ability score can’t drop below 0.

Ability Modifiers

Each ability will have a modifier. The modifier can be calculated using this formula:

$$(\text{ability} / 2) - 5 \text{ [round result down]}$$

The modifier is the number you add to or subtract from the die roll when your character tries to do something related to that ability. A positive modifier is called a bonus, and a negative modifier is called a penalty.

Use of Ability Scores

Strength

Any creature that can physically manipulate other objects has at least 1 point of Strength. A creature with no Strength score can’t exert force, usually because it has no physical body or because it doesn’t move. The creature automatically fails Strength checks. If the creature can attack, it applies its Dexterity modifier to its base attack instead of a Strength modifier.

Dexterity

Any creature that can move has at least 1 point of Dexterity. A creature with no Dexterity score can’t move. If it can act, it applies its Intelligence modifier to initiative checks instead of a Dexterity modifier. The creature fails all Reflex saves and Dexterity checks.

Constitution

If a character’s Constitution changes enough to alter his or her Constitution modifier, his or her hit points also increase or decrease accordingly at the same time. Any living creature has at least 1 point of Constitution. A creature with no Constitution has no body or no metabolism. It is immune to any effect that requires a Fortitude save unless the effect works on objects. The creature is also immune to ability damage, ability drain, and energy drain, and always fails Constitution checks.

Intelligence

Any creature that can think, learn, or remember has at least 1 point of Intelligence. A creature with no Intelligence score is an automaton, operating on simple instincts or programmed instructions. It is immune to all mind-influencing effects (charms, compulsions, phantasms, patterns and morale effects) and automatically fails Intelligence checks.

Wisdom

Any creature that can perceive its environment in any fashion has at least 1 point of Wisdom. Anything with no Wisdom score is an object, not a creature. Anything without a Wisdom score also has no Charisma score, and vice versa.

Charisma

Any creature capable of telling the difference between itself and things that are not itself has at least 1 point of Charisma.

Influencing Other Characters

It is possible to alter another's attitude with a Charisma check (1d20 + Charisma modifier). Roll the check and consult the appropriate initial attitude line on Table: Influencing Attitude to see what the result of the roll is.

In general, a character cannot repeat attempts to influence someone.

Table: Influencing Attitude

Initial Attitude	New Attitude				
	Hostile	Unfriendly	Indifferent	Friendly	Helpful
Hostile	Less than 20	20	25	35	50
Unfriendly	Less than 5	5	15	25	40
Indifferent	—	Less than 1	1	15	30
Friendly	—	—	Less than 1	1	20

Anything with no Charisma score is an object, not a creature. Anything without a Charisma score also has no Wisdom score, and vice versa.

Changing Ability Scores

Ability scores can increase with no limit.

- Poisons, diseases, and other effects can temporarily harm an ability (temporary ability damage.) Ability points lost to damage return on their own, typically at a rate of 1 point per day.
- Some effects drain abilities, resulting in a permanent loss (permanent ability drain.) Points lost this way don't return on their own.
- As a character ages, some ability scores go up and others go down.

When an ability score changes, the modifier associated with that score also changes.

See beginning for legal copyright notice regarding Game System License



rules

hit points

Hit points are a way to measure the health of and damage to a character.

From the Wikipedia page on [Health \(game terminology\)](#)

Health (game terminology)

Health or hit points (commonly abbreviated to HP) is an attribute in tabletop role-playing games and video games that determines the maximum amount of damage that a character or object can take. If the amount of health is fully depleted, the character dies or loses consciousness. Such a character can be the player character, a mob, or a boss. Health can also be attributed to destructible elements of the game environment or inanimate objects such as vehicles and their individual parts. In video games, health is often represented by visual elements such as a numerical fraction, a health bar or a series of small icons, though it may also be represented acoustically, such as through a character's heartbeat.

History

The term "hit points" was first coined by *Dungeons & Dragons* co-creator Dave Arneson. While developing *Dungeons & Dragons* with Gary Gygax based on the latter's previous game *Chainmail*, Arneson noticed that it was more interesting for players to manage small squads than a large army. This also allowed them to act out the role of each squad member. However, this approach had one drawback: according to the rules of *Chainmail*, the player rolls the dice during each battle, and depending on the number rolled, the character either kills the enemy or is killed. Because players did not want to lose the characters they had become accustomed to, Arneson created a "hit point" system based on similar mechanics previously used in *Don't Give Up the Ship* and *Ironclads*. According to this system, each character has a certain number of hit points, which decreases with each blow dealt to them. This allows the character to survive several hits from an enemy.

Some of the first computer games to use hit points are *Rogue* (1980), in which health is represented by a fraction, and *Dungeons of Daggorath* (1982), which includes an audible heartbeat influenced by the player character's condition. One of the first games to use a graphical indicator for health points is Nintendo's 1983 arcade title *Punch-Out!!*. The game includes a "stamina" scale that replenishes every time the player successfully strikes the opponent and decreases if the player fails to dodge the opponent's blow. If the scale is fully depleted, the player character loses consciousness. Namco's 1985 title *Dragon Buster* is considered the first game to have popularized the use of a health bar. Before the introduction of health points, video games used a life system in which the player could only take damage once, but could continue the game at the expense of a life. The introduction of health mechanics granted players the right to make mistakes and allowed game developers to influence a game's difficulty by adjusting the damage an enemy character inflicts.

Mechanics

In video games, as in tabletop role-playing games, an object usually loses health points as a result of being attacked. Protection points or armor help them to reduce the damage taken. Characters acting as tanks usually have more health and armor. In many games, particularly role-playing video games, the player starts with a small amount of health and defense points, but can increase them by gaining the required amount of experience points and raising the character's level.

In game design, it is considered important to clearly show that the player's character (or other object that they control) is losing health points. In his book *Level Up!: The Guide to Great Video Game Design*, game

designer Scott Rogers wrote that “health should deplete in an obvious manner, because with every hit, a player is closer to losing their life”. As examples of visualizing health loss, Rogers cited Arthur of *Ghosts 'n Goblins*, who loses a piece of armor with each sustained hit, as well as the cars in the *Grand Theft Auto* series, in which smoke begins to flow from the hood after the car takes a significant amount of damage.

The use of health points simplifies the game development process (since developers do not need to create complex damage systems), allows computers to simplify calculations associated with the game, and makes it easier for the player to understand the game. However, more complex and realistic damage systems are used in a number of games. In *Dwarf Fortress*, instead of health points, dwarves have separate body parts, each of which can be damaged. The *Fallout* games use health points, but allow characters to inflict damage to different parts of the enemy's body, which affects gameplay. For example, if a leg is injured, the character can get a fracture, which will reduce their movement speed, and if their arm is injured, the character can drop their weapon. Health points can also serve as a plot element. In *Assassin's Creed*, if the protagonist takes too much damage, thus departing from the “correct” route, the game ends and returns the player to the nearest checkpoint.

In some games such as *The Legend of Zelda* and *Monster Hunter*, only the player's health points are visible. This is done so that the player does not know how many blows still need to be delivered, which makes the game less predictable. Contrariwise, other games such as the *Street Fighter* series have both the player's and the opponent's health points clearly visible, which allows the player to understand how successful their combat strategy is and how many remaining blows need to be inflicted on the enemy.

Regeneration

Players can often restore a character's health points by using various items such as potions, food or first-aid kits. In role-playing video games, the player often can also restore a character's health by visiting a doctor or resting at an inn. A number of games incorporate a mechanic known as “life steal” or “life leech”, which allows a character to restore health by siphoning it from an enemy. Methods for replenishing health points differ from each other and are dependent on the game's genre. In more dynamic action games, it is important to quickly restore a character's health, while role-playing games feature slower-paced methods of health restoration to achieve realism.

A number of games incorporate a regeneration system that automatically replenishes health points if the character does not take damage. This makes the game easier to play by giving the player the opportunity to restore the character's health after a difficult battle. This system may allow the player to safely run through dangerous parts of the game without consequence. The 1982 Apple II platform game *Crisis Mountain* displays health as a number from 3 (full) to 0 (dead), and health gradually regenerates over time. In *Hydride* (1984) and the *Ys* series, the character's health points are restored when the character does not move. *Halo: Combat Evolved* (2001) is credited with popularizing the use of regeneration in first-person shooters. However, according to GamesRadar+'s Jeff Dunn, regeneration in its current form was introduced in *The Getaway* (2002), as *Halo: Combat Evolved* only used shield regeneration.

Presentation

The health point indicator can be represented in various ways. The most basic forms are fractions and health bars, as well as various icons such as hearts or shields. The indicator can be combined with other elements of the game interface. *Doom* uses a character portrait located at the bottom of the screen as such an indicator. If the hero takes damage, his face will be covered with blood. The health point indicator can also be part of the character. In *Dead Space*, it is located on the main character's costume. In *Trespasser*, it is represented as a tattoo on the main character's chest. In *Half-Life: Alyx*, a VR game, the indicator is located on the back of the player's non-dominant hand, requiring the player to physically look at their tracked hand to check their health. The character's condition can be conveyed through sound. In *Dungeons of Daggorath*, the frequency of the player character's audible heartbeat is dependent on how much damage has been received. *Silent Hill* uses a similar system, but transmits the heartbeat via vibrations from the DualShock controller.

The player character's health point indicator often occupies a significant position in the game's heads-up display. In *The Legend of Zelda*, it occupies one third of the entire display. However, a number of games do without such an indicator. In the *Super Mario* series, the player character initially only has one health point,

and the character's appearance is used to signify the amount of health points; if the character collects a Super Mushroom, they grow in size and gain an additional health point. In a number of first-person shooters, such as *Call of Duty* or *Halo*, the numerical value of the character's health points is hidden from the player. However, when the player character receives a large amount of damage, the game screen (or the part of the screen to which damage was dealt) is painted red, often including drops of blood, which simulates the effect of real-life injury. As health is restored, these effects gradually disappear.

Text is available under the [Creative Commons Attribution-ShareAlike License](#)

From d20 SDR (e3.0):

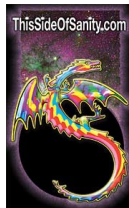
Hit Points

All characters (and some items) have a certain number of hit points.

Hit points represent a character's luck, health, and basic physical condition.

If a character's Constitution changes, modify that character's hit point total immediately.

See beginning for legal copyright notice regarding Game System License



rules
age

From d20 SDR (e3.0):

Aging Effects

Age

When a character becomes venerable, the DM secretly determines her maximum age. When the character reaches her personal maximum age, she dies of old age at some time during the following year, as determined by the DM.

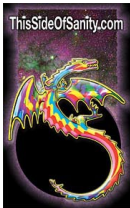
Table: Aging Effects

Race	Middle Age*	Old**	Venerable***	Maximum Age
Dwarf	125 years	188 years	250 years	+2d% years
Elf	175 years	263 years	350 years	+4d% years
Gnome	100 years	150 years	200 years	+3d% years
Half-Elf	62 years	93 years	125 years	+3d20 years
Half-Orc	30 years	45 years	60 years	+2d10 years
Halfling	50 years	75 years	100 years	+5d20 years
Human	35 years	53 years	70 years	+2d20 years

* -1 to Str, Con, and Dex; +1 to Int, Wis, and Cha.
** -2 to Str, Con, and Dex; +1 to Int, Wis, and Cha.
*** -3 to Str, Con, and Dex, +1 to Int, Wis, and Cha.

Aging effects are cumulative

See beginning for legal copyright notice regarding Game System License



rules

height and weight

From d20 SDR (e3.0):

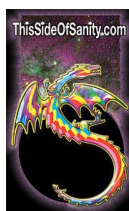
Height and Weight

Height and Weight

Table: Random Height and Weight

Race	Base Height	Height Modifier	Base Weight	Weight Modifier
Dwarf, male	3 ft. 9 in.	+2d4	130 lb.	x (2d6) lb.
Dwarf, female	3 ft. 7 in.	+2d4	100 lb.	x (2d6) lb.
Elf, male	4 ft. 5 in.	+2d6	85 lb.	x (1d6) lb.
Elf, female	4 ft. 5 in.	+2d6	80 lb.	x (1d6) lb.
Gnome, male	3 ft. 0 in.	+2d4	40 lb.	x 1 lb.
Gnome, female	2 ft. 10 in.	+2d4	35 lb.	x 1 lb.
Half-Elf, male	4 ft. 7 in.	+2d8	100 lb.	x (2d4) lb.
Half-Elf, female	4 ft. 5 in.	+2d8	80 lb.	x (2d4) lb.
Half-Orc, male	4 ft. 10 in.	+2d10	130 lb.	x (2d4) lb.
Half-Orc, female	4 ft. 4 in.	+2d10	90 lb.	x (2d4) lb.
Halfling, male	2 ft. 8 in.	+2d4	30 lb.	x 1 lb.
Halfling, female	2 ft. 6 in.	+2d4	25 lb.	x 1 lb.
Human, male	4 ft. 10 in.	+2d10	120 lb.	x (2d4) lb.
Human, female	4 ft. 5 in.	+2d10	85 lb.	x (2d4) lb.

See beginning for legal copyright notice regarding Game System License



rules

alignment

Alignment in *Dungeons & Dragons* is measured on a scale of good-neutral-evil and lawful-neutral-chaos.

From d20 SDR (e3.0):

Alignment

A character's or creature's general moral and personal attitudes are represented by its alignment: lawful good, neutral good, chaotic good, lawful neutral, neutral, chaotic neutral, lawful evil, neutral evil, and chaotic evil.

Good vs. Evil

Good characters and creatures protect innocent life. Evil characters and creatures debase or destroy innocent life, whether for fun or profit.

"Good" implies altruism, respect for life, and a concern for the dignity of sentient beings. Good characters make personal sacrifices to help others.

"Evil" implies hurting, oppressing, and killing others. Some evil creatures simply have no compassion for others and kill without qualms if doing so is convenient. Others actively pursue evil, killing for sport or out of duty to some evil deity or master.

People who are neutral with respect to good and evil have compunctions against killing the innocent but lack the commitment to make sacrifices to protect or help others. Neutral people are committed to others by personal relationships. A neutral person may sacrifice himself to protect his family or even his homeland, but he would not do so for strangers who are not related to him.

Animals and other creatures incapable of moral action are neutral rather than good or evil.

Law and Chaos

Lawful characters tell the truth, keep their word, respect authority, honor tradition, and judge those who fall short of their duties. Chaotic characters follow their consciences, resent being told what to do, favor new ideas over tradition, and do what they promise if they feel like it.

"Law" implies honor, trustworthiness, obedience to authority, and reliability. On the downside, lawfulness can include close-mindedness, reactionary adherence to tradition, and a lack of adaptability.

"Chaos" implies freedom, adaptability, and flexibility. On the downside, chaos can include recklessness, resentment toward legitimate authority, arbitrary actions, and irresponsibility.

People who are neutral with respect to law and chaos have a normal respect for authority and feel neither a compulsion to obey nor to rebel. They are honest, but can be tempted into lying or deceiving others.

Animals and other creatures incapable of moral action are neutral.

See beginning for legal copyright notice regarding Game System License



rules

languages

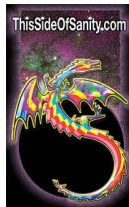
From d20 SDR (e3.0):

Languages

All characters know how to speak Common.

Literacy: Your character can read and write all the languages he or she speaks.

See beginning for legal copyright notice regarding Game System License



rules

species

Most RPGs include multiple races, an unfortunate choice of terminology harkening back to Gomez de Zurara's invention of racism. Zurara invented the concept of the white race and the black race in 1468 in order to justify the then new trans-Atlantic slave trade business. He had been the chief keeper of the archives and royal chronicler for Portuguese King Afonso V. His book claimed that blackness was the Mark of Cain and that God had assigned the White race to run the lives of the Black race because the Black race was supposedly intellectually inferior and unable to handle their own affairs. He claimed that slavery raised the Black race to a better life than they could possibly have on their own. Roman Catholic Pope Nicolas V endorsed Zurara's book as an accurate depiction of God's will. Among the famous people to use the idea of races was Adolph Hitler.

I recommend that the different possibilities (usually humans, elves, dwarves, and similar fantasy people) be called people or maybe species. Let's remove the overt racism from RPGs.



image by press and from from Pixabay

dwarf

elf

gnome

half-elf
half-orc
halfling
human



rules

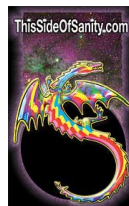
dwarf

From d20 SDR (e3.0):

Dwarf

- **Ability Score Adjustments:** +2 Constitution, -2 Charisma.
- **Size:** Medium.
- **Base speed:** 20 feet.
- **Darkvision:** Dwarves can see in the dark up to 60 feet. Darkvision is black and white only, but it is otherwise like normal sight, and dwarves can function just fine with no light at all.
- **Stonecunning:** Stonecunning grants dwarves a +2 racial bonus on checks to notice unusual stonework, such as sliding walls, stonework traps, new construction (even when built to match the old), unsafe stone surfaces, shaky stone ceilings, and the like. Something that isn't stone but that is disguised as stone also counts as unusual stonework. A dwarf who merely comes within 10 feet of unusual stonework can make a check as if he were actively searching, and a dwarf can use the Search skill to find stonework traps as a rogue can. A dwarf can also intuit depth, sensing his approximate depth underground as naturally as a human can sense which way is up. Dwarves have a sixth sense about stonework, an innate ability that they get plenty of opportunity to practice and hone in their underground homes.
- **Racial Bonus:** +2 on saving throws against poison.
- **Racial Bonus:** +2 on saving throws against spells and spell-like effects.
- **Racial Bonus:** +1 to attack rolls against orcs and goblinoids.
- **Dodge Bonus:** +4 against giants.
- **Racial Bonus:** +2 on Appraise checks that are related to stone or metal items.
- **Racial Bonus:** +2 on Craft checks that are related to stone or metal.
- **Automatic Languages:** Common and Dwarven.
- **Bonus Languages:** Giant, Gnome, Goblin, Orc, Terran, and Undercommon.
- **Favored Class:** Fighter

See beginning for legal copyright notice regarding Game System License



rules

elf

From d20 SDR (e3.0):

Elf

- **Ability Score Adjustments:** +2 Dexterity, -2 Constitution.
- **Size:** Medium.
- **Base Speed:** 30 feet.
- **Special Quality:** Immune to magic sleep spells and effects.
- **Racial Bonus:** +2 on saving throws against Enchantment spells or effects.
- **Low-light Vision:** Elves can see twice as far as a human in starlight, moonlight, torchlight, and similar conditions of poor illumination. They retain the ability to distinguish color and detail under these conditions.
- **Proficiencies:** Either longsword or rapier; shortbow, longbow, composite longbow, and composite shortbow.
- **Racial Bonus:** +2 on Listen, Search, and Spot checks. An elf who merely passes within 5 feet of a secret or concealed door is entitled to a Search check to notice it as if she were actively looking for the door.
- **Automatic Languages:** Common and Elven.
- **Bonus Languages:** Draconic, Gnomish, Goblin, Orc, and Sylvan.
- **Favored Class:** Wizard.

See beginning for legal copyright notice regarding Game System License



rules

gnome

From d20 SDR (e3.0):

Gnome

- **Ability Score Adjustments:** +2 Constitution, -2 Strength.
- **Size:** Small.
- **Base Speed:** 20 feet.
- **Low-light Vision:** Gnomes can see twice as far as a human in starlight, moonlight, torchlight, and similar conditions of poor illumination. They retain the ability to distinguish color and detail under these conditions. * +2 racial bonus on saving throws against illusions.
- **Racial Bonus:** +1 to attack rolls against kobolds and goblinoids (goblins, hobgoblins, and bugbears): Gnomes battle these creatures frequently and practice special techniques for fighting them.
- **Dodge Bonus:** +4 against giants.
- **Racial Bonus:** +2 on Listen checks.
- **Racial Bonus:** +2 on Alchemy checks.
- **Automatic Languages:** Common and Gnome.
- **Bonus Languages:** Draconic, Dwarven, Elven, Giant, Goblin, and Orc.
- **Spell-like Ability:** Once per day a gnome can use *Speak with Animals* [per the spell] as a spell-like ability to speak with a burrowing mammal (a badger, fox, rabbit, etc.). This ability is innate to gnomes. It has a duration of 1 minute (the gnome is considered a 1st-level caster when he uses this ability, regardless of his actual level).
- **Spell-like Ability:** Gnomes with Intelligence scores of 10 or higher may cast the 0-level spells (cantrips) *dancing lights*, *ghost sound*, and *prestidigitation*, each once per day. These are arcane spells. Treat the gnome as a 1st-level caster for all spell effects dependent on level (range for all three spells and duration for ghost sound).
- **Favored Class:** Illusionist, which is a wizard who specializes in casting illusion spells.

See beginning for legal copyright notice regarding Game System License



rules

half-elf

From d20 SDR (e3.0):

Half-Elf

- **Size:** Medium.
- **Base Speed:** 30 feet.
- **Special Quality:** Immune to sleep spells and similar magical effects.
- **Racial Bonus:** +2 on saving throws against Enchantment spells or effects.
- **Low-light Vision:** Half-elves can see twice as far as a human in starlight, moonlight, torchlight, and similar conditions of poor illumination. They retain the ability to distinguish color and detail under these conditions.
- **Racial Bonus:** +1 on Listen, Search, and Spot checks.
- **Elven Blood:** For all special abilities and effects, a half-elf is considered an elf.
- **Automatic Languages:** Common and Elven.
- **Bonus Languages:** Any.
- **Favored Class:** Any.

See beginning for legal copyright notice regarding Game System License



rules

half-orc

From d20 SDR (e3.0):

Half-Orc

- **Ability Score Adjustments:** +2 Strength, -2 Intelligence, -2 Charisma
- **Size:** Medium.
- **Base Speed:** 30 feet.
- **Darkvision:** Half-orcs (and orcs) can see in the dark up to 60 feet. Darkvision is black and white only, but it is otherwise like normal sight, and half-orcs can function just fine with no light at all.
- **Orc Blood:** For all special abilities and effects, a half-orc is considered an orc.
- **Automatic Languages:** Common and Orc.
- **Bonus Languages:** Draconic, Giant, Gnome, Goblin, and Abyssal.
- **Favored Class:** Barbarian.

See beginning for legal copyright notice regarding Game System License



rules

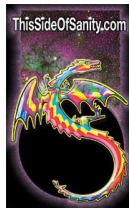
halfling

From d20 SDR (e3.0):

Halfling

- **Ability Score Adjustments:** +2 Dexterity, -2 Strength.
- **Size:** Small.
- **Base Speed:** 20 feet.
- **Racial Bonus:** +2 on Climb, Jump, and Move Silently checks.
- **Racial Bonus:** +1 on all saving throws.
- **Morale Bonus:** +2 on saving throws against fear.
- **Racial Bonus:** +1 to attack rolls with a thrown weapon.
- **Racial Bonus:** +2 on Listen checks.
- **Automatic Languages:** Common and Halfling.
- **Bonus Languages:** Dwarven, Elven, Gnome, Goblin, and Orc.
- **Favored Class:** Rogue.

See beginning for legal copyright notice regarding Game System License



rules

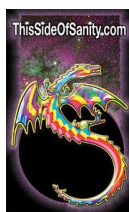
human

From d20 SDR (e3.0):

Human

- **Size:** Medium.
- **Base Speed:** 30 feet.
- **Extra Feat:** 1 extra feat at 1st level.
- **Extra Skill Points:** 4 extra skill points at 1st level and 1 extra skill point at each additional level.
- **Automatic Language:** Common.
- **Bonus Languages:** Any.
- **Favored Class:** Any.

See beginning for legal copyright notice regarding Game System License



rules

physical appearance

Some games have rules for physical appearance and some leave the entire physical appearance to each player's imagination.



image by himanshu gunarathna from Pixabay



rules backgrounds

Some games have rules about backgrounds and some RPGS leave the entire background to each player's imagination.



image by Free-Photos from Pixabay



rules wealth and status

I will get around to examining game rules for wealth and status, but in the meantime I will leave you with a few semi-random thoughts on the topic.



image by Peter H from Pixabay

Profits are the unpaid wages of the working class.

“If you took the most ardent revolutionary, vested him in absolute power, within a year he would be worse than the Tsar himself.” —Mikhail Bakunin

“We are convinced that liberty without socialism is privilege, injustice; and that socialism without liberty is slavery and brutality.” —Mikhail Bakunin

“I ask only one thing of skeptics: don’t bring up Soviet Russia, please. That horrible example of State Capitalism has nothing to do with what I, and other libertarian socialists, would offer as an alternative to the present system.” —Robert Anton Wilson

“With the development of industrial capitalism, a new and unanticipated system of injustice, it is libertarian socialism that has preserved and extended the radical humanist message of the Enlightenment and the classical liberal ideals that were perverted into an ideology to sustain the emerging social order.” —Noam Chomsky, *Notes on Anarchism*

“Anarchism is not a romantic fable but the hardheaded realization, based on five thousand years of experience, that we cannot entrust the management of our lives to kings, priests, politicians, generals, and county commissioners.” —Edward Abbey

“When enough people understand reality, tyrants can literally be ignored out of existence. They can’t ever be voted out of existence.” — Larken Rose

“It isn’t a coincidence that governments everywhere want to educate children. Government education, in turn, is supposed to be evidence of the state’s goodness and its concern for our well-being. The real explanation is less flattering. If the government’s propaganda can take root as children grow up, those kids will be no threat to the state apparatus. They’ll fasten the chains to their own ankles.” —Llewellyn H. Rockwell Jr.

“People who can’t imagine order without imposition always end up favoring power over liberty.” —Jeffrey Tucker

“Politicized science is like a prostitute with an STD.
You know she has been fucked by a dirty politician.” —A.E. Samaan

“If your political theory requires humanity to “evolve”, then you do not have a theory.... you have a dream.” —A.E. Samaan

“What is an anarchist? One who, choosing, accepts the responsibility of choice.” —Ursula K. Le Guin

“Anarchism is not only a stateless society but also a harmonized society that exposes man to the stimuli provided by both agrarian and urban life, to physical activity and mental activity, to unrepressed sensuality and self-directed spirituality, to communal solidarity and individual development, to regional uniqueness and worldwide brotherhood, to spontaneity and self-discipline, to the elimination of toil and the promotion of craftsmanship.” —Murray Bookchin, *Ecology and Revolutionary Thought*

“The older I get, the more of an anarchist I become, and I don’t mean in a punk rock way.” —Killer Mike

“Beware of your contribution to the growing banality of evil lest you yourself become a cog in the machinery of terror.” —Heather Marsh, *The Creation of Me, Them and Us*

“An anarchist is not someone who favors chaos but someone who favors the total liberation of the world through the abolition of capitalism, government, and all other forms of oppressive authority, to be replaced by any number of other social arrangements, proven or utopian.” —Peter Gelderloos, *How Nonviolence Protects the State*

“You cannot buy the revolution. You cannot make the revolution. You can only be the revolution. It is in your spirit, or it is nowhere.” —Ursula K. Le Guin, *The Dispossessed*

“People have only as much liberty as they have the intelligence to want and the courage to take.” —Emma Goldman

“Our masters have not heard the people’s voice for generations and it is much, much louder than they care to remember.” —Alan Moore, *V for Vendetta*

“Your pretty empire took so long to build, now, with a snap of history's fingers, down it goes.” —Alan Moore, *V for Vendetta*

“Authority, when first detecting chaos at its heels, will entertain the vilest schemes to save its orderly facade.” —Alan Moore, *V for Vendetta*

“Anarchism is founded on the observation that since few men are wise enough to rule themselves, even fewer are wise enough to rule others.” — Edward Abbey

“The individual cannot bargain with the State. The State recognizes no coinage but power: and it issues the coins itself.” —Ursula K. Le Guin, *The Dispossessed*

“Anarchism is democracy taken seriously.” —Edward Abbey



rules

classes

Dungeons & Dragons divided an adventuring team into character classes. Each character class had a specific role in the adventuring party, encouraging every player to have an equal part in the adventure and the fun.

From the Wikipedia page on [Character class \(*Dungeons & Dragons*\)](#)

Character class (*Dungeons & Dragons*)

A **character class** is a fundamental part of the identity and nature of characters in the *Dungeons & Dragons* role-playing game. A character's capabilities, strengths, and weaknesses are largely defined by their class; choosing a class is one of the first steps a player takes to create a *Dungeons & Dragons* player character. A character's class affects a character's available skills and abilities. A well-rounded party of characters requires a variety of abilities offered by the classes found within the game.

Dungeons & Dragons was the first game to introduce the usage of character classes to role-playing. Many other traditional role-playing games and massively multiplayer online role-playing games have since adopted the concept as well. *Dungeons & Dragons* classes have generally been defined in the Player's Handbook, one of the three core rulebooks; a variety of alternate classes have also been defined in supplemental sourcebooks.

Classes by type

Principle base classes

These classes have appeared as character classes in the core books of multiple published editions:

- Barbarian
- Bard
- Cleric
- Druid
- Fighter
- Monk
- Paladin
- Ranger
- Rogue
- Sorcerer
- Warlock
- Wizard

Alternate base classes

While the main character classes available have remained fairly consistent since the 1st edition of *Advanced Dungeons & Dragons*, a variety of alternate base classes have been offered in supplemental books. The release of *Unearthed Arcana* in 1985, for instance, introduced the base class of Barbarian and reworked Paladins to be a type of the new base class Cavalier. *Oriental Adventures* also introduced a number of alternate classes more appropriate for an Eastern setting. The 2nd edition added several completely new base classes (e.g. Runecaster and Shaman); in addition, supplemental handbooks offered a variety of "kits"

to customize each base class, and the *Dungeon Master's Guide* offered rules for creating new character classes. The 3rd edition introduced five classes for use in creating non-player characters in its *Dungeon Master's Guide*.

Non-core base classes are considered optional and do not always exist in all settings. For example, the Samurai class introduced in the *Oriental Adventures* book may not make sense in a game set in a standard European-style realm. Similarly, classes associated with psionics such as the Psychic Warrior don't apply to worlds without psionics.

Multiclassing

Most editions of *Dungeons & Dragons* have allowed for the possibility to either advance in more than one class simultaneously, alternately taking levels in more than one class, or branching out in a second (or more) class at a specific point defined by the first class, a concept generally called multiclassing.

In the 1st and 2nd editions, changing a character's class is difficult. Only those playing as humans can, and it requires extremely high stats to do so. This is called "dual-classing". Non-humans, on the other hand, can "multiclass" where they effectively learn two (or rarely even three) classes at the same time at the cost of a slower character level progression.

3rd edition allows players to mix and match levels from any number of classes, though certain combinations are more effective than others. In addition, Prestige classes add more options for multiclassing. This edition offers the most freedom regarding multiclassing. There are, however, penalties to the rate of experience point gained if classes are added haphazardly. The 3rd edition version of *Unearthed Arcana* includes rules for gestalt characters which combine the advantages of two classes.

The 4th edition allows characters to take a feat that grants access to specific facets of another class. The class-specific multiclass feats are also prerequisites for the power-swap feats, each of which allows the character to swap out a daily, encounter, or utility power from their first class for one from their second class. Also, at level 11, a character with a multiclass feat and all of the power-swap feats is eligible for paragon multiclassing, which allows them to gain additional powers from their second class in lieu of taking a Paragon Path. Some classes are only available through multiclassing; the first such class was Spellscarred, introduced in the *Forgotten Realms Player's Guide*. In the 4th edition, each character can only multiclass into a single class, unless otherwise stated by their primary class (such as the Bard). The *Player's Handbook III* introduced "hybrid" classes, a deeper form of multiclassing in which elements of two classes are combined each level.

In the 5th edition, multiclassing requires minimum ability scores before it can be chosen; however, the requirements are not as steep as in previous editions. The core classes only require an ability score of 13 or greater in the specific requisite score, except for the Monk, Paladin and Ranger (who need 13s in two stats).

Text is available under the [Creative Commons Attribution-ShareAlike License](#)



rules

multi-classing

Some class-based RPGs allow a player character to have more than one class. This is called multi-classing.

From the Wikipedia page on [Character class \(Dungeons & Dragons\)](#)

Multiclassing

Most editions of *Dungeons & Dragons* have allowed for the possibility to either advance in more than one class simultaneously, alternately taking levels in more than one class, or branching out in a second (or more) class at a specific point defined by the first class, a concept generally called multiclassing.

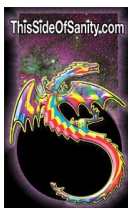
In the 1st and 2nd editions, changing a character's class is difficult. Only those playing as humans can, and it requires extremely high stats to do so. This is called "dual-classing". Non-humans, on the other hand, can "multiclass" where they effectively learn two (or rarely even three) classes at the same time at the cost of a slower character level progression.

3rd edition allows players to mix and match levels from any number of classes, though certain combinations are more effective than others. In addition, Prestige classes add more options for multiclassing. This edition offers the most freedom regarding multiclassing. There are, however, penalties to the rate of experience point gained if classes are added haphazardly. The 3rd edition version of *Unearthed Arcana* includes rules for gestalt characters which combine the advantages of two classes.

The 4th edition allows characters to take a feat that grants access to specific facets of another class. The class-specific multiclass feats are also prerequisites for the power-swap feats, each of which allows the character to swap out a daily, encounter, or utility power from their first class for one from their second class. Also, at level 11, a character with a multiclass feat and all of the power-swap feats is eligible for paragon multiclassing, which allows them to gain additional powers from their second class in lieu of taking a Paragon Path. Some classes are only available through multiclassing; the first such class was Spellscarred, introduced in the *Forgotten Realms Player's Guide*. In the 4th edition, each character can only multiclass into a single class, unless otherwise stated by their primary class (such as the Bard). The *Player's Handbook III* introduced "hybrid" classes, a deeper form of multiclassing in which elements of two classes are combined each level.

In the 5th edition, multiclassing requires minimum ability scores before it can be chosen; however, the requirements are not as steep as in previous editions. The core classes only require an ability score of 13 or greater in the specific requisite score, except for the Monk, Paladin and Ranger (who need 13s in two stats).

Text is available under the [Creative Commons Attribution-ShareAlike License](#)



rules

basic classes

From d20 SDR (e3.0):

Basic Classes

The Basic Character Classes have the following attributes:

Alignment

A few classes restrict a character's possible alignments. An entry of "Any" means that characters of this class are not restricted in alignment.

Hit Die

The type of Hit Die used by characters of the class determines the number of hit points gained per level.

Class Table

This table details how a character improves as he or she gains experience levels. Class tables typically include the following:

- **Level:** The character's level in that class.
- **Base Attack Bonus:** The character's base attack bonus and number of attacks.
- **Fort Save:** The base save bonus on Fortitude saving throws. The character's Constitution modifier also applies.
- **Ref Save:** The base save bonus on Reflex saving throws. The character's Dexterity modifier also applies.
- **Will Save:** The base save bonus on Will saving throws. The character's Wisdom modifier also applies.
- **Special:** Level-dependent class abilities, each explained in the "Class Features" sections that follow.

Class Skills

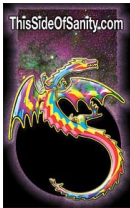
The number of skill points the character starts with at 1st level, the number of skill points gained each level thereafter, and the list of class skills.

Class Features

Special characteristics of the class. When applicable, this section also mentions restrictions and disadvantages of the class. Class features include some or all of the following:

- **Weapon and Armor Proficiency:** Which weapons and armor types the character is proficient with.
- **Other Features:** Each class has certain unique capabilities.
- **Ex-Members:** If, for some reason, a character is forced to give up this class, these are the rules for what happens.
- **Spells per Day:** How many spells of each spell level the character can cast each day. If the entry is "—" for a given level of spells, the character may not cast any spells of that level. If the entry is "0," the character may only cast spells of that level if he or she has bonus spells. If the entry is a number, the character may cast that many spells plus any bonus spells. Bonus spells for wizards are based on Intelligence. Bonus spells for clerics, druids, paladins, and rangers are based on Wisdom. Bonus spells for sorcerers and bards are based on Charisma. A character can always choose to memorize a lower-level spell to fill a higher-level slot.

See beginning for legal copyright notice regarding Game System License



rules

barbarian

From d20 SDR (e3.0):

Barbarian

Alignment: Any nonlawful

Hit Die: d12

Class Skills: The barbarian's class skills (and the key ability for each skill) are Climb (Str), Craft (Int), Handle Animal (Cha), Intimidate (Cha), Intuit Direction (Wis), Jump (Str), Listen (Wis), Ride (Dex), Swim (Str), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: A barbarian is proficient with all simple and martial weapons, light armor, medium armor, and shields.

Table: Barbarian

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	Rage 1/day; fast movement
2	+2	+3	+0	+0	Uncanny dodge (Dex bonus to AC)
3	+3	+3	+1	+1	
4	+4	+4	+1	+1	Rage 2/day
5	+5	+4	+1	+1	Uncanny dodge (can't be flanked)
6	+6/+1	+5	+2	+2	
7	+7/+2	+5	+2	+2	
8	+8/+3	+6	+2	+2	Rage 3/day
9	+9/+4	+6	+3	+3	
10	+10/+5	+7	+3	+3	Uncanny dodge (+1 against traps)
11	+11/+6/+1	+7	+3	+3	Damage reduction 1/-
12	+12/+7/+2	+8	+4	+4	Rage 4/day
13	+13/+8/+3	+8	+4	+4	Uncanny dodge (+2 against traps)
14	+14/+9/+4	+9	+4	+4	Damage reduction 2/-
15	+15/+10/+5	+9	+5	+5	Greater rage
16	+16/+11/+6/+1	+10	+5	+5	Rage 5/day, uncanny dodge (+3 against traps)
17	+17/+12/+7/+2	+10	+5	+5	Damage reduction 3/-
18	+18/+13/+8/+3	+11	+6	+6	
19	+19/+14/+9/+4	+11	+6	+6	Uncanny dodge (+4 against traps)
20	+20/+15/+10/+5	+12	+6	+6	Rage 6/day; no longer winded after rage; damage reduction 4/-

Barbarian Rage: Barbarian temporarily gains +4 to Strength, +4 to Constitution, and a +2 morale bonus on Will saves, but suffers a -2 penalty to AC.

The increase in Constitution increases the barbarian's hit points by 2 points per level, but these hit points go away at the end of the rage when the Constitution score drops back to normal. While raging, a barbarian cannot use skills or abilities that require patience and concentration. (The only class skills he can't use while raging are Craft, Handle Animal, and Intuit Direction.) He can use any feat he might have except for Expertise, item creation feats, metamagic feats, and Skill Focus (if it's tied to a skill that requires patience or concentration).

A fit of rage lasts for a number of rounds equal to 3 + the character's (newly improved) Constitution modifier. The barbarian may prematurely end the rage voluntarily. At the end of the rage, the barbarian is fatigued (-2 to Strength, -2 to Dexterity, can't charge or run) for the duration of that encounter (unless the barbarian is 20th level, when this limitation no longer applies). The barbarian can only fly into a rage once per encounter, and only a certain number of times per day (determined by level). Entering a rage takes no time itself, but the barbarian can only do it during his action.

Starting at 15th level, the barbarian's rage bonuses become +6 to Strength, +6 to Constitution, and a morale bonus to Will saves. (The AC penalty remains at -2.)

Fast Movement: The barbarian has a speed faster than the norm for his race by +10 feet when wearing no armor, light armor, or medium armor (and not carrying a heavy load).

Uncanny Dodge: At 2nd level and above, the barbarian retains his Dexterity bonus to AC (if any) if caught flat-footed or struck by an invisible attacker.

At 5th level, the barbarian can no longer be flanked. The exception to this defense is that a rogue at least four levels higher than the barbarian can still flank.

At 10th level, the barbarian gains a +1 bonus to Reflex saves made to avoid traps and a +1 dodge bonus to AC against attacks by traps. At 13th level, these bonuses rise to +2. At 16th, they rise to +3, and at 19th they rise to +4.

Damage Reduction: Starting at 11th level, the barbarian gains the extraordinary ability to shrug off some amount of injury from each blow or attack. Subtract 1 from the damage the barbarian takes each time the barbarian is dealt damage. At 14th level, this damage reduction rises to 2. At 17th, it rises to 3. At 20th, it rises to 4. Damage reduction can reduce damage to 0 but not below 0.

Illiteracy: Barbarians are the only characters that do not automatically know how to read and write. A barbarian must spend 2 skill points to gain the ability to read and write any language the barbarian is able to speak.

Ex-Barbarians: A barbarian who becomes lawful loses the ability to rage and cannot gain more levels as a barbarian. The barbarian retains all the other benefits of the class.

See beginning for legal copyright notice regarding Game System License



rules

bard

From d20 SDR (e3.0):

Bard

Alignment: Any nonlawful

Hit Die: d6

Class Skills: The bard's class skills (and the key ability for each skill) are Alchemy (Int), Appraise (Int), Balance (Dex), Bluff (Cha), Climb (Str), Concentration (Con), Craft (Int), Decipher Script (Int, exclusive skill), Diplomacy (Cha), Disguise (Cha), Escape Artist (Dex), Gather Information (Cha), Hide (Dex), Intuit Direction (Wis), Jump (Str), Knowledge (all skills, taken individually) (Int), Listen (Wis), Move Silently (Dex), Perform (Cha), Pick Pocket (Dex), Profession (Wis), Scry (Int, exclusive skill), Sense Motive (Wis), Speak Language (Int), Spellcraft (Int), Swim (Str), Tumble (Dex), and Use Magic Device (Cha, exclusive skill).

Weapon and Armor Proficiency: A bard is proficient with all simple weapons. Additionally, the bard is proficient with one of the following weapons: longbow, composite longbow, longsword, rapier, sap, short composite bow, short sword, shortbow, or whip. Bards are proficient with light armor, medium armor, and shields.

Table: Bard

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+2	+2	Bardic music, bardic knowledge
2	+1	+0	+3	+3	
3	+2	+1	+3	+3	
4	+3	+1	+4	+4	
5	+3	+1	+4	+4	
6	+4	+2	+5	+5	
7	+5	+2	+5	+5	
8	+6/+1	+2	+6	+6	
9	+6/+1	+3	+6	+6	
10	+7/+2	+3	+7	+7	
11	+8/+3	+3	+7	+7	
12	+9/+4	+4	+8	+8	
13	+9/+4	+4	+8	+8	
14	+10/+5	+4	+9	+9	
15	+11/+6/+1	+5	+9	+9	
16	+12/+7/+2	+5	+10	+10	
17	+12/+7/+2	+5	+10	+10	
18	+13/+8/+3	+6	+11	+11	
19	+14/+9/+4	+6	+11	+11	
20	+15/+10/+5	+6	+12	+12	

Table: Bard Spells Per Day

Level	0	1st	2nd	3rd	4th	5th	6th
1	2	—	—	—	—	—	—
2	3	0	—	—	—	—	—
3	3	1	—	—	—	—	—
4	3	2	0	—	—	—	—
5	3	3	1	—	—	—	—
6	3	3	2	—	—	—	—
7	3	3	2	0	—	—	—
8	3	3	3	1	—	—	—
9	3	3	3	2	—	—	—
10	3	3	3	2	0	—	—
11	3	3	3	3	1	—	—
12	3	3	3	3	2	—	—
13	3	3	3	3	2	0	—
14	4	3	3	3	3	1	—
15	4	4	3	3	3	2	—
16	4	4	4	3	3	2	0
17	4	4	4	4	3	3	1
18	4	4	4	4	4	3	2
19	4	4	4	4	4	4	3
20	4	4	4	4	4	4	4

Table: Bard Spells Known

Level	0	1st	2nd	3rd	4th	5th	6th
1	4	—	—	—	—	—	—
2	5	2*	—	—	—	—	—
3	6	3	—	—	—	—	—
4	6	3	2*	—	—	—	—
5	6	4	3	—	—	—	—
6	6	4	3	—	—	—	—
7	6	4	4	2*	—	—	—
8	6	4	4	3	—	—	—
9	6	4	4	3	—	—	—
10	6	4	4	4	2*	—	—
11	6	4	4	4	3	—	—
12	6	4	4	4	3	—	—
13	6	4	4	4	4	2*	—
14	6	4	4	4	4	3	—
15	6	4	4	4	4	3	—
16	6	5	4	4	4	4	2*
17	6	5	5	4	4	4	3
18	6	5	5	5	4	4	3
19	6	5	5	5	5	4	4
20	6	5	5	5	5	5	4

*Provided the bard has sufficient Charisma to have a bonus spell of this level.

Spells: A bard casts arcane spells. The bard casts these spells without needing to memorize them beforehand or keep a spellbook. Bards receive bonus spells for high Charisma, and to cast a spell a bard must have a Charisma score at least equal to 10 + the level of the spell. The Difficulty Class for a saving throw against a bard's spell is 10 + the spell's level + the bard's Charisma modifier.

Bardic Music: Once per day per level, a bard can use song or poetics to produce magical effects on those around him or her. While these abilities fall under the category of bardic music, they can include reciting poetry, chanting, singing lyrical songs, singing melodies, whistling, playing an instrument, or playing an instrument in combination with some spoken performance. As with casting a spell with a verbal component, a deaf bard suffers a 20% chance to fail with bardic music. If the bard fails, the attempt still counts against the daily limit.

The Bardic Music effects are:

- **Inspire Courage:** A bard with 3 or more ranks in Perform can to inspire courage in his or her allies. To be affected, an ally must hear the bard sing for a full round. The effect lasts as long as the bard sings and for 5 rounds after the bard stops singing (or 5 rounds after the ally can no longer hear the bard). While singing, the bard can fight but cannot cast spells, activate magic items by spell completion (such as scrolls), or activate magic items by magic word (such as wands). Affected allies receive a +2 morale bonus to saving throws against charm and fear effects and a +1 morale bonus to attack and weapon damage rolls. Inspire courage is a supernatural, mind-affecting ability.
- **Countersong:** A bard with 3 or more ranks in Perform can counter magical effects that depend on sound (but not spells that simply have verbal components). As with inspire courage, a bard may sing, play, or recite a countersong while taking other mundane actions, but not magical actions. Each round of the countersong, the bard makes a Perform check. Any creature within 30 feet of the bard (including the bard) who is affected by a sonic or language-dependent magical attack may use the bard's Perform check result in place of his saving throw if, after rolling the saving throw, the Perform check result proves to be better. The bard may keep up the countersong for 10 rounds. Countersong is a supernatural ability.
- **Fascinate:** A bard with 3 or more ranks in Perform can cause a single creature to become fascinated with him. The creature to be fascinated must be able to see and hear the bard and must be within 90 feet. The bard must also see the creature. The creature must be able to pay attention to the bard. The distraction of a nearby combat or other dangers prevents the ability from working. The bard makes a Perform check, and the target can negate the effect with a Will saving throw equal to or greater than the bard's check result. If the saving throw succeeds, the bard cannot attempt to fascinate that creature again for 24 hours. If the saving throw fails, the creature sits quietly and listens to the song for up to 1 round per level of the bard. While fascinated, the target's Spot and Listen checks suffer a -4 penalty. Any potential threat (such as an ally of the bard moving behind the fascinated creature) allows the fascinated creature a second saving throw against a new Perform check result. Any obvious threat, such as casting a spell, drawing a sword, or aiming, automatically breaks the effect.

While fascinating (or attempting to fascinate) a creature, the bard must concentrate, as if casting or maintaining a spell. Fascinate is a spell-like, mind-affecting charm ability.

- **Inspire Competence:** A bard with 6 or more ranks in Perform can help an ally succeed at a task. The ally must be able to see and hear the bard and must be within 30 feet. The bard must also see the creature. The ally gets a +2 competence bonus on his skill checks with a particular skill as long as he or she continues to hear the bard's music. The DM may rule that certain uses of this ability are infeasible. The bard can maintain the effect for 2 minutes (long enough for the ally to take 20). Inspire competence is a supernatural, mind-affecting ability.
- **Suggestion:** A bard with 9 or more ranks in Perform can make a suggestion (as the spell) to a creature that he has already fascinated (see above). The suggestion doesn't count against the bard's daily limit on bardic music performances (one per day per level), but the fascination does. A Will saving throw (DC 13 + the bard's Charisma modifier) negates the effect. Suggestion is a spell-like, mind-affecting charm ability.
- **Inspire Greatness:** A bard with 12 or more ranks in Perform can inspire greatness in another creature. For every three levels the bard

attains beyond 9th, the bard can inspire greatness in one additional creature. To inspire greatness, the bard must sing and the creature must hear the bard sing for a full round, as with inspire courage. The creature must also be within 30 feet. A creature inspired with greatness gains temporary Hit Dice, attack bonuses, and saving throw bonuses as long as he or she hears the bard continue to sing and for 5 rounds thereafter. (All these bonuses are competence bonuses.)

The target gains the following boosts:

- +2 Hit Dice (d10s that grant temporary hit points).
- +2 competence bonus on attacks.
- +1 competence bonus on Fortitude saves.

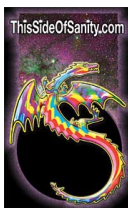
Apply the target's Constitution modifier, if any, to each bonus Hit Die. These extra Hit Dice count as regular Hit Dice for determining effects such as the sleep spell. Inspire greatness is a supernatural, mind-affecting enchantment ability.

Bardic Knowledge: A bard may make a special bardic knowledge check with a bonus equal to his level + his Intelligence modifier to see whether he knows some relevant information about local notable people, legendary items, or noteworthy places. This check will not reveal the powers of a magic item but may give a hint as to its general function. The bard may not take 10 or take 20 on this check; this sort of knowledge is essentially random. The DM will determine the Difficulty Class of the check by referring to the table below.

DC	Type of Knowledge
10	Common, known by at least a substantial minority of the local population.
20	Uncommon but available, known by only a few people in the area.
25	Obscure, known by few, hard to come by.
30	Extremely obscure, known by very few, possibly forgotten by most who once knew it, possibly known only by those who don't understand the significance of the knowledge.

Ex-Bards: A bard who becomes lawful in alignment cannot progress in levels as a bard, though he retains all his bard abilities.

See beginning for legal copyright notice regarding Game System License



rules

cleric

From d20 SDR (e3.0):

Cleric

Alignment: If the Cleric serves a specific deity the cleric's alignment must be within one step of his deity's, and it may not be neutral unless the deity's alignment is neutral. Choosing to serve a specific deity is optional.

Hit Die: d8

Class Skills: The cleric's class skills (and the key ability for each skill) are Concentration (Con), Craft (Int), Diplomacy (Cha), Heal (Wis), Knowledge (arcana) (Int), Knowledge (religion) (Int), Profession (Wis), Scry (Int, exclusive skill), and Spellcraft (Int).

Domains and Class Skills: A cleric who chooses Animal or Plant as one of his domains also has Knowledge (nature) (Int) as a class skill. A cleric who chooses Knowledge as one of his domains also has all Knowledge (Int) skills as class skills. A cleric who chooses Travel as one of his domains also has Wilderness Lore as a class skill. A cleric who chooses Trickery as one of his domains also has Bluff (Cha), Disguise (Cha), and Hide (Dex) as class skills. See Deity, Domains, and Domain Spells, below, for more information.

Armor and Weapon Proficiency: Clerics are proficient with all simple weapons. Clerics are proficient with all types of armor (light, medium, and heavy) and with shields. Note that armor check penalties for armor heavier than leather apply to the skills Balance, Climb, Escape Artist, Hide, Jump, Move Silently, Pick Pocket, and Tumble.

Some deities have favored weapons, and clerics consider it a point of pride to wield them. A cleric whose deity's favored weapon is a martial weapon and who chooses War as one of his domains receives the Martial Weapon Proficiency feat related to that weapon for free, as well as the Weapon Focus feat related to that weapon.

Table: Cleric

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+2	+0	+2	Turn or rebuke undead
2	+1	+3	+0	+3	
3	+2	+3	+1	+3	
4	+3	+4	+1	+4	
5	+3	+4	+1	+4	
6	+4	+5	+2	+5	
7	+5	+5	+2	+5	
8	+6/+1	+6	+2	+6	
9	+6/+1	+6	+3	+6	
10	+7/+2	+7	+3	+7	
11	+8/+3	+7	+3	+7	
12	+9/+4	+8	+4	+8	
13	+9/+4	+8	+4	+8	
14	+10/+5	+9	+4	+9	
15	+11/+6/+1	+9	+5	+9	
16	+12/+7/+2	+10	+5	+10	
17	+12/+7/+2	+10	+5	+10	
18	+13/+8/+3	+11	+6	+11	
19	+14/+9/+4	+11	+6	+11	
20	+15/+10/+5	+12	+6	+12	

Table: Cleric Spells Per Day*

Level	0	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	3	1+1	—	—	—	—	—	—	—	—
2	4	2+1	—	—	—	—	—	—	—	—
3	4	2+1	1+1	—	—	—	—	—	—	—
4	5	3+1	2+1	—	—	—	—	—	—	—
5	5	3+1	2+1	1+1	—	—	—	—	—	—
6	5	3+1	3+1	2+1	—	—	—	—	—	—
7	6	4+1	3+1	2+1	1+1	—	—	—	—	—
8	6	4+1	3+1	3+1	2+1	—	—	—	—	—
9	6	4+1	4+1	3+1	2+1	1+1	—	—	—	—
10	6	4+1	4+1	3+1	3+1	2+1	—	—	—	—
11	6	5+1	4+1	4+1	3+1	2+1	1+1	—	—	—
12	6	5+1	4+1	4+1	3+1	3+1	2+1	—	—	—

13	6	5+1	5+1	4+1	4+1	3+1	2+1	1+1	—	—
14	6	5+1	5+1	4+1	4+1	3+1	3+1	2+1	—	—
15	6	5+1	5+1	5+1	4+1	4+1	3+1	2+1	1+1	—
16	6	5+1	5+1	5+1	4+1	4+1	3+1	3+1	2+1	—
17	6	5+1	5+1	5+1	5+1	4+1	4+1	3+1	2+1	1+1
18	6	5+1	5+1	5+1	5+1	4+1	4+1	3+1	3+1	2+1
19	6	5+1	5+1	5+1	5+1	5+1	4+1	4+1	3+1	3+1
20	6	5+1	5+1	5+1	5+1	5+1	4+1	4+1	4+1	4+1

* In addition to the stated number of spells per day for 1st- through 9th-level spells, a cleric gets a domain spell for each spell level, starting at 1st. The “+1” on this list represents that.

These spells are in addition to any bonus spells for having a high Wisdom.

Spells: A cleric casts divine spells. A cleric may prepare and cast any spell on the cleric spell list, provided he can cast spells of that level. The Difficulty Class for a saving throw against a cleric’s spell is 10 + the spell’s level + the cleric’s Wisdom modifier.

Each cleric must choose a time at which he must spend an hour each day in quiet contemplation or supplication to regain his daily allotment of spells. Time spent resting has no effect on whether a cleric can prepare spells.

In addition to his standard spells, a cleric gets one domain spell of each spell level, starting at 1st. When a cleric prepares a domain spell, it must come from one of his two domains.

Deity, Domains, and Domain Spells: When your character becomes a Cleric, you may choose to have your character serve a specific deity. The cleric’s deity influences his alignment, what magic he can perform, his values, and how others see him.

Choose two from among the deity’s domains for your cleric’s domains. You can only select an alignment domain (such as Good) for your cleric if his alignment matches that domain.

If your cleric is not devoted to a particular deity, you still select two domains to represent his spiritual inclinations and abilities (but the restriction on alignment domains still applies).

Each domain gives your cleric access to a domain spell at each spell level, from 1st on up, as well as a granted power. Your cleric gets the granted powers of all the domains selected. With access to two domain spells at a given spell level, a cleric prepares one or the other each day. If a domain spell is not on the Cleric Spells list, a cleric can only prepare it in his domain slot.

Spontaneous Casting: Good clerics (and neutral clerics of good deities) can channel stored spell energy into healing spells that they haven’t prepared ahead of time. The cleric can “lose” a prepared spell in order to cast any cure spell of the same level or lower (a cure spell is any spell with “cure” in its name).

An evil cleric (or a neutral cleric of an evil deity), on the other hand, can’t convert prepared spells to cure spells but can convert them to inflict spells (an inflict spell is one with “inflict” in the title).

A cleric who is neither good nor evil and whose deity is neither good nor evil can convert spells either to cure spells or to inflict spells (player’s choice), depending on whether the cleric is more proficient at wielding positive or negative energy. Once the player makes this choice, it cannot be reversed. This choice also determines whether the neutral cleric turns or commands undead (see below).

A cleric can’t use spontaneous casting to convert domain spells into cure or inflict spells. These spells arise from the particular powers of the cleric’s deity, not divine energy in general.

Chaotic, Evil, Good, and Lawful Spells: A cleric can’t cast spells of an alignment opposed to his own or to his deity’s.

Turn or Rebuke Undead: A good cleric (or a neutral cleric who worships a good deity) has the supernatural ability to turn undead. Evil clerics (and neutral clerics who worship evil deities) can rebuke such creatures. Neutral clerics of neutral deities can do one or the other (player’s choice), depending on whether the cleric is more proficient at wielding positive or negative energy. Once the player makes this choice, it cannot be reversed. This choice also determines whether the neutral cleric can cast spontaneous cure or inflict spells (see above).

A cleric may attempt to turn or rebuke undead a number of times per day equal to three plus his Charisma modifier.

Extra Turning: As a feat, a cleric may take Extra Turning. This feat allows the cleric to turn undead four more times per day than normal. A cleric can take this feat multiple times, gaining four extra daily turning attempts each time.

Bonus Languages: A cleric’s list of bonus languages includes Celestial, Abyssal, and Infernal, in addition to the bonus languages available to the character because of his race.

Ex-Clerics: A cleric who grossly violates the code of conduct expected by his god (generally acting in ways opposed to the god’s alignment or purposes) loses all spells and class features and cannot gain levels as a cleric of that god until he atones.



rules

druid

From d20 SDR (e3.0):

Druid

Alignment: Neutral good, lawful neutral, neutral, chaotic neutral, or neutral evil.

Hit Die: d8

Class Skills: The druid's class skills (and the key ability for each skill) are Animal Empathy (Cha, exclusive skill), Concentration (Con), Craft (Int), Diplomacy (Cha), Handle Animal (Cha), Heal (Wis), Intuit Direction (Wis), Knowledge (nature) (Int), Profession (Wis), Scry (Int, exclusive skill), Spellcraft (Int), Swim (Str), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: Druids are proficient with the following weapons: club, dagger, dart, halfspear, long spear, quarterstaff, scimitar, sickle, shortspear, and sling. Their spiritual oaths prohibit them from using weapons other than these. They are proficient with light and medium armors but are prohibited from wearing metal armor (thus, they may wear only padded, leather, or hide armor). They are skilled with shields but must use only wooden ones.

A druid who wears prohibited armor or wields a prohibited weapon is unable to use any of her magical powers while doing so and for 24 hours thereafter. (Note: A druid can use wooden items that have been altered by the ironwood spell so that they function as though they were steel.)

Table: Druid

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+2	+0	+2	Nature sense, animal companion
2	+1	+3	+0	+3	Woodland stride
3	+2	+3	+1	+3	Trackless step
4	+3	+4	+1	+4	Resist nature's lure
5	+3	+4	+1	+4	Wild shape (1/day)
6	+4	+5	+2	+5	Wild shape (2/day)
7	+5	+5	+2	+5	Wild shape (3/day)
8	+6/	+6	+2	+6	Wild shape (Large)
9	+6/	+6	+3	+6	Venom immunity
10	+7/+2	+7	+3	+7	Wild shape (4/day)
11	+8/+3	+7	+3	+7	Wild shape (Tiny)
12	+9/+4	+8	+4	+8	Wild shape (Dire)
13	+9/+4	+8	+4	+8	A thousand faces
14	+10/+5	+9	+4	+9	Wild shape (5/day)
15	+11/+6/	+9	+5	+9	Wild shape (Huge), timeless body
16	+12/+7/+2	+10	+5	+10	Wild shape (elemental 1/day)
17	+12/+7/+2	+10	+5	+10	
18	+13/+8/+3	+11	+6	+11	Wild shape (6/day, elemental 3/day)
19	+14/+9/+4	+11	+6	+11	
20	+15/+10/+5	+12	+6	+12	

Table: Druid Spells Per Day

Level	0	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	3	1	—	—	—	—	—	—	—	—
2	4	2	—	—	—	—	—	—	—	—
3	4	2	1	—	—	—	—	—	—	—
4	5	3	2	—	—	—	—	—	—	—
5	5	3	2	1	—	—	—	—	—	—
6	5	3	3	2	—	—	—	—	—	—
7	6	4	3	2	1	—	—	—	—	—
8	6	4	3	3	2	—	—	—	—	—
9	6	4	4	3	2	1	—	—	—	—
10	6	4	4	3	3	2	—	—	—	—
11	6	5	4	4	3	2	1	—	—	—
12	6	5	4	4	3	3	2	—	—	—
13	6	5	5	4	4	3	2	1	—	—
14	6	5	5	4	4	3	3	2	—	—
15	6	5	5	5	4	4	3	2	1	—
16	6	5	5	5	4	4	3	3	2	—
17	6	5	5	5	5	4	4	3	2	1
18	6	5	5	5	5	4	4	3	3	2
19	6	5	5	5	5	5	4	4	3	3

20	6	5	5	5	5	5	4	4	4	4
----	---	---	---	---	---	---	---	---	---	---

Spells: A druid casts divine spells. A druid may prepare and cast any spell on the druid spell list provided she can cast spells of that level. She prepares and casts spells the way a cleric does (though she cannot lose a prepared spell to cast a cure spell in its place). To prepare or cast a spell, a druid must have a Wisdom score of at least 10 + the spell's level. The Difficulty Class for a saving throw against a druid's spell is 10 + the spell's level + the druid's Wisdom modifier. Bonus spells for druids are based on Wisdom.

Chaotic, Evil, Good, and Lawful Spells: A druid can't cast spells of an alignment opposed to her own.

Bonus Languages: A druid may substitute Sylvan for one of the bonus languages available to her. In addition, a druid knows the Druidic language. This secret language is known only to druids, and druids are forbidden from teaching it to nondruids. Druidic has its own alphabet.

Nature Sense: A druid can identify plants and animals (their species and special traits) with perfect accuracy. The druid can determine whether water is safe to drink or dangerous.

Animal Companion: A 1st-level druid may begin play with an animal companion. This animal is one that the druid has befriended with the spell animal friendship.

Woodland Stride: Starting at 2nd level, a druid may move through natural thorns, briars, overgrown areas, and similar terrain at his or her normal speed and without suffering damage or other impairment. However, thorns, briars, and overgrown areas that are enchanted or magically manipulated to impede motion still affect the druid.

Trackless Step: Starting at 3rd level, a druid leaves no trail in natural surroundings and cannot be tracked.
Resist Nature's Lure: Starting at 4th level, a druid gains a +4 bonus to saving throws against the spell-like abilities of feys.

Wild Shape: At 5th level, a druid gains the spell-like ability to polymorph self into a Small or Medium-size animal (but not a dire animal) and back again once per day. Unlike the standard use of the spell, however, the druid may only adopt one form. As stated in the spell description, the druid regains hit points as if he or she has rested for a day. The druid does not risk the standard penalty for being disoriented while in the wild shape.

The druid can use this ability more times per day at 6th, 7th, 10th, 14th, and 18th level, as noted. In addition, the druid gains the ability to take the shape of a Large animal at 8th level, a Tiny animal at 11th level, and a Huge animal at 15th level. At 12th level or higher, she can take the form of a dire animal.

At 16th level or higher, the druid may use wild shape to change into a Small, Medium-size, or Large air, earth, fire, or water elemental once per day. The druid gains all the elemental's special abilities. At 18th level, the druid can do this three times per day.

Venom Immunity: At 9th level, a druid gains immunity to all organic poisons, including monster poisons but not mineral poisons or poison gas.

A Thousand Faces: At 13th level, a druid gains the supernatural ability to change his or her appearance at will, as if using the spell alter self.

Timeless Body: After achieving 15th level, a druid no longer suffers ability penalties for aging and cannot be magically aged. Any penalties she may have already suffered, however, remain in place. Bonuses still accrue, and the druid still dies of old age when her time is up.

Ex-Druids: A druid who ceases to revere nature or who changes to a prohibited alignment loses all spells and druidic abilities and cannot gain levels as a druid until she atones.

See beginning for legal copyright notice regarding Game System License



rules

fighter

From d20 SDR (e3.0):

Fighter

Alignment: Any

Hit Die: d10

Class Skills: The fighter's class skills (and the key ability for each skill) are Climb (Str), Craft (Int), Handle Animal (Cha), Jump (Str), Ride (Dex), and Swim (Str).

Weapon and Armor Proficiency: The fighter is proficient in the use of all simple and martial weapons and all armor (heavy, medium, and light) and shields.

Table: Fighter

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	Bonus feat
2	+2	+3	+0	+0	Bonus feat
3	+3	+3	+1	+1	
4	+4	+4	+1	+1	Bonus feat
5	+5	+4	+1	+1	
6	+6/+1	+5	+2	+2	Bonus feat
7	+7/+2	+5	+2	+2	
8	+8/+3	+6	+2	+2	Bonus feat
9	+9/+4	+6	+3	+3	
10	+10/+5	+7	+3	+3	Bonus feat
11	+11/+6/+1	+7	+3	+3	
12	+12/+7/+2	+8	+4	+4	Bonus feat
13	+13/+8/+3	+8	+4	+4	
14	+14/+9/+4	+9	+4	+4	Bonus feat
15	+15/+10/+5	+9	+5	+5	
16	+16/+11/+6/+1	+10	+5	+5	Bonus feat
17	+17/+12/+7/+2	+10	+5	+5	
18	+18/+13/+8/+3	+11	+6	+6	Bonus feat
19	+19/+14/+9/+4	+11	+6	+6	
20	+20/+15/+10/+5	+12	+6	+6	Bonus feat

Bonus Feats: At 1st level, the fighter gets a bonus feat in addition to the feat that any 1st-level character gets and the bonus feat granted to humans. The fighter gains an additional bonus feat at 2nd level and every two levels thereafter (4th, 6th, 8th, etc.). These bonus feats must be drawn from the following list: Ambidexterity, Blind-Fight, Combat Reflexes, Dodge (Mobility, Spring Attack), Exotic Weapon Proficiency*, Expertise (Improved Disarm, Improved Trip, Whirlwind Attack), Improved Critical*, Improved Initiative, Improved Unarmed Strike (Deflect Arrows, Stunning Fist), Mounted Combat (Mounted Archery, Trample, Ride-By Attack, Spirited Charge), Point Blank Shot (Far Shot, Precise Shot, Rapid Shot, Shot on the Run), Power Attack (Cleave, Improved Bull Rush, Sunder, Great Cleave), Quick Draw, Two-Weapon Fighting (Improved Two-Weapon Fighting), Weapon Finesse*, Weapon Focus*, Weapon Specialization*.

Some of the bonus feats available to a fighter cannot be acquired until the fighter has gained one or more prerequisite feats; these feats are listed parenthetically after the prerequisite feat. A fighter can select feats marked with an asterisk (*) more than once, but it must be for a different weapon each time. A fighter must still meet all prerequisites for a feat, including ability score and base attack bonus minimums.

Weapon Specialization: On achieving 4th level or higher, as a feat the fighter (and only the fighter) may take Weapon Specialization. Weapon Specialization adds a +2 damage bonus with a chosen weapon. The fighter must have Weapon Focus with that weapon to take Weapon Specialization. If the weapon is a ranged weapon, the damage bonus only applies if the target is within 30 feet, because only at that range can the fighter strike precisely enough to hit more effectively. The fighter may take this feat as a bonus feat or as a regular one.

See beginning for legal copyright notice regarding Game System License



rules

monk

From d20 SDR (e3.0):

Monk

Alignment: Any lawful

Hit Die: d8

Class Skills: The monk's class skills (and the key ability for each skill) are Balance (Dex), Climb (Str), Concentration (Con), Craft (Int), Diplomacy (Cha), Escape Artist (Dex), Hide (Dex), Jump (Str), Knowledge (arcana) (Int), Listen (Wis), Move Silently (Dex), Perform (Cha), Profession (Wis), Swim (Str), and Tumble (Dex).

Weapon and Armor Proficiency: Monks are proficient with basic peasant weapons and special weapons whose use is part of monk training. The full list includes club, crossbow (light or heavy), dagger, handaxe, javelin, kama, nunchaku, quarterstaff, shuriken, siangham, and sling.

A monk using a kama, nunchaku, or siangham can strike with his or her unarmed base attack, including her more favorable number of attacks per round (see below). His or her damage, however, is standard for the weapon (1d6, crit X2), not his or her unarmed damage. The weapon must be light, so a Small monk must use Tiny versions of these weapons in order to use the more favorable base attack.

A monk adds her Wisdom bonus (if any) to AC, in addition to her normal Dexterity modifier, and her AC improves as she gains levels. (Only add this extra AC bonus if the total of the monk's Wisdom modifier and the number in the "AC Bonus" column is a positive number.) The Wisdom bonus and the AC bonus represent a preternatural awareness of danger, and a monk does not lose either even in situations when he or she loses her Dexterity modifier due to being unprepared, ambushed, stunned, and so on. (Monks do lose these AC bonuses when immobilized.)

When wearing armor, a monk loses her AC bonus for Wisdom, AC bonus for class and level, favorable multiple unarmed attacks per round, and heightened movement. Furthermore, her special abilities all face the arcane spell failure chance that the armor type normally imposes.

Table: Monk

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+2	+2	+2	Unarmed strike, stunning attack, evasion
2	+1	+3	+3	+3	Deflect Arrows feat
3	+2	+3	+3	+3	Still mind
4	+3	+4	+4	+4	Slow fall (20 ft.)
5	+3	+4	+4	+4	Purity of body
6	+4	+5	+5	+5	Slow fall (30 ft.), Improved Trip feat
7	+5	+5	+5	+5	Wholeness of body, leap of the clouds
8	+6/	+6	+6	+6	Slow fall (50 ft.)
9	+6/	+6	+6	+6	Improved evasion
10	+7/+2	+7	+7	+7	Ki strike (+1)
11	+8/+3	+7	+7	+7	Diamond body
12	+9/+4	+8	+8	+8	Abundant step
13	+9/+4	+8	+8	+8	Diamond soul, ki strike (+2)
14	+10/+5	+9	+9	+9	
15	+11/+6/	+9	+9	+9	Quivering palm
16	+12/+7/+2	+10	+10	+10	Ki strike (+3)
17	+12/+7/+2	+10	+10	+10	Timeless body, tongue of the sun and moon
18	+13/+8/+3	+11	+11	+11	Slow fall (any distance)
19	+14/+9/+4	+11	+11	+11	Empty body
20	+15/+10/+5	+12	+12	+12	Perfect self

Table: More Monk Abilities

Class Level	Unarmed Attack Bonus	Unarmed Damage*	AC Bonus	Unarmored Speed**
1	+0	1d6	+0	30 ft.
2	+1	1d6	+0	30 ft.
3	+2	1d6	+0	40 ft.
4	+3	1d8	+0	40 ft.

5	+3	1d8	+1	40 ft.
6	+4	1d8	+1	50 ft.
7	+5	1d8	+1	50 ft.
8	+6/	1d10	+1	50 ft.
9	+6/	1d10	+1	60 ft.
10	+7/+2	1d10	+2	60 ft.
11	+8/+3	1d10	+2	60 ft.
12	+9/+4	1d12	+2	70 ft.
13	+9/+4	1d12	+2	70 ft.
14	+10/+5	1d12	+2	70 ft.
15	+11/+6/	1d12	+3	80 ft.
16	+12/+7/+2	1d20	+3	80 ft.
17	+12/+7/+2	1d20	+3	80 ft.
18	+13/+8/+3	1d20	+3	90 ft.
19	+14/+9/+4	1d20	+3	90 ft.
20	+15/+10/+5	1d20	+4	90 ft.

* Small monks deal less damage.

** Small and dwarven monks are slower.

Table: Small Monk Unarmed Damage and Small Monk & Dwarf Monk Speed

Class Level	Unarmed Damage	Unarmored Speed
1-2	1d4	20 ft.
3	1d4	25 ft.
4-5	1d6	25 ft.
6-7	1d6	35 ft.
8	1d8	35 ft.
9-11	1d8	40 ft.
12-14	1d10	45 ft.
15	1d10	55 ft.
16-17	2d6	55 ft.
18-20	2d6	60 ft.

Unarmed Strike: A monk fighting unarmed gains the benefits of the Improved Unarmed Strike feat and thus does not provoke attacks of opportunity from armed opponents that she attacks.

Making an off-hand attack makes no sense for a monk striking unarmed.

A monk fighting with a one-handed weapon can make an unarmed strike as an off-hand attack, but she suffers the standard penalties for two-weapon fighting. Likewise, a monk with a weapon (other than a special monk weapon) in her off hand gets an extra attack with that weapon but suffers the usual penalties for two-weapon fighting and can't strike with a flurry of blows.

Flurry of Blows: The monk may make one extra attack in a round at her highest base attack, but this attack and each other attack made that round suffer a -2 penalty apiece. This penalty applies for 1 round, so it affects attacks of opportunity the monk might make before her next action. The monk must use the full attack action to strike with a flurry of blows. A monk may also use the flurry of blows if armed with a special monk weapon (kama, nunchaku, or siangham). If armed with one such weapon, the monk makes the extra attack either with that weapon or unarmed. If armed with two such weapons, she uses one for the regular attack (or attacks) and the other for the extra attack. In any case, her damage bonus on the attack with her off hand is not reduced.

Usually, a monk's unarmed strikes deal normal damage rather than subdual damage. However, she can choose to deal her damage as subdual damage when grappling.

Stunning Attack: The monk can use this ability once per round, but no more than once per level per day. The monk must declare she is using a stun attack before making the attack roll (thus, a missed attack roll ruins the attempt). A foe struck by the monk is forced to make a Fortitude saving throw (DC 10 + one-half the monk's level + Wisdom modifier). In addition to receiving normal damage, if the saving throw fails, the opponent is stunned for 1 round. The stunning attack is a supernatural ability.

Evasion: If a monk makes a successful Reflex saving throw against an attack that normally deals half damage on a successful save, the monk instead takes no damage. Evasion can only be used if the monk is wearing light armor or no armor. It is an extraordinary ability.

Deflect Arrows: At 2nd level, a monk gains the Deflect Arrows feat, even if she doesn't have the prerequisite Dexterity score.

Fast Movement: At 3rd level and higher, a monk moves faster than normal. A monk in armor (even light armor) or carrying a medium or heavy load loses this extra speed. A dwarf or a Small monk moves more slowly than a Medium-size monk.

From 9th level on, the monk's running ability is actually a supernatural ability.

Still Mind: At 3rd level, a monk gains a +2 bonus to saving throws against spells and effects from the Enchantment school.

Slow Fall: At 4th level, the monk takes damage as if a fall were 20 feet shorter than it actually is. At 18th level, the monk can use a nearby wall to slow her descent and fall any distance without harm.

Purity of Body: At 5th level, a monk gains immunity to all diseases except for magical diseases.

Improved Trip: At 6th level, a monk gains the Improved Trip feat. She need not have taken the Expertise feat, normally a prerequisite.

Wholeness of Body: At 7th level, a monk can cure her own wounds. She can cure up to twice her current level in hit points each day, and she can spread this healing out among several uses. Wholeness of body is a supernatural ability.

Leap of the Clouds: At 7th level or higher, a monk's jumping distance (vertical or horizontal) is not limited according to her height.

Improved Evasion: At 9th level, a monk only takes half damage on a failed save.

Ki Strike: At 10th level, a monk's unarmed attack is empowered with ki. The unarmed strike damage from such an attack can deal damage to a creature with damage reduction as if the blow were made with a weapon with a +1 enhancement bonus. Ki strike is a supernatural ability.

Diamond Body: At 11th level, a monk gains immunity to poison of all kinds. Diamond body is a supernatural ability.

Abundant Step: At 12th level, a monk can slip magically between spaces, as per the spell dimension door, once per day. This is a spell-like ability, and the monk's effective casting level is one-half her actual level (rounded down).

Diamond Soul: At 13th level, a monk gains spell resistance. Her spell resistance equals her level + 10.

Quivering Palm: Starting at 15th level, a monk can use the quivering palm. The monk can use the quivering palm attack once a week, and she must announce her intent before making her attack roll. Creatures immune to critical hits cannot be affected. The monk must be of higher level than the target (or have more levels than the target's number of Hit Dice). If the monk strikes successfully and the target takes damage from the blow, the quivering palm attack succeeds. Thereafter the monk can choose to try to slay the victim at any later time within 1 day per level of the monk. The monk merely wills the target to die (a free action), and unless the target makes a Fortitude saving throw (DC 10 + one-half the monk's level + Wisdom modifier), it dies. If the saving throw is successful, the target is no longer in danger from that particular quivering palm attack (but may be affected by another one at a later time). Quivering palm is a supernatural ability.

Timeless Body: After achieving 17th level, a monk no longer suffers ability penalties for aging and cannot be magically aged. (Any penalties she may have already suffered remain in place.) Bonuses still accrue, and the monk still dies of old age when her time is up.

Tongue of the Sun and Moon: A monk of 17th level or above can speak with any living creature.

Empty Body: At 19th level or higher, a monk can assume an ethereal state for 1 round per level per day, as per the spell etherealness. The monk may go ethereal on a number of different occasions during any single day as long as the total number of rounds spent ethereal does not exceed her level. Empty body is a supernatural ability.

Perfect Self: At 20th level, a monk is forevermore treated as an outsider rather than as a humanoid. Additionally, the monk gains damage reduction 20/+1.

Ex-Monks: A monk who becomes nonlawful cannot gain new levels as a monk but retain all monk abilities.

See beginning for legal copyright notice regarding Game System License



rules

paladin

From d20 SDR (e3.0):

Paladin

Alignment: Lawful good

Hit Die: d10

Class Skills: The paladin's class skills (and the key ability for each skill) are Concentration (Con), Craft (Int), Diplomacy (Cha), Handle Animal (Cha), Heal (Wis), Knowledge (religion) (Int), Profession (Wis), and Ride (Dex).

Weapon and Armor Proficiency: Paladins are proficient with all simple and martial weapons, with all types of armor (heavy, medium, and light), and with shields.

Table: Paladin

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	Detect evil, divine grace, lay on hands, divine health
2	+2	+3	+0	+0	Aura of courage, smite evil
3	+3	+3	+1	+1	Remove disease, turn undead
4	+4	+4	+1	+1	
5	+5	+4	+1	+1	Special mount
6	+6/+1	+5	+2	+2	Remove disease 2/week
7	+7/+2	+5	+2	+2	
8	+8/+3	+6	+2	+2	
9	+9/+4	+6	+3	+3	Remove disease 3/week
10	+10/+5	+7	+3	+3	
11	+11/+6/+1	+7	+3	+3	
12	+12/+7/+2	+8	+4	+4	Remove disease 4/week
13	+13/+8/+3	+8	+4	+4	
14	+14/+9/+4	+9	+4	+4	
15	+15/+10/+5	+9	+5	+5	Remove disease 5/week
16	+16/+11/+6/+1	+10	+5	+5	
17	+17/+12/+7/+2	+10	+5	+5	
18	+18/+13/+8/+3	+11	+6	+6	Remove disease 6/week
19	+19/+14/+9/+4	+11	+6	+6	
20	+20/+15/+10/+5	+12	+6	+6	

Table: Paladin Spells Per Day

Level	1st	2nd	3rd	4th
1	—	—	—	—
2	—	—	—	—
3	—	—	—	—
4	—	—	—	—
5	0	—	—	—
6	0	—	—	—
7	1	—	—	—
8	1	0	—	—
9	1	0	—	—
10	1	1	—	—
11	1	1	0	—
12	1	1	1	—
13	1	1	1	—
14	2	1	1	0
15	2	1	1	1
16	2	2	1	1
17	2	2	2	1
18	3	2	2	1
19	3	3	3	2
20	3	3	3	3

Detect Evil: At will, the paladin can detect evil as a spell-like ability. This ability duplicates the effects of the spell detect evil.

Divine Grace: A paladin applies her Charisma modifier (if positive) as a bonus to all saving throws.

Lay on Hands: Each day a paladin can cure a total number of hit points equal to the paladin's Charisma bonus (if any) times the paladin's level. The paladin can cure themselves. The paladin may choose to divide her curing among multiple recipients, and he or she doesn't have to use it all at once. Lay on hands is a spell-like ability whose use is a standard action.

Alternatively, the paladin can use any or all of these points to deal damage to undead creatures. Treat this attack just like a touch spell. The paladin decides how many cure points to use as damage after successfully touching the undead creature.

Divine Health: A paladin is immune to all diseases, including magical diseases.

Aura of Courage: Beginning at 2nd level, a paladin is immune to fear (magical or otherwise). Allies within 10 feet of the paladin gain a +4 morale bonus on saving throws against fear effects. Granting the morale bonus to allies is a supernatural ability.

Smite Evil: Once per day, a paladin of 2nd level or higher may attempt to smite evil with one normal melee attack. She adds her Charisma modifier (if positive) to the paladin's attack roll and deals 1 extra point of damage per level. If the paladin accidentally smites a creature that is not evil, the smite has no effect but it is still used up for that day. Smite evil is a supernatural ability.

Remove Disease: Beginning at 3rd level, a paladin can remove disease, as per the spell remove disease, once per week. Remove disease is a spell-like ability for paladins.

Turn Undead: The paladin may use this ability a number of times per day equal to three plus the paladin's Charisma modifier. The paladin turns undead as a cleric of two levels lower would.

Extra Turning: As a feat, a paladin may take Extra Turning. This feat allows the paladin to turn undead four more times per day than normal. A paladin can take this feat multiple times, gaining four extra daily turning attempts each time.

Spells: Beginning at 4th level, a paladin gains the ability to cast a small number of divine spells. To cast a spell, the paladin must have a Wisdom score of at least 10 + the spell's level. Paladin bonus spells are based on Wisdom, and saving throws against these spells have a Difficulty Class of 10 + spell level + Wisdom modifier. When the paladin gets 0 spells of a given level, such as 0 1st-level spells at 4th level, the paladin gets only bonus spells. A paladin has access to any spell on the paladin spell list and can freely choose which to prepare, just as a cleric can.

A paladin prepares and casts spells just as a cleric does (though the paladin cannot use spontaneous casting to substitute a cure spell in place of a prepared spell).

Through 3rd level, a paladin has no caster level. Starting at 4th level, a paladin's caster level is one-half his or her class level.

Special Mount: Upon or after reaching 5th level, a paladin can call an unusually intelligent, strong, and loyal steed to serve him or her in her crusade against evil. This mount is usually a heavy warhorse (for a Medium-size paladin) or a warpony (for a Small paladin).

Should the paladin's mount die, another cannot be called for a year and a day. The new mount has all the accumulated abilities due a mount of the paladin's level.

The DM will provide information about the mount that responds to the paladin's call.

Code of Conduct: A paladin must be of lawful good alignment and loses all special class abilities if she ever willingly commits an act of evil. Additionally, a paladin's code requires that she respect legitimate authority, act with honor (not lying, not cheating, not using poison, etc.), help those who need help (provided they do not use the help for evil or chaotic ends), and punish those that harm or threaten innocents.

Associates: While she may adventure with characters of any good or neutral alignment, a paladin will never knowingly associate with evil characters. A paladin will not continue an association with someone who consistently offends her moral code. A paladin may only hire henchmen or accept followers who are lawful good.

Ex-Paladins: A paladin who ceases to be lawful good, who willfully commits an evil act, or who grossly violates the code of conduct loses all special abilities and spells, including the service of the paladin's warhorse. She also may not progress in levels as a paladin. She regains her abilities if she atones for her violations, as appropriate.

See beginning for legal copyright notice regarding Game System License



rules

ranger

From d20 SDR (e3.0):

Ranger

Alignment: Any

Hit Die: d10

Class Skills: The ranger's class skills (and the key ability for each skill) are Animal Empathy (Cha, exclusive skill), Climb (Str), Concentration (Con), Craft (Int), Handle Animal (Cha), Heal (Wis), Hide (Dex), Intuit Direction (Wis), Jump (Str), Knowledge (nature) (Int), Listen (Wis), Move Silently (Dex), Profession (Wis), Ride (Dex), Search (Int), Spot (Wis), Swim (Str), Use Rope (Dex), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: A ranger is proficient with all simple and martial weapons, light armor, medium armor, and shields.

When wearing light armor or no armor, a ranger can fight with two weapons as if he or she had the feats Ambidexterity and Two-Weapon Fighting. The ranger loses this special bonus when fighting in medium or heavy armor, or when using a double-headed weapon (such as a double sword).

Table: Ranger

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	Track, 1st favored enemy
2	+2	+3	+0	+0	
3	+3	+3	+1	+1	
4	+4	+4	+1	+1	
5	+5	+4	+1	+1	2nd favored enemy
6	+6/+1	+5	+2	+2	
7	+7/+2	+5	+2	+2	
8	+8/+3	+6	+2	+2	
9	+9/+4	+6	+3	+3	3rd favored enemy
10	+10/+5	+7	+3	+3	
11	+11/+6/+1	+7	+3	+3	
12	+12/+7/+2	+8	+4	+4	
13	+13/+8/+3	+8	+4	+4	4th favored enemy
14	+14/+9/+4	+9	+4	+4	
15	+15/+10/+5	+9	+5	+5	
16	+16/+11/+6/+1	+10	+5	+5	
17	+17/+12/+7/+2	+10	+5	+5	5th favored enemy
18	+18/+13/+8/+3	+11	+6	+6	
19	+19/+14/+9/+4	+11	+6	+6	
20	+20/+15/+10/+5	+12	+6	+6	

Table: Ranger Spells Per Day

Level	1st	2nd	3rd	4th
1	—	—	—	—
2	—	—	—	—
3	—	—	—	—
4	—	—	—	—
5	0	—	—	—
6	0	—	—	—
7	1	—	—	—
8	1	0	—	—
9	1	0	—	—
10	1	1	—	—
11	1	1	0	—
12	1	1	1	—
13	1	1	1	—
14	2	1	1	0
15	2	1	1	1
16	2	2	1	1
17	2	2	2	1
18	3	2	2	1
19	3	3	3	2
20	3	3	3	3

Spells: Beginning at 4th level, a ranger gains the ability to cast a small number of divine spells. To cast a spell, the ranger must have a Wisdom score of at least 10 + the spell's level. Ranger bonus spells are based on Wisdom, and saving throws against these spells have a Difficulty Class of 10 + spell level + Wisdom modifier. When the ranger gets 0 spells of a given level, such as 0 1st-level spells at 4th level, the ranger gets only bonus spells. A ranger without a bonus spell for that level cannot yet cast a spell of that level. A ranger has access to any spell on the ranger spell list and can freely choose which to prepare. A ranger prepares and casts spells just as a cleric does (though the ranger cannot use spontaneous casting to lose a spell and cast a cure or inflict spell in its place).

Through 3rd level, a ranger has no caster level. Starting at 4th level, a ranger's caster level is one-half his class level.

Track: A ranger gains Track as a bonus feat.

Favored Enemy: At 1st level, a ranger may select a type of creature as a favored enemy. (A ranger can only select his own race as a favored enemy if he is evil.) Due to his extensive study of his foes and training in the proper techniques for combating them, the ranger gains a +1 bonus to Bluff, Listen, Sense Motive, Spot, and Wilderness Lore checks when using these skills against this type of creature. Likewise, he gets the same bonus to weapon damage rolls against creatures of this type. A ranger also gets the damage bonus with ranged weapons, but only against targets within 30 feet (the ranger cannot strike with deadly accuracy beyond that range). The bonus doesn't apply to damage against creatures that are immune to critical hits.

At 5th level and at every five levels thereafter (10th, 15th, and 20th level), the ranger may select a new favored enemy, and the bonus associated with every previously selected favored enemy goes up by +1.

Table: Ranger Favored Enemies

Type:		
Aberrations	Animals	Beasts
Constructs	Dragons	Elementals
Fey	Giants	Humanoid type*
Magical beasts	Oozes	Outsider type*
Plants	Shapechangers	Undead
Vermin		

* Rangers may not select "humanoid" or "outsider" as a favored enemy, but they may select a more narrowly defined type of humanoid or outsider. A ranger can only select his own race as a favored enemy if he is evil.

Improved Two-Weapon Fighting: A ranger with a base attack bonus of at least +9 can choose to gain the Improved Two-Weapon Fighting feat even if he does not have the other prerequisites for the feat. The ranger must be wearing light armor or no armor in order to use this benefit.

See beginning for legal copyright notice regarding Game System License



rules

rogue

From d20 SDR (e3.0):

Rogue

Alignment: Any

Hit Die: d6

Class Skills: The rogue's class skills (and the key ability for each skill) are Appraise (Int), Balance (Dex), Bluff (Cha), Climb (Str), Craft (Int), Decipher Script (Int, exclusive skill), Diplomacy (Cha), Disable Device (Int), Disguise (Cha), Escape Artist (Dex), Forgery (Int), Gather Information (Cha), Hide (Dex), Innuendo (Wis), Intimidate (Cha), Intuit Direction (Wis), Jump (Str), Listen (Wis), Move Silently (Dex), Open Lock (Dex), Perform (Cha), Pick Pocket (Dex), Profession (Wis), Read Lips (Int, exclusive skill), Search (Int), Sense Motive (Wis), Spot (Wis), Swim (Str), Tumble (Dex), Use Magic Device (Cha, exclusive skill), and Use Rope (Dex).

Weapon and Armor Proficiency: A rogue's weapon training focuses on weapons suitable for stealth and sneak attacks. Thus, all rogues are proficient with the crossbow (hand or light), dagger (any type), dart, light mace, sap, shortbow (normal and composite), and short sword. Medium-size rogues are also proficient with certain weapons that are too big for Small rogues to use and conceal easily: club, heavy crossbow, heavy mace, morningstar, quarterstaff, and rapier. Rogues are proficient with light armor but not with shields.

Table: Rogue

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+2	+0	Sneak attack +1d6
2	+1	+0	+3	+0	Evasion
3	+2	+1	+3	+1	Uncanny dodge (Dex bonus to AC), sneak attack +2d6
4	+3	+1	+4	+1	
5	+3	+1	+4	+1	Sneak attack +3d6
6	+4	+2	+5	+2	Uncanny dodge (can't be flanked)
7	+5	+2	+5	+2	Sneak attack +4d6
8	+6/+1	+2	+6	+2	
9	+6/+1	+3	+6	+3	Sneak attack +5d6
10	+7/+2	+3	+7	+3	Special ability
11	+8/+3	+3	+7	+3	Uncanny dodge (+1 against traps), sneak attack +6d6
12	+9/+4	+4	+8	+4	
13	+9/+4	+4	+8	+4	Sneak attack +7d6, special ability
14	+10/+5	+4	+9	+4	Uncanny dodge (+2 against traps)
15	+11/+6/+1	+5	+9	+5	Sneak attack +8d6
16	+12/+7/+2	+5	+10	+5	Special ability
17	+12/+7/+2	+5	+10	+5	Uncanny dodge (+3 against traps), sneak attack +9d6
18	+13/+8/+3	+6	+11	+6	
19	+14/+9/+4	+6	+11	+6	Sneak attack +10d6, special ability
20	+15/+10/+5	+6	+12	+6	Uncanny dodge (+4 against traps)

Sneak Attack: Any time the rogue's target would be denied a Dexterity bonus to AC (whether the target actually has a Dexterity bonus or not), or when the rogue flanks the target, the rogue's attack deals extra damage. The extra damage is +1d6 at 1st level and an additional 1d6 every two levels thereafter. Should the rogue score a critical hit with a sneak attack, this extra damage is not multiplied.

Ranged attacks can only count as sneak attacks if the target is within 30 feet. The rogue can't strike with deadly accuracy from beyond that range.

With a sap (blackjack) or an unarmed strike, the rogue can make a sneak attack that deals subdual damage instead of normal damage. The rogue cannot use a weapon that deals normal damage to deal subdual damage in a sneak attack, not even with the usual -4 penalty.

A rogue can only sneak attack a living creature with a discernible anatomy. Any creature that is immune to critical hits is also not vulnerable to sneak attacks. The rogue must be able to see the target well enough to pick out a vital spot and must be able to reach a vital spot. The rogue cannot sneak attack while striking a creature with concealment or striking the limbs of a creature whose vitals are beyond reach.

Traps: Rogues (and only rogues) can use the Search skill to locate traps when the task has a Difficulty Class higher than 20. Finding a nonmagical trap has a DC of at least 20, higher if it is well hidden. Finding a magic trap has a DC of 25 + the level of the spell used to create it.

Rogues (and only rogues) can use the Disable Device skill to disarm magic traps. A magic trap generally has a DC of 25 + the level of the spell used to create it.

A rogue who beats a trap's DC by 10 or more with a Disable Device check can generally study a trap, figure out how it works, and bypass it (with his party) without disarming it.

Evasion: At 2nd level, a rogue gains evasion. If exposed to any effect that normally allows a character to attempt a Reflex saving throw for half damage, the rogue takes no damage with a successful saving throw. Evasion can only be used if the rogue is wearing light armor or no armor. It is an extraordinary ability.

Uncanny Dodge: At 3rd level and above, she retains her Dexterity bonus to AC (if any) if caught flat-footed or struck by an invisible attacker.

At 6th level, the rogue can no longer be flanked. Another rogue at least four levels higher can still flank.

At 11th level, the rogue gains a +1 bonus to Reflex saves made to avoid traps and a +1 dodge bonus to AC against attacks by traps. At 14th level, these bonuses rise to +2. At 17th, they rise to +3, and at 20th they rise to +4.

Special Abilities: On achieving 10th level and every three levels thereafter (13th, 16th, and 19th), a rogue chooses a special ability from among the following:

- **Crippling Strike:** When the rogue damages an opponent with a sneak attack, the target also takes 1 point of Strength damage.
- **Defensive Roll:** Once per day, when a rogue would be reduced to 0 hit points or less by damage in combat (from a weapon or other blow, not a spell or special ability), the rogue can attempt to roll with the damage. She makes a Reflex saving throw (DC = damage dealt) and, if successful, takes only half damage from the blow. The rogue must be aware of the attack and able to react to it in order to execute the defensive roll - if the Dexterity bonus to AC is denied, the rogue can't roll. Since this effect would not normally allow a character to make a Reflex save for half damage, the rogue's evasion ability does not apply to the defensive roll.
- **Improved Evasion:** The rogue takes only half damage on a failed save.
- **Opportunist:** Once per round, the rogue can make an attack of opportunity against an opponent who has just been struck for damage in melee by another character. This attack counts as the rogue's attacks of opportunity for that round. Even a rogue with the Combat Reflexes feat can't use the opportunist ability more than once per round.
- **Skill Mastery:** The rogue selects a number of skills equal to 3 + Intelligence modifier. When making a skill check with one of these skills, the rogue may take 10 even if stress and distractions would normally prevent the rogue from doing so. The rogue may gain this special ability multiple times, selecting additional skills for it to apply to each time.
- **Slippery Mind:** If a rogue with a slippery mind is affected by an enchantment and fails the saving throw, 1 round later the rogue can attempt the saving throw again. The rogue only gets this one extra chance to succeed. This is an extraordinary ability.
- **Feat:** A rogue may gain a feat in place of a special ability.

See beginning for legal copyright notice regarding Game System License



rules

sorcerer

From d20 SDR (e3.0):

Sorcerer

Alignment: Any

Hit Die: d4

Class Skills: The sorcerer's class skills (and the key ability for each skill) are Alchemy (Int), Concentration (Con), Craft (Int), Knowledge (arcana) (Int), Profession (Wis), Scry (Int, exclusive skill), and Spellcraft (Int).

Weapon and Armor Proficiency: Sorcerers are proficient with all simple weapons. They are not proficient with any type of armor, nor with shields.

Table: Sorcerer

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+2	Summon familiar
2	+1	+0	+0	+3	
3	+1	+1	+1	+3	
4	+2	+1	+1	+4	
5	+2	+1	+1	+4	
6	+3	+2	+2	+5	
7	+3	+2	+2	+5	
8	+4	+2	+2	+6	
9	+4	+3	+3	+6	
10	+5	+3	+3	+7	
11	+5	+3	+3	+7	
12	+6/+1	+4	+4	+8	
13	+6/+1	+4	+4	+8	
14	+7/+2	+4	+4	+9	
15	+7/+2	+5	+5	+9	
16	+8/+3	+5	+5	+10	
17	+8/+3	+5	+5	+10	
18	+9/+4	+6	+6	+11	
19	+9/+4	+6	+6	+11	
20	+10/+5	+6	+6	+12	

Table: Sorcerer Spells Per Day

Level	0	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	5	3	—	—	—	—	—	—	—	—
2	6	4	—	—	—	—	—	—	—	—
3	6	5	—	—	—	—	—	—	—	—
4	6	6	3	—	—	—	—	—	—	—
5	6	6	4	—	—	—	—	—	—	—
6	6	6	5	3	—	—	—	—	—	—
7	6	6	6	4	—	—	—	—	—	—
8	6	6	6	5	3	—	—	—	—	—
9	6	6	6	6	4	—	—	—	—	—
10	6	6	6	6	5	3	—	—	—	—
11	6	6	6	6	6	4	—	—	—	—
12	6	6	6	6	6	5	3	—	—	—
13	6	6	6	6	6	6	4	—	—	—
14	6	6	6	6	6	6	5	3	—	—
15	6	6	6	6	6	6	6	4	—	—
16	6	6	6	6	6	6	6	5	3	—
17	6	6	6	6	6	6	6	6	4	—
18	6	6	6	6	6	6	6	6	5	3
19	6	6	6	6	6	6	6	6	6	4
20	6	6	6	6	6	6	6	6	6	6

Table: Sorcerer Spells Known

Level	0	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	4	2	—	—	—	—	—	—	—	—
2	5	2	—	—	—	—	—	—	—	—

3	5	3	—	—	—	—	—	—	—	—	—
4	6	3	1	—	—	—	—	—	—	—	—
5	6	4	2	—	—	—	—	—	—	—	—
6	7	4	2	1	—	—	—	—	—	—	—
7	7	5	3	2	—	—	—	—	—	—	—
8	8	5	3	2	1	—	—	—	—	—	—
9	8	5	4	3	2	—	—	—	—	—	—
10	9	5	4	3	2	1	—	—	—	—	—
11	9	5	5	4	3	2	—	—	—	—	—
12	9	5	5	4	3	2	1	—	—	—	—
13	9	5	5	4	4	3	2	—	—	—	—
14	9	5	5	4	4	3	2	1	—	—	—
15	9	5	5	4	4	4	3	2	—	—	—
16	9	5	5	4	4	4	3	2	1	—	—
17	9	5	5	4	4	4	3	3	2	—	—
18	9	5	5	4	4	4	3	3	2	1	—
19	9	5	5	4	4	4	3	3	3	2	—
20	9	5	5	4	4	4	3	3	3	3	—

Spells: A sorcerer casts arcane spells. The number of spells a sorcerer knows is not affected by his Charisma bonus. The spells a sorcerer knows can be common spells chosen from the sorcerer and wizard spell list, or they can be unusual spells that the sorcerer has gained some understanding of by study.

A sorcerer is limited to casting a certain number of spells of each level per day, but he need not prepare his spells in advance. The number of spells he can cast per day is improved by his bonus spells, if any.

A sorcerer may use a higher-level slot to cast a lower-level spell if he so chooses. The spell is still treated as its actual level, not the level of the slot used to cast it.

To learn or cast a spell, a sorcerer must have a Charisma score of at least 10 + the spell's level. The Difficulty Class for saving throws against sorcerer spells is 10 + the spell's level + the sorcerer's Charisma modifier.

Familiar: A sorcerer can call a familiar. Doing so takes a day and uses up magical materials that cost 100 gp. A familiar is a magical, unusually tough, and intelligent version of a small animal. It is a magical beast, not an animal. The creature serves as a companion and servant.

See beginning for legal copyright notice regarding Game System License



rules

wizard

From d20 SDR (e3.0):

Wizard

Alignment: Any

Hit Die: d4

Class Skills: The wizard's class skills (and the key ability for each skill) are Alchemy (Int), Concentration (Con), Craft (Int), Knowledge (all skills, taken individually) (Int), Profession (Wis), Scry (Int, exclusive skill), and Spellcraft (Int).

Weapon and Armor Proficiency: Wizards are skilled with the club, dagger, heavy crossbow, light crossbow, and quarterstaff. Wizards are not proficient with any type of armor nor with shields.

Table: Wizard

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+2	Summon familiar, scribe scroll
2	+1	+0	+0	+3	
3	+1	+1	+1	+3	
4	+2	+1	+1	+4	
5	+2	+1	+1	+4	Bonus feat
6	+3	+2	+2	+5	
7	+3	+2	+2	+5	
8	+4	+2	+2	+6	
9	+4	+3	+3	+6	Bonus feat
10	+5	+3	+3	+7	
11	+5	+3	+3	+7	
12	+6/+1	+4	+4	+8	
13	+6/+1	+4	+4	+8	Bonus feat
14	+7/+2	+4	+4	+9	
15	+7/+2	+5	+5	+9	
16	+8/+3	+5	+5	+10	
17	+8/+3	+5	+5	+10	Bonus feat
18	+9/+4	+6	+6	+11	
19	+9/+4	+6	+6	+11	
20	+10/+5	+6	+6	+12	

Table: Wizard Spells Per Day

Level	0	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	3	1	—	—	—	—	—	—	—	—
2	4	2	—	—	—	—	—	—	—	—
3	4	2	1	—	—	—	—	—	—	—
4	4	3	2	—	—	—	—	—	—	—
5	4	3	2	1	—	—	—	—	—	—
6	4	3	3	2	—	—	—	—	—	—
7	4	4	3	2	1	—	—	—	—	—
8	4	4	3	3	2	—	—	—	—	—
9	4	4	4	3	2	1	—	—	—	—
10	4	4	4	3	3	2	—	—	—	—
11	4	4	4	4	3	2	1	—	—	—
12	4	4	4	4	3	3	2	—	—	—
13	4	4	4	4	4	3	2	1	—	—
14	4	4	4	4	4	3	3	2	—	—
15	4	4	4	4	4	4	3	2	1	—
16	4	4	4	4	4	4	3	3	2	—
17	4	4	4	4	4	4	4	3	2	1
18	4	4	4	4	4	4	4	3	3	2
19	4	4	4	4	4	4	4	4	3	3
20	4	4	4	4	4	4	4	4	4	4

Spells: A wizard casts arcane spells. She is limited to a certain number of spells of each spell level per day, according to her class level. A wizard must prepare spells ahead of time by getting a good night's sleep and spending 1 hour studying her spellbook. While studying, the wizard decides which spells to prepare. To learn, prepare, or cast a spell, a wizard must have an Intelligence score of at least 10 + the spell's level. A wizard's bonus spells are based on Intelligence. The Difficulty Class for

saving throws against wizard spells is 10 + the spell's level + the wizard's Intelligence modifier.

Bonus Languages: A wizard may substitute Draconic for one of the bonus languages available to the character.

Familiar: A wizard can call a familiar. Doing so takes a day and uses up magical materials that cost 100 gp. A familiar is a magical, unusually tough, and intelligent version of a small animal. It is a magical beast, not an animal. The creature serves as a companion and servant.

Scribe Scroll: A wizard has the bonus item creation feat Scribe Scroll, enabling her to create magic scrolls.

Bonus Feats: Every five levels, a wizard gains a bonus feat. This feat must be a metamagic feat, an item creation feat, or Spell Mastery.

Spellbooks: Wizards must study their spellbooks each day to prepare their spells. A wizard cannot prepare any spell not recorded in her spellbook (except for read magic, which all wizards can prepare from memory).

Spell Mastery: A wizard (and only a wizard) can take the special feat Spell Mastery. Each time the wizard takes this feat, choose a number of spells equal to the wizard's Intelligence modifier (they must be spells that the wizard already knows). From that point on, the wizard can prepare these spells without referring to a spellbook.

School Specialization

A school is one of eight groupings of spells, each defined by a common theme, such as illusion or necromancy. A wizard may specialize in one school of magic.

Specialization allows a wizard to cast extra spells from the chosen school, but the wizard then never learns to cast spells from one or more other schools. Spells of the school or schools that the specialist gives up are not available to her, and she can't even cast such spells from scrolls or wands.

The wizard must choose whether to specialize and how at 1st level. She may not change her specialization later.

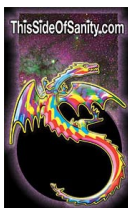
The specialist can prepare one additional spell (of the school selected as a specialty) per spell level each day.

The specialist gains a +2 bonus to Spellcraft checks to learn the spells of her chosen school.

The eight schools of arcane magic are *Abjuration*, *Conjuration*, *Divination*, *Enchantment*, *Evocation*, *Illusion*, *Necromancy*, and *Transmutation*. Spells that do not fall into any of these schools are called *Universal* spells.

- **Abjuration:** To become an abjurer, a wizard must select a prohibited school or schools from the following choices: (1) either Conjuration, Enchantment, Evocation, Illusion, or Transmutation; or (2) both Divination and Necromancy.
- **Conjuration:** To become a conjurer, a wizard must select a prohibited school or schools from one of the following choices: (1) Evocation; (2) any two of the following three schools: Abjuration, Enchantment, and Illusion; (3) Transmutation, or (4) any three schools.
- **Divination:** To become a diviner, a wizard must select any other single school as a prohibited school.
- **Enchantment:** To become an enchanter, a wizard must select a prohibited school or schools from the following choices: (1) either Abjuration, Conjuration, Evocation, Illusion, or Transmutation; or (2) both Divination and Necromancy.
- **Evocation:** To become an evoker, a wizard must select a prohibited school or schools from one of the following choices: (1) Conjuration; (2) any two of the following three schools: Abjuration, Enchantment, and Illusion; (3) Transmutation; or (4) any three schools.
- **Illusion:** To become an illusionist, a wizard must select a prohibited school or schools from the following choices: (1) either Abjuration, Conjuration, Enchantment, Evocation, or Transmutation; or (2) both Divination and Necromancy.
- **Necromancy:** To become a necromancer, a wizard must select any other single school as a prohibited school.
- **Transmutation:** To become a transmuter, a wizard must select a prohibited school or schools from one of the following choices: (1) Conjuration; (2) Evocation; (2) any two of the following three schools: Abjuration, Enchantment, and Illusion; or (4) any three schools.
- **Universal:** Not a school, but a category for spells all wizards can learn. A wizard cannot select universal as a specialty school or as a school to which she does not have access.

See beginning for legal copyright notice regarding Game System License



rules

prestige classes

From d20 SDR (e3.0):

Prestige Classes

The Prestige Character Classes generally have the following attributes:

Alignment

A few classes restrict a character's possible alignments. An entry of "Any" means that characters of this class are not restricted in alignment.

Hit Die

The type of Hit Die used by characters of the class determines the number of hit points gained per level.

Requirements

The character must meet these requirements prior to adding this class.

Class Table

This table details how a character improves as he or she gains experience levels. Class tables typically include the following:

- **Level:** The character's level in that class.
- **Base Attack Bonus:** The character's base attack bonus and number of attacks.
- **Fort Save:** The base save bonus on Fortitude saving throws. The character's Constitution modifier also applies.
- **Ref Save:** The base save bonus on Reflex saving throws. The character's Dexterity modifier also applies.
- **Will Save:** The base save bonus on Will saving throws. The character's Wisdom modifier also applies.
- **Special:** Level-dependent class abilities, each explained in the "Class Features" sections that follow.

Class Skills

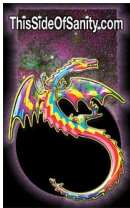
The number of skill points the character starts with at 1st level, the number of skill points gained each level thereafter, and the list of class skills.

Class Features

Special characteristics of the class. When applicable, this section also mentions restrictions and disadvantages of the class. Class features include some or all of the following:

- **Weapon and Armor Proficiency:** Which weapons and armor types the character is proficient with.
- **Other Features:** Each class has certain unique capabilities.
- **Ex-Members:** If, for some reason, a character is forced to give up this class, these are the rules for what happens.
- **Spells per Day:** How many spells of each spell level the character can cast each day. If the entry is "—" for a given level of spells, the character may not cast any spells of that level. If the entry is "0," the character may only cast spells of that level if he or she has bonus spells. If the entry is a number, the character may cast that many spells plus any bonus spells. Bonus spells for wizards are based on Intelligence. Bonus spells for clerics, druids, paladins, and rangers are based on Wisdom. Bonus spells for sorcerers and bards are based on Charisma. A character can always choose to memorize a lower-level spell to fill a higher-level slot.

See beginning for legal copyright notice regarding Game System License



rules

arcane archer

From d20 SDR (e3.0):

Arcane Archer

Alignment: Any

Hit Die: d8

Requirements:

- **Race:** Elf or half-elf.
- **Base Attack Bonus:** +6.
- **Feats:** Weapon Focus (any bow other than a crossbow), Point Blank Shot, Precise Shot.
- **Spellcasting:** Ability to cast 1st-level arcane spells.

Class Skills: The arcane archer's class skills (and the key ability for each skill) are Craft (Int), Hide (Dex), Intuit Direction (Wis), Listen (Wis), Move Silently (Dex), Ride (Dex), Spot (Wis), Use Rope (Dex), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: An arcane archer is proficient with all simple and martial weapons, light armor, medium armor, and shields.

Table: Arcane Archer

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+2	+0	Enchant Arrow +1
2	+2	+3	+3	+0	Imbue Arrow
3	+3	+3	+3	+1	Enchant Arrow +2
4	+4	+4	+4	+1	Seeker Arrow
5	+5	+4	+4	+1	Enchant Arrow +3
6	+6	+5	+4	+2	Phase Arrow
7	+7	+5	+5	+2	Enchant Arrow +4
8	+8	+6	+6	+2	Hail of Arrows
9	+9	+6	+6	+3	Enchant Arrow +5
10	+10	+7	+7	+3	Arrow of Death

Enchant Arrow: At 1st level, every nonmagical arrow an arcane archer nocks and lets fly becomes enchanted, gaining a +1 enhancement bonus. An archer's magic arrows only function for her. For every two levels of arcane archer the character advances past 1st level in the prestige class, the magic arrows she creates gain +1 greater potency.

Imbue Arrow: At 2nd level, an arcane archer gains this spell-like ability, allowing her to place an area spell upon an arrow. When the arrow is fired, the spell's area is centered upon where the arrow lands, even if the spell could normally be centered only on the caster. This ability allows the archer to use the bow's range rather than the spell's range. It takes a standard action to cast the spell and fire the arrow. The arrow must be fired in the round the spell is cast, or the spell is wasted.

Seeker Arrow: At 4th level, the arcane archer can launch an arrow once per day at a target known to her within range, and the arrow travels to the target, even around corners. Only an unavoidable obstacle or the end of the arrow's range prevents the arrow's flight. This ability negates cover and concealment modifiers, but otherwise the attack is rolled normally. This is a spell-like ability. (Shooting the arrow is part of the action.)

Phase Arrow: At 6th level, the arcane archer can launch an arrow once per day at a target known to her within range, and the arrow travels to the target in a straight path, passing through any nonmagical barrier or wall in its way. (A wall of force, a wall of fire, or the like stops the arrow.) This ability negates cover, concealment, and even armor modifiers, but otherwise the attack is rolled normally. This is a spell-like ability. (Shooting the arrow is part of the action.)

Hail of Arrows: In lieu of her regular attacks, once per day the 8th-level arcane archer can fire an arrow at each and every target within range, to a maximum of one target for every arcane archer level she has earned. Each attack uses the archer's primary attack bonus, and each enemy may only be targeted by a single arrow. This is a spell-like ability.

Arrow of Death: At 10th level, the arcane archer can enchant an arrow of death that forces the target, if damaged by the arrow's attack, to make a Fortitude save (DC 20) or be slain immediately. It takes one day to create an arrow of death, and the

arrow only functions for the arcane archer who created it. The enchantment lasts no longer than one year, and the archer can only have one such arrow in existence at a time.

See beginning for legal copyright notice regarding Game System License



rules

assassin

From d20 SDR (e3.0):

Assassin

Alignment: Any evil

Hit Die: d6

Requirements:

- **Move Silently:** 8 ranks.
- **Hide:** 8 ranks.
- **Disguise:** 4 ranks.
- **Special:** In addition, he must kill someone for no other reason than to join the assassins.

Class Skills: The assassin's class skills (and the key ability for each skill) are Balance (Dex), Bluff (Cha), Climb (Str), Craft (Int), Decipher Script (Int, exclusive skill), Diplomacy (Cha), Disable Device (Int), Disguise (Cha), Escape Artist (Dex), Forgery (Int), Gather Information (Cha), Hide (Dex), Innuendo (Wis), Intimidate (Cha), Intuit Direction (Wis), Jump (Str), Listen (Wis), Move Silently (Dex), Open Lock (Dex), Pick Pocket (Dex), Read Lips (Int, exclusive skill), Search (Int), Sense Motive (Wis), Spot (Wis), Swim (Str), Tumble (Dex), Use Magic Device (Cha, exclusive skill), and Use Rope (Dex).

Weapon and Armor Proficiency: Assassins are proficient with the crossbow (hand, light, or heavy), dagger (any type), dart, rapier, sap, shortbow (normal and composite), and short sword. Assassins are proficient with light armor but not with shields.

Table: Assassin

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+2	+0	Sneak attack +1d6, death attack, poison use
2	+1	+0	+3	+0	+1 save vs. poison, uncanny dodge (Dex bonus to AC)
3	+2	+1	+3	+1	Sneak attack +2d6
4	+3	+1	+4	+1	+2 save vs. poison
5	+3	+1	+4	+1	Sneak attack +3d6, uncanny dodge (can't be flanked)
6	+4	+2	+4	+2	+3 save vs. poison
7	+5	+2	+5	+2	Sneak attack +4d6
8	+6	+2	+6	+2	+4 save vs. poison
9	+6	+3	+6	+3	Sneak attack +5d6
10	+7	+3	+7	+3	+5 save vs. poison, uncanny dodge (+1 vs. traps)

Table: Assassin Spells Per Day

Level	1st	2nd	3rd	4th
1	0	—	—	—
2	1	—	—	—
3	1	0	—	—
4	1	1	—	—
5	1	1	0	—
6	1	1	1	—
7	2	1	1	0
8	2	1	1	1
9	2	2	1	1
10	2	2	2	1

Sneak Attack: Any time the assassin's target would be denied her Dexterity bonus to AC (whether she actually has a Dexterity bonus or not), the assassin's attack deals +1d6 points of damage. This extra damage increases by +1d6 points every other level (+2d6 at 3rd level, +3d6 at 5th level, and so on). Should the assassin score a critical hit with a sneak attack, this extra damage is not multiplied.

It takes precision and penetration to hit a vital spot, so ranged attacks can only count as sneak attacks if the target is 30 feet away or less.

With a sap or an unarmed strike, the assassin can make a sneak attack that deals subdual damage instead of normal damage. He cannot use a weapon that deals normal damage to deal subdual damage in a sneak attack, not even with the usual -4 penalty, because he must make optimal use of his weapon in order to execute the sneak attack.

An assassin can only sneak attack living creatures with discernible anatomies—undead, constructs, oozes, plants, and incorporeal creatures lack vital areas to attack. Additionally, any creature immune to critical hits is similarly immune to sneak attacks. Also, the assassin must also be able to see the target well enough to pick out a vital spot and must be able to reach a vital spot. The assassin cannot sneak attack while striking at a creature with concealment or by striking the limbs of a creature whose vitals are beyond reach.

If an assassin gets a sneak attack bonus from another source (such as rogue levels), the bonuses to damage stack.

Death Attack: If the assassin studies his victim for 3 rounds and then makes a sneak attack with a melee weapon that successfully deals damage, the sneak attack has the additional effect of possibly either paralyzing or killing the target (assassin's choice). While studying the victim, the assassin can undertake other actions so long as his attention stays focused on the target and the target does not detect the assassin or recognize the assassin as an enemy. If the victim of such an attack fails her Fortitude saving throw (DC 10 + the assassin's class level + the assassin's Intelligence modifier) against the kill effect, she dies. If the saving throw fails against the paralysis effect, the victim's mind and body become enervated, rendering her completely helpless and unable to act for 1d6 rounds plus 1 round per level of the assassin. If the victim's saving throw succeeds, the attack is just a normal sneak attack. Once the assassin has completed the 3 rounds of study, he must make the death attack within the next 3 rounds. If a death attack is attempted and fails (the victim makes her save) or if the assassin does not launch the attack within 3 rounds of completing the study, 3 new rounds of study are required before he can attempt another death attack.

Poison Use: Assassins are trained in the use of poison and never risk accidentally poisoning themselves when applying poison to a blade.

Saving Throw Bonus vs. Poison: Assassins train with poisons of all types and slowly grow more and more resistant to their effects. This is reflected by a natural saving throw bonus to all poisons gained at 2nd level that increases by +1 for every two levels the assassin gains (+1 at 2nd level, +2 at 4th level, +3 at 6th level, and so on).

Uncanny Dodge: At 2nd level and above, the Assassin retains a Dexterity bonus to AC (if any) if caught flat-footed or struck by an invisible attacker.

At 5th level, the Assassin can no longer be flanked. A Rogue at least four levels higher can still flank.

At 10th level, the Assassin receives a +1 bonus to Reflex saves made to avoid traps and a +1 dodge bonus to AC against attacks by traps.

Spells: Beginning at 1st level, an assassin gains the ability to cast a small number of arcane spells. To cast a spell, the assassin must have an Intelligence score of at least 10 + the spell's level, so an assassin with an Intelligence of 10 or lower cannot cast these spells. Assassin bonus spells are based on Intelligence, and saving throws against these spells have a DC of 10 + spell level + the assassin's Intelligence modifier (if any). When the assassin gets 0 spells of a given level, such as 0 1st-level spells at 1st level, the assassin gets only bonus spells. An assassin without a bonus spell for that level cannot yet cast a spell of that level. The assassin's spell list appears below. An assassin prepares and casts spells just as a wizard does.

Assassins choose their spells from the following list:	
1st level	change self, detect poison, ghost sound, obscuring mist, spider climb.
2nd level	alter self, darkness, pass without trace, undetectable alignment.
3rd level	deeper darkness, invisibility, misdirection, nondetection.
4th level	dimension door, freedom of movement, improved invisibility, poison.

See beginning for legal copyright notice regarding Game System License



rules

blackguard

From d20 SDR (e3.0):

Blackguard

Alignment: Any evil

Hit Die: d10

Requirements:

- **Base Attack Bonus:** +6.
- **Knowledge (religion):** 2 ranks.
- **Hide:** 5 ranks.
- **Feats:** Cleave, Sunder.
- **Special:** The blackguard must have made peaceful contact with an evil outsider who was summoned by him or someone else to have contracted the taint of true evil.

Class Skills: The blackguard's class skills (and the key ability for each skill) are Concentration (Con), Craft (Int), Diplomacy (Cha), Handle Animal (Cha), Heal (Wis), Intimidate (Cha), Knowledge (religion) (Int), Profession (Wis), and Ride (Dex).

Weapon and Armor Proficiency: Blackguards are proficient with all simple and martial weapons, with all types of armor, and with shields.

Table: Blackguard

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	Detect good, poison use
2	+2	+3	+0	+0	Dark blessing, smite good
3	+3	+3	+1	+1	Command undead, aura of despair
4	+4	+4	+1	+1	Sneak attack +1d6
5	+5	+4	+1	+1	Fiendish servant
6	+6	+4	+2	+2	
7	+7	+5	+2	+2	Sneak attack +2d6
8	+8	+6	+2	+2	
9	+9	+6	+3	+3	
10	+10	+7	+3	+3	Sneak attack +3d6

Table: Blackguard Spells Per Day

Level	1st	2nd	3rd	4th
1	0	—	—	—
2	1	—	—	—
3	1	0	—	—
4	1	1	—	—
5	1	1	0	—
6	1	1	1	—
7	2	1	1	0
8	2	1	1	1
9	2	2	1	1
10	2	2	2	1

Detect Good: At will, the blackguard can detect good as a spell-like ability. This ability duplicates the effects of the spell detect good.

Poison Use: Blackguards are skilled in the use of poison and never risk accidentally poisoning themselves when applying poison to a blade.

Dark Blessing: A blackguard applies his Charisma modifier (if positive) as a bonus to all saving throws.

Spells: Beginning at 1st level, a blackguard gains the ability to cast a small number of divine spells. To cast a spell, the blackguard must have a Wisdom score of at least 10 + the spell's level, so a blackguard with a Wisdom of 10 or lower cannot

cast these spells. Blackguard bonus spells are based on Wisdom, and saving throws against these spells have a DC of 10 + spell level + the blackguard's Wisdom modifier. When the blackguard gets 0 spells of a given level, such as 0 1st-level spells at 1st level, he gets only bonus spells. (A blackguard without a bonus spell for that level cannot yet cast a spell of that level.) The blackguard's spell list appears below. A blackguard has access to any spell on the list and can freely choose which to prepare, just like a cleric. A blackguard prepares and casts spells just as a cleric does (though the blackguard cannot spontaneously cast cure or inflict spells).

Blackguards choose their spells from the following list:	
1st level	cause fear, cure light wounds, doom, inflict light wounds, magic weapon, summon monster I*.
2nd level	bull's strength, cure moderate wounds, darkness, death knell, inflict moderate wounds, shatter, summon monster II*.
3rd level	contagion, cure serious wounds, deeper darkness, inflict serious wounds, protection from elements, summon monster III*.
4th level	cure critical wounds, freedom of movement, inflict critical wounds, poison, summon monster IV*.

* Evil creatures only.

Smite Good: Once a day, a blackguard of 2nd level or higher may attempt to smite good with one normal melee attack. He adds his Charisma modifier (if positive) to his attack roll and deals 1 extra point of damage per class level. For example, a 9th-level blackguard armed with a longsword would deal 1d8+9 points of damage, plus any additional bonuses from high Strength or magical effects that normally apply. If the blackguard accidentally smites a creature that is not good, the smite has no effect but it is still used up for that day. Smite good is a supernatural ability.

Aura of Despair: Beginning at 3rd level, the blackguard radiates a malign aura that causes enemies within 10 feet of him to suffer a -2 morale penalty on all saving throws. Aura of despair is a supernatural ability.

Command Undead: When a blackguard reaches 3rd level, he gains the supernatural ability to command and rebuke undead. He commands undead as would a cleric of two levels lower.

Sneak Attack: If a blackguard can catch an opponent when she is unable to defend herself effectively from his attack, he can strike a vital spot for extra damage. Basically, any time the blackguard's target would be denied her Dexterity bonus to AC (whether she actually has a Dexterity bonus or not) or when the blackguard flanks the target, the blackguard's attack deals +1d6 points of damage at 4th level and an additional +1d6 points for every three levels thereafter (+2d6 at 7th level, +3d6 at 10th level, and so on). Should the blackguard score a critical hit with a sneak attack, this extra damage is not multiplied.

Ranged attacks only count as sneak attacks if the target is 30 feet away or less. A blackguard cannot make a sneak attack to deal subdual damage. The blackguard must be able to see the target well enough to pick out a vital spot and must be able to reach a vital spot. He cannot sneak attack while striking at a creature with concealment or by striking the limbs of a creature whose vitals are beyond reach.

A blackguard can only sneak attack living creatures with discernible anatomies. Undead, constructs, oozes, plants, and incorporeal creatures lack vital areas to attack. Additionally, any creature immune to critical hits is not subject to sneak attacks.

If a blackguard gets a sneak attack bonus from another source (such as rogue levels), the bonuses to damage stack.

Fiendish Servant: Upon or after reaching 5th level, a blackguard can call an unusually intelligent, strong, and loyal servant to aid him or her in her crusade against good. This servant is usually a fiendish bat, cat, dire rat, horse, pony, raven, or toad.

Should the blackguard's servant die, another cannot be called for a year and a day. The new servant has all the accumulated abilities due a mount of the blackguard's level.

The DM will provide information about the servant that responds to the blackguard's call.

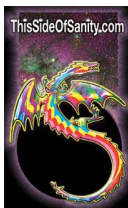
Fallen Paladins

Blackguards who possess levels of paladin (that is to say, are now ex-paladins) gain extra abilities the more levels of paladin they possess. Those who have tasted the light of goodness and justice and turned away make the foulest villains.

Paladin Levels	Extra Ability
1-2	Smite good once per day. (This is in addition to the ability granted to all blackguards at 2nd level, so that a fallen paladin blackguard can smite good a total of twice per day.)
3-4	Lay on hands. Once per day, the blackguard can cure himself of damage equal to his Charisma bonus times his level. The blackguard can only cure himself or his fiendish servant with this spell-like ability.
5-6	Sneak attack damage increased by +1d6.
7-8	Fiendish summoning. Once per day, the blackguard can use a summon monster I spell to call forth an evil creature. For this spell, the caster level is double the blackguard's class level.

9-10	Undead companion. In addition to the fiendish servant, the blackguard gains (at 5th level) a Medium-size skeleton or zombie as a companion. This companion cannot be turned or rebuked by another and gains all special bonuses as a fiendish servant when the blackguard gains levels.
11+	Favored of the dark deities. Evil deities like nothing more than to see a pure heart corrupted, and thus a fallen paladin of this stature immediately gains a blackguard level for each level of paladin he trades in. For example, a character who has twelve levels of paladin can immediately become a 10th-level blackguard with all abilities if he chooses to lose ten levels of paladin. The character level of the character does not change. This, of course, is in every way a profitable trade for the evil character, since he has already lost most of the benefits he gained from having those paladin levels. However, with the loss of paladin levels, the character no longer gains extra abilities found on this table. Thus, a fallen paladin of 15th level could become a 10th-level blackguard/5th-level paladin with the first three extra abilities on this chart because of those five levels of paladin.

See beginning for legal copyright notice regarding Game System License



rules

dwarven defender

From d20 SDR (e3.0):

Dwarven Defender

Alignment: Any lawful

Hit Die: d12

Requirements:

- **Race:** Dwarf.
- **Base Attack Bonus:** +7.
- **Feats:** Dodge, Endurance, Toughness.

Class Skills: The defender's class skills (and the key ability for each skill) are Craft (Int), Listen (Wis), Sense Motive (Wis), and Spot (Wis).

Weapon and Armor Proficiency: The dwarven defender is proficient with all simple and martial weapons, all types of armor, and shields.

Table: Dwarven Defender

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	AC Bonus	Special
1	+1	+2	+0	+2	+1	Defensive stance 1/day
2	+2	+3	+0	+3	+1	Defensive awareness (Dex bonus to AC)
3	+3	+3	+1	+3	+1	Defensive stance 2/day
4	+4	+4	+1	+4	+2	
5	+5	+4	+1	+4	+2	Defensive stance 3/day
6	+6	+5	+2	+5	+2	Damage reduction (3), def. awareness (can't be flanked)
7	+7	+5	+2	+5	+3	Defensive stance 4/day
8	+8	+6	+2	+6	+3	
9	+9	+6	+3	+6	+3	Defensive stance 5/day
10	+10	+7	+3	+7	+4	Damage reduction (6), def. awareness (+1 vs. traps)

Defensive Stance: When he needs to, the defender can become a stalwart bastion of defense. In this defensive stance, a defender gains phenomenal strength and durability, but he cannot move from the spot he is defending. He gains the following benefits:

- +2 Strength
- +4 Constitution
- +2 resistance bonus on all saves
- +4 dodge bonus to AC

While defending, a defender cannot use skills or abilities that would require him to shift his position, such as Move Silently or Jump. A defensive stance lasts for 3 rounds, plus the character's (newly improved) Constitution modifier. The defender may end the defense voluntarily prior to this limit. At the end of the defense, the defender is winded and suffers a -2 penalty to Strength for the duration of that encounter. The defender can only take his defensive stance a certain number of times per day as determined by his level. Taking the stance takes no time itself, but the defender can only do so during his action.

Defensive Awareness: Starting at 2nd level, the dwarven defender gains the extraordinary ability to react to danger before his senses would normally allow him to even be aware of it. At 2nd level and above, he retains his Dexterity bonus to AC (if any) regardless of being caught flat-footed or struck by an invisible attacker. (He still loses any Dexterity bonus to AC if immobilized.)

At 6th level, the dwarven defender can no longer be flanked, since he can react to opponents on opposite sides of him as easily as he can react to a single attacker. This defense denies rogues the ability to use flank attacks to sneak attack the

dwarven defender. The exception to this defense is that a rogue at least 4 levels higher than the dwarven defender can flank him (and thus sneak attack him).

At 10th level, the dwarven defender gains an intuitive sense that alerts him to danger from traps, giving him a +1 bonus to Reflex saves made to avoid traps.

Defensive awareness is cumulative with uncanny dodge. If the dwarven defender has another class that grants the uncanny dodge ability, add together all the class levels of the classes that grant these two abilities and determine the character's defensive awareness ability on that basis.

Damage Reduction: At 6th level, the dwarven defender gains the extraordinary ability to shrug off some amount of injury from each blow or attack. Subtract 3 from the damage the dwarven defender takes each time he is dealt damage. At 10th level, this damage reduction rises to 6. Damage reduction can reduce damage to 0 but not below 0. (That is, the defender cannot actually gain hit points in this manner.)

See beginning for legal copyright notice regarding Game System License



rules

loremaster

From d20 SDR (e3.0):

Loremaster

Alignment: Any

Hit Die: d4

Requirements:

- **Spellcasting:** Ability to cast seven different divinations, one of which must be 3rd level or higher.
- **Two Knowledge Skills (Any Type):** 10 ranks in each.
- **Feats:** Any three metamagic or item creation feats, plus Skill Focus (Knowledge [any individual Knowledge skill]).

Class Skills: The loremaster's class skills (and the key ability for each skill) are Alchemy (Int), Appraise (Int), Concentration (Con), Decipher Script (Int, exclusive skill), Gather Information (Cha), Handle Animals (Cha), Heal (Wis), Knowledge (all skills taken individually) (Int), Perform (Cha), Profession (Wis), Scry (Int), Speak Language, Spellcraft (Int), and Use Magic Device (Cha, exclusive skill).

Weapon and Armor Proficiency: Loremasters gain no proficiency in any weapon or armor.

Table: Loremaster

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special	Spellcasting
1	+1	+2	+2	+0	Secret	+1 level of existing class
2	+2	+3	+3	+0	Lore	+1 level of existing class
3	+3	+3	+3	+1	Secret	+1 level of existing class
4	+4	+4	+4	+1	Bonus language	+1 level of existing class
5	+5	+4	+4	+1	Secret	+1 level of existing class
6	+6	+5	+4	+2	Greater lore	+1 level of existing class
7	+7	+5	+5	+2	Secret	+1 level of existing class
8	+8	+6	+6	+2	Bonus language	+1 level of existing class
9	+9	+6	+6	+3	Secret	+1 level of existing class
10	+10	+7	+7	+3	True lore	+1 level of existing class

Spellcasting: A loremaster continues training in magic as well as her field of research. Thus, when a new loremaster level is gained, the character gains new spells per day as if she had also gained a level in a spellcasting class she belonged to before she added the prestige class. She does not, however, gain any other benefit a character of that class would have gained (improved chance of controlling or rebuking undead, metamagic or item creation feats, and so on). This essentially means that she adds the level of loremaster to the level of some other spellcasting class the character has, then determines spells per day, spells known, and caster level accordingly.

If a character had more than one spellcasting class before she became a loremaster, she must decide to which class she adds each level of loremaster for purposes of determining spells per day when she adds the new level.

Secret: In their studies, loremasters stumble upon all sorts of applicable knowledge and secrets. At 1st level and every two levels afterward (3rd, 5th, 7th, and 9th levels), the loremaster chooses one secret from Table: Loremaster Secrets. Her level plus Intelligence modifier determines which secrets she can choose. She can't choose the same secret twice.

Table: Loremaster Secrets

Level + Int Modifier	Secret	Effect
----------------------	--------	--------

1	Instant mastery	4 ranks of a skill in which the character has no ranks
2	Secret health	+3 hit points
3	Secrets of inner strength	+1 bonus to Will saves
4	The lore of true stamina	+1 bonus to Fortitude saves
5	Secret knowledge	+1 bonus to Reflex saves of avoidance
6	Weapon trick	+1 bonus to attack rolls
7	Dodge trick	+1 dodge bonus to AC
8	Applicable knowledge	Any one feat
9	Newfound arcana	1 bonus 1st-level spell*
10	More newfound arcana	1 bonus 2nd-level spell*

* As if gained through having a high ability score.

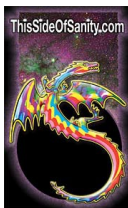
Lore: Loremasters gather knowledge. At 2nd level, they gain the ability to know legends or information regarding various topics, just like a bard can with bardic knowledge. The loremaster adds her level and her Intelligence modifier to the Knowledge check. See page 29 in the Player's Handbook for more information on bardic knowledge.

Bonus Languages: Loremasters, in their laborious studies, learn new languages in order to access more knowledge. The loremaster can choose any new language at 4th and 8th level.

Greater Lore: At 6th level, a loremaster gains the ability to identify magic items, as the spell, as an extraordinary ability. She may do this once per item examined.

True Lore: At 10th level, once per day a loremaster can use her knowledge to gain the effects of a legend lore spell or an analyze dweomer spell. True lore is an extraordinary ability.

See beginning for legal copyright notice regarding Game System License



rules

shadowdancer

From d20 SDR (e3.0):

Shadowdancer

Alignment: Any

Hit Die: d8

Requirements:

- **Move Silently:** 8 ranks.
- **Hide:** 10 ranks.
- **Perform:** 5 ranks.
- **Feats:** Dodge, Mobility, Combat Reflexes.

Class Skills: The shadowdancer's class skills (and the key ability for each skill) are Balance (Dex), Bluff (Cha), Decipher Script (Int, exclusive skill), Diplomacy (Cha), Disguise (Cha), Escape Artist (Dex), Hide (Dex), Jump (Str), Listen (Wis), Move Silently (Dex), Perform (Cha), Pick Pocket (Dex), Profession (Wis), Search (Int), Spot (Wis), Tumble (Dex), and Use Rope (Dex).

Weapon and Armor Proficiency: Shadowdancers are proficient with the club, crossbow (hand, light, or heavy), dagger (any type), dart, mace, morningstar, quarterstaff, rapier, sap, shortbow (normal and composite), and short sword. Shadowdancers are proficient with light armor but not with shields.

Table: Shadowdancer

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+0	+2	+0	Hide in plain sight
2	+2	+0	+3	+0	Evasion, darkvision, uncanny dodge (Dex bonus to AC)
3	+3	+1	+3	+1	Shadow illusion, summon shadow
4	+4	+1	+4	+1	Shadow jump (20 ft.)
5	+5	+1	+4	+1	Defensive roll, uncanny dodge (can't be flanked)
6	+6	+2	+4	+2	Shadow jump (40 ft.), summon shadow
7	+7	+2	+5	+2	Slippery mind
8	+8	+2	+6	+2	Shadow jump (80 ft.)
9	+9	+3	+6	+3	Summon shadow
10	+10	+3	+7	+3	Shadow jump (160 ft.), imp. evasion, uncanny dodge (+1 vs. traps)

Hide in Plain Sight: Shadowdancers can use the Hide skill even while being observed. As long as they are within 10 feet of some sort of shadow, shadowdancers can hide themselves from view in the open without anything to actually hide behind. They cannot, however, hide in their own shadows. Hide in plain sight is a supernatural ability.

Evasion: At 2nd level, a shadowdancer gains evasion. If exposed to any effect that normally allows her to attempt a Reflex saving throw for half damage (such as a fireball), she takes no damage with a successful saving throw. The evasion ability can only be used if the shadowdancer is wearing light armor or no armor.

Darkvision: At 2nd level, a shadowdancer can see in the dark as though she were permanently under the affect of a darkvision spell. This is a supernatural ability.

Uncanny Dodge: At 2nd level and above, the shadowdancer retains her Dexterity bonus to AC (if any) if caught flat-footed or struck by an invisible attacker.

At 5th level, the shadowdancer can no longer be flanked. Another rogue at least four levels higher can still flank.

At 10th level, the shadowdancer receives a +1 bonus to Reflex saves made to avoid traps and a +1 dodge bonus to AC against attacks made by traps.

Shadow Illusion: When a shadowdancer reaches 3rd level, she can create visual illusions from surrounding shadows. This spell-like ability is identical to the arcane spell *silent image* and may be employed once per day.

Summon Shadow: At 3rd level, a shadowdancer can summon a shadow, an undead shade. Unlike a normal shadow, this shadow's alignment matches that of the shadowdancer. The summoned shadow cannot be turned, rebuked, or commanded by any third party. This shadow serves as a companion to the shadowdancer and can communicate intelligibly with the shadowdancer. Every third level gained by the shadowdancer allows her to summon an additional shadow and adds +2 HD (and the requisite base attack and base save bonus increases) to all her shadow companions.

If a shadow companion is destroyed, or the shadowdancer chooses to dismiss it, the shadowdancer must attempt a Fortitude saving throw (DC 15). If the saving throw fails, the shadowdancer loses 200 experience points per shadowdancer level. A successful saving throw reduces the loss by half, to 100 XP per prestige class level. The shadowdancer's experience can never go below 0 as the result of a shadow's dismissal or destruction. A destroyed or dismissed shadow companion cannot be replaced for a year and a day.

Shadow Jump: At 4th level, the shadowdancer gains the ability to travel between shadows as if by means of a dimension door spell. The limitation is that the magical transport must begin and end in an area with at least some shadow. The shadowdancer can jump up to a total of 20 feet each day in this way, although this may be a single jump of 20 feet or two jumps of 10 feet each. Every two levels thereafter, the distance a shadowdancer can jump each day doubles (40 feet at 6th level, 80 feet at 8th level, and 160 feet at 10th level). This amount can be split among many jumps, but each one, no matter how small, counts as a 10-foot increment. (A 6th-level shadowdancer who jumps 32 feet cannot jump again until the next day.)

Defensive Roll: Starting at 5th level, the shadowdancer can roll with a potentially lethal blow to take less damage from it. Once per day, when a shadowdancer would be reduced to 0 hit points or less by damage in combat (from a weapon or other blow, not a spell or special ability), the shadowdancer can attempt to roll with the damage. She makes a Reflex saving throw (DC = damage dealt) and, if successful, takes only half damage from the blow. She must be aware of the attack and able to react to it in order to execute her defensive roll. If she is in a situation that would deny her any Dexterity bonus to AC, she can't attempt the defensive roll.

Slippery Mind: This extraordinary ability, gained at 7th level, represents the shadowdancer's ability to wriggle free from magical effects that would otherwise control or compel her. If the shadowdancer is affected by an enchantment and fails her saving throw, 1 round later she can attempt her saving throw again. She only gets this one extra chance to succeed at her saving throw. If it fails as well, the spell's effects proceed normally.

Improved Evasion: This extraordinary ability, gained at 10th level, works like evasion (see above). The shadowdancer takes no damage at all on successful saving throws against attacks that allow a Reflex saving throw for half damage (breath weapon, fireball, and so on). What's more, she takes only half damage even if she fails her saving throw, since the shadowdancer's reflexes allow her to get out of harm's way with incredible speed.

See beginning for legal copyright notice regarding Game System License



rules

NPC classes

From d20 SDR (e3.0):

NPC Classes

“NPC” Classes are not balanced in combination with the Character Classes presented in the previous sections. They are designed to provide some level of detail to non-adventuring characters in the game. These classes are not as good as the basic character classes, and should rarely, if ever, be used by player characters.

See beginning for legal copyright notice regarding Game System License



rules

adept

From d20 SDR (e3.0):

Adept

Alignment: Any

Hit Die: d6

Class Skills: The adept's class skills (and the key ability for each skill) are Alchemy (Int), Concentration (Con), Craft (Int), Handle Animal (Cha), Heal (Wis), Knowledge (all skills taken individually) (Int), Profession (Wis), Scry (Int, exclusive skill), Spellcraft (Int), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: Adepts are skilled with all simple weapons. Adepts are not proficient with any type of armor nor with shields.

Table: Adept

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+2	Summon familiar
2	+1	+0	+0	+3	
3	+1	+1	+1	+3	
4	+2	+1	+1	+4	
5	+2	+1	+1	+4	
6	+3	+2	+2	+5	
7	+3	+2	+2	+5	
8	+4	+2	+2	+6	
9	+4	+3	+3	+6	
10	+5	+3	+3	+7	
11	+5	+3	+3	+7	
12	+6/+1	+4	+4	+8	
13	+6/+1	+4	+4	+8	
14	+7/+2	+4	+4	+9	
15	+7/+2	+5	+5	+9	
16	+8/+3	+5	+5	+10	
17	+8/+3	+5	+5	+10	
18	+9/+4	+6	+6	+11	
19	+9/+4	+6	+6	+11	
20	+10/+5	+6	+6	+12	

Table: Adept Spells Per Day

Level	0	1st	2nd	3rd	4th	5th
1	3	1	—	—	—	—
2	3	1	—	—	—	—
3	3	2	—	—	—	—
4	3	2	0	—	—	—
5	3	2	1	—	—	—
6	3	2	1	—	—	—
7	3	3	2	—	—	—
8	3	3	2	0	—	—
9	3	3	2	1	—	—
10	3	3	2	1	—	—
11	3	3	3	2	—	—
12	3	3	3	2	0	—
13	3	3	3	2	1	—
14	3	3	3	2	1	—
15	3	3	3	3	2	—
16	3	3	3	3	2	0
17	3	3	3	3	2	1
18	3	3	3	3	2	1
19	3	3	3	3	3	2
20	3	3	3	3	3	2

Spells: An adept casts divine spells. She is limited to a certain number of spells of each spell level per day, according to her class level. Like a cleric, an adept may prepare and cast any spell on the adept list, provided she can cast spells of that level. Like a cleric, she prepares her spells ahead of time each day. The DC for a saving throw against an adept's spell is 10 +

spell level + the adept's Wisdom modifier.

Adepts choose their spells from the following list:	
0 level	create water, cure minor wounds, detect magic, ghost sound, guidance, light, mending, purify food and drink, read magic.
1st level	bless, burning hands, cause fear, command, comprehend languages, cure light wounds, detect chaos, detect evil, detect good, detect law, endure elements, obscuring mist, protection from chaos, protection from evil, protection from good, protection from law, sleep.
2nd level	aid, animal trance, bull's strength, cat's grace, cure moderate wounds, darkness, delay poison, endurance, invisibility, mirror image, resist elements, see invisibility, web.
3rd level	animate dead, bestow curse, contagion, continual flame, cure serious wounds, daylight, deeper darkness, lightning bolt, neutralize poison, remove curse, remove disease, tongues.
4th level	cure critical wounds, minor creation, polymorph other, polymorph self, restoration, stoneskin, wall of fire.
5th level	break enchantment, commune, heal, major creation, raise dead, true seeing, wall of stone.

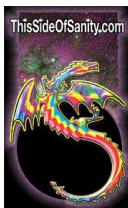
Adepts, unlike wizards, do not acquire their spells from books or scrolls, nor prepare them through study. Instead, they meditate or pray for their spells, receiving them as divine inspiration or through their own strength of faith. Each adept must choose a time each day at which she must spend an hour in quiet contemplation or supplication to regain her daily allotment of spells. Time spent resting has no effect on whether an adept can prepare spells.

When the adept gets 0 spells of a given level, she gets only bonus spells for that spell slot. An adept without a bonus spell for that level cannot yet cast a spell of that level. Bonus spells are based on Wisdom.

Each adept has a particular holy symbol (as a divine focus) depending on the adept's magical tradition.

Familiar: At 2nd level, an adept can call a familiar, just like a sorcerer or wizard can.

See beginning for legal copyright notice regarding Game System License



rules

aristocrat

From d20 SDR (e3.0):

Aristocrat

Alignment: Any

Hit Die: d8

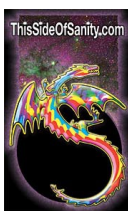
Class Skills: The aristocrat's class skills (and the key ability for each skill) are Appraise (Int), Bluff (Cha), Diplomacy (Cha), Disguise (Cha), Forgery (Int), Gather Information (Cha), Handle Animal (Cha), Innuendo (Wis), Intimidate (Cha), Knowledge (all skills taken individually) (Int), Listen (Wis), Perform (Cha), Read Lips (Int, exclusive skill), Ride (Dex), Sense Motive (Wis), Speak Language, Spot (Wis), Swim (Str), and Wilderness Lore (Wis).

Weapon and Armor Proficiency: The aristocrat is proficient in the use of all simple and martial weapons and with all types of armor and shields.

Table: Aristocrat

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+2	
2	+1	+0	+0	+3	
3	+2	+1	+1	+3	
4	+3	+1	+1	+4	
5	+3	+1	+1	+4	
6	+4	+2	+2	+5	
7	+5	+2	+2	+5	
8	+6/+1	+2	+2	+6	
9	+6/+1	+3	+3	+6	
10	+7/+2	+3	+3	+7	
11	+8/+3	+3	+3	+7	
12	+9/+4	+4	+4	+8	
13	+9/+4	+4	+4	+8	
14	+10/+5	+4	+4	+9	
15	+11/+6/+1	+5	+5	+9	
16	+12/+7/+2	+5	+5	+10	
17	+12/+7/+2	+5	+5	+10	
18	+13/+8/+3	+6	+6	+11	
19	+14/+9/+4	+6	+6	+11	
20	+15/+10/+5	+6	+6	+12	

See beginning for legal copyright notice regarding Game System License



rules

commoner

From d20 SDR (e3.0):

Commoner

Alignment: Any

Hit Die: d4

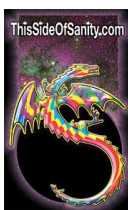
Class Skills: The commoner's class skills (and the key ability for each skill) are Climb (Str), Craft (Int), Handle Animal (Cha), Jump (Str), Listen (Wis), Profession (Wis), Ride (Dex), Spot (Wis), Swim (Str), and Use Rope (Dex).

Weapon and Armor Proficiency: The commoner is proficient with one simple weapon. He is not proficient with any other weapons, nor is he proficient with any type of armor or shields.

Table: Commoner

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+0	
2	+1	+0	+0	+0	
3	+1	+1	+1	+1	
4	+2	+1	+1	+1	
5	+2	+1	+1	+1	
6	+3	+2	+2	+2	
7	+3	+2	+2	+2	
8	+4	+2	+2	+2	
9	+4	+3	+3	+3	
10	+5	+3	+3	+3	
11	+5	+3	+3	+3	
12	+6/+1	+4	+4	+4	
13	+6/+1	+4	+4	+4	
14	+7/+2	+4	+4	+4	
15	+7/+2	+5	+5	+5	
16	+8/+3	+5	+5	+5	
17	+8/+3	+5	+5	+5	
18	+9/+4	+6	+6	+6	
19	+9/+4	+6	+6	+6	
20	+10/+5	+6	+6	+6	

See beginning for legal copyright notice regarding Game System License



rules

expert

From d20 SDR (e3.0):

Expert

Alignment: Any

Hit Die: d6

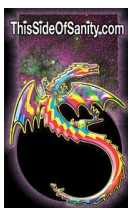
Class Skills: The expert can choose any ten skills to be class skills. One or two of these skills can be skills exclusive to some other class.

Weapon and Armor Proficiency: The expert is proficient in the use of all simple weapons and with light armor but not shields.

Table: Expert

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+0	+0	+0	+2	
2	+1	+0	+0	+3	
3	+2	+1	+1	+3	
4	+3	+1	+1	+4	
5	+3	+1	+1	+4	
6	+4	+2	+2	+5	
7	+5	+2	+2	+5	
8	+6/+1	+2	+2	+6	
9	+6/+1	+3	+3	+6	
10	+7/+2	+3	+3	+7	
11	+8/+3	+3	+3	+7	
12	+9/+4	+4	+4	+8	
13	+9/+4	+4	+4	+8	
14	+10/+5	+4	+4	+9	
15	+11/+6/+1	+5	+5	+9	
16	+12/+7/+2	+5	+5	+10	
17	+12/+7/+2	+5	+5	+10	
18	+13/+8/+3	+6	+6	+11	
19	+14/+9/+4	+6	+6	+11	
20	+15/+10/+5	+6	+6	+12	

See beginning for legal copyright notice regarding Game System License



rules

warrior

From d20 SDR (e3.0):

Warrior

Alignment: Any

Hit Die: d8

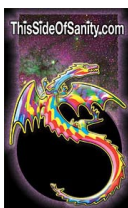
Class Skills: The warrior's class skills (and the key ability for each skill) are Climb (Str), Handle Animal (Cha), Intimidate (Cha), Jump (Str), Ride (Dex), and Swim (Str).

Weapon and Armor Proficiency: The warrior is proficient in the use of all simple and martial weapons and all armor and shields.

Table: Warrior

Class Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1	+1	+2	+0	+0	
2	+2	+3	+0	+0	
3	+3	+3	+1	+1	
4	+4	+4	+1	+1	
5	+5	+4	+1	+1	
6	+6/+1	+5	+2	+2	
7	+7/+2	+5	+2	+2	
8	+8/+3	+6	+2	+2	
9	+9/+4	+6	+3	+3	
10	+10/+5	+7	+3	+3	
11	+11/+6/+1	+7	+3	+3	
12	+12/+7/+2	+8	+4	+4	
13	+13/+8/+3	+8	+4	+4	
14	+14/+9/+4	+9	+4	+4	
15	+15/+10/+5	+9	+5	+5	
16	+16/+11/+6/+1	+10	+5	+5	
17	+17/+12/+7/+2	+10	+5	+5	
18	+18/+13/+8/+3	+11	+6	+6	
19	+19/+14/+9/+4	+11	+6	+6	
20	+20/+15/+10/+5	+12	+6	+6	

See beginning for legal copyright notice regarding Game System License



rules

advantages

Skills based RPGs (as contrasted with class based RPGs) often let players choose from lists of advantages and disadvantages at the time of character creation. At least one RPG has a system of minor advantages and disadvantages called quirks, which allow for customization of personality without wasting valuable character creation points.

The following are the names and costs of the advantages from the Third Edition Basic Set of *GURPS*.

name	point cost	notes
Absolute Direction	5 points	
Absolute Timing	5 points	
Acute Hearing	2 points/level	
Acute Taste and Smell	2 points/level	
Acute Vision	2 points/level	
Alertness	5 points/level	
Ambidexterity	10 points	
Animal Empathy	5 points	
Attractiveness	Variable	(see page 15 of 3rd ed. Basic Rule Book)
Charisma	5 points/level	
Clerical Investment	5 or more points	GM's discretion
Combat Reflexes	15 points	
Common Sense	10 points	
Danger Sense	15 points	
Double-Jointed	5 points	
Eidetic Memory	30/60 points	
Empathy	15 points	
High Pain Threshold	10 points	
Immunity to Disease	10 points	
Intuition	15 points	
Language Talent	2 points/level	
Legal Enforcement Powers	5, 10, 05 15 points	
Lightning Calculator	5 points	
Literacy	0 or 10 points	
Longevity	5 points	
Luck	15 or 30 points	
Magical Aptitude (Magery)	15 points for first level 10 points/level afterward	
Magic Resistance	2 points/level	
Mathematical Ability	10 points	
Military Rank	5 points/level of rank	
Musical Ability	1 point/level	
Night Vision	10 points	
Peripheral Vision	15 points	
Psionic Resistance	2 points/level	
Rapid Healing	5 points	
Reputation	Variable	(see page 17 of 3rd ed. Basic Rule Book)
Status	Variable	(see page 18 of 3rd ed. Basic Rule Book)
Toughness	10/25 points	
Unusual Background	10 or more points	
Voice	10 points	
Wealth	Variable	(see page 16 of 3rd ed. Basic Rule Book)
Allies	Variable	(see page 23 of 3rd ed. Basic Rule Book)
Patrons	Variable	(see page 24 of 3rd ed. Basic Rule Book)



rules

disadvantages

Skills based RPGs (as contrasted with class based RPGs) often let players choose from lists of advantages and disadvantages at the time of character creation. At least one RPG has a system of minor advantages and disadvantages called quirks, which allow for customization of personality without wasting valuable character creation points.

The following are the names and costs of the disadvantages from the Third Edition Basic Set of *GURPS*.

kind	name	point cost	notes
Social	Odious Personal Habits	-5, -10, -15 points	
Social	Poverty	Variable	(see page 16 of 3rd ed. Basic Rule Book)
Social	Primitive	-5 points per tech level	
Social	Reputation	Variable	(see page 17 of 3rd ed. Basic Rule Book)
Social	Social Sitgma	-5, -10, -15, -20 points	
Social	Status	variable	(see page 18 of 3rd ed. Basic Rule Book)
Physical	Age	-3 points per year over 50	
Physical	Albinism	-10 points	
Physical	Bad Sight	-10/-25 points	
Physical	Blindness	-50 points	
Physical	Color Blindness	-10 points	
Physical	Deafness	-20 points	
Physical	Dwarfism	-15 points	
Physical	Epilepsy	-30 points	
Physical	Eunuch	-5 points	
Physical	Fat	-10/-20 points	
Physical	Gigantism	-10 points	
Physical	Hard of Hearing	-10 points	
Physical	Hemophilia	-30 points	
Physical	Lame	-15, -25, or -35 points	
Physical	Low Pain Thresheold	-10 points	
Physical	Mute	-25 points	
Physical	No Sense of Smell/Taste (Anosmia)	-5 points	
Physical	One Arm	-20 points	
Physical	One Eye	-15 points	
Physical	One Hand	-15 points	
Physical	One Leg	-25 points	
Physical	Overwieght	-5 points	
Physical	Skinny	-5 points	
Physical	Stuttering	-10 points	
Physical	Youth	-2 to -6 points	
Mental	Absent-Mindedness	-15 points	
Mental	Addiction	Variable	(see page 30 of 3rd ed. Basic Rule Book)
Mental	Alcoholism	-15 or -20 points	
Mental	Bad Temper	-10 points	
Mental	Berserk	-15 points	
Mental	Bloodlust	-10 points	
Mental	Bully	-10 points	

Mental	Code of Honor	-5 to -15 points	
Mental	Combat Paralysis	-15 points	
Mental	Compulsive Behavior	-5 to -15 points	
Mental	Compulsive Lying	-15 points	
Mental	Cowardice	-10 points	
Mental	Delusions	-1, -5, -10, or -15 points	
Mental	Dyslexia	-5 or -15 points	(see page 32 of 3rd ed. Basic Rule Book)
Mental	Fanaticism	-15 points	
Mental	Gluttony	-5 points	
Mental	Greed	-15 points	
Mental	Gullibility	-10 points	
Mental	Honesty	-10 points	
Mental	Illiteracy	0 or -10 points	
Mental	Impulsiveness	-10 points	
Mental	Intolerance	-5/-10 points	
Mental	Jealousy	-10 points	
Mental	Kleptomaniac	-15 points	
Mental	Laziness	-10 points	
Mental	Lecherousness	-15 points	
Mental	Megalomania	-10 points	
Mental	Miserliness	-10 points	
Mental	Overconfidence	-10 points	
Mental	Pacifism	-15 or -30 points	
Mental	Paranoia	-10 points	
Mental	Phobias	Variable	(see page 35 of 3rd ed. Basic Rule Book)
Mental	Pyromania	-5 points	
Mental	Sadism	-15 points	
Mental	Sense of Duty	-5, -10, -15, -20 points	(see page 39 of 3rd ed. Basic Rule Book)
Mental	Shyness	-5, -10, -15 points	
Mental	Split Personality	-10 or -15 points	
Mental	Stubbornness	-5 points	
Mental	Truthfulness	-5 points	
Mental	Unluckiness	-10 points	
Mental	Vow	-1 to -15 points	
Mental	Weak Will	-8 points/level	
Dependents		Variable	(see page 38 of 3rd ed. Basic Rule Book)
Enemies		Variable	(see page 39 of 3rd ed. Basic Rule Book)



rules quirks

Skills based RPGs (as contrasted with class based RPGs) often let players choose from lists of advantages and disadvantages at the time of character creation. At least one RPG has a system of minor advantages and disadvantages called quirks, which allow for customization of personality without wasting valuable character creation points.

Examples from the Third Edition Basic Set of *GURPS* include beliefs and goals, dislikes, likes, habits or expressions, or anything else.



image by pendleburyannette from Pixabay



rules

skills

While skills can be available as options in class-based RPGs, they are central to character creation and game play in skill-based RPGs. In a skill-based RPG, the player typically spends a starting allotment of points on skills. As the character advances, the player gets more points to purchase additional skills.



image by Gerd Altmann from Pixabay

From d20 SDR (e3.0):

Skills Overview

Characters have a number of skill points based on their race and their class levels.

Depending on a characters' race and class, some skills are "class skills" and some skills are "cross-class skills" Cross-class skills require 2 skill points per rank, class skills require 1 skill point per rank.

The maximum number of ranks a character can have in a class skill is equal to that character's level +3. The maximum ranks a character can have in a cross-class skill is half that number.

Starting skill points for the basic character classes are:

Character Class	1st-Level Skill Points	Higher Level Skill Points
Adept	$(2 + \text{Int Modifier}) \times 4$	$2 + \text{Int Modifier}$
Aristocrat	$(4 + \text{Int Modifier}) \times 4$	$4 + \text{Int Modifier}$
Arcane Archer	N/A	$4 + \text{Int Modifier}$
Assassin	N/A	$4 + \text{Int Modifier}$
Barbarian	$(4 + \text{Int Modifier}) \times 4$	$4 + \text{Int Modifier}$
Bard	$(4 + \text{Int Modifier}) \times 4$	$4 + \text{Int Modifier}$
Blackguard	NA	$2 + \text{Int Modifier}$
Cleric	$(2 + \text{Int Modifier}) \times 4$	$2 + \text{Int Modifier}$
Commoner	$(2 + \text{Int Modifier}) \times 4$	$2 + \text{Int Modifier}$
Druid	$(4 + \text{Int Modifier}) \times 4$	$4 + \text{Int Modifier}$
Dwarven Defender	N/A	$2 + \text{Int Modifier}$

Expert	(6 + Int Modifier) x 4	6 + Int Modifier
Fighter	(2 + Int Modifier) x 4	2 + Int Modifier
Loremaster	N/A	4 + Int Modifier
Monk	(4 + Int Modifier) x 4	4 + Int Modifier
Paladin	(2 + Int Modifier) x 4	2 + Int Modifier
Ranger	(4 + Int Modifier) x 4	4 + Int Modifier
Rogue	(8 + Int Modifier) x 4	8 + Int Modifier
Shadowdancer	N/A	6 + Int Modifier
Sorcerer	(2 + Int Modifier) x 4	2 + Int Modifier
Warrior	(2 + Int Modifier) x 4	2 + Int Modifier
Wizard	(2 + Int Modifier) x 4	2 + Int Modifier

Using Skills

When the character uses a skill, the character makes a skill check to see how well the character does. The higher the result on the character's skill check, the better the character does. Based on the circumstances, the character's result must match or beat a particular number to use the skill successfully. The harder the task, the higher the number the character needs to roll.

Skill Checks

To make a skill check, roll 1d20 and add the character's skill modifier for that skill. The skill modifier incorporates the character's rank with that skill, the character's ability modifier for that skill's key ability, and any other miscellaneous modifiers the character has, including racial bonuses and any armor check penalty. The higher the result, the better. A natural 20 is not an automatic success, and a natural 1 is not an automatic failure.

Vs. a Difficulty Class

Some checks are made against a Difficulty Class (DC). The DC is a number that the character must score as a result on the character's skill check to succeed.

Vs. Opposed Checks

Some skill checks are opposed checks. They are made against a randomized number, which is usually another character's skill check result. Whoever gets the higher result wins the contest.

For ties on opposed checks, the character with the higher key ability score wins.

If these scores are the same, flip a coin.

Retries

In general, the character can try a skill check again if the character fails, and can keep trying indefinitely. Some skills, however, have consequences of failure that must be taken into account. Some skills are virtually useless once a check has failed on an attempt to accomplish a particular task. For most skills, when a character has succeeded once at a given task, additional successes are meaningless.

If a skill carries no penalties for failure, the character can take 20 and assume that the character goes at it long enough to succeed eventually.

Untrained Skill Checks

Generally, if the character attempts to use a skill the character doesn't possess, the character makes a skill check as normal. The character's skill modifier doesn't have the character's skill rank added in because the character doesn't have any ranks in the skill. The character does get other modifiers added into the skill modifier, though, such as the ability modifier for the skill's key ability.

Many skills can only be used if the character is trained in the skill. Skills that cannot be used untrained are marked with a "No" in the "Untrained" column on Table: Skills.

Favorable and Unfavorable Conditions

Some situations may make a skill easier or harder to use, resulting in a bonus or penalty added into the skill modifier for the skill check or a change to the DC of the skill check.

The DM can alter the odds of success in four ways to take into account exceptional circumstances:

1. Give the skill user a +2 circumstance bonus to represent circumstances that improve performance.
2. Give the skill user a -2 circumstance penalty to represent conditions that hamper performance.
3. Reduce the DC by 2 to represent circumstances that make the task easier.
4. Increase the DC by 2 to represent circumstances that make the task harder.

A bonus to the character's skill modifier and a reduction in the check's DC have the same result: they create a better chance that the character will succeed. But they represent different circumstances, and sometimes that difference is important.

Time and Skill Checks

Using a skill might take a round, take no time, or take several rounds or even longer. Most skill uses are standard actions, move-equivalent actions, or full-round actions. Types of actions define how long activities take to perform within the framework of a combat round (6 seconds) and how movement is treated with respect to the activity. Some skill checks are instant and represent reactions to an event, or are included as part of an action. These skill checks are not actions. Other skill checks represent part of movement. The distance the character jumps when making a Jump check, for example, is part of the character's movement. Some skills take more than a round to use, and the skill descriptions often specify how long these skills take to use.

Practically Impossible Tasks

In general, to do something that's practically impossible requires that the character have at least rank 10 in the skill and entails a penalty of -20 on the character's roll or +20 on the DC (which amounts to about the same thing).

Practically impossible tasks are hard to delineate ahead of time. They're the accomplishments that represent incredible, almost logic-defying skill and luck.

The DM decides what is actually impossible and what is merely practically impossible.

Extraordinary Success

If the character has at least rank 10 in a skill and beats the DC by 20 or more on a normal skill check, the character has completed the task impossibly well.

Skill Checks Without Rolls

Taking 10: When the character is not in a rush and is not being threatened or distracted, the character may choose to take 10. Instead of rolling 1d20 for the skill check, calculate the character's result as if the character had rolled a 10.

Taking 20: When the character has plenty of time (generally 2 minutes for a skill that can normally be checked in 1 round, one full-round action, or one standard action), and when the skill being attempted carries no penalties for failure, the character can take 20.

Instead of rolling 1d20 for the skill check, calculate the character's result as if the character had rolled a 20. Taking 20 means the character is trying until the character gets it right. Taking 20 takes about twenty times as long as making a single check would take.

Combining Skill Checks

When more than one character tries the same skill at the same time and for the same purpose, their efforts may overlap. Individual Events: Often, several characters attempt some action and each succeeds or fails on her own.

Helping the Leader: Sometimes the individual PCs are essentially reacting to the same situation, but they can work together and help each other out. In this case, one character is considered the leader of the effort and makes a skill check while each helper makes a skill check against DC 10. (the character can't take 10 on this check.) For each helper who succeeds, the leader gets a +2 circumstance bonus (as per the rule for favorable conditions). In many cases, a character's help won't be beneficial, or only a limited number of characters can help at once. The DM limits cooperation as she sees fit for the given conditions.

Skill Synergy: It's also possible for a character to have two skills that work well together. In general, having 5 or more ranks in one skill gives the character a +2 synergy bonus on skill checks with its synergistic skills, as noted in the skill description.

Ability Checks

Sometimes the character tries to do something to which no specific skill really applies. In these cases, the character makes

an ability check. An ability check is the roll of 1d20 plus the appropriate ability modifier. Essentially, the character is making an untrained skill check. The DM assigns a Difficulty Class.

Skill Description Format

Skill Name ([KEY ABILITY]; TRAINED ONLY; ARMOR CHECK PENALTY; [CLASS NAME] ONLY)

The skill name line includes the following information:

Key Ability: The abbreviation of the ability whose modifier applies to the skill check. Exception: Speak Language has “None” listed as its key ability because the use of this skill does not require a check.

Trained Only: If “Trained Only” is included in the skill name line, the character must have at least 1 rank in the skill to use it. If it is omitted, the skill can be used untrained (with a rank of 0). If any special notes apply to trained or untrained use, they are covered in the Special section (see below).

Armor Check Penalty: Apply any armor check penalty to skill checks for this skill.

[Class Name] Only: The skill is exclusive to a certain class or classes. No character not of these classes can take the skill. If omitted, the skill is not exclusive.

The skill name line is followed by a general description of what using the skill represents. After the description are three other types of information:

- **Check:** What the character can do with a successful skill check, how much time it takes to make a check, and the check's DC.
- **Retry:** Any conditions that apply to successive attempts to use the skill successfully. If this paragraph is omitted, the skill can be retried without any inherent penalty other than consuming additional time.
- **Special:** Any extra facts that apply to the skill, such as rules regarding untrained use, or if this skill has a synergistic relationship with other skills, or benefits that certain characters receive because of class or race

See beginning for legal copyright notice regarding Game System License

From d20 SDR (e3.0):

Skills

This section describes each skill, including common uses and typical modifiers.

Alchemy (INT)

TRAINED ONLY

Check: The character can make alchemical items. Some items the character can make are found in the item descriptions. To determine how much time and material it takes to make an alchemical item, use the DCs listed below and the rules for making things found in the Craft skill description.

The DM may allow an alchemist to perform other tasks related to alchemy, such as identifying an unknown substance or a poison. Doing so takes 1 hour.

Task	DC	Notes
Identify substance	25	Costs 1 gp per attempt (or 20 gp to take 20)
Identify potion	25	Costs 1 gp per attempt (or 20 gp to take 20)
Make acid	15	See Craft skill
Identify poison	20	
Make alchemist's fire, smokestick, or tindertwig	20	See Craft skill
Make antitoxin, sunrod, tanglefoot bag, or thunderstone	25	See Craft skill

Retry: Yes, but in the case of making items, each failure ruins the half the raw materials needed, and the character has to pay half the raw material cost again. For identifying substances or potions, each failure consumes the cost per attempt.

Special: The character must have alchemical equipment to make an item or identify it. For identifying items, the cost represents additional supplies the character must buy. Purchasing and maintaining an alchemist's lab grants a +2 circumstance bonus to Alchemy checks (from the favorable condition of having the perfect tools for the job) but does not affect the cost of any items made using the skill.

Animal Empathy (CHA)

TRAINED ONLY; DRUID, RANGER ONLY

Check: The character can improve the attitude of an animal with a successful check. To use the skill, the character and the animal must be able to study each other, noting each other's body language, vocalizations, and general demeanor. This means that the character must be within 30 feet under normal conditions.

Generally, influencing an animal in this way takes 1 minute, but, as with influencing people, it might take more or less time.

This skill works on animals. The character can use it with a -4 penalty on beasts and magical beasts.

Retry: As with attempts to influence people, retries on the same animal generally don't work (or don't work any better), whether the character has succeeded or not.

Appraise (Int)

Check: The character can appraise common or well-known objects within 10% of their value (DC 12). Failure means the character estimates the value at 50% to 150% of actual value. The DM secretly rolls 2d6+3, multiplies by 10%, multiplies the actual value by that percentage, and tells the character that value for the item. (For a common or well-known item, the character's chance of estimating the value within 10% is fairly high even if the character fails the check—in such a case, the character made a lucky guess.)

Rare or exotic items require a successful check against DC 15, 20, or higher. If successful, the character estimates the value at 70% to 130% of its actual value. The DM secretly rolls 2d4+5, multiplies by 10%, multiplies the actual value by that percentage, and tells the character that value for the item. Failure means the character cannot estimate the item's value.

A magnifying glass gives a +2 circumstance bonus to Appraise checks involving any item that is small or highly detailed, such as a gem. A merchant's scale gives a +2 circumstance bonus to Appraise checks involving any items that are valued by weight, including anything made of precious metals. These bonuses stack.

Appraising an item takes 1 minute.

Retry: Not on the same object, regardless of success.

Special: If the character is making the check untrained, for common items, failure means no estimate, and for rare items, success means an estimate of 50% to 150% (2d6+3 times 10%).

Balance (DEX)

ARMOR CHECK PENALTY

Check: The character can walk on a precarious surface as a move-equivalent action. A successful check lets the character move at half the character's speed along the surface for 1 round. A failure means that the character can't move for 1 round. A failure by 5 or more means that the character falls.

The difficulty varies with the surface:

Surface	DC
7-12 inches wide	10
2-6 inches wide	15
Less than 2 inches wide	20
Uneven Floor	10
Surface Angled	+5*
Surface Slippery	+5*

* Cumulative; if both apply, use both.

Being Attacked while Balancing: Attacks against the character are made as if the character were off balance: They gain a +2 attack bonus, and the character loses any Dexterity bonus to AC. If the character has 5 or more ranks in Balance, then the character can retain the Dexterity bonus to AC (if any) in the face of attacks. If the character takes damage, the character must make a check again to stay balanced.

Accelerated Movement: The character can try to walk a precarious surface more quickly than normal. If the character accepts a -5 penalty, the character can move at normal speed as a move-equivalent action. (Moving twice the character's speed in a round requires two checks.)

Special: If the character has 5 or more ranks in Tumble, the character gets a +2 synergy bonus on Balance checks.

Bluff (CHA)

Check: A Bluff check is opposed by the target's Sense Motive check. Favorable and unfavorable circumstances weigh heavily on the outcome of a bluff. Two circumstances can weigh against the character: The bluff is hard to believe, or the action that the target is to take goes against the target's self-interest, nature, personality, orders, etc. If it's important, the DM can distinguish between a bluff that fails because the target doesn't believe it and one that fails because it just asks too much of the target. For instance, if the target gets a +10 bonus because the bluff demands something risky of the target, and the Sense Motive check succeeds by 10 or less, then the target didn't so much see through the bluff as prove reluctant to go along with it. If the target succeeds by 11 or more, he has seen through the bluff (and would have done so even if it had not entailed any demand on him).

A successful Bluff check indicates that the target reacts as the character wishes, at least for a short time (usually 1 round or less) or believes something that the character wants him to believe.

A bluff requires interaction between the character and the target. Creatures unaware of the character cannot be bluffed. A bluff always takes at least 1 round (and is at least a full-round action) but can take much longer if the character tries something elaborate.

Feinting in Combat: The character can also use Bluff to mislead an opponent in combat so that he can't dodge the character's attack effectively. Doing so is a miscellaneous standard action that does not draw an attack of opportunity. If the character is successful, the next attack the character makes against the target does not allow him to use his Dexterity bonus to Armor Class (if any). This attack must be made on or before your next turn. Feinting in this way against a nonhumanoid is difficult because it's harder to read a strange creature's body language; the character suffers a -4 penalty. Against a creature of animal Intelligence (1 or 2) it's even harder; the character suffers a -8 penalty. Against a nonintelligent creature, it's impossible.

Creating a Diversion to Hide: The character can use Bluff to help the character hide. A successful Bluff check can give the character the momentary diversion the character needs to attempt a Hide check while people are aware of the character.

Retry: Generally, a failed Bluff check makes the target too suspicious for a bluffer to try another one in the same circumstances. For feinting in combat, the character may retry freely.

Special: Having 5 or more ranks in Bluff gives the character a +2 synergy bonus on Intimidate and Pick Pocket checks and a +2 synergy bonus on an Innuendo check to transmit a message. Also, if the character has 5 or more ranks of Bluff, the character gets a +2 synergy bonus on Disguise checks when the character knows that the character is being observed and the character tries to act in character.

Climb (STR)

ARMOR CHECK PENALTY

Check: With each successful Climb check, the character can advance up, down, or across a slope or a wall or other steep incline (or even a ceiling with handholds) one-half the character's speed as a miscellaneous full-round action. The character can move half that far, one-fourth of the character's speed, as a miscellaneous move-equivalent action. A slope is considered to be any incline of less than 60 degrees; a wall is any incline of 60 degrees or steeper.

A failed Climb check means that the character makes no progress, and a check that fails by 5 or more means that the character falls from whatever height the character has already attained.

A climber's kit gives a +2 circumstance bonus to Climb checks.

The DC of the check depends on the conditions of the climb.

DC	Example Wall or Surface
0	A slope too steep to walk up. A knotted rope with a wall to brace against.
5	A rope with a wall to brace against, or a knotted rope, or a rope affected by the rope trick spell.
10	A surface with ledges to hold on to and stand on, such as a very rough wall or a ship's rigging.
15	Any surface with adequate handholds and footholds (natural or artificial), such as a very rough natural rock surface or a tree. An unknotted rope.
20	An uneven surface with some narrow handholds and footholds, such as a typical wall in a dungeon or ruins.

25	A rough surface, such as a natural rock wall or a brick wall.
25	Overhang or ceiling with handholds but no footholds.
-	A perfectly smooth, flat, vertical surface cannot be climbed.
-10*	Climbing a chimney (artificial or natural) or other location where one can brace against two opposite walls.
-5*	Climbing a corner where the character can brace against perpendicular.
+5*	Surface is slippery.

* These modifiers are cumulative; use any that apply.

Since the character can't move to avoid a blow while climbing, enemies can attack the character as if the character were stunned: An attacker gets a +2 bonus, and the character loses any Dexterity bonus to Armor Class.

The character cannot use a shield while climbing.

Any time the character takes damage while climbing, make a Climb check against the DC of the slope or wall. Failure means the character falls from the character's current height and sustains the appropriate falling damage.

Accelerated Climbing: The character tries to climb more quickly than normal. As a miscellaneous full-round action, the character can attempt to cover the character's full speed in climbing distance, but the character suffers a -5 penalty on Climb checks and the character must make two checks each round. Each successful check allows the character to climb a distance equal to one-half the character's speed. By accepting the -5 penalty, the character can move this far as a move-equivalent action rather than as a full-round action.

Making the character's Own Handholds and Footholds: The character can make his or her own handholds and footholds by pounding pitons into a wall. Doing so takes 1 minute per piton, and one piton is needed per 3 feet. As with any surface with handholds and footholds, a wall with pitons in it has a DC of 15. In the same way, a climber with a handaxe or similar implement can cut holds in an ice wall.

Catching the One's Self When Falling: It's practically impossible to catch the one's self on a wall while falling. Make a Climb check (DC = wall's DC + 20) to do so. A slope is a lot easier to catch the one's self on (DC = slope's DC + 10).

Special: A character with 5 or more ranks in Use Rope gets a +2 synergy bonus on checks to climb a rope, a knotted rope, or a rope and wall combination.

Special: A character with 5 or more ranks in Use Rope gets a +2 synergy bonus on checks to climb a rope, a knotted rope, or a rope and wall combination.

Concentration (CON)

Check: The character can use this skill to maintain concentration in the face of other distractions.

The table below summarizes various types of distractions that cause the character to make a Concentration check while casting a spell. "Spell level" refers to the level of the spell the character is trying to cast.

DC	Distraction
10 + damage dealt + spell level	Injury or failed saving throw during the casting of a spell (for spells with a casting time of 1 full round or more) or injury by an attack of opportunity or readied attack made in response to the spell being cast (for spells with a casting time of 1 action).
10 + half of continuous damage + spell level	Suffering automatic continuous damage
10 + damage dealt + spell level	Damaged by spell.
Distracting spell's save DC + spell level	Distracted by nondamaging spell. (If the spell allows no save, use the save DC it would have if it did allow a save.)
20 + spell level	Grappling or pinned. (Can only cast spells without somatic components and whose material component is in hand.)
10 + spell level	Vigorous motion (on a moving mount, bouncy wagon ride, small boat in rough water, belowdecks in a storm-tossed ship).
15 + spell level	Violent motion (galloping horse, very rough wagon ride, small boat in rapids, on deck of storm-tossed ship).
20 + spell level	Affected by earthquake spell.
5 + spell level	Weather is a high wind carrying blinding rain or sleet.
Distracting spell's save DC + spell level	Weather caused by spell, such as storm of vengeance (same as distracted by nondamaging spell).
15 + spell level	Casting defensively (so as not to provoke attacks of opportunity).
15	Caster entangled.

Special: A character with the Combat Casting feat gets a +4 bonus to Concentration checks made to cast a spell while on the defensive.

Retry: Yes, though a success doesn't cancel the effects of a previous failure.

Craft (INT)

Craft is actually a number of separate skills. For instance, the character could have the skill Craft (trapmaking). The character's ranks in that skill don't affect any checks the character happens to make for pottery or leatherworking, for example. The character could have several Craft skills, each with its own ranks, each purchased as a separate skill.

A Craft skill is specifically focused on creating something; if it is not, it is a Profession.

Check: The character can practice a trade and make a decent living, earning about half the check result in gold pieces per week of dedicated work. The character knows how to use the tools of the trade, how to perform the craft's daily tasks, how to supervise untrained helpers, and how to handle common problems. (Untrained laborers and assistants earn an average of 1 silver piece per day.)

However, the basic function of the Craft skill is to allow the character to make an item of the appropriate type. The DC depends on the difficulty of the item created. The DC, the character's check results, and the price of the item determine how long it takes to make the item. The item's finished price also determines the cost of raw materials. (In the game world, it is the skill level required, the time required, and the raw materials required that determine an item's price. That's why the item's price and DC determine how long it takes to make the item and the cost of the raw materials.)

All crafts require artisan's tools to give the best chance of success; if improvised tools are used instead, the check is made with a -2 circumstance penalty. On the other hand, masterwork artisan's tools provide a +2 circumstance bonus.

To determine how much time and money it takes to make an item:

1. Find the DC listed here or have the DM set one.
2. Pay one-third the item's price in raw materials.
3. Make a skill check representing one week's work.

If the check succeeds, multiply the check result by the DC. If the result times the DC equals the price of the item multiplied by 10, then the character has completed the item. (If the result times the DC equals double or triple the price of the item (multiplied by 10), then the character has completed the task in one-half or one-third the time, and so on.) If the result times the DC doesn't equal the price multiplied by 10, then it represents progress the character has made this week. Record the result and make a check for the next week. Each week the character makes more progress until the character's total reaches the price of the item multiplied by 10.

If the character fails the check, the character makes no progress this week. If the character fails by 5 or more, the character ruins half the raw materials and have to pay half the original raw material cost again.

Progress by the Day: The character can make checks by the day instead of by the week, in which case the character's progress (result times DC) is at one tenth the weekly rate.

Creating Masterwork Items: The character can make a masterwork item (an item that conveys a bonus to its use through its exceptional craftsmanship, not through being magical).

To create a masterwork version of an item on the table below, the character creates the masterwork component as if it were a separate item in addition to the standard item.

Item	Craft	DC
Armor, shield	Armorsmith	10 + AC bonus
Longbow, shortbow	Bowmaking	12
Composite longbow, composite shortbow	Bowmaking	15
Mighty bow	Bowmaking	15 +2/Str bonus
Crossbow	Weaponsmith	15
Simple melee or thrown weapon	Weaponsmith	12
Martial melee or thrown weapon	Weaponsmith	15
Exotic melee or thrown weapon	Weaponsmith	18

Very simple item	Varies	5
Typical item	Varies	10
High-quality item	Varies	15
Complex or superior item	Varies	20

The masterwork component has its own price and DC. Once both the standard component and the masterwork component are completed, the masterwork item is finished. (Note: The price the character pays for the masterwork component is one-third of the given amount, just as it is for the price in raw materials.)

Repairing Items: Generally, the character can repair an item at the same DC that it takes to make it in the first place. The cost of repairing an item is one-fifth the item's price.

In some cases, the "fabricate" spell can be used to achieve the results of a Craft check without the character's needing to make the check. However, the character must make an appropriate Craft check when using the spell to make articles requiring a high degree of craftsmanship (jewelry, swords, glass, crystal, etc.).

A Craft check related to woodworking in conjunction with the casting of the "ironwood" spell enables the character to make wooden items that have the strength of steel.

When casting the spell "minor creation", the character must succeed at an appropriate Craft check to make a complex item, such as a Craft (bowmaking) check to make straight arrow shafts.

Retry: Yes, but each time the character misses by 5 or more, the character ruins half the raw materials and have to pay half the original raw material cost again.

Decipher Script (INT)

TRAINED ONLY; BARDS & ROGUES ONLY

Check: The character can decipher writing in an unfamiliar language or a message written in an incomplete or archaic form. The base DC is 20 for the simplest messages, 25 for standard texts, and 30 or higher for intricate, exotic, or very old writing.

If the check succeeds, the character understands the general content of a piece of writing, reading about one single page of text (or its equivalent) in 1 minute. If the check fails, the DM makes a Wisdom check (DC 5) for the character to see if he or she avoids drawing a false conclusion about the text. (Success means that the character does not draw a false conclusion; failure means that the character does.)

The DM secretly makes both the skill check and (if necessary) the Wisdom check so the character can't tell whether the conclusion the character draws is true or false.

Retry: No.

Special: If the character has 5 or more ranks in Decipher Script, the character gets a +2 synergy bonus on Use Magic Device checks related to scrolls.

Diplomacy (CHA)

Check: The character can change others' attitudes with a successful check. In negotiations, participants roll opposed Diplomacy checks to see who gains the advantage. Opposed checks also resolve cases when two advocates or diplomats plead opposite cases in a hearing before a third party.

Retry: Generally, retries do not work. Even if the initial check succeeds, the other character can only be persuaded so far, and a retry may do more harm than good. If the initial check fails, the other character has probably become more firmly committed to his position, and a retry is futile.

Special: Charisma checks to influence NPCs are generally untrained Diplomacy checks.

If the character has 5 or more ranks in Bluff or Sense Motive, the character gets a +2 synergy bonus on Diplomacy checks. These bonuses stack.

Disable Device (INT)

TRAINED ONLY

The effort requires at least a simple tool of the appropriate sort (a pick, pry bar, saw, file, etc.). Attempting a Disable Device check without a set of thieves' tools carries a -2 circumstance penalty, even if a simple tool is employed. The use of masterwork thieves' tools enables the character to make the check with a +2 circumstance bonus.

Check: The DM makes the Disable Device check so that the character doesn't necessarily know whether the character has succeeded. The amount of time needed to make a check and the DC for the check depend on how tricky the device is. Disabling a simple device takes 1 round (and is at least a full-round action). Intricate or complex devices require 2d4 rounds. The character also can rig simple devices such as saddles or wagon wheels to work normally for a while and then fail or fall off some time later (usually after 1d4 rounds or minutes of use).

Disabling (or rigging or jamming) a fairly simple device has a DC of 10. More intricate and complex devices have a higher DC. The DM rolls the check. If the check succeeds, the character disables the device. If the check fails by up to 4, the character has failed but can try again. If the character fails by 5 or more, something goes wrong. If it's a trap, the character springs it. If it's some sort of sabotage, the character thinks the device is disabled, but it still works normally.

Device	Time	DC*	Example
Simple	1 round	10	Jam a lock
Tricky	1d4 rounds	15	Sabotage a wagon wheel
Difficult	2d4 rounds	20	Disarm a trap, reset a trap
Wicked	2d4 rounds	25	Disarm a complex trap, cleverly sabotage a clockwork device

* If the character attempts to leave behind no trace of the tampering, add 5 to the DC.

Retry: Yes, though the character must be aware that the character has failed in order to try again.

A rogue who beats a trap's DC by 10 or more can generally study a trap, figure out how it works, and bypass it (along with his companions) without disarming it.

Special: Rogues (and only rogues) can disarm magic traps. A magic trap generally has a DC of 25 + the level of the magic used to create it.

Disguise (CHA)

The effort requires at least a few props, some makeup, and 1d3 X 10 minutes of work. The use of a disguise kit provides a +2 circumstance bonus to a Disguise check. A disguise can include an apparent change of height or weight of no more than one-tenth the original.

The character can also impersonate people, either individuals or types, so that, for example, the character might, with little or no actual disguise, make the character seem like a traveler even if the character is a local.

Check: The character's Disguise check result determines how good the disguise is, and it is opposed by others' Spot check results. Make one Disguise check even if several people make Spot checks. The DM makes the character's Disguise check secretly so that the character is not sure how good it is.

If the character doesn't draw any attention to him or herself, however, others do not get to make Spot checks. If the character comes to the attention of people who are suspicious (such as a guard who is watching commoners walking through a city gate), the DM can assume that such observers are taking 10 on their Spot checks.

The effectiveness of the character's disguise depends in part on how much the character is attempting to change his or her appearance:

Disguise	Modifier
Minor details only	+5
Disguised as different sex	-2
Disguised as different race	-2
Disguised as different age category	-2*
Disguised as specific class	-2

* Per step of difference between character's actual age category and disguised age category (young [younger than adulthood], adulthood, middle age, old, venerable).

If the character is impersonating a particular individual, those who know what that person looks like get a bonus on their Spot checks (and are automatically considered to be suspicious of the character, so opposed checks are always invoked).

Familiarity	Bonus
Recognizes on sight	+4
Friends or associates	+6
Close friends	+8

Usually, an individual makes a check for detection immediately upon meeting the character and each hour thereafter. If the character casually meet many different creatures, each for a short time, check once per day or hour, using an average Spot bonus for the group. For example, if a character is trying to pass for a merchant at a bazaar, the DM can make one Spot check per hour for the people she encounters using a +1 bonus on the check to represent the average of the crowd (most people with no Spot ranks and a few with good Spot skills).

Retry: A character may try to redo a failed disguise, but once others know that a disguise was attempted they'll be more suspicious.

Special: If the character has 5 or more ranks of Bluff, the character gets a +2 synergy bonus on Disguise checks when the character knows that the character is being observed and the character tries to act in character.

Escape Artist (DEX)

ARMOR CHECK PENALTY

Check: Making a check to escape from being bound up by ropes, manacles, or other restraints (except a grappler) requires 1 minute of work. Escaping a net or entangle spell is a full-round action. Squeezing through a tight space takes at least 1 minute, maybe longer, depending on how long the space is.

Restraint	DC
Ropes	Binder's Use Rope check at +10
Net	20
Manacles	30
Tight space	30
Masterwork manacles	35
Grappler	Grappler's grapple check
Spell: Animate rope, command plants, control plants, or entangle	20
Spell: Snare	23

Ropes: The character's Escape Artist check is opposed by the binder's Use Rope check. Since it's easier to tie someone up than to escape from being tied up, the binder gets a special +10 bonus on her check.

Manacles and Masterwork Manacles: Manacles have a DC set by their construction.

Net: Escaping from a net is a full-round action.

Tight Space: This is the DC for getting through a space where one's head fits but one's shoulders don't. If the space is long, such as in a chimney, the DM may call for multiple checks. The character can't fit through a space that the character's head does not fit through.

Grappler: The character can make an Escape Artist check opposed by the enemy's grapple check to get out of a grapple or out of a pinned condition (so that the character is just being grappled). Doing so is a standard action, so if the character escapes the grapple the character can move in the same round. See "Wriggle Free" under Other Grappling Options.

Spell: Escaping from an animate rope, command plants, control plants, or entangle spell is a full-round action.

Retry: The character can make another check after a failed check if the character is squeezing through a tight space, making multiple checks. If the situation permits, the character can make additional checks or even take 20 as long as the character is not being actively opposed.

Special: A character with 5 or more ranks of Use Rope gets a +2 synergy bonus on Escape Artist checks when escaping from rope bonds.

Forgery (INT)

Check: Forgery requires writing materials appropriate to the document being forged, enough light to write by, wax for seals (if appropriate), and some time. Forging a very short and simple document takes about 1 minute. Longer or more complex documents take 1d4 minutes per page. To forge a document on which the handwriting is not specific to a person (military orders, a government decree, a business ledger, or the like), the character needs only to have seen a similar document before and gains a +8 bonus on the roll. To forge a signature, an autograph of that person to copy is needed, and the character gains a +4 bonus on the roll. To forge a longer document written in the hand of some particular person, a large sample of that person's handwriting is needed.

The DM makes the check secretly so the character is not sure how good the forgery is. As with Disguise, the character doesn't need to make a check until someone examines the work. This Forgery check is opposed by the person who examines

the document to check its authenticity. That person makes a Forgery check opposed to the forger's. The reader gains bonuses or penalties to his or her check as described in the table below.

Condition	Reader's Check Modifier
Type of document unknown to reader	-2
Type of document somewhat known to reader	+0
Type of document well known to reader	+2
Handwriting not known to reader	-2
Handwriting somewhat known to reader	+0
Handwriting intimately known to reader	+2
Reader only casually reviews the document	-2

As with Bluff, a document that contradicts procedure, orders, or previous knowledge or one that requires sacrifice on the part of the person checking the document can increase that character's suspicion (and thus create favorable circumstances for the checker's opposing Forgery check).

Retry: Usually, no. A retry is never possible after a particular reader detects a particular forgery. But the document created by the forger might still fool someone else. The result of a Forgery check for a particular document must be used for every instance of a different reader examining the document. No reader can attempt to detect a particular forgery more than once; if that one opposed check goes in favor of the forger, then the reader can't try using his own skill again, even if he's suspicious about the document.

Special: To forge documents and detect forgeries, one must be able to read and write the language in question. (The skill is language-dependent.) Barbarians can't learn the Forgery skill unless they have learned to read and write.

Gather Information (CHA)

Check: By succeeding at a skill check (DC 10), given an evening with a few gold pieces to use for making friends by buying drinks and such, the character can get a general idea of what the major news items are in a city, assuming no obvious reasons exist why the information would be withheld. The higher the check result, the better the information.

If the character wants to find out about a specific rumor, specific item, obtain a map, or do something else along those lines, the DC is 15 to 25 or higher.

Retry: Yes, but it takes an evening or so for each check, and characters may draw attention to themselves if they repeatedly pursue a certain type of information.

Handle Animal (CHA)

TRAINED ONLY

Check: The time required to get an effect and the DC depend on what the character is trying to do.

Task	Time	DC
Handle a domestic animal	Varies	10
"Push" a domestic animal	Varies	15
Teach an animal tasks	2 months	15
Teach an animal unusual tasks	2 months	20
Rear a wild animal	1 year	15 + HD of animal
Rear a beast	1 year	20 + HD of beast
Train a wild animal	2 months	20 + HD of animal
Train a beast	2 months	25 + HD of beast

Time: For a task with a specific time frame, the character must spend half this time (at the rate of 3 hours per day per animal being handled) working toward completion of the task before the character makes the skill check. If the check fails, the character can't teach, rear, or train that animal. If the check succeeds, the character must invest the remainder of the time before the teaching, rearing, or training is complete. If the time is interrupted or the task is not followed through to completion,

any further attempts to teach, rear, or train the same animal automatically fail.

Handle a Domestic Animal: This means to command a trained dog, to drive beasts of labor, to tend to tired horses, and so forth.

“Push” a Domestic Animal: To push a domestic animal means to get more out of it than it usually gives, such as commanding a poorly trained dog or driving draft animals for extra effort.

Teach an Animal Tasks: This means to teach a domestic animal some tricks. The character can train one type of animal per rank (chosen when the ranks are purchased) to obey commands and perform simple tricks. The character can work with up to three animals at one time, and the character can teach them general tasks. An animal can be trained for one general purpose only.

Teach an Animal Unusual Tasks: This is similar to teaching an animal tasks, except that the tasks can be something unusual for that breed of animal, such as training a dog to be a riding animal. Alternatively, the character can use this aspect of Handle Animal to train an animal to perform specialized tricks, such as teaching a horse to rear on command or come when whistled for or teaching a falcon to pluck objects from someone’s grasp.

Rear a Wild Animal or a Beast: To rear an animal or beast means to raise a wild creature from infancy so that it is domesticated. A handler can rear up to three creatures of the same type at once. A successfully domesticated animal or beast can be taught tricks at the same time that it’s being raised, or can be taught as a domesticated animal later.

Train a Wild Animal and Train a Beast: To train a wild creature to do certain tricks, but only at the character’s command. The creature is still wild, though usually controllable.

Retry: For handling and pushing domestic animals, yes. For training and rearing, no.

Special: A character with 5 or more ranks of Animal Empathy gets a +2 synergy bonus on Handle Animal checks with animals. A character must have 9 or more ranks of Animal Empathy to get the same +2 synergy bonus on Handle Animal checks with beasts.

A character with 5 or more ranks of Handle Animal gets a +2 synergy bonus on Ride checks.

An untrained character can use a Charisma check to handle and push animals.

Heal (WIS)

Check: The DC and effect depend on the task the character attempts.

Task	DC
First aid	15
Long-term care	15
Treat caltrop wound	15
Treat poison	Poison’s DC
Treat disease	Disease’s DC

First Aid: First aid usually means saving a dying character. If a character has negative hit points and is losing hit points (at 1 per round, 1 per hour, or 1 per day), the healing character can make her stable. The injured character regains no hit points, but she does stop losing them. The check is a standard action.

Long-term Care: Providing long-term care means treating a wounded person for a day or more. If successful, the character lets the patient recover hit points or ability score points (lost to temporary damage) at twice the normal rate: 2 hit points per level for each day of light activity, 3 hit points per level for each day of complete rest, and 2 ability score points per day. The character can tend up to six patients at a time. The character needs a few items and supplies (bandages, salves, and so on) that are easy to come by in settled lands.

Giving long-term care counts as light activity for the healer. The character cannot give long-term care to him or herself.

A healer’s kit gives a +2 circumstance bonus to Heal checks.

Treat Wound that Reduces Base Speed: A creature that has its speed reduced can be treated by the Heal skill. A successful Heal check removes this movement penalty. Treating such a wound is a standard action.

Treat Poison: To treat poison means to tend a single character who has been poisoned and who is going to take more damage from the poison (or suffer some other effect).

Every time the poisoned character makes a saving throw against the poison, the character makes a Heal check. The poisoned character uses the character’s result in place of her saving throw if the character’s Heal result is higher.

Treat Disease: To treat a disease means to tend a diseased character. Every time the diseased character makes a saving throw against disease effects, the character makes a Heal check. The diseased character uses the character's result in place of his or her saving throw if the character's Heal result is higher.

A creature wounded by a spike growth or spike stones spell must succeed at a Reflex save or take injuries that slow his speed by one-third. Another character can remove this penalty by taking 10 minutes to dress the victim's injuries and succeeding at a Heal check against the spell's save DC.

Special: If the character has 5 or more ranks in Profession (herbalist), the character gets a +2 synergy bonus on Heal checks.

Hide (DEX)

ARMOR CHECK PENALTY

Check: The character's Hide check is opposed by the Spot check of anyone who might see the character. The character can move up to one-half normal speed and hide at no penalty. At more than one-half and up to the full speed, the character suffers a -5 penalty. It's practically impossible (-20 penalty) to hide while running or charging.

Larger and smaller creatures get size bonuses and size penalties on Hide checks: Fine +16, Diminutive +12, Tiny +8, Small +4, Large -4, Huge -8, Gargantuan -12, Colossal -16.

If people are observing the character, even casually, the character can't hide. The character can run around a corner or something so that the character is out of sight and then hide, but the others then know at least where the character went. If the character's observers are momentarily distracted (as by a Bluff check; see below), though, the character can attempt to hide. While the others turn their attention from the character, the character can attempt a Hide check if the character can get to a hiding place of some kind. (As a general guideline, the hiding place has to be within 1 foot per rank the character has in Hide.) This check, however, is at -10 because the character has to move fast.

Creating a Diversion to Hide: The character can use Bluff to help the character hide. A successful Bluff check can give the character the momentary diversion the character needs to attempt a Hide check while people are aware of the character.

Innuendo (WIS)

TRAINED ONLY

Check: The character can get a message across to another character with the Innuendo skill.

The DC for a basic message is 10. The DC is 15 or 20 for complex messages, especially those that rely on getting across new information. Also, the character can try to discern the hidden message in a conversation between two other characters who are using this skill. The DC is the skill check of the character using Innuendo, and for each piece of information that the eavesdropper is missing, that character suffers a -2 penalty on the check. For example, if a character eavesdrops on people planning to assassinate a visiting diplomat, the eavesdropper suffers a -2 penalty if he doesn't know about the diplomat. Whether trying to send or intercept a message, a failure by 5 or more points means that some false information has been implied or inferred.

The DM makes the character's Innuendo check secretly so that the character doesn't necessarily know whether the character was successful.

Retry: Generally, retries are allowed when trying to send a message, but not when receiving or intercepting one. Each retry carries the chance of miscommunication.

Special: If the character has 5 or more ranks in Bluff, the character gets a +2 synergy bonus on the check to transmit (but not receive) a message. If the character has 5 or more ranks in Sense Motive, the character gets a +2 synergy bonus on the check to receive or intercept (but not transmit) a message.

Intimidate (CHA)

Check: The character can change others' behavior with a successful check. The DC is typically 10 + the target's Hit Dice. Any bonuses that a target may have on saving throws against fear increase the DC.

Retry: Generally, retries do not work. Even if the initial check succeeds, the other character can only be intimidated so far, and a retry doesn't help. If the initial check fails, the other character has probably become more firmly resolved to resist the intimidator, and a retry is futile.

Special: If the character has 5 or more ranks in Bluff, the character gets a +2 synergy bonus on Intimidate checks.

Intuit Direction (WIS)

TRAINED ONLY

Check: By concentrating for 1 minute, the character can determine where true north lies in relation to the character (DC 15). If the check fails, the character cannot determine direction. On a natural roll of 1, the character errs and mistakenly identify a random direction as true north.

The DM makes the character's check secretly so that the character doesn't know whether the character rolled a successful result or a 1.

Retry: The character can use Intuit Direction more than once per day. The roll represents how sensitive to direction the character is at that point in the day. Use the most recently rolled number for all other checks in the same day

Special: Untrained characters can't use an innate sense of direction, but they could determine direction by finding clues.

Jump (STR)

ARMOR CHECK PENALTY

Check: The character jumps a minimum distance plus an additional distance depending on the amount by which the character's Jump check result exceeds 10. The maximum distance of any jump is a function of the character's height.

Type of Jump	Minimum Distance	Additional Distance	Maximum Distance
Running jump*	5 ft.	+1 ft./1 point above 10	Height X 6
Standing jump	3 ft.	+1 ft./2 points above 10	Height X 2
Running	2 ft.	+1 ft./4 points above 10	Height X 1 1/2
High Jump* - Standing	2 ft.	+1 ft./8 points above 10	Height
High Jump - Jump back	1 ft.	+1 ft./8 points above 10	Height

* The character must move 20 feet before jumping. A character can't take a running jump in heavy armor.

The distances listed are for characters with speeds of 30 feet. If the character has a lower speed (from armor, encumbrance, or weight carried, for instance), reduce the distance jumped proportionally. If the character has a higher speed (because the character is a barbarian or an experienced monk, for instance), increase the distance jumped proportionally.

Distance moved by jumping is counted against maximum movement in a round normally.

If the character intentionally jumps down from a height, the character might take less damage than if the character just fell. If the character succeeds at a Jump check (DC 15), the character takes damage as if the character had fallen 10 feet less than the character actually did.

Special: If the character has 5 or more ranks in Tumble, the character gets a +2 synergy bonus on Jump checks.

A character who has the Run feat and who makes a running jump increases the distance or height he clears by one-fourth, but not past the maximum.

Knowledge (INT)

TRAINED ONLY

Check: Answering a question within the character's field of study has a DC of 10 (for really easy questions), 15 (for basic questions), or 20 to 30 (for really tough questions).

Retry: No. The check represents what the character knows, and thinking about a topic a second time doesn't let the character know something the character never learned in the first place.

Special: An untrained Knowledge check is simply an Intelligence check. Without actual training, a character only knows common knowledge.

Listen (WIS)

Check: Make a Listen check against a DC that reflects how quiet the noise is that the character might hear or against an

opposed Move Silently check.

The DM may make the Listen check so that the character doesn't know whether not hearing anything means that nothing is there, or that the character rolled low.

DC	Sound
0	People talking
5	A person in medium armor walking at a slow pace (10 ft./round) trying not to make noise.
10	An unarmored person walking at a slow pace (15 ft./round) trying not to make any noise
15	A 1st-level rogue using Move Silently within 10 ft. of the listener
19	A cat stalking
30	An owl gliding in for a kill
+1	Per 10 ft. from the listener
+5	Through a door
+15	Through a stone wall

In the case of people trying to be quiet, the listed DCs could be replaced by Move Silently checks, in which case the listed DC would be the average result (or close to it).

Retry: The character can make a Listen check every time the character has a chance to hear something in a reactive manner. As a full-round action, the character may try to hear something the character failed to hear previously.

Special: When several characters are listening to the same thing, the DM can make a single 1d20 roll and use it for all the listeners' skill checks.

Move Silently (DEX)

ARMOR CHECK PENALTY

Check: The character's Move Silently check is opposed by the Listen check of anyone who might hear the character. The character can move up to one-half the character's normal speed at no penalty. At more than one-half and up to the character's full speed, the character suffers a -5 penalty. It's practically impossible (-20 penalty) to move silently while running or charging.

Open Lock (DEX)

TRAINED ONLY

The effort requires at least a simple tool of the appropriate sort (a pick, pry bar, blank key, wire, etc.). Attempting an Open Lock check without a set of thieves' tools carries a -2 circumstance penalty, even if a simple tool is employed. The use of masterwork thieves' tools enables the character to make the check with a +2 circumstance bonus.

Check: Opening a lock entails 1 round of work and a successful check. (It is a full-round action.)

Lock	DC
Very simple lock	20
Average lock	25
Good lock	30
Amazing lock	40

Perform (CHA)

Possible Perform types include ballad, buffoonery, chant, comedy, dance, drama, drums, epic, flute, harp, juggling, limericks, lute, mandolin, melody, mime, ode, pan pipes, recorder, shalm, storytelling, and trumpet. The character is capable of one form of performance per rank.

Check: The character can impress audiences with talent and skill.

DC	Performance
10	Routine performance. Trying to earn money by playing in public is essentially begging. The character earns 1d10 cp/day.
15	Enjoyable performance. In a prosperous city, the character can earn 1d10 sp/day.
20	Great performance. In a prosperous city, the character can earn 3d10 sp/day. With time, the character may be invited to join a professional troupe and may develop a regional reputation.
25	Memorable performance. In a prosperous city, the character can earn 1d6 gp/day. With time, the character may come to the attention of noble patrons and develop a national reputation.

30	Extraordinary performance. In a prosperous city, the character can earn 3d6 gp/day. With time, the character may draw attention from distant potential patrons or even from extraplanar beings.
----	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

A masterwork musical instrument gives a +2 circumstance bonus to Perform checks that involve the use of the instrument.

Retry: Retries are allowed, but they don't negate previous failures, and an audience that has been unimpressed in the past is going to be prejudiced against future performances. (Increase the DC by 2 for each previous failure.)

In addition to using the Perform skill, a character could entertain people with tumbling, tightrope walking, and spells (especially illusions)

Pick Pocket (DEX)

TRAINED ONLY; ARMOR CHECK PENALTY

Check: A check against DC 10 lets the character palm a coin-sized, unattended object. Minor feats of legerdemain, such as making a coin disappear, are also DC 10 unless an observer is determined to note where the item went.

When performing this skill under close observation, the character's skill check is opposed by the observer's Spot check. The observer's check doesn't prevent the character from performing the action, just from doing it unnoticed.

If the character tries to take something from another creature, the character must make a skill check against DC 20. The opponent makes a Spot check to detect the attempt. The opponent detects the attempt if her check result beats the character's check result, regardless of whether the character got the item.

DC	Task
10	Palm a coin-sized object, make a coin disappear
20	Lift a small object from a person

Retry: A second Pick Pocket attempt against the same target, or when being watched by the same observer, has a DC +10 higher than the first skill check if the first check failed or if the attempt was noticed.

Special: If the character has 5 or more ranks in Bluff, the character gets a +2 synergy bonus on Pick Pocket checks.

Profession (WIS)

TRAINED ONLY

The character is trained in a livelihood or a professional role, such as apothecary, boater, bookkeeper, brewer, cook, driver, farmer, fisher, guide, herbalist, herdsman, innkeeper, lumberjack, miller, miner, porter, rancher, sailor, scribe, siege engineer, stablehand, tanner, teamster, woodcutter, and so forth.

Like Craft, Profession is actually a number of separate skills. The character could have several Profession skills, each with its own ranks, each purchased as a separate skill.

While a Craft skill represents skill in creating or making an item, a Profession skill represents an aptitude in a vocation requiring a broader range of less specific knowledge. To draw a modern analogy, if an occupation is a service industry, it's probably a Profession skill. If it's in the manufacturing sector, it's probably a Craft skill.

Check: The character can practice a trade and make a decent living, earning about half the check result in gold pieces per week of dedicated work. The character knows how to use the tools of the trade, how to perform the profession's daily tasks, how to supervise untrained helpers, and how to handle common problems. For example, a sailor knows how to tie several basic knots, how to tend and repair sails, and how to stand a deck watch at sea. The DM sets DCs for specialized tasks.

Retry: An attempt to use a Profession skill to earn an income cannot be retried. The character is stuck with whatever weekly wage the check result brought the character. (Another check may be made after a week to determine a new income for the next period of time.) An attempt to accomplish some specific task can usually be retried.

Special: Untrained laborers and assistants earn an average of 1 silver piece per day.

Read Lips (INT)

TRAINED ONLY; ROGUE ONLY

Check: The character must be within 30 feet of the speaker and be able to see her speak. The character must be able to understand the speaker's language. (Use of this skill is language-dependent.) The base DC is 15, and it is higher for complex speech or an inarticulate speaker. The character has to concentrate on reading lips for a full minute before making the skill check, and the character can't perform some other action during this minute. The character can move at half speed but not any

faster, and the character must maintain a line of sight to the lips being read. If the check succeeds, the character can understand the general content of a minute's worth of speaking, but the character usually still misses certain details.

If the check fails, the character can't read the speaker's lips. If the check fails by 5 or more, the character draws some incorrect conclusion about the speech.

The DM rolls the character's check so the character don't know whether the character succeeded or missed by 5.

Retry: The skill can be used once per minute.

Ride (DEX)

When the character selects this skill, choose the type of mount the character is familiar with. For this purpose, "horses" includes mules, donkeys, and ponies. If the character uses the skill with a different mount (such as riding a giant lizard when the character is used to riding horses), the character's rank is reduced by 2 (but not below 0). If the character uses this skill with a very different mount (such as riding a griffon when the character is used to riding horses), the character's rank is reduced by 5 (but not below 0).

Check: Typical riding actions don't require checks. The character can saddle, mount, ride, and dismount from a mount without a problem. Mounting or dismounting is a move-equivalent action. Some tasks require checks:

Riding Task	DC
Guide with knees	5
Stay in saddle	5
Fight with warhorse	10
Leap	15
Control mount in battle	20
Fast mount or dismount	20*
Cover	15
Soft fall	15

* Armor check penalty applies.

Guide with Knees: the character can react instantly to guide the character's mount with the character's knees so that the character can use both hands in combat. Make the check at the start of the character's round. If the character fails, the character can only use one hand this round because the character needs to use the other to control the character's mount.

Stay in Saddle: The character can react instantly to try to avoid falling when the character's mount rears or bolts unexpectedly or when the character takes damage.

Fight with Warhorse: If the character directs a war-trained mount to attack in battle, the character can still make the character's own attack or attacks normally.

Cover: The character can react instantly to drop down and hang alongside the mount, using it as one-half cover. The character can't attack or cast spells while using the character's mount as cover. If the character fails, the character doesn't get the cover benefit.

Soft Fall: The character reacts instantly to try to take no damage when the character falls off a mount, such as when it is killed or when it falls. If the character fails, the character takes 1d6 points of falling damage.

Leap: The character can get a mount to leap obstacles as part of its movement. Use the character's Ride skill modifier or the mount's Jump skill modifier (whichever is lower) to see how far the mount can jump. The DC (15) is what the character needs to roll to stay on the mount when it leaps.

Control Mount in Battle: As a move-equivalent action, the character can attempt to control a light horse, pony, or heavy horse while in combat. If the character fails, the character can do nothing else that round. The character does not need to roll for warhorses or warponies.

Fast Mount or Dismount: The character can mount or dismount as a free action. If the character fails the check, mounting or dismounting is a move-equivalent action. (The character can't attempt a fast mount or dismount unless the character can perform the mount or dismount as a move-equivalent action this round.)

Special: If the character is riding bareback, the character suffers a -5 penalty on Ride checks.

If the character has 5 or more ranks in Handle Animal, the character gets a +2 synergy bonus to Ride checks.

If the character's mount has a military saddle, it gives a +2 circumstance bonus to Ride checks related to staying in the saddle.

Scry (INT)

BARD, CLERIC, DRUID, SORCERER, WIZARD ONLY

Check: The character can't use this skill without some magical means to scry. Use of this skill is described in association with those spells and items. These items allow the character to spy on others, and this skill just lets the character do it better. This skill also improves the character's chance to notice when the character is being scried, as detailed in the descriptions of the arcane eye and detect scrying spells.

Special: Although this skill is exclusive to certain classes, it can be used untrained. This means that a character with no ranks in Scry, and who is not allowed to buy ranks in this skill, can still make an Intelligence check to notice when he is being scried.

Search (INT)

Check: The character generally must be within 10 feet of the object or surface to be searched. It takes 1 round to search a 5-foot-by-5-foot area or a volume of goods 5 feet on a side; doing so is a full-round action.

Task	DC
Ransack a chest full of junk to find a certain item	10
Notice a typical secret door or a simple trap	20
Find a difficult nonmagical trap not of stone (rogue only)*	21+
Find a magic trap (rogue only)*	25+ spell level used to create
Notice a well-hidden secret door	30

* Dwarves who are not rogues can use Search to do this if the trap is built into or out of stone.

Active Abjuration spells within 10 feet of each other for 24 hours or more create barely visible energy fluctuations. These fluctuations give characters a +4 bonus to Search checks to locate such Abjuration spells.

While anyone can use Search to find a trap whose DC is 20 or less, only a rogue can use Search to locate traps with higher DCs. Finding a nonmagical trap has a DC of at least 20, and the DC is higher if it is well hidden. Finding a magic trap has a DC of 25 plus the level of the spell used to create it. Identifying the location of a snare spell has a DC of 23.

Special: A character who does not have the Track feat can use the Search skill to find tracks, but can only follow tracks if the DC is 10 or less.

Sense Motive (WIS)

Check: A successful check allows the character to avoid being bluffed. The character can also use the skill to tell when something is up (something odd is going on that the character were unaware of) or to assess someone's trustworthiness. Trying to gain information with this skill takes at least 1 minute, and the character could spend a whole evening trying to get a sense of the people around the character.

Task	DC
Hunch	20
Sense enchantment	25

Hunch: This use of the skill essentially means making a gut assessment of the social situation. The character can get the feeling from another's behavior that something is wrong, such as when the character is talking to an impostor. Alternatively, the character can get the feeling that someone is trustworthy.

Sense Enchantment: The character can tell that someone's behavior is being influenced by an Enchantment effect (by definition, a mind-affecting effect), such as charm person, even if that person isn't aware of it herself.

Retry: No, though the character may make a Sense Motive check for each bluff made on the character.

Speak Language (NONE)

TRAINED ONLY

The Speak Language skill doesn't work like a standard skill.

- The character starts at 1st level knowing one or two languages (according to the character's race) plus an additional number of languages equal to the character's Intelligence bonus.
- Instead of buying a rank in Speak Language, the character chooses a new language that the character can speak.

- The character doesn't make Speak Language checks. The character either knows a language or the character doesn't.
- A literate character (anyone but a barbarian) can read and write any language she speaks. Each language has an alphabet (though sometimes several spoken languages share a single alphabet).

Common languages and their alphabets are summarized in Table: Languages.

Table: Languages

Language	Alphabet
Abyssal	Infernal
Aquan	Elven
Auran	Draconic
Celestial	Celestial
Common	Common
Draconic	Draconic
Druidic	Druidic
Dwarven	Dwarven
Elven	Elven
Gnome	Dwarven
Goblin	Dwarven
Giant	Dwarven
Gnoll	Common
Halfling	Common
Ignan	Draconic
Infernal	Infernal
Orc	Dwarven
Sylvan	Elven
Terran	Dwarven
Undercommon	Elven

Retry: Not applicable. (There are no Speak Language checks to fail.)

Spellcraft (INT)

TRAINED ONLY

Check: The character can identify spells and magic effects.

DC	Task
13	When using read magic, identify a glyph of warding.
15 + spell level	Identify a spell being cast. (The character must see or hear the spell's verbal or somatic components.) No retry.
15 + spell level	Learn a spell from a spellbook or scroll. (Wizard only.) No retry for that spell until the character gain at least 1 rank in Spellcraft (even if the character find another source to try to learn the spell from).
15 + spell level	Prepare a spell from a borrowed spellbook. (Wizard only.) One try per day.
15 + spell level	When casting detect magic, determine the school of magic involved in the aura of a single item or creature the character can see. (If the aura is not a spell effect, the DC is 15 + half caster level.)
19	When using read magic, identify a symbol.
20 + spell level	Identify a spell that's already in place and in effect. (the character must be able to see or detect the effects of the spell.) No retry.
20 + spell level	Identify materials created or shaped by magic, such as noting that an iron wall is the result of a wall of iron spell. No retry.
20 + spell level	Decipher a written spell (such as a scroll) without using read magic. One try per day.
20	Draw a diagram to augment casting dimensional anchor on a summoned creature. Takes 10 minutes. No retry. The DM makes this check.
30 or higher	Understand a strange or unique magical effect, such as the effects of a magic stream. No retry.

Additionally, certain spells allow the character to gain information about magic provided that the character makes a Spellcraft check as detailed in the spell description.

Retry: See above.

If the character has 5 or more ranks of Use Magic Device, the character gets a +2 synergy bonus to Spellcraft checks to decipher spells on scrolls.

Spot (WIS)

Check: The Spot skill is used primarily to detect characters or creatures who are hiding. Typically, Spot is opposed by the Hide check of the creature trying not to be seen. Sometimes a creature isn't intentionally hiding but is still difficult to see, so a successful Spot check is necessary to notice it.

A Spot check result of greater than 20 can generally let the character become aware of an invisible creature near the character (though the character can't actually see it).

Spot is also used to detect someone in disguise.

Condition	Penalty
Per 10 feet of distance	-1
Spotter distracted	-5

Retry: the character can make a Spot check every time the character has the opportunity to notice something in a reactive manner. As a full-round action, the character may attempt to spot something that the character failed to spot previously.

Swim (STR)

Check: A successful Swim check allows the character to swim one-quarter of the character's speed as a move-equivalent action or one-half the character's speed as a full-round action. Roll once per round. If the character fails, the character makes no progress through the water. If the character fails by 5 or more, the character goes underwater and starts to drown.

If the character is underwater (whether drowning or swimming underwater intentionally), the character suffers a cumulative -1 penalty to the character's Swim check for each consecutive round the character has been underwater.

The DC for the Swim check depends on the water:

Water Conditions	DC
Calm water	10
Rough water	15
Stormy water	20

Each hour that the character swims, make a Swim check against DC 20 or take 1d6 points of subdual damage from fatigue.

Special: Instead of an armor check penalty, the character suffers a penalty of -1 for each 5 pounds of gear the character is carrying or wearing.

Tumble (DEX)

TRAINED ONLY; ARMOR CHECK PENALTY

The character can't use this skill if the character's speed has been reduced by armor, excess equipment, or loot.

Check: The character can land softly when the character falls or tumbles past opponents. The character can also tumble to entertain an audience (as with the Perform skill).

DC	Task
15	Treat a fall as if it were 10 feet shorter when determining damage.
15	Tumble up to 20 feet (as part of normal movement), suffering no attacks of opportunity while doing so. Failure means the character tumbles 20 feet but suffers attacks of opportunity normally.
25	Tumble up to 20 feet (as part of normal movement), suffering no attacks of opportunity while doing so and moving through areas occupied by enemies (over, under, or around them). Failure means the character tumbles 20 feet and can move through enemy-occupied areas but suffers attacks of opportunity normally.

Retry: An audience, once it has judged a tumbler as uninteresting, is not receptive to repeat performances. The character can try to reduce damage from a fall as an instant reaction once per fall. The character can attempt to tumble as part of movement once per round.

Special: A character with 5 or more ranks in Tumble gains a +3 dodge AC bonus when executing the fight defensively standard or full-round action instead of a +2 dodge AC bonus.

A character with 5 or more ranks in Tumble gains a +6 dodge AC bonus when executing the total defense standard action instead of a +4 dodge AC bonus.

If the character has 5 or more ranks in Jump, the character gets a +2 synergy bonus on Tumble checks.

If the character has 5 or more ranks in Tumble, the character gets a +2 synergy bonus on Balance checks.

Use Magic Device (CHA)

TRAINED ONLY; BARD, ROGUE ONLY

Check: The character can use this skill to read a spell or to activate a magic item. This skill lets the character use a magic item as if the character had the spell ability or class features of another class, as if the character were a different race, or as if the character were a different alignment.

Task	DC
Decipher a written spell	25 + Spell Level
Emulate spell ability	20
Emulate class feature	20
Emulate ability score	See Text
Emulate race	25
Emulate alignment	30
Activate blindly	25

When the character is attempting to activate a magic item using this skill, the character does so as a standard action. However, the checks the character makes to determine whether the character is successful at emulating the desired factors to successfully perform the activation are instant. They take no time by themselves and are included in the activate magic item standard action.

The character make emulation checks each time the character activates a device such as a wand. If the character is using the check to emulate an alignment or some other quality in an ongoing manner, the character needs to make the relevant emulation checks once per hour.

The character must consciously choose what to emulate. That is, the character has to know what the character is trying to emulate when the character makes an emulation check.

Decipher a Written Spell: This works just like deciphering a written spell with the Spellcraft skill, except that the DC is 5 points higher.

Emulate Spell Ability: This use of the skill allows the character to use a magic item as if the character had a particular spell on the character's class spell list. To cast a spell from a scroll or use a wand, the character has to have a particular spell on the character's class spell list. By using the skill this way, the character can use such an item as if the character did have the spell on the character's class spell list. The character's effective caster level is the character's result minus 20. (It's okay to have a caster level of 0.) For wands, it doesn't matter what caster level the character is, but it does matter for scrolls. If the character's effective level is lower than the caster level, the character must roll to see if you use the scroll successfully.

This skill does not let the character cast the spell. It only lets the character cast it from a scroll or wand as if the spell were on the character's class list. Note: If the character is casting it from a scroll, the character has to decipher it first.

Emulate Class Feature: Sometimes the character needs to use a class feature to activate a magic item. The character's effective level in the emulated class equals the character's result minus 20.

This skill does not let the character use the class feature of another class. It just lets the character activate magic items as if the character had the class feature.

If the class whose feature the character is emulating has an alignment requirement, the character must meet it, either honestly or by emulating an appropriate alignment as a separate check (see below).

Emulate Ability Score: To cast a spell from a scroll, the character needs a high ability score in the appropriate ability (Intelligence for wizard spells, Wisdom for divine spells, and Charisma for sorcerer or bard spells). The character's effective ability score (appropriate to the class the character is emulating when the character tries to cast the spell from the scroll) is the character's result minus 15. If the character already has a high enough score in the appropriate ability, the character doesn't need to make this check.

Emulate Race: Some magic items work only for certain races, or work better for those of certain races. The character can use such an item as if the character were a race of the character's choice. The character can emulate only one race at a time.

Emulate Alignment: Some magic items have positive or negative effects based on the character's alignment. The character can use these items as if the character was of an alignment of the character's choice.

The character can emulate only one alignment at a time.

Activate Blindly: Some magic items are activated by special words, thoughts, or actions. The character can activate such items as if the character were using the activation word, thought, or action even if the character is not and even if the character doesn't know it. The character does have to use something equivalent. The character has to speak, wave the item around, or otherwise attempt to get it to activate. The character gets a special +2 bonus if the character has activated the item at least once before.

If the character fails by 10 or more, the character suffers a mishap. A mishap means that magical energy gets released but it doesn't do what the character wanted it to do. The DM determines the result of a mishap, as with scroll mishaps. The default mishaps are that the item affects the wrong target or that uncontrolled magical energy gets released, dealing 2d6 points of damage to the character. Note: This mishap is in addition to the chance for a mishap that the character normally runs when the character casts a spell from a scroll and the spell's caster level is higher than the character's level.

Retry: Yes, but if the character ever rolls a natural 1 while attempting to activate an item and the character fails, then the character can't try to activate it again for a day.

Special: The character cannot take 10 with this skill. Magic is too unpredictable for the character to use this skill reliably. If the character has 5 or more ranks in Spellcraft, the character gets a +2 synergy bonus on Use Magic Device checks related to scrolls. If the character has 5 or more ranks in Decipher Script, the character gets a +2 synergy bonus on Use Magic Device checks related to scrolls. These bonuses stack.

Use Rope (DEX)

Check: Most tasks with a rope are relatively simple.

DC	Task
10	Tie a firm knot
15	Tie a special knot, such as one that slips, slides slowly, or loosens with a tug
15	Tie a rope around oneself one-handed
15	Splice two ropes together (takes 5 minutes)

When the character binds another character with a rope, any Escape Artist check that the bound character makes is opposed by the character's Use Rope check. The character gets a special +10 bonus on the check because it is easier to bind someone than to escape from being tied up.

The character doesn't make the character's Use Rope check until someone tries to escape.

Special: A silk rope gives a +2 circumstance bonus on Use Rope checks. If the character casts an animate rope spell on a rope, the character gets a +2 circumstance bonus to any Use Rope checks the character makes when using the rope. These bonuses stack.

If the character has 5 or more ranks in Escape Artist, the character gets a +2 synergy bonus on checks to bind someone.

Wilderness Lore (WIS)

Check: The character can keep him or herself and others safe and fed in the wild.

DC	Task
10	Get along in the wild. Move up to one-half the character's overland speed while hunting and foraging (no food or water supplies needed). The character can provide food and water for one other person for every 2 points by which the character's check result exceeds 10.
15	Gain +2 on all Fortitude saves against severe weather while moving up to one-half the character's overland speed, or gain +4 if stationary. The character may grant the same bonus to one other character for every 1 point by which the check result exceeds 15.
15	Avoid getting lost or avoid natural hazards, such as quicksand.

Retry: For getting along in the wild or for gaining the Fortitude save bonus, the character makes a check once every 24 hours. The result of that check applies until the next check is made. To avoid getting lost or avoid natural hazards, the character makes a check whenever the situation calls for one. Retries to avoid getting lost in a specific situation or to avoid a specific natural hazard are not allowed.

Special: If the character has 5 or more ranks of Intuit Direction, the character gets a +2 synergy bonus on Wilderness Lore checks to avoid getting lost.

See beginning for legal copyright notice regarding Game System License

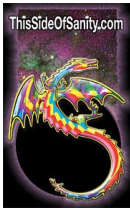


image by BedexpStock from Pixabay



image by BedexpStock from Pixabay

rules

feats

Third Edition Dungeons & Dragons included feats available to player classes. These feats added special powers to a character. This started a trend of feats and other systems of options that allowed for players to customize their character's class.



image by BedexpStock from Pixabay



rules equipment



image by BedexpStock from Pixabay

RPGs typically have charts of available equipment, usually listing cost, weight, availability, and other information.



image by BedexpStock from Pixabay

starting equipment

Usually the last step in character creation is the choice of starting equipment.



character advancement

Space holder for the chapter on character development and character advancement.



success rolls

Space holder for the chapter on success rolls.



image by adriano7492 from Pixabay



rules adventuring

Almost all RPGs have rules for adventuring.



image by Sasin Tipchai from Pixabay



rules combat

Almost all RPGs have a combat system.

The vast majority of combat systems involve the following steps: selection of actions (and order that they occur), determining the modifiers for a particular attack or action, determining the modifier for the defense, rolling dice to determine whether the attack succeeds or not, determining the modifiers for damage, rolling dice to determine the the damage (which get subtracted from some variation of hit points), along with some possible saving throw. Once you abstract everything, you just find where each games's rules fall into the steps and apply them accordingly.

The group can freely mix together whatever rules from whichever games they want, as well as make up their own rules. As long as everyone agrees, all is good.



image by Alex Yomare from Pixabay

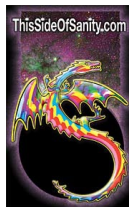


rules magic

Fantasy RPGs usually have a magic system. Many fantasy RPGs have more than one magic system.



image by Alexandra d from Pixabay



psionics system

Space holder for the chapter on psionics system.



image by Okan Caliskan from Pixabay



survival

Survival Order of Importance:

The survival order of importance is: well, let's be clear that context matters. The exact situation will shuffle the order. So, let's look at general principles and remember that you must adjust for the situation that occurs in the game.

Order: The most common order of importance is: immediate threats (first aid and defense), planning, shelter, fire, signal, water, food, motivation.

Conditions: In extreme cold, your first priority is fire, then shelter. In extreme heat, your first priorities are shelter, water, and then fire. In rain your first priority is shelter, followed by fire and water. Under “normal” conditions, your priorities are shelter, fire, water, then food.



image by klimkin from Pixabay

STOP:

S.T.O.P.: Once any possible immediate threats are handled, apply the S.T.O.P. principle.

Stop and calm down.

Think. if you have taken care of immediate threats, there is no rush. Hurrying can put your life at risk.

Observe your surroundings. Assess your situation. Do you see any obvious shelter, water, fire building materials, or other resources?

Plan. Now come up with a plan that will keep your character alive.

SPEAR:

S.P.E.A.R.: Another survival acronym.

Stop

Plan

Execute

Assess

Re-evaluate



image by Stephen Case from Pixabay

SURVIVAL:

S.U.R.V.I.V.A.L.: A survival acronym from US Army Field Manual 3-05-70 SURVIVAL May 2002.

S—Size Up The Situation

U—Use All Your Senses, Undue Haste Makes Waste

R—Remember Where You Are

V—Vanquish Fear And Panic

I—Improvise

V—Value Living

A—Act Like The Natives

S—Size Up The Situation

L—Live By Your Wits

The following is the introductory advice from **US Army Field Manual 3-05-70 SURVIVAL May 2002**. Pertinent portions will be repeated in the appropriate chapters.

S—SIZE UP THE SITUATION

1-2. If you are in a combat situation, find a place where you can conceal yourself from the enemy. Remember, security takes priority. Use your senses of hearing, smell, and sight to get a feel for the battlespace. Determine if the enemy is attacking, defending, or withdrawing. You will have to consider what is developing on the battlespace when you make your survival plan.

Surroundings

1-3. Determine the pattern of the area. Get a feel for what is going on around you. Every environment, whether forest, jungle, or desert, has a rhythm or pattern. This tempo includes animal and bird noises and movements and insect sounds. It may also include enemy traffic and civilian movements.

Physical Condition

1-4. The pressure of the battle you were in or the trauma of being in a survival situation may have caused you to overlook wounds you received. Check your wounds and give yourself first aid. Take care to prevent further bodily harm. For instance, in any climate, drink plenty of water to prevent dehydration. If you are in a cold or wet climate, put on additional clothing to prevent hypothermia.

Equipment

1-5. Perhaps in the heat of battle, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in.

1-6. Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs—water, food, and shelter.

U—USE ALL YOUR SENSES, UNDUE HASTE MAKES WASTE

1-7. You may make a wrong move when you react quickly without thinking or planning. That move may result in your capture or death. Don't move just for the sake of taking action. Consider all aspects of your situation before you make a decision and a move. If you act in haste, you may forget or lose some of your equipment. In your haste you may also become disoriented so that you don't know which way to go. Plan your moves. Be ready to move out quickly without endangering yourself if the enemy is near you. Use all your senses to evaluate the situation. Note sounds and smells. Be sensitive to temperature changes. Always be observant.

R—REMEMBER WHERE YOU ARE

1-8. Spot your location on your map and relate it to the surrounding terrain. This basic principle is one that you must **always** follow. If there are other persons with you, make sure they also know their location. Always know who in your group, vehicle, or aircraft has a map and compass. If that person is killed, you will have to get the map and compass from him. Pay close attention to where you are and where you are going. Do not rely on others in the group to keep track of the route. Constantly orient yourself. Always try to determine, as a minimum, how **your** location relates to the location of—

- Enemy units and controlled areas.
- Friendly units and controlled areas.
- Local water sources (especially important in the desert).
- Areas that will provide good cover and concealment.

1-9. This information will allow you to make intelligent decisions when you are in a survival and evasion situation.

V—VANQUISH FEAR AND PANIC

1-10. The greatest enemies in a combat survival and evasion situation are fear and panic. If uncontrolled, they can destroy your ability to make an intelligent decision. They may cause you to react to your feelings and imagination rather than to your situation. These emotions can drain your energy and thereby cause other negative emotions. Previous survival and evasion training and self-confidence will enable you to vanquish fear and panic.

I—IMPROVISE

1-11. In the United States (U.S.), we have items available for all our needs. Many of these items are cheap to replace when damaged. Our easy-come, easy-go, easy-to-replace culture makes it unnecessary for us to improvise. This inexperience in “making do” can be an enemy in a survival situation. Learn to improvise. Take a tool designed for a specific purpose and see how many other uses you can make of it.

1-12. Learn to use natural objects around you for different needs. An example is using a rock for a hammer. No matter how complete a survival kit you have with you, it will run out or wear out after a while. Your imagination must take over when your kit wears out.

V—VALUE LIVING

1-13. All of us were born kicking and fighting to live, but we have become used to the soft life. We have become creatures of comfort. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stresses, inconveniences, and discomforts? This is when the will to live— placing a high value on living—is vital. The experience and knowledge you have gained through life and your Army training will have a bearing on your will to live. Stubbornness, a refusal to give in to problems and obstacles that face you, will give you the mental and physical strength to endure.

A—ACT LIKE THE NATIVES

1-14. The natives and animals of a region have adapted to their environment. To get a feel of the area, watch how the people go about their daily routine. When and what do they eat? When, where, and how do they get their food? When and where do they go for water? What time do they usually go to bed and get up? These actions are important to you when you are trying to avoid capture.

1-15. Animal life in the area can also give you clues on how to survive. Animals also require food, water, and shelter. By watching them, you can find sources of water and food.

WARNING

Animals cannot serve as an absolute guide to what you can eat and drink. Many animals eat plants that are toxic to humans.

1-16. Keep in mind that the reaction of animals can reveal your presence to the enemy.

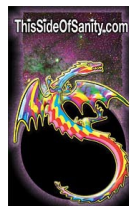
1-17. If in a friendly area, one way you can gain rapport with the natives is to show interest in their tools and how they get food and water. By studying the people, you learn to respect them, you often make valuable friends, and, most important, you learn how to adapt to their environment and increase your chances of survival.

L—LIVE BY YOUR WITS, *BUT FOR NOW*, LEARN BASIC SKILLS

1-18. Without training in basic skills for surviving and evading on the battlespace, your chances of living through a combat survival and evasion situation are slight.

1-19. Learn these basic skills **now**—not when you are headed for or are in the battle. How you decide to equip yourself before deployment will affect whether or not you survive. You need to know about the environment to which you are going, and you must practice basic skills geared to that environment. For instance, if you are going to a desert, you need to know how to get water.

1-20. Practice basic survival skills during all training programs and exercises. Survival training reduces fear of the unknown and gives you self-confidence. It teaches you to **live by your wits**.



survival preparation

An important part of survival is preparation prior to the survival event.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

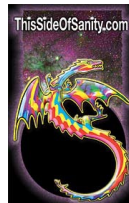
As a soldier, you can be sent to any area of the world. It may be in a temperate, tropical, arctic, or subarctic region. You expect to have all your personal equipment and your unit members with you wherever you go. However, there is no guarantee it will be so. You could find yourself alone in a remote area—possibly enemy territory—with little or no personal gear. This manual provides information and describes basic techniques that will enable you to survive and return alive should you find yourself in such a situation.

L—LIVE BY YOUR WITS, *BUT FOR NOW*, LEARN BASIC SKILLS

1-18. Without training in basic skills for surviving and evading on the battlespace, your chances of living through a combat survival and evasion situation are slight.

1-19. Learn these basic skills **now**—not when you are headed for or are in the battle. How you decide to equip yourself before deployment will affect whether or not you survive. You need to know about the environment to which you are going, and you must practice basic skills geared to that environment. For instance, if you are going to a desert, you need to know how to get water.

1-20. Practice basic survival skills during all training programs and exercises. Survival training reduces fear of the unknown and gives you self-confidence. It teaches you to **live by your wits**.

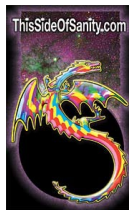


survival

immediate threats

Immediate Threats:

Immediate Threats: Any pressing threats that must be dealt with immediately come first. One obvious situation is combat or imminent combat. Fight and survive. Combat may not be other humanoids. A hungry lion, tiger, or bear can seriously ruin your day. The other obvious situation is injury. Stabilize the injury. The rule of threes claims that you can die in about three minutes from severe bleeding, icy water, lack of breathing, or cardiac arrest.



survival calm down

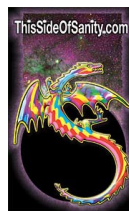
Calm Down

Calm: Your first step is to calm down so that you respond to your situation in an intelligent manner rather than based on adrenaline.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

V—VANQUISH FEAR AND PANIC

1-10. The greatest enemies in a combat survival and evasion situation are fear and panic. If uncontrolled, they can destroy your ability to make an intelligent decision. They may cause you to react to your feelings and imagination rather than to your situation. These emotions can drain your energy and thereby cause other negative emotions. Previous survival and evasion training and self-confidence will enable you to vanquish fear and panic.



survival

assess situation

Assess:

Assess: Observe your environment and assess you available resources and choices.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

S—SIZE UP THE SITUATION

1-2. If you are in a combat situation, find a place where you can conceal yourself from the enemy. Remember, security takes priority. Use your senses of hearing, smell, and sight to get a feel for the battlespace. Determine if the enemy is attacking, defending, or withdrawing. You will have to consider what is developing on the battlespace when you make your survival plan.

Surroundings

1-3. Determine the pattern of the area. Get a feel for what is going on around you. Every environment, whether forest, jungle, or desert, has a rhythm or pattern. This tempo includes animal and bird noises and movements and insect sounds. It may also include enemy traffic and civilian movements.

Physical Condition

1-4. The pressure of the battle you were in or the trauma of being in a survival situation may have caused you to overlook wounds you received. Check your wounds and give yourself first aid. Take care to prevent further bodily harm. For instance, in any climate, drink plenty of water to prevent dehydration. If you are in a cold or wet climate, put on additional clothing to prevent hypothermia.

Equipment

1-5. Perhaps in the heat of battle, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in.

1-6. Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs—water, food, and shelter.

U—USE ALL YOUR SENSES, UNDUE HASTE MAKES WASTE

1-7. You may make a wrong move when you react quickly without thinking or planning. That move may result in your capture or death. Don't move just for the sake of taking action. Consider all aspects of your situation before you make a decision and a move. If you act in haste, you may forget or lose some of your equipment. In your haste you may also become disoriented so that you don't know which way to go. Plan your moves. Be ready to move out quickly without endangering yourself if the enemy is near you. Use all your senses to evaluate the situation. Note sounds and smells. Be sensitive to temperature changes. Always be observant.

R—REMEMBER WHERE YOU ARE

1-8. Spot your location on your map and relate it to the surrounding terrain. This basic principle is one that you must **always** follow. If there are other persons with you, make sure they also know their location. Always know who in your group, vehicle, or aircraft has a map and compass. If that person is killed, you will have to get the map and compass from him. Pay close attention to where you are and where you are going. Do not rely on others in the group to keep track of the route.

Constantly orient yourself. Always try to determine, as a minimum, how **your** location relates to the location of—

- Enemy units and controlled areas.
- Friendly units and controlled areas.
- Local water sources (especially important in the desert).
- Areas that will provide good cover and concealment.

1-9. This information will allow you to make intelligent decisions when you are in a survival and evasion situation.



survival plan

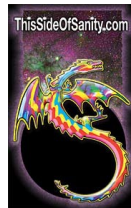


image by Gerd Altmann from Pixabay

Plan:

Plan: Plan how you will respond to your situation.

Come up with a plan that will keep your character alive.



survival

pattern for survival

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

A—ACT LIKE THE NATIVES

1-14. The natives and animals of a region have adapted to their environment. To get a feel of the area, watch how the people go about their daily routine. When and what do they eat? When, where, and how do they get their food? When and where do they go for water? What time do they usually go to bed and get up? These actions are important to you when you are trying to avoid capture.

1-15. Animal life in the area can also give you clues on how to survive. Animals also require food, water, and shelter. By watching them, you can find sources of water and food.

WARNING

Animals cannot serve as an absolute guide to what you can eat and drink. Many animals eat plants that are toxic to humans.

1-16. Keep in mind that the reaction of animals can reveal your presence to the enemy.

1-17. If in a friendly area, one way you can gain rapport with the natives is to show interest in their tools and how they get food and water. By studying the people, you learn to respect them, you often make valuable friends, and, most important, you learn how to adapt to their environment and increase your chances of survival.

PATTERN FOR SURVIVAL

1-21. Develop a survival pattern that lets you beat the enemies of survival. This survival pattern must include food, water, shelter, fire, first aid, and signals placed in order of importance. For example, in a cold environment, you would need a **fire** to get warm; a **shelter** to protect you from the cold, wind, and rain or snow; traps or snares to get **food**; a means to **signal** friendly aircraft; and **first aid** to maintain health. If you are injured, first aid has top priority no matter what climate you are in.

1-22. Change your survival pattern to meet your immediate physical needs as the environment changes. As you read the rest of this manual, keep in mind the keyword SURVIVAL, what each letter signifies (Figure 1-1), and the need for a survival pattern.

S	Size Up the Situation (Surroundings, Physical Condition, Equipment)
U	Use All Your Senses, Undue Haste Makes Waste
R	Remember Where You Are
V	Vanquish Fear and Panic
I	Improvise
V	Value Living
A	Act Like the Natives
L	Live by Your Wits, But for Now, Learn Basic Skills

Figure 1-1. Guidelines for Survival



survival

psychology of survival

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

Psychology of Survival

It takes much more than the knowledge and skills to build shelters, get food, make fires, and travel without the aid of standard navigational devices to live successfully through a survival situation. Some people with little or no survival training have managed to survive life-threatening circumstances. Some people with survival training have not used their skills and died. A key ingredient in any survival situation is the mental attitude of the individual involved. Having survival skills is important; having the will to survive is essential. Without a desire to survive, acquired skills serve little purpose and invaluable knowledge goes to waste.

There is a psychology to survival. You will face many stressors in a survival environment that ultimately will affect your mind. These stressors can produce thoughts and emotions that, if poorly understood, can transform a confident, well-trained person into an indecisive, ineffective individual with questionable ability to survive. Thus, you must be aware of and be able to recognize those stressors commonly associated with survival. It is also imperative that you be aware of your reactions to the wide variety of stressors associated with survival. This chapter identifies and explains the nature of stress, the stressors of survival, and those internal reactions that you will naturally experience when faced with the stressors of a real-world survival situation. The knowledge you gain from this chapter and the remainder of this manual, will prepare you to come through the toughest times **alive**.

A LOOK AT STRESS

2-1. Before we can understand our psychological reactions in a survival setting, it is helpful to first know a little bit about stress and its effects. Stress is not a disease that you cure and eliminate. Instead, it is a condition we all experience. Stress can be described as our reaction to pressure. It is the name given to the experience we have as we physically, mentally, emotionally, and spiritually respond to life's tensions.

NEED FOR STRESS

2-2. We need stress because it has many positive benefits. Stress provides us with challenges; it gives us chances to learn about our values and strengths. Stress can show our ability to handle pressure without breaking. It tests our adaptability and flexibility, and can stimulate us to do our best. Because we usually do not consider unimportant events stressful, stress can also be an excellent indicator of the significance we attach to an event—in other words, it highlights what is important to us.

2-3. We need to have some stress in our lives, but too much of anything can be bad. The goal is to have stress, but not an excess of it. Too much stress can take its toll on people and organizations. Too much stress leads to distress. Distress causes an uncomfortable tension that we try to escape or, preferably, avoid. Listed below are a few of the common signs of distress that you may encounter when faced with too much stress:

- Difficulty making decisions.
- Angry outbursts.
- Forgetfulness.

- Low energy level.
- Constant worrying.
- Propensity for mistakes.
- Thoughts about death or suicide.
- Trouble getting along with others.
- Withdrawing from others.
- Hiding from responsibilities.
- Carelessness.

2-4. As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. Your key to survival is your ability to manage the inevitable stresses you will encounter. The person that survives is one who works with his stresses instead of letting his stresses work on him.

SURVIVAL STRESSORS

2-5. Any event can lead to stress and, as everyone has experienced, events don't always come one at a time. Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors." Stressors are the obvious cause while stress is the response. Once the body recognizes the presence of a stressor, it then begins to act to protect itself.

2-6. In response to a stressor, the body prepares either to "fight or flee." This preparation involves an internal SOS sent throughout the body. As the body responds to this SOS, the following actions take place:

- The body releases stored fuels (sugar and fats) to provide quick energy.
- Breathing rate increases to supply more oxygen to the blood.
- Muscle tension increases to prepare for action.
- Blood clotting mechanisms are activated to reduce bleeding from cuts.
- Senses become more acute (hearing becomes more sensitive, pupils dilate, smell becomes sharper) so that you are more aware of your surroundings.
- Heart rate and blood pressure rise to provide more blood to the muscles.

This protective posture lets you cope with potential dangers. However, you cannot maintain this level of alertness indefinitely.

2-7. Stressors are not courteous; one stressor does not leave because another one arrives. Stressors add up. The cumulative effect of minor stressors can be a major distress if they all happen too close together. As the body's resistance to stress wears down and the sources of stress continue (or increase), eventually a state of exhaustion arrives. At this point, the ability to resist stress or use it in a positive way gives out and signs of distress appear. Anticipating stressors and developing strategies to cope with them are two ingredients in the effective management of stress. Therefore, it is essential that you be aware of the types of stressors that you will encounter. The following paragraphs explain a few of these.

Injury, Illness, or Death

2-8. Injury, illness, and death are real possibilities that you have to face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where you could die from hostile action, an accident, or from eating something lethal. Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself. Even if illness and injury don't lead to death, they add to stress through the pain and discomfort they generate. It is only by

controlling the stress associated with the vulnerability to injury, illness, and death that you can have the courage to take the risks associated with survival tasks.

Uncertainty and Lack of Control

2-9. Some people have trouble operating in settings where everything is not clear-cut. The only guarantee in a survival situation is that nothing is guaranteed. It can be extremely stressful operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control also add to the stress of being ill, injured, or killed.

Environment

2-10. Even under the most ideal circumstances, nature is quite formidable. In survival, you will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, mountains, swamps, deserts, insects, dangerous reptiles, and other animals are just a few of the challenges that you will encounter while working to survive. Depending on how you handle the stress of your environment, your surroundings can be either a source of food and protection or can be a cause of extreme discomfort leading to injury, illness, or death.

Hunger and Thirst

2-11. Without food and water you will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. Foraging can also be a big source of stress since you are used to having your provisions issued.

Fatigue

2-12. Forcing yourself to continue surviving is not easy as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful in itself.

Isolation

2-13. There are some advantages to facing adversity with others. As a soldier you learn individual skills, but you train to function as part of a team. Although we complain about higher headquarters, we become used to the information and guidance it provides, especially during times of confusion. Being in contact with others also provides a greater sense of security and a feeling someone is available to help if problems occur. A significant stressor in survival situations is that often you have to rely solely on your own resources.

2-14. The survival stressors mentioned in this section are by no means the only ones you may face. Remember, what is stressful to one person may not be stressful to another. Your experiences, training, personal outlook on life, physical and mental conditioning, and level of self-confidence contribute to what you will find stressful in a survival environment. The object is not to avoid stress, but rather to manage the stressors of survival and make them work for you.

2-15. We now have a general knowledge of stress and the stressors common to survival. The next step is to examine your reactions to the stressors you may face.

NATURAL REACTIONS

2-16. Man has been able to survive many shifts in his environment throughout the centuries. His ability to adapt physically and mentally to a changing world kept him alive while other species around him gradually died off. The same survival mechanisms that kept our forefathers alive can help keep you alive as well! However, the survival mechanisms that can help you can also work against you if you do not understand and anticipate their presence.

2-17. It is not surprising that the average person will have some psychological reactions in a survival situation. The following paragraphs explain some of the major internal reactions that you or anyone with you might experience with the previously stated survival stressors.

FEAR

2-18. Fear is our emotional response to dangerous circumstances that we believe have the potential to cause death, injury, or illness. This harm is not just limited to physical damage; the threat to your emotional and mental well-being can generate fear as well. If you are trying to survive, fear can have a positive function if it encourages you to be cautious in situations where recklessness could result in injury. Unfortunately, fear can also immobilize you. It can cause you to become so frightened that you fail to perform activities essential for survival. Most people will have some degree of fear when placed in unfamiliar surroundings under adverse conditions. There is no shame in this! You must train yourself not to be overcome by your fears. Ideally, through realistic training, you can acquire the knowledge and skills needed to increase your confidence and thereby manage your fears.

ANXIETY

2-19. Associated with fear is anxiety. Because it is natural for you to be afraid, it is also natural for you to experience anxiety. Anxiety can be an uneasy, apprehensive feeling you get when faced with dangerous situations (physical, mental, and emotional). When used in a healthy way, anxiety can urge you to act to end, or at least master, the dangers that threaten your existence. If you were never anxious, there would be little motivation to make changes in your life. In a survival setting you can reduce your anxiety by performing those tasks that will ensure you come through the ordeal alive. As you reduce your anxiety, you also bring under control the source of that anxiety— your fears. In this form, anxiety is good; however, anxiety can also have a devastating impact. Anxiety can overwhelm you to the point where you become easily confused and have difficulty thinking. Once this happens, it will become increasingly difficult for you to make good judgments and sound decisions. To survive, you must learn techniques to calm your anxieties and keep them in the range where they help, not hurt.

ANGER AND FRUSTRATION

2-20. Frustration arises when you are continually thwarted in your attempts to reach a goal. The goal of survival is to stay alive until you can reach help or until help can reach you. To achieve this goal, you must complete some tasks with minimal resources. It is inevitable, in trying to do these tasks, that something will go wrong; that something will happen beyond your control; and that with your life at stake, every mistake is magnified in terms of its importance. Thus, eventually, you will have to cope with frustration when a few of your plans run into trouble. One outgrowth of this frustration is anger. There are many events in a survival situation that can frustrate or anger you. Getting lost, damaged or forgotten equipment, the weather, inhospitable terrain, enemy patrols, and physical limitations are just a few sources of frustration and anger. Frustration and anger generate impulsive reactions, irrational behavior, poorly thought-out decisions, and, in some instances, an “I quit” attitude (people sometimes avoid doing something they can’t master). If you can harness and properly channel the emotional intensity associated with anger and frustration, you can productively act as you answer the challenges of survival. If you do not properly focus your angry feelings, you can waste much energy in activities that do little to further either your chances of survival or the chances of those around you.

DEPRESSION

2-21. You would be a rare person indeed if you did not get sad, at least momentarily, when faced with the hardships of survival. As this sadness deepens, it becomes “depression.” Depression is closely linked with frustration and anger. Frustration will cause you to become increasingly angry as you fail to reach your goals. If the anger does not help you succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration will continue until you become worn down— physically, emotionally, and mentally. When you reach this point, you start to give up, and your focus shifts from “What can I do” to “There is nothing I can do.” Depression is an expression of this hopeless, helpless feeling. There is nothing wrong with being sad as you temporarily think about your loved ones and remember what life is like back in “civilization” or “the world.” Such thoughts, in fact, can give you the desire to try harder and live one more day. On the other hand, if you allow yourself to sink into a depressed state, then it can sap all your energy and, more important, your will to survive. It is imperative that you resist succumbing to depression.

LONELINESS AND BOREDOM

2-22. Man is a social animal. Human beings enjoy the company of others. Very few people want to be alone all the time! There is a distinct chance of isolation in a survival setting. Isolation is not bad. Loneliness and boredom can bring to the surface qualities you thought only others had. The extent of your imagination and creativity may surprise you. When required to do so, you may discover some hidden talents and abilities. Most of all, you may tap into a reservoir of inner strength and fortitude you never knew you had. Conversely, loneliness and boredom can be another source of depression. If you are surviving alone, or with others, you must find ways to keep your mind productively occupied. Additionally, you must develop a degree of self-sufficiency. You must have faith in your capability to “go it alone.”

GUILT

2-23. The circumstances leading to your being in a survival setting are sometimes dramatic and tragic. It may be the result of an accident or military mission where there was a loss of life. Perhaps you were the only survivor or one of a few survivors. While naturally relieved to be alive, you simultaneously may be mourning the deaths of others who were less fortunate. It is not uncommon for survivors to feel guilty about being spared from death while others were not. This feeling, when used in a positive way, has encouraged people to try harder to survive with the belief they were allowed to live for some greater purpose in life. Sometimes, survivors tried to stay alive so that they could carry on the work of those killed. Whatever reason you give yourself, do not let guilt feelings prevent you from living. The living who abandon their chance to survive accomplish nothing. Such an act would be the greatest tragedy.

PREPARING YOURSELF

2-24. Your mission in a survival situation is to stay alive. The assortment of thoughts and emotions you will experience in a survival situation can work for you, or they can work to your downfall. Fear, anxiety, anger, frustration, guilt, depression, and loneliness are all possible reactions to the many stressors common to survival. These reactions, when controlled in a healthy way, help to increase your likelihood of surviving. They prompt you to pay more attention in training, to fight back when scared, to take actions that ensure sustenance and security, to keep faith with your fellow team members, and to strive against large odds. When you cannot control these reactions in a healthy way, they can bring you to a standstill. Instead of rallying your internal resources, you listen to your internal fears. These fears will cause you to experience psychological defeat long before you physically succumb. Remember, survival is natural to everyone; being unexpectedly thrust into the life-or-death struggle of survival is not. Do not be afraid of your “natural reactions to this unnatural situation.” Prepare yourself to rule over these reactions so they serve your ultimate interest—staying alive with honor and dignity.

2-25. Being prepared involves knowing that your reactions in a survival setting are productive, not destructive. The challenge of survival has produced countless examples of heroism, courage, and self-sacrifice. These are the qualities a survival situation can bring out in you if you have prepared yourself. Below are a few tips to help prepare yourself psychologically for survival. Through studying this manual and attending survival training you can develop the “survival attitude.”

KNOW YOURSELF

2-26. You should take the time through training, family, and friends to discover who you are on the inside. Strengthen your stronger qualities and develop the areas that you know are necessary to survive.

ANTICIPATE FEARS

2-27. Don't pretend that you will have no fears. Begin thinking about what would frighten you the most if forced to survive alone. Train in those areas of concern to you. The goal is not to eliminate the fear, but to build confidence in your ability to function despite your fears.

BE REALISTIC

2-28. Don't be afraid to make an honest appraisal of situations. See circumstances as they are, not as you want them to be. Keep your hopes and expectations within the estimate of the situation. When you go into a survival setting with unrealistic expectations, you may be laying the groundwork for bitter disappointment. Follow the adage, “Hope for the best, prepare for the worst.” It is much easier to adjust to pleasant surprises about your unexpected good fortunes than to be upset by your unexpected harsh circumstances.

ADOPT A POSITIVE ATTITUDE

2-29. Learn to see the potential good in everything. Looking for the good not only boosts morale, it also is excellent for exercising your imagination and creativity.

REMIND YOURSELF WHAT IS AT STAKE

2-30. Failure to prepare yourself psychologically to cope with survival leads to reactions such as depression, carelessness, inattention, loss of confidence, poor decision making, and giving up before the body gives in. Remember that your life and the lives of others who depend on you are at stake.

TRAIN

2-31. Through military training and life experiences, begin today to prepare yourself to cope with the rigors of survival. Demonstrating your skills in training will give you the confidence to call upon them should the need arise. Remember, the more realistic the training, the less overwhelming an actual survival setting will be.

LEARN STRESS MANAGEMENT TECHNIQUES

2-32. People under stress have a potential to panic if they are not well-trained and not prepared psychologically to face whatever the circumstances may be. While you often cannot control the survival circumstances in which you find yourself, it is within your ability to control your response to those circumstances. Learning stress management techniques can significantly enhance your capability to remain calm and focused as you work to keep yourself and others alive. A few good techniques to develop include relaxation skills, time management skills, assertiveness skills, and cognitive restructuring skills (the ability to control how you view a situation). Remember, “the will to survive” can also be considered “the refusal to give up.”



survival motivation

Motivation:

Motivation: Stay motivated. Do things that will improve your morale. There are cases where a survivor did almost everything wrong and still lived just on sheer willpower and desire to stay alive.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

V—VALUE LIVING

1-13. All of us were born kicking and fighting to live, but we have become used to the soft life. We have become creatures of comfort. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stresses, inconveniences, and discomforts? This is when the will to live— placing a high value on living—is vital. The experience and knowledge you have gained through life and your Army training will have a bearing on your will to live. Stubbornness, a refusal to give in to problems and obstacles that face you, will give you the mental and physical strength to endure.



survival tools and equipment

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

Equipment

1-5. Perhaps in the heat of battle, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in.

1-6. Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs—water, food, and shelter.

I—IMPROVISE

1-11. In the United States (U.S.), we have items available for all our needs. Many of these items are cheap to replace when damaged. Our easy-come, easy-go, easy-to-replace culture makes it unnecessary for us to improvise. This inexperience in “making do” can be an enemy in a survival situation. Learn to improvise. Take a tool designed for a specific purpose and see how many other uses you can make of it.

1-12. Learn to use natural objects around you for different needs. An example is using a rock for a hammer. No matter how complete a survival kit you have with you, it will run out or wear out after a while. Your imagination must take over when your kit wears out.

Equipment

1-5. Perhaps in the heat of battle, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in.

1-6. Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs—water, food, and shelter.

Survival Kits:

A **survival kit** or **emergency kit** is a collection of vital tools and equipment in some easy to transport container.

A **bug out bag** or BOB is a portable kit that normally contains the items one would require to survive for 72 hours when evacuating from a disaster, although some kits are designed to last longer periods. The term may be derived from the bail-out bag emergency kit carried by military aviators.

A **go-kit** is used in amateur radio to describe a combination personal bug-out bag and portable amateur radio station.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

Survival Planning and Survival Kits

A survival plan is dependent on three separate but intertwined parts to be successful: planning, preparation, and practice.

Survival planning is nothing more than realizing something could happen that would put you in a survival situation and, with that in mind, taking steps to increase your chances of survival. It can happen to anyone, anywhere, anytime, so remember: **failure to plan is a plan to fail**. Plans are based on evasion and recovery (E&R) considerations and the availability of resupply or emergency bundles. You must take into consideration the mission duration and the distance to friendly lines; the environment, to include the terrain and weather and possible changes in the weather during a protracted mission; and the platform you will be operating with, such as an aircraft, a multipurpose vehicle, or perhaps just a rucksack. Planning also entails looking at those E&R routes and knowing by memory the major geographical features in case your map and compass are lost. You can use classified and unclassified sources such as the Internet, encyclopedias, and geographic magazines to assist you in planning.

Preparation means preparing yourself and your survival kit for those contingencies that you have in your plan. A plan without any preparation is just a piece of paper. It will not keep you alive. Prepare yourself by making sure your immunizations and dental work are up-to-date. Prepare your uniform by having the newest uniform for emergencies. It will have the most infrared-defeating capabilities possible. You can have signal devices and snare wire sewn into it ahead of time. Break in your boots and make sure that the boots have good soles and water-repellent properties. Study the area, climate, terrain, and indigenous methods of food and water procurement. You should continuously assess data, even after the plan is made, to update the plan as necessary and give you the greatest possible chance of survival. Another example of preparation is finding the emergency exits on an aircraft when you board it for a flight. Practice those things that you have planned with the items in your survival kit. Checking ensures that items work and that you know how to use them. Build a fire in the rain so you know that when it is critical to get warm, you can do it. Review the medical items in your kit and have instructions printed on their use so that even in times of stress, you will not make life-threatening errors.

IMPORTANCE OF PLANNING

3-1. Detailed prior planning is essential in potential survival situations. Including survival considerations in mission planning will enhance your chances of survival if an emergency occurs. For example, if your job requires that you work in a small, enclosed area that limits what you can carry on your person, plan where you can put your rucksack or your load-bearing equipment (LBE). Put it where it will not prevent you from getting out of the area quickly, yet where it is readily accessible.

3-2. One important aspect of prior planning is preventive medicine. Ensuring that you have no dental problems and that your immunizations are current will help you avoid potential dental or health problems. Some dental problems can progress to the point that you may not be able to eat enough to survive. Failure to keep your shots current may mean your body is not immune to diseases that are prevalent in the area.

3-3. Preparing and carrying a survival kit is as important as the considerations mentioned above. All Army aircraft have survival kits on board for the type of area over which they will fly. There are kits for over-water, hot climate, and cold climate survival. Each crewmember will also be wearing an aviator survival vest (Appendix A describes these survival kits). Know the location of these kits on the aircraft and what they contain in case of crash or ditching. There are also soldier kits for tropical and temperate survival. These kits are expensive and not always available to every soldier. However, if you know what these kits contain, and on what basis they are built, you will be able to plan and to prepare your own survival kit that may be better suited to you than an off-the-shelf one.

3-4. Even the smallest survival kit, if properly prepared, is invaluable when faced with a survival problem. However, before making your survival kit, consider your unit's mission, the operational environment, and the equipment and vehicles assigned to your unit.

SURVIVAL KITS

3-5. The environment is the key to the types of items you will need in your survival kit. How much equipment you put in your kit depends on how you will carry the kit. A kit carried on your body will have to be smaller than one carried in a vehicle. Always layer your survival kit—body, load-bearing vest or equipment, and platform (rucksack, vehicle, or aircraft). Keep the most important items on your body. For example, your map and compass should always be on your body, as should your basic life-sustaining items (knife, lighter). Carry less important items on your LBE. Place bulky items in the rucksack.

3-6. In preparing your survival kit, select items that are multipurpose, compact, lightweight, durable, and most importantly, functional. An item is not good if it looks great but doesn't do what it was designed for. Items should complement each other

from layer to layer. A signal mirror in your pocket can be backed up by pen flares in your LBE and a signal panel in your rucksack. A lighter in your uniform can be augmented by a magnesium bar in your LBE and additional dry tinder in your rucksack.

3-7. Your survival kit need not be elaborate. You need only functional items that will meet your needs and a case to hold the items. For the case, you might want to use a bandage box, soap dish, tobacco tin, first-aid case, ammunition pouch, or another suitable case. This case should be—

- Water-repellent or waterproof.
- Easy to carry or attach to your body.
- Suitable to accept various-sized components.
- Durable.

3-8. Your survival kit should be broken down into the following categories:

- Water.
- Fire.
- Shelter.
- Food.
- Medical.
- Signal.
- Miscellaneous.

3-9. Each category should contain items that allow you to sustain your basic needs. For example, water—you should have items that allow you to scoop up, draw up, soak up, or suck up water; something to gather rainwater, condensation, or perspiration; something to transport water; and something to purify or filter water. Some examples of each category are as follows:

- Water—purification tablets, non-lubricated condoms for carrying water, bleach, povidone-iodine drops, cravats, sponges, small plastic or rubber tubing, collapsible canteens or water bags.
- Fire—lighter, metal match, waterproof matches, magnesium bar, candle, magnifying lens.
- Shelter—550 parachute cord, large knife, machete or hatchet, poncho, space blanket, hammock, mosquito net, wire saw.
- Food—knife, snare wire, fishhooks, fish and snare line, bouillon cubes or soup packets, high-energy food bars, granola bars, gill or yeti net, aluminum foil, freezer bags.
- Medical—oxytetracycline tablets (to treat diarrhea or infection), surgical blades or surgical preparation knife, butterfly sutures, lip balm, safety pins, sutures, antidiarrheal medication (imodium), antimalarial medication (doxycycline), broad-spectrum antibiotics (rocephin and zithromax) and broad spectrum topical ophthalmic (eye) antibiotic, antifungal, anti-inflammatory (ibuprofen), petrolatum gauze, and soap. Medical items may make up approximately 50 percent of your survival kit.
- Signal—signaling mirror, strobe, pen flares, whistle, U.S. flag, pilot scarf or other bright orange silk scarf, glint tape, flashlight, laser pointer, solar blanket.
- Miscellaneous—wrist compass, needle and thread, money, extra eyeglasses, knife sharpener, cork, camouflage stick, and survival manual.

3-10. Include a weapon only if the situation so dictates. Ambassadors and theater commanders may prohibit weapons even in extreme circumstances. Read and practice the survival techniques in this manual and apply these basic concepts to those you read about in other civilian publications. Consider your mission and the environment in which you will operate. Then prepare your survival kit with items that are durable, multipurpose, and lightweight. Imagination may be the largest part of your kit. It can replace many of the items in a kit. Combined with the will to live, it can mean the difference between surviving to return

Backpack:

You need a backpack to carry your stuff.

Shelter:

You need shelter. The order of needs in the wild are immediate health dangers, shelter, water, and eventually food. Tents are the traditional answer. You need rope and usually tent pegs and a tens pole. Your tent pole can double as your walking stick. Maybe even use a quarterstaff as your tent pole/walking stick.

Tarps can be effective even as rain shelter and weight much less. You need rope or guylines and either trees or stakes and pole.

Ultralight hammocks are even lighter. You can get bug nets and rainflies for your hammock. Again the walking stick/tent pole/quarterstaff idea. Maybe use your spear as a walking stick/tent pole. You need the guylines and probably pegs as well.

Sleeping:

You need protection while sleeping. A down filled quilt is light weight and compresses to small space and super good at maintaining body heat over the night.

A sleeping pad is a great luxury. Yes you can make leaf or moss beds or other alternatives using whatever you naturally find, depending on the kind of terrain.

Water:

You have to have water. A method to carry the water (such as waterskins). And a method for purifying found water, such as pot where you can boil the water.

Fire:

You need an easy method to start fires. Relying on two sticks is time consuming, heavy physical exertion, and requires access to sticks. Flint and steel plus a little bit of stored tinder (for when you can't easily find tinder in the wild).

Food:

You want some carried food, even if you plan on foraging in the wild. Or military foraging, which is known to the victims as looting and stealing.

Footwear:

You want high quality outdoor footwear. Probably the best boots you can find.

Hat:

You want a hat. Protection against sunburn and rain.

Bad Weather Gear:

You want foul weather gear. For whatever kind of foul weather is typical where you will be adventuring. Protection from rain, snow, storm, dust, blizzard, etc.

Light:

You want some method of creating light.

Personal Hygeine:

You want personal hygeine items. Toothbrush, toothpaste, soap.

Tools:

You want the minimal set of tools needed to handle everyday situations.



survival self-defense

Defense:

Defense: Defend yourself from any immediate threats.

Weapon System:

Prior to firearms, the most efficient weapon system has been spear, shield, helmet, and body armor.

Spear:

A spear is effective in the hands of an amateur. A spear is deadly in the hands of a skilled warrior.

Shield:

The shield is great is the starting point of defense in both one-on-one and mass combat.

Helmet:

Protecting the head keeps you alive.



survival first aid

First Aid:

First Aid: Stabilize any serious medical issues.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

Basic Survival Medicine

Foremost among the many problems that can compromise your survival ability are medical problems resulting from unplanned events, such as a forced landing or crash, extreme climates, ground combat, evasion, and illnesses contracted in captivity.

Many evaders and survivors have reported difficulty in treating injuries and illness due to the lack of training and medical supplies. For some, this led to capture or surrender.

Survivors have related feelings of apathy and helplessness because they could not treat themselves in this environment. The ability to treat yourself increases your morale and aids in your survival and eventual return to friendly forces.

One man with a fair amount of basic medical knowledge can make a difference in the lives of many. Without qualified medical personnel available, it is you who must know what to do to stay alive.

REQUIREMENTS FOR MAINTENANCE OF HEALTH

4-1. To survive, you need water and food. You must also have and apply high personal hygiene standards.

WATER

4-2. Your body loses water through normal body processes (sweating, urinating, and defecating). During average daily exertion when the atmospheric temperature is 20 degrees Celsius (68 degrees Fahrenheit [F]), the average adult loses and therefore requires 2 to 3 liters of water daily. Other factors, such as heat exposure, cold exposure, intense activity, high altitude, burns, or illness, can cause your body to lose more water. You must replace this water.

4-3. Dehydration results from inadequate replacement of lost body fluids. It decreases your efficiency and, if you are injured, it increases your susceptibility to severe shock. Consider the following results of body fluid loss:

- A 5-percent loss results in thirst, irritability, nausea, and weakness.
- A 10-percent loss results in dizziness, headache, inability to walk, and a tingling sensation in the limbs.
- A 15-percent loss results in dim vision, painful urination, swollen tongue, deafness, and a numb feeling in the skin.
- A loss greater than 15 percent may result in death.

4-4. The most common signs and symptoms of dehydration are—

- Dark urine with a very strong odor.
- Low urine output.
- Dark, sunken eyes.
- Fatigue.
- Emotional instability.
- Loss of skin elasticity.
- Delayed capillary refill in fingernail beds.
- Trench line down center of tongue.
- Thirst. (Last on the list because you are already 2-percent dehydrated by the time you crave fluids.)

4-5. You should replace the water as you lose it. Trying to make up a deficit is difficult in a survival situation, and thirst is not a sign of how much water you need.

4-6. Most people cannot comfortably drink more than 1 liter of water at a time. So, even when not thirsty, drink small amounts of water at regular intervals each hour to prevent dehydration.

4-7. If you are under physical and mental stress or subject to severe conditions, increase your water intake. Drink enough liquids to maintain a urine output of at least 0.5 liters every 24 hours.

4-8. In any situation where food intake is low, drink 6 to 8 liters of water per day. In an extreme climate, especially an arid one, the average person can lose 2.5 to 3.5 liters of water **per hour**. In this type of climate, you should drink 8 to 12 ounces of water every 30 minutes. It is better to regulate water loss through work or rest cycles because overhydration can occur if water intake exceed 1 1/2 quarts per hour. Overhydration can cause low serum sodium levels resulting in cerebral and pulmonary edema, which can lead to death.

4-9. With the loss of water there is also a loss of electrolytes (body salts). The average diet can usually keep up with these losses but in an extreme situation or illness, additional sources need to be provided. You should maintain an intake of carbohydrates and other necessary electrolytes.

4-10. Of all the physical problems encountered in a survival situation, the loss of water is the most preventable. The following are basic guidelines for the prevention of dehydration:

- *Always drink water when eating.* Water is used and consumed as a part of the digestion process and can lead to dehydration.
- *Acclimatize.* The body performs more efficiently in extreme conditions when acclimatized.
- *Conserve sweat, not water.* Limit sweat-producing activities but drink water.
- *Ration water.* Until you find a suitable source, ration your sweat, not your water. Limit activity and heat gain or loss.

4-11. You can estimate fluid loss by several means. A field dressing holds about 0.25 liters (1/4 canteen) of fluid. A soaked T-shirt holds 0.5 to 0.75 liters.

4-12. You can also use the pulse and breathing rate to estimate fluid loss. Use the following as a guide:

- With a 0.75-liter loss the wrist pulse rate will be under 100 beats per minute and the breathing rate 12 to 20 breaths per minute.
- With a 0.75- to 1.5-liter loss the pulse rate will be 100 to 120 beats per minute and 20 to 30 breaths per minute.
- With a 1.5- to 2-liter loss the pulse rate will be 120 to 140 beats per minute and 30 to 40 breaths per minute. Vital signs above these rates require more advanced care.

FOOD

4-13. Although you can live several weeks without food, you need an adequate amount to stay healthy. Without food your mental and physical capabilities will deteriorate rapidly and you will become weak. Food provides energy and replenishes the substances that your body burns. Food provides vitamins, minerals, salts, and other elements essential to good health. Possibly more important, it helps morale.

4-14. The three basic sources of food are plants, animals (including fish), and issued rations. In varying degrees, both provide the calories, carbohydrates, fats, and proteins needed for normal daily body functions. You should use rations to augment plant and animal foods, which will extend and help maintain a balanced diet.

4-15. Calories are a measure of heat and potential energy. The average person needs 2,000 calories per day to function at a minimum level. An adequate amount of carbohydrates, fats, and proteins without an adequate caloric intake will lead to starvation and cannibalism of the body's own tissue for energy.

Plants

4-16. Plant foods provide carbohydrates—the main source of energy. Many plants provide enough protein to keep the body at normal efficiency. Although plants may not provide a balanced diet, they will sustain you even in the arctic, where meat's heat-producing qualities are normally essential. Many plant foods such as nuts and seeds will give you enough protein and oils for normal efficiency. Roots, green vegetables, and plant foods containing natural sugar will provide calories and carbohydrates that give the body natural energy.

4-17. The food value of plants becomes more and more important if you are eluding the enemy or if you are in an area where wildlife is scarce. For instance—

- You can dry plants by wind, air, sun, or fire. This retards spoilage so that you can store or carry the plant food with you to use when needed.
- You can obtain plants more easily and more quietly than meat. This is extremely important when the enemy is near.

Animals

4-18. Meat is more nourishing than plant food. In fact, it may even be more readily available in some places. However, to get meat, you need to know the habits of and how to capture the various wildlife.

4-19. To satisfy your immediate food needs, first seek the more abundant and more easily obtained wildlife, such as insects, crustaceans, mollusks, fish, and reptiles. These can satisfy your immediate hunger while you are preparing traps and snares for larger game.

PERSONAL HYGIENE

4-20. In any situation, cleanliness is an important factor in preventing infection and disease. It becomes even more important in a survival situation. Poor hygiene can reduce your chances of survival.

4-21. A daily shower with hot water and soap is ideal, but you can stay clean without this luxury. Use a cloth and soapy water to wash yourself. Pay special attention to the feet, armpits, crotch, hands, and hair as these are prime areas for infestation and infection. If water is scarce, take an "airâ" bath. Remove as much of your clothing as practical and expose your body to the sun and air for at least 1 hour. Be careful not to sunburn.

4-22. If you don't have soap, use ashes or sand, or make soap from animal fat and wood ashes if your situation allows. To make soap—

- Extract grease from animal fat by cutting the fat into small pieces and cooking it in a pot.
- Add enough water to the pot to keep the fat from sticking as it cooks.
- Cook the fat slowly, stirring frequently.
- After the fat is rendered, pour the grease into a container to harden.

- Place ashes in a container with a spout near the bottom.
- Pour water over the ashes and collect the liquid that drips out of the spout in a separate container. This liquid is the potash or lye.

4-23. Another way to get the lye is to pour the slurry (the mixture of ashes and water) through a straining cloth.

- In a cooking pot, mix two parts grease to one part lye.
- Place this mixture over a fire and boil it until it thickens.

After the mixture (the soap) cools, you can use it in the semiliquid state directly from the pot. You can also pour it into a pan, allow it to harden, and cut it into bars for later use.

Keep Your Hands Clean

4-24. Germs on your hands can infect food and wounds. Wash your hands after handling any material that is likely to carry germs, after urinating or defecating, after caring for the sick, and before handling any food, food utensils, or drinking water. Keep your fingernails closely trimmed and clean, and keep your fingers out of your mouth.

Keep Your Hair Clean

4-25. Your hair can become a haven for bacteria or fleas, lice, and other parasites. Keeping your hair clean, combed, and trimmed helps you avoid this danger.

Keep Your Clothing Clean

4-26. Keep your clothing and bedding as clean as possible to reduce the chances of skin infection or parasitic infestation. Clean your outer clothing whenever it becomes soiled. Wear clean underclothing and socks each day. If water is scarce, “airâ” clean your clothing by shaking, airing, and sunning it for 2 hours. If you are using a sleeping bag, turn it inside out after each use, fluff it, and air it.

Keep Your Teeth Clean

4-27. Thoroughly clean your mouth and teeth with a toothbrush at least once each day. If you don’t have a toothbrush, make a chewing stick. Find a twig about 20 centimeters (cm) (8 inches) long and 1 centimeter (1/3 inch) wide. Chew one end of the stick to separate the fibers. Then brush your teeth thoroughly. Another way is to wrap a clean strip of cloth around your fingers and rub your teeth with it to wipe away food particles. You can also brush your teeth with small amounts of sand, baking soda, salt, or soap. Rinse your mouth with water, salt water, or willow bark tea. Also, flossing your teeth with string or fiber helps oral hygiene.

4-28. If you have cavities, you can make temporary fillings by placing candle wax, tobacco, hot pepper, toothpaste or powder, or portions of a gingerroot into the cavity. Make sure you clean the cavity by rinsing or picking the particles out of the cavity before placing a filling in the cavity.

Take Care of Your Feet

4-29. To prevent serious foot problems, break in your shoes before wearing them on any mission. Wash and massage your feet daily. Trim your toenails straight across. Wear an insole and the proper size of dry socks. Powder and check your feet daily for blisters.

4-30. If you get a small blister, do not open it. An intact blister is safe from infection. Apply a padding material around the blister to relieve pressure and reduce friction. If the blister bursts, treat it as an open wound. Clean and dress it daily and pad around it. Leave large blisters intact. To avoid having the blister burst or tear under pressure and cause a painful and open sore, do the following:

- Obtain a sewing-type needle and a clean or sterilized thread.
- Run the needle and thread through the blister after cleaning the blister.

- Detach the needle and leave both ends of the thread hanging out of the blister. The thread will absorb the liquid inside. This reduces the size of the hole and ensures that the hole does not close up.

- Pad around the blister.

Get Sufficient Rest

4-31. You need a certain amount of rest to keep going. Plan for regular rest periods of at least 10 minutes per hour during your daily activities. Learn to make yourself comfortable under less-than-ideal conditions. A change from mental to physical activity or vice versa can be refreshing when time or situation does not permit total relaxation.

Keep Campsite Clean

4-32. Do not soil the ground in the campsite area with urine or feces. Use latrines, if available. When latrines are not available, dig “cat holes” and cover the waste. Collect drinking water upstream from the campsite. Purify all water.

MEDICAL EMERGENCIES

4-33. Medical problems and emergencies you may face include breathing problems, severe bleeding, and shock. The following paragraphs explain each of these problems and what you can expect if they occur.

BREATHING PROBLEMS

4-34. Any one of the following can cause airway obstruction, resulting in stopped breathing:

- Foreign matter in mouth of throat that obstructs the opening to the trachea.
- Face or neck injuries.
- Inflammation and swelling of mouth and throat caused by inhaling smoke, flames, and irritating vapors or by an allergic reaction.
- “Kink” in the throat (caused by the neck bent forward so that the chin rests upon the chest).
- Tongue blocks passage of air to the lungs upon unconsciousness. When an individual is unconscious, the muscles of the lower jaw and tongue relax as the neck drops forward, causing the lower jaw to sag and the tongue to drop back and block the passage of air.

SEVERE BLEEDING

4-35. Severe bleeding from any major blood vessel in the body is extremely dangerous. The loss of 1 liter of blood will produce moderate symptoms of shock. The loss of 2 liters will produce a severe state of shock that places the body in extreme danger. The loss of 3 liters is usually fatal.

SHOCK

4-36. Shock (acute stress reaction) is not a disease in itself. It is a clinical condition characterized by symptoms that arise when cardiac output is insufficient to fill the arteries with blood under enough pressure to provide an adequate blood supply to the organs and tissues.

LIFESAVING STEPS

4-37. Control panic, both your own and the victim’s. Reassure him and try to keep him quiet. Perform a rapid physical exam. Look for the cause of the injury and follow the ABCs of first aid. Start with the airway and breathing, but be discerning. In some cases, a person may die from arterial bleeding more quickly than from an airway obstruction. The following paragraphs describe how to treat airway, bleeding, and shock emergencies.

OPEN AIRWAY AND MAINTAIN

4-38. You can open an airway and maintain it by using the following steps:

- *Step 1.* You should check to see if the victim has a partial or complete airway obstruction. If he can cough or speak, allow him to clear the obstruction naturally. Stand by, reassure the victim, and be ready to clear his airway and perform mouth-to-mouth resuscitation should he become unconscious. If his airway is completely obstructed, administer abdominal thrusts until the obstruction is cleared.
- *Step 2.* Using a finger, quickly sweep the victim's mouth clear of any foreign objects, broken teeth, dentures, and sand.
- *Step 3.* Using the jaw thrust method, grasp the angles of the victim's lower jaw and lift with both hands, one on each side, moving the jaw forward. For stability, rest your elbows on the surface on which the victim is lying. If his lips are closed, gently open the lower lip with your thumb (Figure 4-1, page 4-10).

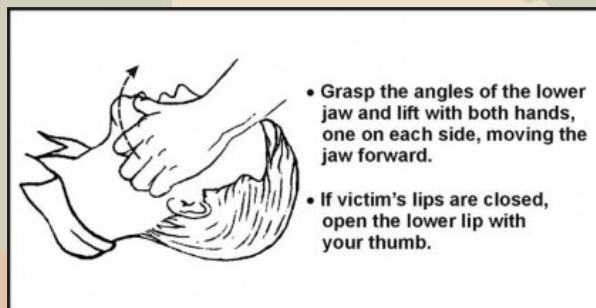


Figure 4-1. Jaw Thrust Method

- *Step 4.* With the victim's airway open, pinch his nose closed with your thumb and forefinger and blow two complete breaths into his lungs. Allow the lungs to deflate after the second inflation and perform the following:
 - **Look** for his chest to rise and fall.
 - **Listen** for escaping air during exhalation.
 - **Feel** for flow of air on your cheek.
- *Step 5.* If the forced breaths do not stimulate spontaneous breathing, maintain the victim's breathing by performing mouth-to-mouth resuscitation.
- *Step 6.* There is danger of the victim vomiting during mouth-to-mouth resuscitation. Check the victim's mouth periodically for vomit and clear as needed.

NOTE: Cardiopulmonary resuscitation (CPR) may be necessary after cleaning the airway, but only after major bleeding is under control. See FM 21-20, *Physical Fitness Training*, the American Heart Association manual, the Red Cross manual, or most other first aid books for detailed instructions on CPR.

CONTROL BLEEDING

4-39. In a survival situation, you must control serious bleeding immediately because replacement fluids normally are not available and the victim can die within a matter of minutes.

External bleeding falls into the following classifications (according to its source):

- *Arterial.* Blood vessels called arteries carry blood away from the heart and through the body. A cut artery issues *bright red* blood from the wound in *distinct spurts or pulses* that correspond to the rhythm of the heartbeat. Because the blood in the arteries is under high pressure, an individual can lose a large volume of blood in a short period when damage to an artery of significant size occurs. Therefore, arterial bleeding is the most serious type of bleeding. If not controlled promptly, it can be fatal.
- *Venous.* Venous blood is blood that is returning to the heart through blood vessels called veins. A steady flow of *dark red, maroon, or bluish blood* characterizes bleeding from a vein. You can usually control venous bleeding more easily than

arterial bleeding.

- *Capillary*. The capillaries are the extremely small vessels that connect the arteries with the veins. Capillary bleeding most commonly occurs in minor cuts and scrapes. This type of bleeding is not difficult to control.

4-40. You can control external bleeding by direct pressure, indirect (pressure points) pressure, elevation, digital ligation, or tourniquet. Each method is explained below.

Direct Pressure

4-41. The most effective way to control external bleeding is by applying pressure directly over the wound. This pressure must not only be firm enough to stop the bleeding, but it must also be maintained long enough to “seal off” the damaged surface.

4-42. If bleeding continues after having applied direct pressure for 30 minutes, apply a pressure dressing. This dressing consists of a thick dressing of gauze or other suitable material applied directly over the wound and held in place with a tightly wrapped bandage (Figure 4-2, page 4-12). It should be tighter than an ordinary compression bandage but not so tight that it impairs circulation to the rest of the limb. Once you apply the dressing, **do not remove it**, even when the dressing becomes blood soaked.

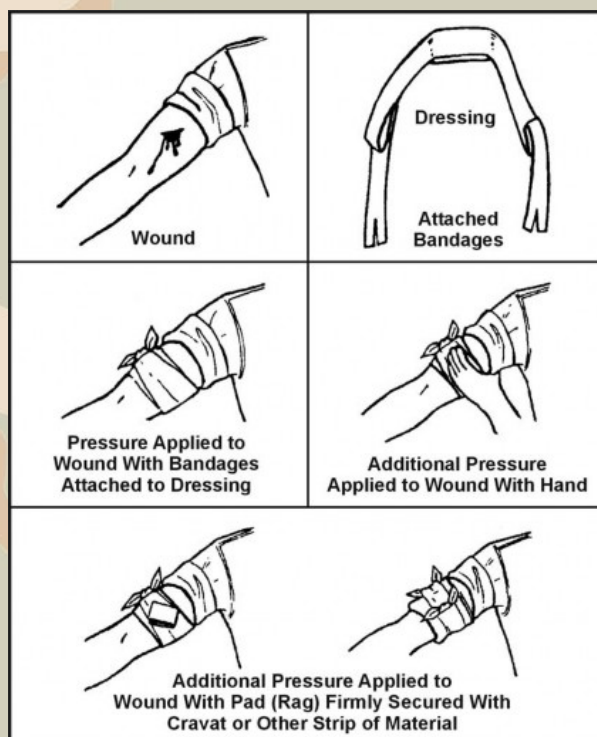


Figure 4-2. Application of a Pressure Dressing

4-43. Leave the pressure dressing in place for 1 or 2 days, after which you can remove and replace it with a smaller dressing. In the long-term survival environment, make fresh, daily dressing changes and inspect for signs of infection.

Elevation

4-44. Raising an injured extremity as high as possible above the heart's level slows blood loss by aiding the return of blood to the heart and lowering the blood pressure at the wound. However, elevation alone will not control bleeding entirely; you must also apply direct pressure over the wound. When treating a snakebite, be sure to keep the extremity **lower** than the heart.

Pressure Points

4-45. A pressure point is a location where the main artery to the wound lies near the surface of the skin or where the artery passes directly over a bony prominence (Figure 4-3). You can use digital pressure on a pressure point to slow arterial bleeding until the application of a pressure dressing. Pressure point control is not as effective for controlling bleeding as direct pressure exerted on the wound. It is rare when a single major compressible artery supplies a damaged vessel.

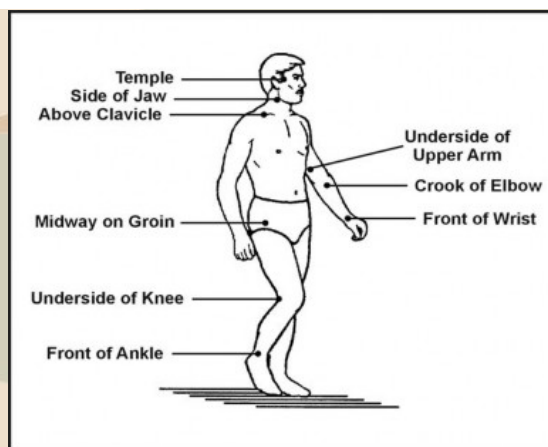


Figure 4-3. Pressure Points

4-46. If you cannot remember the exact location of the pressure points, follow this rule: Apply pressure at the end of the joint just above the injured area. On hands, feet, and head, this will be the wrist, ankle, and neck, respectively.

WARNING

Use caution when applying pressure to the neck. Too much pressure for too long may cause unconsciousness or death. Never place a tourniquet around the neck.

4-47. Maintain pressure points by placing a round stick in the joint, bending the joint over the stick, and then keeping it tightly bent by lashing. By using this method to maintain pressure, it frees your hands to work in other areas.

Digital Ligation

4-48. You can stop major bleeding immediately or slow it down by applying pressure with a finger or two on the bleeding end of the vein or artery. Maintain the pressure until the bleeding stops or slows down enough to apply a pressure bandage, elevation, and so forth.

Tourniquet

4-49. Use a tourniquet only when direct pressure over the bleeding point and all other methods did not control the bleeding. If you leave a tourniquet in place too long, the damage to the tissues can progress to gangrene, with a loss of the limb later. An improperly applied tourniquet can also cause permanent damage to nerves and other tissues at the site of the constriction. If you must use a tourniquet, place it around the extremity, between the wound and the heart, 5 to 10 centimeters (2 to 4 inches) above the wound site. Never place it directly over the wound or a fracture. Figure 4-4, page 4-15, explains how to apply a tourniquet.

4-50. After you secure the tourniquet, clean and bandage the wound. A lone survivor **does not** remove or release an applied tourniquet. However, in a buddy system, the buddy can release the tourniquet pressure every 10 to 15 minutes for 1 or 2 minutes to let blood flow to the rest of the extremity to prevent limb loss.

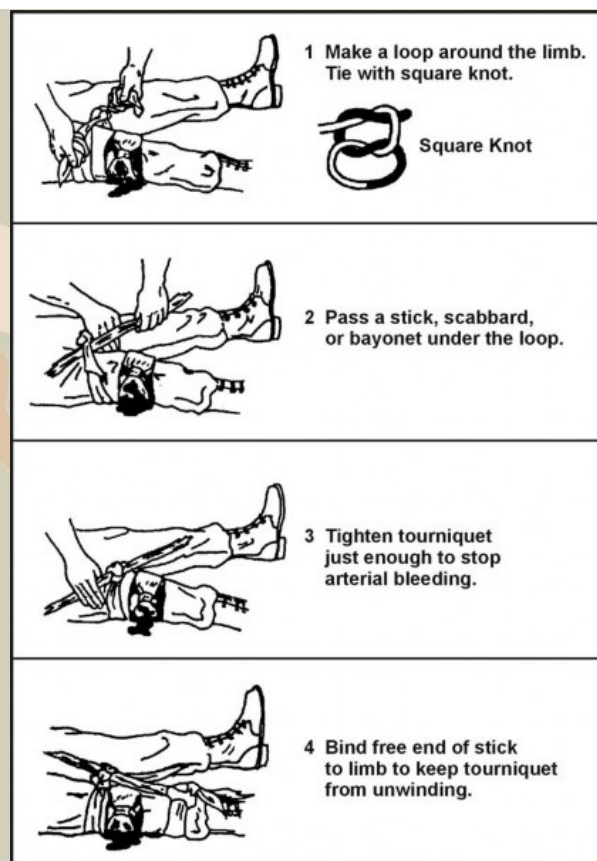


Figure 4-4. Application of Tourniquet

PREVENT AND TREAT SHOCK

4-51. Anticipate shock in all injured personnel. Treat all injured persons as follows, regardless of what symptoms appear (Figure 4-5, page 4-17):

- If the victim is conscious, place him on a level surface with the lower extremities elevated 15 to 20 centimeters (6 to 8 inches).
- If the victim is unconscious, place him on his side or abdomen with his head turned to one side to prevent choking on vomit, blood, or other fluids.
- If you are unsure of the best position, place the victim perfectly flat. Once the victim is in a shock position, do not move him.
- Maintain body heat by insulating the victim from the surroundings and, in some instances, applying external heat.
- If wet, remove all the victim's wet clothing as soon as possible and replace with dry clothing.
- Improvise a shelter to insulate the victim from the weather.
- Use warm liquids or foods, a prewarmed sleeping bag, another person, warmed water in canteens, hot rocks wrapped in clothing, or fires on either side of the victim to provide external warmth.
- If the victim is conscious, slowly administer small doses of a warm salt or sugar solution, if available.
- If the victim is unconscious or has abdominal wounds, do not give fluids by mouth.
- Have the victim rest for at least 24 hours.
- If you are a lone survivor, lie in a depression in the ground, behind a tree, or any other place out of the weather, with your head lower than your feet.

- If you are with a buddy, reassess your patient constantly.

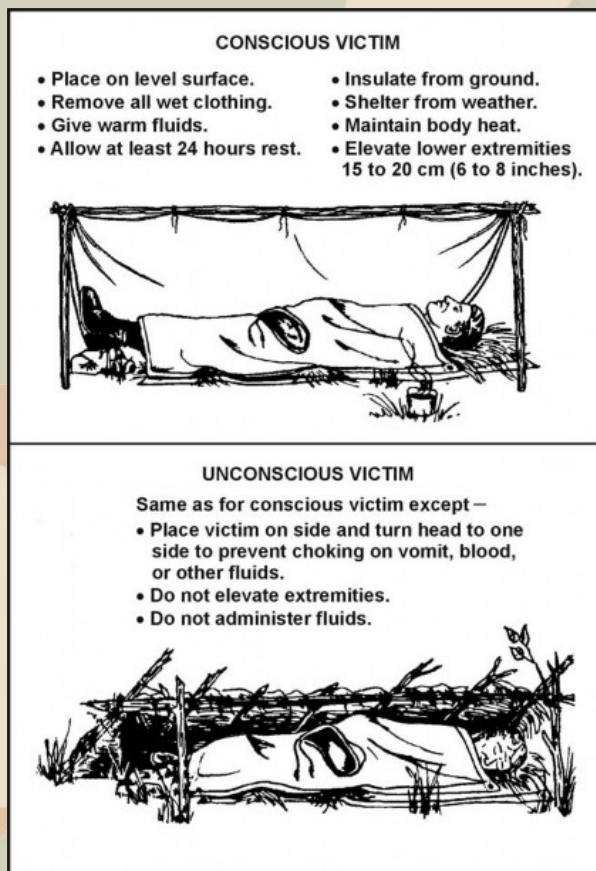


Figure 4-5. Treatment for Shock

BONE AND JOINT INJURY

4-52. You could face bone and joint injuries that include fractures, dislocations, and sprains. Follow the steps explained below for each injury.

FRACTURES

4-53. There are basically two types of fractures: open and closed. With an open (or compound) fracture, the bone protrudes through the skin and complicates the actual fracture with an open wound. Any bone protruding from the wound should be cleaned with an antiseptic and kept moist. You should splint the injured area and continually monitor blood flow past the injury. Only reposition the break if there is no blood flow.

4-54. The closed fracture has no open wounds. Follow the guidelines for immobilization and splint the fracture.

4-55. The signs and symptoms of a fracture are pain, tenderness, discoloration, swelling deformity, loss of function, and grating (a sound or feeling that occurs when broken bone ends rub together).

4-56. The dangers with a fracture are the severing or the compression of a nerve or blood vessel at the site of fracture. For this reason minimum manipulation should be done, and only very cautiously. If you notice the area below the break becoming numb, swollen, cool to the touch, or turning pale, and the victim showing signs of shock, a major vessel may have been severed. You must control this internal bleeding. Reset the fracture and treat the victim for shock and replace lost fluids.

4-57. Often you must maintain traction during the splinting and healing process. You can effectively pull smaller bones such as the arm or lower leg by hand. You can create traction by wedging a hand or foot in the V-notch of a tree and pushing against the tree with the other extremity. You can then splint the break.

4-58. Very strong muscles hold a broken thighbone (femur) in place making it difficult to maintain traction during healing. You can make an improvised traction splint using natural material (Figure 4-6, page 4-19) as explained below.

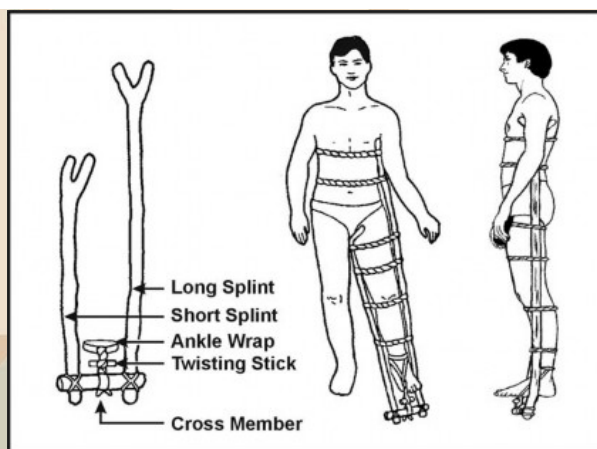


Figure 4-6. Improvised Traction Splint

- Get two forked branches or saplings at least 5 centimeters (2 inches) in diameter. Measure one from the patient's armpit to 20 to 30 centimeters (8 to 12 inches) past his unbroken leg. Measure the other from the groin to 20 to 30 centimeters (8 to 12 inches) past the unbroken leg. Ensure that both extend an equal distance beyond the end of the leg.
- Pad the two splints. Notch the ends without forks and lash a 20- to 30-centimeter (8- to 12-inch) cross member made from a 5-centimeter (2-inch) diameter branch between them.
- Using available material (vines, cloth, rawhide), tie the splint around the upper portion of the body and down the length of the broken leg. Follow the splinting guidelines.
- With available material, fashion a wrap that will extend around the ankle, with the two free ends tied to the cross member.
- Place a 10- by 2.5-centimeter (4- by 1-inch) stick in the middle of the free ends of the ankle wrap between the cross member and the foot. Using the stick, twist the material to make the traction easier.
- Continue twisting until the broken leg is as long or slightly longer than the unbroken leg.
- Lash the stick to maintain traction.

NOTE: Over time, you may lose traction because the material weakened. Check the traction periodically. If you must change or repair the splint, maintain the traction manually for a short time.

DISLOCATIONS

4-59. Dislocations are the separations of bone joints causing the bones to go out of proper alignment. These misalignments can be extremely painful and can cause an impairment of nerve or circulatory function below the area affected. You must place these joints back into alignment as quickly as possible.

4-60. Signs and symptoms of dislocations are joint pain, tenderness, swelling, discoloration, limited range of motion, and deformity of the joint. You treat dislocations by reduction, immobilization, and rehabilitation.

4-61. Reduction or "setting" is placing the bones back into their proper alignment. You can use several methods, but manual traction or the use of weights to pull the bones are the safest and easiest. Once performed, reduction decreases the victim's pain and allows for normal function and circulation. Without an X ray, you can judge proper alignment by the look and feel of the joint and by comparing it to the joint on the opposite side.

4-62. Immobilization is nothing more than splinting the dislocation after reduction. You can use any field-expedient material for a splint or you can splint an extremity to the body. The basic guidelines for splinting are as follows:

- Splint above and below the fracture site.
- Pad splints to reduce discomfort.
- Check circulation below the fracture after making each tie on the splint.

4-63. To rehabilitate the dislocation, remove the splints after 7 to 14 days. Gradually use the injured joint until fully healed.

SPRAINS

4-64. The accidental overstretching of a tendon or ligament causes sprains. The signs and symptoms are pain, swelling, tenderness, and discoloration (black and blue).

4-65. When treating sprains, you should follow the letters in RICE as defined below:

- R—Rest injured area.
- I—Ice for 24 to 48 hours.
- C—Compression-wrap or splint to help stabilize. If possible, leave the boot on a sprained ankle unless circulation is compromised.
- E—Elevate the affected area.

NOTE: Ice is preferred for a sprain but cold spring water may be more easily obtained in a survival situation.

BITES AND STINGS

4-66. Insects and related pests are hazards in a survival situation. They not only cause irritations, but they are often carriers of diseases that cause severe allergic reactions in some individuals. In many parts of the world you will be exposed to serious, even fatal, diseases not encountered in the United States.

- Ticks can carry and transmit diseases, such as Rocky Mountain spotted fever common in many parts of the United States. Ticks also transmit Lyme disease.
- Mosquitoes may carry malaria, dengue, and many other diseases.
- Flies can spread disease from contact with infectious sources. They are causes of sleeping sickness, typhoid, cholera, and dysentery.
- Fleas can transmit plague.
- Lice can transmit typhus and relapsing fever.

4-67. The best way to avoid the complications of insect bites and stings is to keep immunizations (including booster shots) up-to- date, avoid insect-infested areas, use netting and insect repellent, and wear all clothing properly.

4-68. If you are bitten or stung, do not scratch the bite or sting; it might become infected. Inspect your body at least once a day to ensure there are no insects attached to you. If you find ticks attached to your body, cover them with a substance (such as petroleum jelly, heavy oil, or tree sap) that will cut off their air supply. Without air, the tick releases its hold, and you can remove it. Take care to remove the whole tick. Use tweezers if you have them. Grasp the tick where the mouthparts are attached to the skin. Do not squeeze the tick's body. Wash your hands after touching the tick. Clean the tick wound daily until healed.

TREATMENT

4-69. It is impossible to list the treatment of all the different types of bites and stings. However, you can generally treat bites and stings as follows:

- If antibiotics are available for your use, become familiar with them before deployment and use them.
- Predeployment immunizations can prevent most of the common diseases carried by mosquitoes and some carried by flies.
- The common fly-borne diseases are usually treatable with penicillins or erythromycin.
- Most tick-, flea-, louse-, and mite-borne diseases are treatable with tetracycline.

- Most antibiotics come in 250 milligram (mg) or 500 mg tablets. If you cannot remember the exact dose rate to treat a disease, 2 tablets, 4 times a day, for 10 to 14 days will usually kill any bacteria.

BEE AND WASP STINGS

4-70. If stung by a bee, immediately remove the stinger and venom sac, if attached, by scraping with a fingernail or a knife blade. Do not squeeze or grasp the stinger or venom sac, as squeezing will force more venom into the wound. Wash the sting site thoroughly with soap and water to lessen the chance of a secondary infection.

4-71. If you know or suspect that you are allergic to insect stings, always carry an insect sting kit with you.

4-72. Relieve the itching and discomfort caused by insect bites by applying—

- Cold compresses.
- A cooling paste of mud and ashes.
- Sap from dandelions.
- Coconut meat.
- Crushed cloves of garlic.
- Onion.

SPIDER BITES AND SCORPION STINGS

4-73. The black widow spider is identified by a red hourglass on its abdomen. Only the female bites, and it has a neurotoxic venom. The initial pain is not severe, but severe local pain rapidly develops. The pain gradually spreads over the entire body and settles in the abdomen and legs. Abdominal cramps and progressive nausea, vomiting, and a rash may occur. Weakness, tremors, sweating, and salivation may occur. Anaphylactic reactions can occur. Symptoms may worsen for the next three days and then begin to subside for the next week. Treat for shock. Be ready to perform CPR. Clean and dress the bite area to reduce the risk of infection. An antivenin is available.

4-74. The funnelweb spider is a large brown or gray spider found in Australia. The symptoms and the treatment for its bite are as for the black widow spider.

4-75. The brown house spider or brown recluse spider is a small, light brown spider identified by a dark brown violin on its back. There is no pain, or so little pain, that usually a victim is not aware of the bite. Within a few hours a painful red area with a mottled cyanotic center appears. Necrosis does not occur in all bites, but usually in 3 to 4 days, a star-shaped, firm area of deep purple discoloration appears at the bite site. The area turns dark and mummified in a week or two. The margins separate and the scab falls off, leaving an open ulcer. Secondary infection and regional swollen lymph glands usually become visible at this stage. The outstanding characteristic of the brown recluse bite is an ulcer that does not heal but persists for weeks or months. In addition to the ulcer, there is often a systemic reaction that is serious and may lead to death. Reactions (fever, chills, joint pain, vomiting, and a generalized rash) occur chiefly in children or debilitated persons.

4-76. Tarantulas are large, hairy spiders found mainly in the tropics. Most do not inject venom, but some South American species do. They have large fangs. If bitten, pain and bleeding are certain, and infection is likely. Treat a tarantula bite as for any open wound, and try to prevent infection. If symptoms of poisoning appear, treat as for the bite of the black widow spider.

4-77. Scorpions are all poisonous to a greater or lesser degree. There are two different reactions, depending on the species:

- Severe local reaction only, with pain and swelling around the area of the sting. Possible prickly sensation around the mouth and a thick-feeling tongue.
- Severe systemic reaction, with little or no visible local reaction. Local pain may be present. Systemic reaction includes respiratory difficulties, thick-feeling tongue, body spasms, drooling, gastric distention, double vision, blindness, involuntary rapid movement of the eyeballs, involuntary urination and defecation, and heart failure. Death is rare, occurring mainly in children and adults with high blood pressure or illnesses.

4-78. Treat scorpion stings as you would a black widow bite.

SNAKEBITES

4-79. The chance of a snakebite in a survival situation is rather small, if you are familiar with the various types of snakes and their habitats. However, it could happen and you should know how to treat a snakebite. Deaths from snakebites are rare. More than one-half of the snakebite victims have little or no poisoning, and only about one-quarter develop serious systemic poisoning. However, the chance of a snakebite in a survival situation can affect morale, and failure to take preventive measures or failure to treat a snakebite properly can result in needless tragedy.

4-80. The primary concern in the treatment of snakebite is to limit the amount of eventual tissue destruction around the bite area.

4-81. A bite wound, regardless of the type of animal that inflicted it, can become infected from bacteria in the animal's mouth. With nonpoisonous as well as poisonous snakebites, this local infection is responsible for a large part of the residual damage that results.

4-82. Snake venoms not only contain poisons that attack the victim's central nervous system (neurotoxins) and blood circulation (hemotoxins), but also digestive enzymes (cytotoxins) to aid in digesting their prey. These poisons can cause a very large area of tissue death, leaving a large open wound. This condition could lead to the need for eventual amputation if not treated.

4-83. Shock and panic in a person bitten by a snake can also affect the person's recovery. Excitement, hysteria, and panic can speed up the circulation, causing the body to absorb the toxin quickly. Signs of shock occur within the first 30 minutes after the bite.

4-84. Before you start treating a snakebite, determine whether the snake was poisonous or nonpoisonous. Bites from a nonpoisonous snake will show rows of teeth. Bites from a poisonous snake may have rows of teeth showing, but will have one or more distinctive puncture marks caused by fang penetration. Symptoms of a poisonous bite may be spontaneous bleeding from the nose and anus, blood in the urine, pain at the site of the bite, and swelling at the site of the bite within a few minutes or up to 2 hours later.

4-85. Breathing difficulty, paralysis, weakness, twitching, and numbness are also signs of neurotoxic venoms. These signs usually appear 1.5 to 2 hours after the bite.

4-86. If you determine that a poisonous snake bit an individual, take the following steps:

- Reassure the victim and keep him still.
- Set up for shock and force fluids or give by intravenous (IV) means.
- Remove watches, rings, bracelets, or other constricting items.
- Clean the bite area.
- Maintain an airway (especially if bitten near the face or neck) and be prepared to administer mouth-to-mouth resuscitation or CPR.
- Use a constricting band between the wound and the heart.
- Immobilize the site.
- Remove the poison as soon as possible by using a mechanical suction device. Do not squeeze the site of the bite.

4-87. You should also remember four very important guidelines during the treatment of snakebites. **Do not—**

- Give the victim alcoholic beverages or tobacco products. Never give atropine! Give morphine or other central nervous system (CNS) depressors.
- Make any deep cuts at the bite site. Cutting opens capillaries that in turn open a direct route into the blood stream for venom and infection.

NOTE: If medical treatment is over 1 hour away, make an incision (no longer than 6 millimeters [1/4 inch] and no deeper

than 3 millimeters [1/8 inch]) over each puncture, cutting just deep enough to enlarge the fang opening, but only through the first or second layer of skin. Place a suction cup over the bite so that you have a good vacuum seal. Suction the bite site 3 to 4 times. Suction for a **MINIMUM of 30 MINUTES**. Use mouth suction **only** as a last resort and only if you do not have open sores in your mouth. Spit the envenomed blood out and rinse your mouth with water. This method will draw out 25 to 30 percent of the venom.

- Put your hands on your face or rub your eyes, as venom may be on your hands. Venom may cause blindness.
- Break open the large blisters that form around the bite site.

4-88. After caring for the victim as described above, take the following actions to minimize local effects:

- If infection appears, keep the wound open and clean.
- Use heat after 24 to 48 hours to help prevent the spread of local infection. Heat also helps to draw out an infection.
- Keep the wound covered with a dry, sterile dressing.
- Have the victim drink large amounts of fluids until the infection is gone.

WOUNDS

4-89. An interruption of the skin's integrity characterizes wounds. These wounds could be open wounds, skin diseases, frostbite, trench foot, or burns.

OPEN WOUNDS

4-90. Open wounds are serious in a survival situation, not only because of tissue damage and blood loss, but also because they may become infected. Bacteria on the object that made the wound, on the individual's skin and clothing, or on other foreign material or dirt that touches the wound may cause infection.

4-91. By taking proper care of the wound you can reduce further contamination and promote healing. Clean the wound as soon as possible after it occurs by—

- Removing or cutting clothing away from the wound.
- Always looking for an exit wound if a sharp object, gunshot, or projectile caused a wound.
- Thoroughly cleaning the skin around the wound.
- Rinsing (not scrubbing) the wound with large amounts of water under pressure. You can use fresh urine if water is not available.

4-92. The “open treatment” method is the safest way to manage wounds in survival situations. Do not try to close any wound by suturing or similar procedures. Leave the wound open to allow the drainage of any pus resulting from infection. As long as the wound can drain, it generally will not become life-threatening, regardless of how unpleasant it looks or smells.

4-93. Cover the wound with a clean dressing. Place a bandage on the dressing to hold it in place. Change the dressing daily to check for infection.

4-94. If a wound is gaping, you can bring the edges together with adhesive tape cut in the form of a “butterfly” or “dumbbell” (Figure 4-7). Use this method with extreme caution in the absence of antibiotics. You must always allow for proper drainage of the wound to avoid infection.

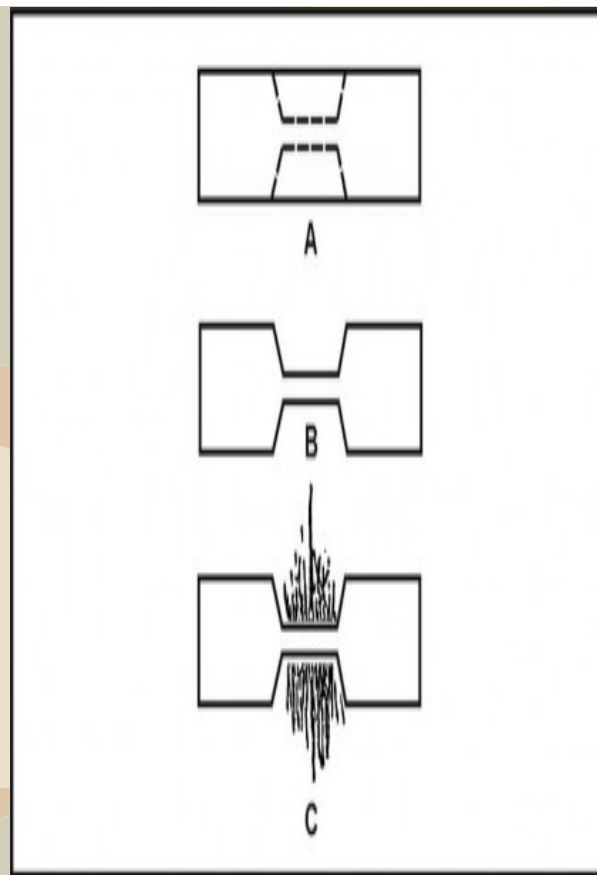


Figure 4-7. Butterfly Closure

4-95. In a survival situation, some degree of wound infection is almost inevitable. Pain, swelling, and redness around the wound, increased temperature, and pus in the wound or on the dressing indicate infection is present.

4-96. If the wound becomes infected, you should treat as follows:

- Place a warm, moist compress directly on the infected wound. Change the compress when it cools, keeping a warm compress on the wound for a total of 30 minutes. Apply the compresses three or four times daily.
- Drain the wound. Open and gently probe the infected wound with a sterile instrument.
- Dress and bandage the wound.
- Drink a lot of water.
- In the event of gunshot or other serious wounds, it may be better to rinse the wound out vigorously every day with the cleanest water available. If drinking water or methods to purify drinking water are limited, do not use your drinking water. Flush the wound forcefully daily until the wound is healed over. Your scar may be larger but your chances of infection are greatly reduced.
- Continue this treatment daily until all signs of infection have disappeared.

4-97. If you do not have antibiotics and the wound has become severely infected, does not heal, and ordinary debridement is impossible, consider maggot therapy as stated below, despite its hazards:

- Expose the wound to flies for one day and then cover it.
- Check daily for maggots.
- Once maggots develop, keep wound covered but check daily.
- Remove all maggots when they have cleaned out all dead tissue and before they start on healthy tissue. Increased pain and bright red blood in the wound indicate that the maggots have reached healthy tissue.

- Flush the wound repeatedly with sterile water or fresh urine to remove the maggots.
- Check the wound every 4 hours for several days to ensure all maggots have been removed.
- Bandage the wound and treat it as any other wound. It should heal normally.

SKIN DISEASES AND AILMENTS

4-98. Boils, fungal infections, and rashes rarely develop into a serious health problem. They cause discomfort and you should treat them as follows:

Boils

4-99. Apply warm compresses to bring the boil to a head. Another method that can be used to bring a boil to a head is the bottle suction method. Use an empty bottle that has been boiled in water. Place the opening of the bottle over the boil and seal the skin forming an airtight environment that will create a vacuum. This method will draw the pus to the skin surface when applied correctly. Then open the boil using a sterile knife, wire, needle, or similar item. Thoroughly clean out the pus using soap and water. Cover the boil site, checking it periodically to ensure no further infection develops.

Fungal Infections

4-100. Keep the skin clean and dry, and expose the infected area to as much sunlight as possible. **Do not scratch** the affected area. During the Southeast Asian conflict, soldiers used antifungal powders, lye soap, chlorine bleach, alcohol, vinegar, concentrated salt water, and iodine to treat fungal infections with varying degrees of success. As with any “**unorthodox**” method of treatment, use these with **caution**.

Rashes

4-101. To treat a skin rash effectively, first determine what is causing it. This determination may be difficult even in the best of situations. Observe the following rules to treat rashes:

- If it is moist, keep it dry.
- If it is dry, keep it moist.
- Do not scratch it.

4-102. Use a compress of vinegar or tannic acid derived from tea or from boiling acorns or the bark of a hardwood tree to dry weeping rashes. Keep dry rashes moist by rubbing a small amount of rendered animal fat or grease on the affected area.

4-103. Remember, treat rashes as open wounds; clean and dress them daily. There are many substances available to survivors in the wild or in captivity for use as antiseptics to treat wounds. Follow the recommended guidance below:

- *Iodine tablets*. Use 5 to 15 tablets in a liter of water to produce a good rinse for wounds during healing.
- *Garlic*. Rub it on a wound or boil it to extract the oils and use the water to rinse the affected area.
- *Salt water*. Use 2 to 3 tablespoons per liter of water to kill bacteria.
- *Bee honey*. Use it straight or dissolved in water.

CAUTION

Unpasteurized honey has been known to contain botulinum, which affects young children mostly. Discontinue treatment if vomiting, double vision, fever, or muscular paralysis occur.

- *Sphagnum moss*. Found in boggy areas worldwide, it is a natural source of iodine. Use as a dressing.

- *Sugar*. Place directly on wound and remove thoroughly when it turns into a glazed and runny substance. Then reapply.
- *Syrup*. In extreme circumstances, some of the same benefits of honey and sugar can be realized with any high-sugar-content item.

NOTE: Again, use noncommercially prepared materials with caution.

BURNS

4-104. The following field treatment for burns relieves the pain somewhat, seems to help speed healing, and offers some protection against infection:

- First, stop the burning process. Put out the fire by removing clothing, dousing with water or sand, or by rolling on the ground. Cool the burning skin with ice or water. For burns caused by white phosphorous, pick out the white phosphorous with tweezers; do not douse with water.
- Soak dressings or clean rags for 10 minutes in a boiling tannic acid solution (obtained from tea, inner bark of hardwood trees, or acorns boiled in water).
- Cool the dressings or clean rags and apply over burns. Sugar and honey also work for burns with honey being especially effective at promoting new skin growth and stopping infections. Use both as you would in an open wound above.
- Treat as an open wound.
- Replace fluid loss. Fluid replacement can be achieved through oral (preferred) and intravenous routes (when resources are available). One alternate method through which rehydration can be achieved is through the rectal route. Fluids do not need to be sterile, only purified. A person can effectively absorb approximately 1 to 1.5 liters per hour by using a tube to deliver fluids into the rectal vault.
- Maintain airway.
- Treat for shock.
- Consider using morphine, unless the burns are near the face.

ENVIRONMENTAL INJURIES

4-105. Heatstroke, hypothermia, diarrhea, and intestinal parasites are environmental injuries you could face in a survival situation. Read and follow the guidance provided below.

HEATSTROKE

4-106. The breakdown of the body's heat regulatory system (body temperature more than 40.5 degrees C [105 degrees F]) causes a heatstroke. Other heat injuries, such as cramps or dehydration, do not always precede a heatstroke. Signs and symptoms of heatstroke are—

- Swollen, beet-red face.
- Reddened whites of eyes.
- Victim not sweating.
- Unconsciousness or delirium, which can cause pallor, a bluish color to lips and nail beds (cyanosis), and cool skin.

NOTE: By this time, the victim is in severe shock. Cool the victim as rapidly as possible. Cool him by dipping him in a cool stream. If one is not available, douse the victim with urine, water, or at the very least, apply cool wet compresses to all the joints, especially the neck, armpits, and crotch. Be sure to wet the victim's head. Heat loss through the scalp is great. Administer IVs and provide drinking fluids. You may fan the individual.

4-107. You can expect the following symptoms during cooling:

- Vomiting.
- Diarrhea.
- Struggling.
- Shivering.
- Shouting.
- Prolonged unconsciousness.
- Rebound heatstroke within 48 hours.
- Cardiac arrest; be ready to perform CPR.

NOTE: Treat for dehydration with lightly salted water.

CHILBLAINS

4-108. Frostnip begins as firm, cold and white or gray areas on the face, ears, and extremities that can blister or peel just like sunburn as late as 2 to 3 days after the injury. Frostnip, or chilblains as it is sometimes called, is the result of tissue exposure to freezing temperatures and is the beginning of frostbite. The water in and around the cells freezes, rupturing cell walls and thus damaging the tissue. Warming the affected area with hands or a warm object treats this injury. Wind chill plays a factor in this injury; preventative measures include layers of dry clothing and protection against wetness and wind.

TRENCH FOOT

4-109. Immersion or trench foot results from many hours or days of exposure to wet or damp conditions at a temperature just above freezing. The nerves and muscles sustain the main damage, but gangrene can occur. In extreme cases the flesh dies and it may become necessary to have the foot or leg amputated. The best prevention is to keep your feet dry. Carry extra socks with you in a waterproof packet. Dry wet socks against your body. Wash your feet daily and put on dry socks.

FROSTBITE

4-110. This injury results from frozen tissues. Frostbite extends to a depth below the skin. The tissues become solid and immovable. Your feet, hands, and exposed facial areas are particularly vulnerable to frostbite.

4-111. When with others, prevent frostbite by using the buddy system. Check your buddy's face often and make sure that he checks yours. If you are alone, periodically cover your nose and lower part of your face with your mittens.

4-112. Do not try to thaw the affected areas by placing them close to an open flame. Frostbitten tissue may be immersed in 37 to 42 degrees C (99 to 109 degrees F) water until thawed. (Water temperature can be determined with the inside wrist or baby formula method.) Dry the part and place it next to your skin to warm it at body temperature.

HYPOTHERMIA

4-113. It is defined as the body's failure to maintain an inner core temperature of 36 degrees C (97 degrees F). Exposure to cool or cold temperature over a short or long time can cause hypothermia. Dehydration and lack of food and rest predispose the survivor to hypothermia.

4-114. Immediate treatment is the key. Move the victim to the best shelter possible away from the wind, rain, and cold. Remove all wet clothes and get the victim into dry clothing. Replace lost fluids with warm fluids, and warm him in a sleeping bag using two people (if possible) providing skin-to-skin contact. If the victim is unable to drink warm fluids, rectal rehydration may be used.

DIARRHEA

4-115. A common, debilitating ailment caused by changing water and food, drinking contaminated water, eating spoiled food, becoming fatigued, and using dirty dishes. You can avoid most of these causes by practicing preventive medicine. However, if you get diarrhea and do not have antidiarrheal medicine, one of the following treatments may be effective:

- Limit your intake of fluids for 24 hours.
- Drink one cup of a strong tea solution every 2 hours until the diarrhea slows or stops. The tannic acid in the tea helps to control the diarrhea. Boil the inner bark of a hardwood tree for 2 hours or more to release the tannic acid.
- Make a solution of one handful of ground chalk, charcoal, or dried bones and treated water. If you have some apple pomace or the rinds of citrus fruit, add an equal portion to the mixture to make it more effective. Take 2 tablespoons of the solution every 2 hours until the diarrhea slows or stops.

INTESTINAL PARASITES

4-116. You can usually avoid worm infestations and other intestinal parasites if you take preventive measures. For example, never go barefoot. The most effective way to prevent intestinal parasites is to avoid uncooked meat, never eat raw vegetables contaminated by raw sewage, and try not to use human waste as a fertilizer. However, should you become infested and lack proper medicine, you can use home remedies. Keep in mind that these home remedies work on the principle of changing the environment of the gastrointestinal tract. The following are home remedies you could use:

- *Salt water.* Dissolve 4 tablespoons of salt in 1 liter of water and drink. Do not repeat this treatment.
- *Tobacco.* Eat 1 to 1 1/2 cigarettes or approximately 1 teaspoon (pinch) of smokeless tobacco. The nicotine in the tobacco will kill or stun the worms long enough for your system to pass them. If the infestation is severe, repeat the treatment in 24 to 48 hours, **but no sooner**.
- *Kerosene.* Drink 2 tablespoons of kerosene, **but no more**. If necessary, you can repeat this treatment in 24 to 48 hours. Be careful not to inhale the fumes. They may cause lung irritation.

NOTE: Tobacco and kerosene treatment techniques are very dangerous, be careful.

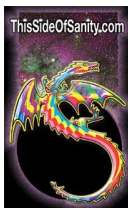
- *Hot peppers.* Peppers are effective only if they are a steady part of your diet. You can eat them raw or put them in soups or rice and meat dishes. They create an environment that is prohibitive to parasitic attachment.
- *Garlic.* Chop or crush 4 cloves, mix with 1 glass of liquid, and drink daily for 3 weeks.

HERBAL MEDICINES

4-117. Our modern wonder drugs, laboratories, and equipment have obscured more primitive types of medicine involving determination, common sense, and a few simple treatments. However, in many areas of the world the people still depend on local “witch doctors” or healers to cure their ailments. Many of the herbs (plants) and treatments they use are as effective as the most modern medications available. In fact, many modern medications come from refined herbs.

WARNING

Use herbal medicines with extreme care, and only when you lack or have limited medical supplies. Some herbal medicines are dangerous and may cause further damage or even death. Chapter 9 explains some basic herbal medicine treatments.



survival shelter

Shelter:

Shelter: Create or find a shelter and then as quickly as possible move to or create a better shelter. Exposure to the elements can kill in a hurry. Under some conditions shelter may be a first need above fire and in some cases the reverse. The rule of threes claims that in extreme conditions (especially exposure to extreme heat or extreme cold)s you can live for about three hours without shelter.

Your shelter should protect you from wind and precipitation, insulate you from the ground, and avoid natural threats (such as flash floods, insect mounds, and cliffs). You want the shelter to be in a location that provides easy access to water, building materials, fire wood, and other basic survival supplies.

If you have a tent, look for a suitable location to set up your tent. If you are without a tent, you want to look for a somewhat sheltered location and build up an emergency shelter from materials found nearby.

Your shelter needs to protect you from the surrounding environment well enough to maintain a proper body temperature. The shelter should retain enough of your radiated body heat to keep you warm when you sleep. The shelter should shield you from wind, rain, snow, and other weather.



image by Alexandra A life without animals is not worth living from Pixabay

Shelters

A shelter can protect you from the sun, insects, wind, rain, snow, hot or cold temperatures, and enemy observation. It can give you a feeling of well-being and help you maintain your will to survive.

In some areas, your need for shelter may take precedence over your need for food and possibly even your need for water. For example, prolonged exposure to cold can cause excessive fatigue and weakness (exhaustion). An exhausted person may develop a “passive” outlook, thereby losing the will to survive.

Seek natural shelters or alter them to meet your needs, therefore, saving energy. A common error in making a shelter is to make it too large. A shelter must be large enough to protect you and small enough to contain your body heat, especially in cold climates.

PRIMARY SHELTER—UNIFORM

5-1. Your primary shelter in a survival situation will be your uniform. This point is true regardless of whether you are in a hot, cold, tropical, desert, or arctic situation. For your uniform to protect you, it must be in as good of a condition as possible and be worn properly. We use the term COLDER which is addressed in Chapter 15 to remind us of what to do.

SHELTER SITE SELECTION

5-2. When you are in a survival situation and realize that shelter is a high priority, start looking for shelter as soon as possible. As you do so, remember what you will need at the site. Two requisites for shelter are that it must—

- Contain material to make the type of shelter you need.
- Be large enough and level enough for you to lie down comfortably.

5-3. You should focus on your tactical situation and your safety when considering these requisites. You must also consider whether the site—

- Provides concealment from enemy observation.
- Has camouflaged escape routes.
- Is suitable for signaling, if necessary.
- Provides protection against wild animals and rocks and dead trees that might fall.
- Is free from insects, reptiles, and poisonous plants.

5-4. You must remember the problems that could arise in your environment. For instance, avoid—

- Flash flood areas in foothills.
- Avalanche or rockslide areas in mountainous terrain.
- Sites near bodies of water that are below the high-water mark.

5-5. In some areas, the season of the year has a strong bearing on the site you select. Ideal sites for a shelter differ in winter

and summer. During cold winter months you will want a site that will protect you from the cold and wind, but will have a source of fuel and water. During summer months in the same area you will want a source of water, but you will also want the site to be almost insect free.

5-6. When you are considering shelter site selection, remember the word BLISS and the following guidelines:

- B—Blend in with the surroundings.
- L—Low silhouette.
- I—Irregular shape.
- S—Small.
- Secluded location.

TYPES OF SHELTERS

5-7. When looking for a shelter site, keep in mind the type of shelter you need. However, you must also consider the questions below:

- How much time and effort will you need to build the shelter?
- Will the shelter adequately protect you from the elements (sun, wind, rain, snow)?
- Do you have the tools to build it? If not, can you make improvised tools?
- Do you have the type and amount of materials needed to build it?

5-8. To answer these questions, you need to know how to make various types of shelters and what materials you need to make them.

PONCHO LEAN-TO

5-9. It takes only a short time and minimal equipment to build this lean-to (Figure 5-1). You need a poncho, 2 to 3 meters (7 to 10 feet) of rope or parachute suspension line, three stakes about 30 centimeters (1 foot) long, and two trees or two poles 2 to 3 meters (7 to 10 feet) apart. Before selecting the trees you will use or the location of your poles, check the wind direction. Ensure that the back of your lean-to will be into the wind.

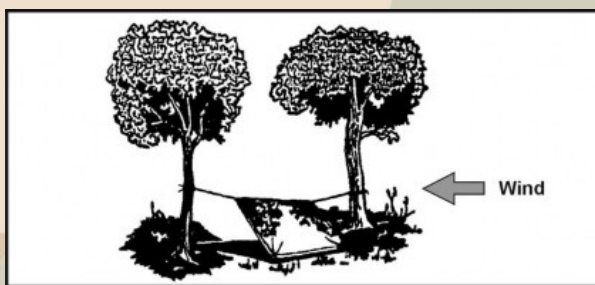


Figure 5-1. Poncho Lean-to

5-10. To make the lean-to, you should—

- Tie off the hood of the poncho. Pull the drawstring tight, roll the hood longways, fold it into thirds, and tie it off with the drawstring.
- Cut the rope in half. On one long side of the poncho, tie half of the rope to the corner grommet. Tie the other half to the other corner grommet.
- Attach a drip stick (about a 10-centimeter [4-inch] stick) to each rope about 2.5 centimeters (about 1 inch) from the grommet. These drip sticks will keep rainwater from running down the ropes into the lean-to. Tying strings (about 10 centimeters [4 inches] long) to each grommet along the poncho's top edge will allow the water to run to and down the line

without dripping into the shelter.

- Tie the ropes about waist high on the trees. Use a round turn and two half hitches with a quick-release knot.
- Spread the poncho and anchor it to the ground, putting sharpened sticks through the grommets and into the ground.

5-11. If you plan to use the lean-to for more than one night, or you expect rain, make a center support for the lean-to. Make this support with a line. Attach one end of the line to the poncho hood and the other end to an overhanging branch. Make sure there is no slack in the line.

5-12. Another method is to place a stick upright under the center of the lean-to. However, this method will restrict your space and movements in the shelter.

5-13. For additional protection from wind and rain, place some brush, your rucksack, or other equipment at the sides of the lean-to.

5-14. To reduce heat loss to the ground, place some type of insulating material, such as leaves or pine needles, inside your lean-to.

NOTE: When at rest, you lose as much as 80 percent of your body heat to the ground.

5-15. To increase your security from enemy observation, lower the lean-to's silhouette by making two changes. First, secure the support lines to the trees at knee height (not at waist height) using two knee-high sticks in the two center grommets (sides of lean-to). Second, angle the poncho to the ground, securing it with sharpened sticks, as above.

PONCHO TENT

5-16. This tent (Figure 5-2) provides a low silhouette. It also protects you from the elements on two sides. It has, however, less usable space and observation area than a lean-to, decreasing your reaction time to enemy detection. To make this tent, you need a poncho, two 1.5- to 2.5-meter (5- to 8-foot) ropes, six sharpened sticks about 30 centimeters (1 foot) long, and two trees 2 to 3 meters (7 to 10 feet) apart.

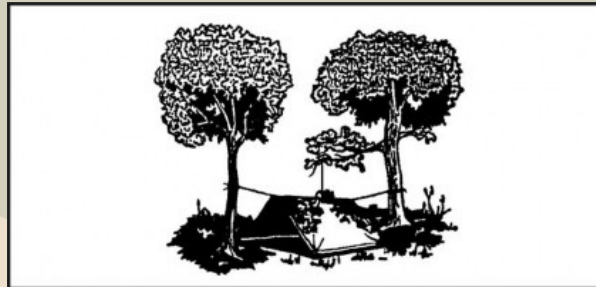


Figure 5-2. Poncho Tent Using Overhanging Branch

5-17. To make the tent, you should—

- Tie off the poncho hood in the same way as the poncho lean-to.
- Tie a 1.5- to 2.5-meter (5- to 8-foot) rope to the center grommet on each side of the poncho.
- Tie the other ends of these ropes at about knee height to two trees 2 to 3 meters (7 to 10 feet) apart and stretch the poncho tight.
- Draw one side of the poncho tight and secure it to the ground pushing sharpened sticks through the grommets.
- Follow the same procedure on the other side.

5-18. If you need a center support, use the same methods as for the poncho lean-to. Another center support is an A-frame set outside but over the center of the tent (Figure 5-3). Use two 90- to 120-centimeter-long (12- to 16-foot-long) sticks, one with a forked end, to form the A-frame. Tie the hood's drawstring to the A- frame to support the center of the tent.

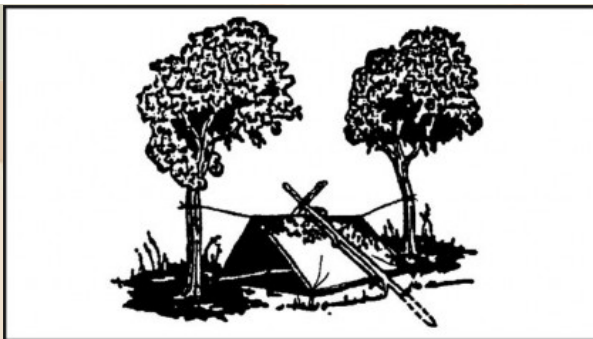


Figure 5-3. Poncho Tent With A-Frame

THREE-POLE PARACHUTE TEPEE

5-19. If you have a parachute and three poles and the tactical situation allows, make a parachute tepee. It is easy and takes very little time to make this tepee. It provides protection from the elements and can act as a signaling device by enhancing a small amount of light from a fire or candle. It is large enough to hold several people and their equipment and to allow sleeping, cooking, and storing firewood.

5-20. You can make this tepee (Figure 5-4, page 5-7) using parts of or a whole personnel main or reserve parachute canopy. If using a standard personnel parachute, you need three poles 3.5 to 4 meters (12 to 15 feet) long and about 5 centimeters (2 inches) in diameter.

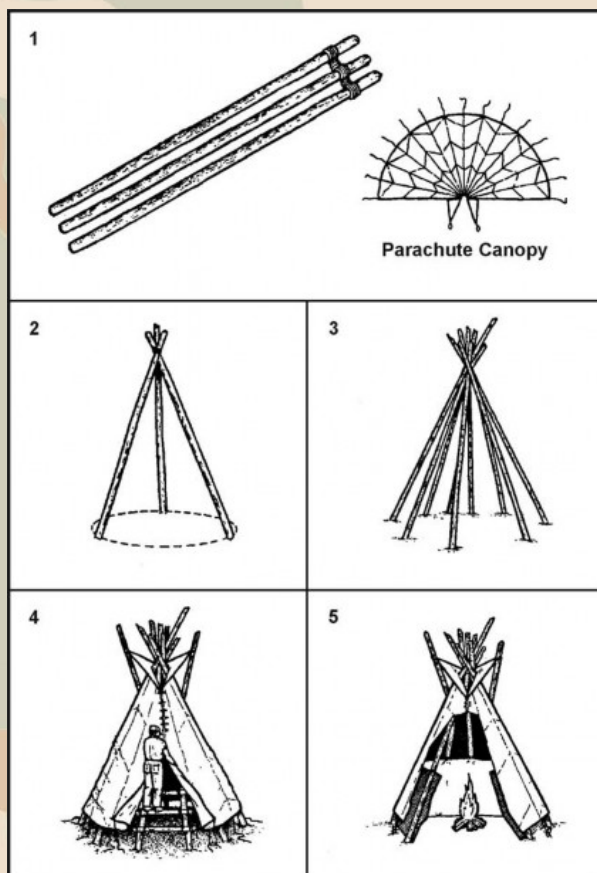


Figure 5-4. Three-Pole Parachute Tepee

5-21. To make this tepee, you should—

- Lay the poles on the ground and lash them together at one end.
- Stand the framework up and spread the poles to form a tripod.
- For more support, place additional poles against the tripod. Five or six additional poles work best, but do not lash them

to the tripod.

- Determine the wind direction and locate the entrance 90 degrees or more from the mean wind direction.
- Lay out the parachute on the “backside” of the tripod and locate the bridle loop (nylon web loop) at the top (apex) of the canopy.
- Place the bridle loop over the top of a freestanding pole. Then place the pole back up against the tripod so that the canopy’s apex is at the same height as the lashing on the three poles.
- Wrap the canopy around one side of the tripod. The canopy should be of double thickness, as you are wrapping an entire parachute. You need only wrap half of the tripod, as the remainder of the canopy will encircle the tripod in the opposite direction.
- Construct the entrance by wrapping the folded edges of the canopy around two free-standing poles. You can then place the poles side by side to close the tepee’s entrance.
- Place all extra canopy underneath the tepee poles and inside to create a floor for the shelter.
- Leave a 30- to 50-centimeter (12- to 20-inch) opening at the top for ventilation if you intend to have a fire inside the tepee.

5-22. You need a 14-gore section (normally) of canopy, stakes, a stout center pole, and an inner core and needle to construct this tepee (Figure 5-5, page 5-9). You cut the suspension lines except for 40- to 45-centimeter (16- to 18-inch) lengths at the canopy’s lower lateral band.

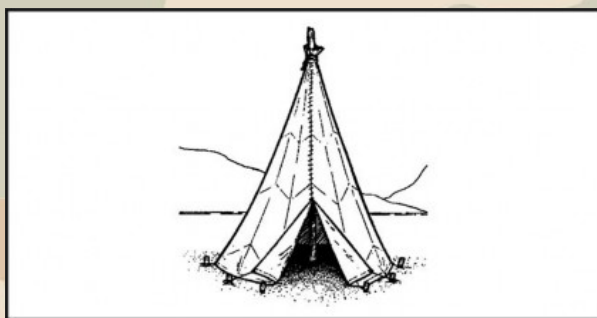
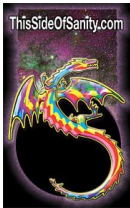


Figure 5-5. One-Pole Parachute Tepee

5-23. To make this tepee, you should—

- Select a shelter site and scribe a circle about 4 meters (13 feet) in diameter on the ground.
- Stake the parachute material to the ground using the lines remaining at the lower lateral band.
- After deciding where to place the shelter door, emplace a stake and tie the first line (from the lower lateral band) securely to it.
- Stretch the parachute material taut to the next line, emplace a stake on the scribed line, and tie the line to it.
- Continue the staking process until you have tied all the lines.
- Loosely attach the top of the parachute material to the center pole with a suspension line you previously cut and, through trial and error, determine the point at which the parachute material will be pulled tight once the center pole is upright.
- Securely attach the material to the pole.
- Using a suspension line (or inner core), sew the end gores together leaving 1 to 1.2 meters (3 to 4 feet) for a door.



survival fire

Fire:

Fire: Get a fire going. You should know how to get a fire going under extreme adverse conditions, such as during rain or freezing winter weather.

Most of the process of creating a successful fire is in the preparation. You need to gather, prepare, and arrange your fire building materials, including tinder, so that you will succeed on the first attempt.



image by Simon Berger from Pixabay



survival signal

Signal:

Signal: If you are expecting rescue, the next priority is to make sure that your rescuers can find you. Your rescuers may be other members of an adventuring party. Some signal methods are signal fires, signal smoke, signal mirrors, signal whistles, modern flares (or magic that acts like a flare), or modern electronics (such as cell phone or personal locator beacon).



image by Gerhard G. from Pixabay



survival water

Water:

Water: Depending on the conditions, a healthy adult human can die from lack of water as soon as a few hours and typically at most about three days. The rule of threes claims that you can live for about three days without water.

When your urine starts to darken, your need for water is becoming desperate. Also, don't drink your own urine. It contains toxins and salts your body spent a lot of energy removing and it can cause you to hallucinate.

US Army Field Manual 3-05-70 **SURVIVAL** May 2002:

WATER

4-2. Your body loses water through normal body processes (sweating, urinating, and defecating). During average daily exertion when the atmospheric temperature is 20 degrees Celsius (68 degrees Fahrenheit [F]), the average adult loses and therefore requires 2 to 3 liters of water daily. Other factors, such as heat exposure, cold exposure, intense activity, high altitude, burns, or illness, can cause your body to lose more water. You must replace this water.

4-3. Dehydration results from inadequate replacement of lost body fluids. It decreases your efficiency and, if you are injured, it increases your susceptibility to severe shock. Consider the following results of body fluid loss:

- A 5-percent loss results in thirst, irritability, nausea, and weakness.
- A 10-percent loss results in dizziness, headache, inability to walk, and a tingling sensation in the limbs.
- A 15-percent loss results in dim vision, painful urination, swollen tongue, deafness, and a numb feeling in the skin.
- A loss greater than 15 percent may result in death.

4-4. The most common signs and symptoms of dehydration are—

- Dark urine with a very strong odor.
- Low urine output.
- Dark, sunken eyes.
- Fatigue.
- Emotional instability.
- Loss of skin elasticity.
- Delayed capillary refill in fingernail beds.
- Trench line down center of tongue.
- Thirst. (Last on the list because you are already 2-percent dehydrated by the time you crave fluids.)

4-5. You should replace the water as you lose it. Trying to make up a deficit is difficult in a survival situation, and thirst is not a sign of how much water you need.

4-6. Most people cannot comfortably drink more than 1 liter of water at a time. So, even when not thirsty, drink small amounts of water at regular intervals each hour to prevent dehydration.

4-7. If you are under physical and mental stress or subject to severe conditions, increase your water intake. Drink enough liquids to maintain a urine output of at least 0.5 liters every 24 hours.

4-8. In any situation where food intake is low, drink 6 to 8 liters of water per day. In an extreme climate, especially an arid one, the average person can lose 2.5 to 3.5 liters of water **per hour**. In this type of climate, you should drink 8 to 12 ounces of water every 30 minutes. It is better to regulate water loss through work or rest cycles because overhydration can occur if water intake exceed 1 1/2 quarts per hour. Overhydration can cause low serum sodium levels resulting in cerebral and pulmonary edema, which can lead to death.

4-9. With the loss of water there is also a loss of electrolytes (body salts). The average diet can usually keep up with these losses but in an extreme situation or illness, additional sources need to be provided. You should maintain an intake of carbohydrates and other necessary electrolytes.

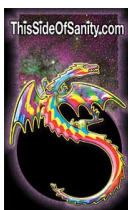
4-10. Of all the physical problems encountered in a survival situation, the loss of water is the most preventable. The following are basic guidelines for the prevention of dehydration:

- *Always drink water when eating.* Water is used and consumed as a part of the digestion process and can lead to dehydration.
- *Acclimatize.* The body performs more efficiently in extreme conditions when acclimatized.
- *Conserve sweat, not water.* Limit sweat-producing activities but drink water.
- *Ration water.* Until you find a suitable source, ration your sweat, not your water. Limit activity and heat gain or loss.

4-11. You can estimate fluid loss by several means. A field dressing holds about 0.25 liters (1/4 canteen) of fluid. A soaked T-shirt holds 0.5 to 0.75 liters.

4-12. You can also use the pulse and breathing rate to estimate fluid loss. Use the following as a guide:

- With a 0.75-liter loss the wrist pulse rate will be under 100 beats per minute and the breathing rate 12 to 20 breaths per minute.
- With a 0.75- to 1.5-liter loss the pulse rate will be 100 to 120 beats per minute and 20 to 30 breaths per minute.
- With a 1.5- to 2-liter loss the pulse rate will be 120 to 140 beats per minute and 30 to 40 breaths per minute. Vital signs above these rates require more advanced care.



survival food

Food:

Food: You can go surprisingly long without needing food. People fast, sometimes for days. The rules of threes claims that you can live for about three weeks without food.

If you have food, ration it to make it last much longer than normal.

After water, your biggest immediate nutritional need is sugar. Lack of sugar makes you drowsy and can lead to passing out. After a day or two without carbohydrates, your brain will be adversely effected and your decision making ability drops to the point of being dangerous.

FOOD

4-13. Although you can live several weeks without food, you need an adequate amount to stay healthy. Without food your mental and physical capabilities will deteriorate rapidly and you will become weak. Food provides energy and replenishes the substances that your body burns. Food provides vitamins, minerals, salts, and other elements essential to good health. Possibly more important, it helps morale.

4-14. The three basic sources of food are plants, animals (including fish), and issued rations. In varying degrees, both provide the calories, carbohydrates, fats, and proteins needed for normal daily body functions. You should use rations to augment plant and animal foods, which will extend and help maintain a balanced diet.

4-15. Calories are a measure of heat and potential energy. The average person needs 2,000 calories per day to function at a minimum level. An adequate amount of carbohydrates, fats, and proteins without an adequate caloric intake will lead to starvation and cannibalism of the body's own tissue for energy.

Plants

4-16. Plant foods provide carbohydrates—the main source of energy. Many plants provide enough protein to keep the body at normal efficiency. Although plants may not provide a balanced diet, they will sustain you even in the arctic, where meat's heat-producing qualities are normally essential. Many plant foods such as nuts and seeds will give you enough protein and oils for normal efficiency. Roots, green vegetables, and plant foods containing natural sugar will provide calories and carbohydrates that give the body natural energy.

4-17. The food value of plants becomes more and more important if you are eluding the enemy or if you are in an area where wildlife is scarce. For instance—

- You can dry plants by wind, air, sun, or fire. This retards spoilage so that you can store or carry the plant food with you to use when needed.
- You can obtain plants more easily and more quietly than meat. This is extremely important when the enemy is near.

Animals

4-18. Meat is more nourishing than plant food. In fact, it may even be more readily available in some places. However, to get meat, you need to know the habits of and how to capture the various wildlife.

4-19. To satisfy your immediate food needs, first seek the more abundant and more easily obtained wildlife, such as insects,

crustaceans, mollusks, fish, and reptiles. These can satisfy your immediate hunger while you are preparing traps and snares for larger game.

Recipes: From the original version of the *Anarchist Cookbook* by William Powell.

This is from 1971 and certainly has the meat oriented cooking of the time. His references to “grass” means the left over seeds, stems, and twigs of cannabis (according to his book). If you use hempseeds, probably best to grind them first. If you decide to try any of these recipes, you might use cannabis leaves.

Acapulco Green

3 ripe avocados	3 tablespoons wine vinegar
1/2 cup chopped onions	1/2 cup chopped grass
2 teaspoons chili powder	

Mix the vinegar, grass, and chili powder together and let the mixture stand for one hour. Then add avocados and onions and mash all together. It can be served with tacos or as a dip.

Pot Soup

1 can condensed beef broth	1/2 can water
3 tablespoons grass	3 tablespoons chopped watercress
3 tablespoons lemon juice	

Combine all ingredients in a saucepan and bring to a boil over a medium heat. Place in refrigerator for two to three hours, reheat, and serve

Pork and Beans and Pot

1 large can (1 lb., 13 oz.) pork and beans	1/2 cup light molasses
1/2 cup grass	1/2 teaspoon hickory salt
4 slices bacon	3 pineapple rings

Mix together in a casserole, cover top with pineapple and bacon, bake at 350 degrees for about 45 minutes. Serves about six.

The Meat Ball

1 lb. hamburger	1/4 cup bread crumbs
1/4 cup chopped onions	3 tablespoons grass
1 can cream of mushroom soup	3 tablespoons India relish

Mix it all up and shape into meat balls. Brown in frying pan and drain. Place in a casserole with soup and 1/2 cup water, cover and cook over low heat for about thirty minutes. Feeds about four people.

Spaghetti Sauce

1 can (6 oz.) tomato paste	1 can (6 oz.) water
2 tablespoons olive oil	1 bay leaf
1/2 cup chopped onions	1 pinch thyme
1/2 cup chopped grass	1/2 teaspoon salt

1 pinch pepper

Mix in a large pot, cover and simmer with frequent stirring for two hours. Serve over spaghetti.

Pot Loaf

1 packet onion soup mix	2 lbs. ground beef
1 (16 oz.) can whole peeled tomatoes	1 egg
1/2 cup chopped grass	4 slices bread, crumbed

Mix all ingredients and shape into a loaf. Bake for one hour in 400-degree oven. Serves about six.

Chili Bean Pot

2 lbs. pinto beans	1/2 clove garlic
1 lb. bacon, cut into two-inch sections	1 cup chopped grass
2 cups red wine	1/2 cup mushrooms
4 tablespoons chili powder	

Soak beans overnight in water. In a large pot pour boiling water over beans and simmer for at least an hour, adding more water to keep beans covered. Now add all other ingredients and continue to simmer for another three hours. Salt to taste. Serves about ten.

Bird Stuffing

5 cups rye bread crumbs	1/3 cup chopped onions
2 tablespoons poultry seasoning	3 tablespoons melted butter
1/2 cup each of raisins and almonds	1/2 cup chopped grass
1/2 cup celery	2 tablespoons red wine

Mix it all together, then stuff it in.

Apple Pot

4 apples (cored)	4 cherries
1/2 cup brown sugar	1/3 cup chopped grass
1/4 cup water	2 tablespoons cinnamon

Powder the grass in a blender, then mix grass with sugar and water. Stuff cores with this paste. Sprinkle apples with cinnamon, and top with a cherry. Bake for 25 minutes at 350 degrees.

Pot Brownies

1/2 cup flour	1 egg (beaten)
3 tablespoons shortening	1 tablespoon water
2 tablespoons honey	1/2 cup grass
pinch of salt	1 square melted chocolate
1/4 teaspoon baking powder	1 teaspoon vanilla
1/2 cup sugar	1/2 cup chopped nuts
2 tablespoons corn syrup	

Sift flour, baking powder, and salt together. Mix shortening, sugar, honey, syrup, and egg. Then blend in chocolate and other ingredients, mix well. Spread in an eight-inch pan and bake for 20 minutes at 350 degrees.

Banana Bread

1/2 cup shortening	1 cup mashed bananas
2 eggs	2 cups sifted flour
1 teaspoon lemon juice	1/2 cup chopped grass
3 teaspoons baking powder	1/2 teaspoon salt
1 cup sugar	

Mix the shortening and sugar, beat eggs, and add to mixture. Separately mix bananas with lemon juice and add to the first mixture. Sift flour, salt, and baking powder together, then mix all ingredients together. Bake for 1-1/4 hours at 375 degrees.

Sesame Seed Cookies

3 oz. ground roast sesame seeds	1/4 cup honey
3 tablespoons ground almonds	1/2 teaspoon ground ginger
1/4 teaspoon nutmeg	1/4 oz. grass

Toast the grass until slightly brown and then crush it in a mortar. Mix crushed grass with all other ingredients, in a skillet. Place skillet over low flame and add 1 tablespoon of salt butter. Allow it to cook. When cool, roll mixture into little balls and dip them into the sesame seeds.

Hash Cookies

4 cups sifted flour	1/2 teaspoon salt
1 teaspoon baking powder	1/2 cup butter
4 eggs	3/4 cup honey

Mix baking powder, salt, and flour together in a bowl, then add to this the eggs and honey. Work the mixture with your hands until it forms a dough. Roll the dough out and cut into three-inch squares. Now put dough aside and work on the filling.

1/2 cup chopped dates	1/2 cup honey
1/2 cup raisins	1 whole grated nutmeg
1 teaspoon ground ginger	1/8 oz. powdered hash
1 teaspoon cinnamon	1 cup chopped figs
1/2 cup ground almonds	

Put all the ingredients into a pan and mix with 1/2 cup water. Heat until fruits are softened and water has evaporated. Pour mixture into a skillet, add three tablespoons butter, and heat for five minutes. The filling is now ready. Place a heaping tablespoon of filling on each piece of pastry. Fold up the edges of the pastry, to keep the filling in, and bake at 350 degrees for about 25 minutes. This recipe usually makes between two and three dozen cookies.

Hash Soup

3 eggs	1 tablespoon powdered hashish
2 oz. sifted flour	2 oz. small noodles
1/4 can cooked peas	4 tablespoons canned tomato paste
1/2 cup chopped chicken livers	1/2 cup chopped turnip
1/2 chopped onion	

Take a large pot and grease the bottom with 1/4 cup olive oil. Place in the pot the half chopped onions, chicken livers, and turnip. Cook for a

half hour over low heat. Now add a pint and a half of water, three tablespoons butter, four tablespoons tomato paste, the peas, and the noodles. Mix flour with a cup of water and make a paste. Stir paste and powdered hash into the pot. Add salt and ppper, and boil for 15 minutes, stirrignconstantly. As soon as the soup is off the fire, add the eggs and serve immediately.

Hash Brown Bananas

4 bananas	2 slices bacon
2 teaspoons powdered hash	4 tablespoons brown sugar

Cut the bananas into a skillet and fry until slightly brown. Do not overcook. At the same time, fry the bacon in the same pan, for it adds an interesting flavor to the bananas. Mix the powdered hash with the brown sugar. Then wrap each fried banana with a strip of bacon, and serve with hash and brown sugar sprinkled on top.

Hashish Brownies

1/2 teaspoon salt	1/2 teaspoon baking powder
3/4 cup cake flour	3 eggs
1 cup sugar	1/2 cup sweet butter
3 oz. unsweetened chocolate	5 grams powdered hash

Melt the chocolate and butter together, then add sugar and hash. The mixture must be beaten until it is creamy. Sift flour, baking powder, and salt together, and then add to mixture. Pour the mixture into a cookie tray and bake for thirty minutes at 375 degrees. When cool, cut brownies into small squares and top with chopped nuts.



technology

Some games have tech levels.

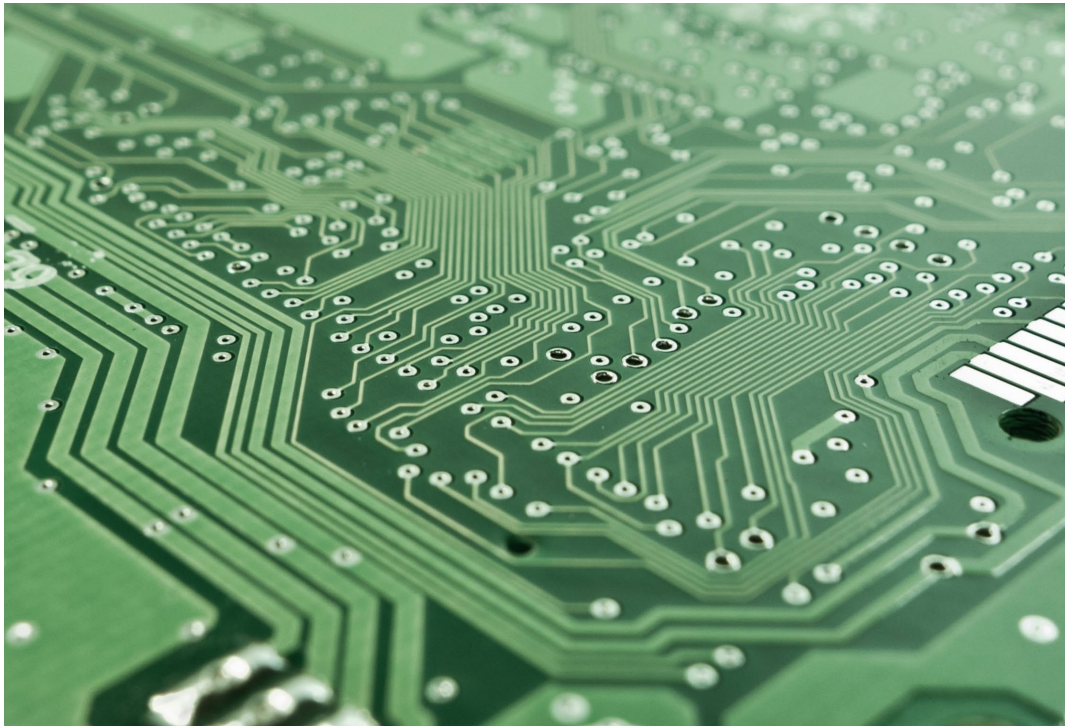


image by Michael Schwarzenberger from Pixabay

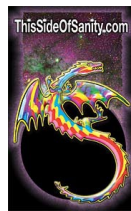


movement

There are several kinds of movement. As if you didn't already know that. But I have to have some kind of description for the beginning of this section.



image by Stefan Keller from Pixabay



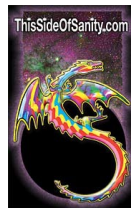
survival trekking

Self-Rescue:

Self-Rescue: Once you have your situation under control, you must determine if it is best to stay at your current location or self-rescue. This is best with a plane crash or other event that is likely to initiate a rescue attempt. If you reasonably expect rescuers, you want to make it as easy as possible to find you and a crash site is much more visible than a person.

Staying put is best with a plane crash or other event that is likely to initiate a rescue attempt. If you reasonably expect rescuers, you want to make it as easy as possible to find you and a crash site is much more visible than a person.

In some situations it may not be safe to remain at your original location. After three days to a week, searches will often come to an end. You may eventually have to make your way to safety on your own. You must make a determination of when self-rescue is the appropriate choice. Before leaving your original site, clearly mark it and leave an indication of which way you went.



movement

personal locomotion

Space holder for the chapter on personal locomotion.



movement

animals for transportation

Space holder for the chapter on animals for transportation.



movement

single person vehicles

Space holder for the chapter on single person vehicles.



movement

land vehicles

Space holder for the chapter on land vehicles.



movement

freight vehicles

Space holder for the chapter on freight vehicles.



movement

rail vehicles

Space holder for the chapter on rail vehicles.



movement

emergency vehicles

Space holder for the chapter on emergency vehicles.



movement

military vehicles

Space holder for the chapter on military vehicles.



movement

burrowing vehicles and machines

Space holder for the chapter on burrowing vehicles and machines.

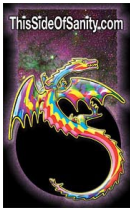


movement water vehicles

Space holder for the chapter on water vehicles.



image by Alexander Lesnitsky from Pixabay



movement

flying vehicles

Space holder for the chapter on flying vehicles.



movement

space vehicles

Space holder for the chapter on space vehicles.



survival communications

Communications:

Communications requires sending (transmitting) and receiving.

Even if you are a loner, you want to listen to radio to know what others are doing around you.

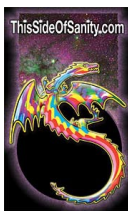
Family Radio Service (FRS), also known as walkie talkies, is low cost and requires no license. It only works for line of sight and even then over short distances.

Citizen's Band radio (CB) is inexpensive and doesn't require a license. Solar cycles have an impact on how far a CB signal will carry.

General Mobile Radio Service (GMRS) operate on the same frequencies as FRS. GMRS requires an FCC license, but no test. GMRS are higher power than FRS and can work with repeaters to extend the range.

Amateur radio (ham) is a legal method for transmitting radio signals. You must take a test to be licensed. There are three levels: Technician, General, or Amateur Extra. There are frequency bands: High Frequency (HF), Very High Frequency (VHF), and Ultra High Frequency (UHF).

Antennas used for transmitting have a red ring painted around their base to show they radiate signals. Antennas used for receiving have a blue ring painted around their base. Microwave radio telephone towers are painted red and white.



game worlds

Space holder for the chapter on game worlds.



government

“When you are in opposition, you have one job, Just one. Everything else is superfluous. **Get into government.**”

“Now, once you are in government, there is a lot more expected. In opposition, there is one thing.” — Phil Moorhouse of the [A Different Bias](#) channel.

“But to get into government you have to persuade the public of two things.”

“One, that the current [...] government are making their lives worse.”

“This is important, because comfortable people are more likely to support the status quo, They might like things to be better, but, oh if we vote for something that might be better, it might be worse, but we’re ok as we are now, why risk it, why risk it.”

“They have to believe, rightly or wrongly, that they are suffering with the present situation.”

“But that’s not enough, because then the second thing is you have convince them that [you] will make their lives better.”

“Not hope. That these people will take a risk, because I don’t think that they will.”

“You have to convince them that it will absolutely be better under [you].” — Phil Moorhouse of the [A Different Bias](#) channel.



buildings

Space holder for the chapter on buildings.



cannabis clergy

Reality: If the government decides it wants to “get you”, then your only chance is if you can afford a really, really good lawyer.

The law is whatever the government decides the law is.

The rights you heard about in grade school only apply if you can afford a great lawyer. Public defenders are under-budgeted and only want to process paperwork for plea bargains. They simply don’t have the time or money for trials.

I don’t want to discourage anyone from worshiping with cannabis, but I do want to strongly warn everyone that you have a significant risk of long term imprisonment or worse, especially outside of major industrialized nations.

Please act responsibly. Please hire a lawyer if you can possibly afford to do so.



basic defense

The basic religious defense is that the law in question either (1) is clearly biased against or for a particular religion or religions and therefore against the first amendment (applied by the 14th amendment to the states) and the California state constitution or (2) is law of general applicability that places a burden on a sincerely held religious belief and therefore against the RFRA (federal) and the RLUIPA (federal and state).

The RFRA is the Religious Freedom Restoration Act of 1993. The RLUIPA is the Religious Land Use and Institutionalized Persons Act.

The Ayahuasca case, February 21, 2006, *Gonzales v. Centro Espirita Beneficente União do Vegetal*, 546 U.S. 418 (2006), affirms that the RFRA applies to religious use of a Schedule I drug that is banned by federal law.

RFRA

The RFRA is the Religious Freedom Restoration Act of 1993.

The RFRA first requires that the defendant prove through a preponderance of evidence that an otherwise neutral law of general applicability places a substantial burden on a sincerely held religious belief that an act is required by the religion.

The government must then show that it has a compelling interest in criminalizing the religious act for the specific instance. It is not enough that the government merely claim that the act is dangerous. It must prove it is dangerous.

Then the government must prove that it has applied the least restrictive method possible for meeting the government's compelling interest.

ayahuasca case

In the February 21, 2006 case of *Gonzales v. Centro Espirita Beneficente União do Vegetal*, 546 U.S. 418 (2006), Chief Justice C.J. Roberts writing for the 8-0 majority (Alito didn't participate because he didn't hear the case) claimed regarding the religious use of DMT-containing tea:

1. The Religious Freedom Restoration Act is the controlling law for this matter.
2. The Government must prove that it has a compelling interest in criminalizing the religious use of this tea for this specific instance.
3. Just because the Government says that a drug is dangerous in legislation (DMT is Schedule I) does not relieve the government of its obligation to show that it is dangerous in this specific case.
4. The Government bears the burden of showing actual harm and the evidence the Government presented about actual harm caused by using DMT-containing tea did not meet its standard.
5. The government failed to provide a clear compelling interest which would override the default assumption of religious freedom as spelled out in the Religious Freedom Restoration Act.
6. The Supreme Court never even got to considering whether the ban on the tea was the "least restrictive means" available to meet the governmental interest because the Government failed to show a compelling interest in the first place.

burden

Being arrested pretty much automatically constitutes a substantial burden.

sincerity

The government can question the sincerity of beliefs.

The three basic tests to qualify for protection under the federal Religious Freedom Restoration Act (RFRA) are: (1) the government burdens a (2) sincerely held (3) religious belief.

While the government seems to normally challenge whether or not your beliefs are religious, they can also challenge the sincerity of your beliefs. There is a Supreme Court case (I will add the citation later) involving two different people challenging (under completely different laws, *not* the RFRA) Florida's requirement to vaccinate their children. The Supreme Court protected one family because the court decided their religious beliefs were sincere and rejected the other family's protection because the court decided that their religious beliefs were clearly faked.

You have to sincerely believe that the divine has called you to be a medical marijuana minister or medical cannabis minister.

You can't fake this to try to pull something over on the government.

Your religious beliefs have to be sincere and real.

This book covers how to be a medical marijuana minister or medical cannabis minister. Anyone with sincere religious beliefs that their religion requires them to minister to and help those who need medical marijuana can become a medical marijuana minister or medical cannabis minister.

I am emphasizing that your religious beliefs must be sincere and real.

I have already pointed out several easy ways to get written documentation (including [Per Neter Kemet](#) [external link], [Universal Life Church](#) [external link], and [The Hawai'i Cannabis Ministry \(THC Ministry\)](#) [external link]).

valid religion

The government can question whether or not the beliefs are religious (non-religious beliefs don't have this protection).

The government is not supposed to be able to question the validity of beliefs, just whether or not they are religious.

The two most common tests for being a legally valid religion are the Meyers' Test and the IRS test, both of which are highly biased in favor of Roman Catholic beliefs.

The California state Department of Fair Employment and Housing (DFEH) has already ruled that my religion is a legally valid religious creed subject to state protection, although this ruling may or may not have applicability for a criminal prosecution.

There are numerous specific court cases that address the question of what constitutes a legally valid religion or religious creed. These court cases give specific standards (or tests) based on the Roman Catholic Church.

Currently there is a six judge majority of the U.S. Supreme Court who are active members of the Roman Catholic Church (John Roberts, Anthony M. Kennedy, Antonin Scalia, Clarence Thomas, Samuel Alito, and Sonia Sotomayor).

In theory, no court should question the validity of any religious beliefs.

In reality, I assume that facing a hostile judge I must prove through preponderance of evidence that my religion is substantially, qualitatively, and quantifiably more legally valid than the officially established Roman Catholic Church of the U.S. Supreme Court.

strict scrutiny

U.S. District Chief Judge Vaughn R. Walker struck down Proposition 8 using two standards of the law.

One standard Judge Walker used was that the law was based on so many unfounded claims that there was no rational basis for the law. This could be used against the federal law placing cannabis as a

Schedule I drug. Francis Young, a DEA administrative law judge, ruled in 1988 that cannabis had no known danger (Docket # 86-22).

The other standard that Judge Walker used to strike down Proposition 8 was strict scrutiny.

Strict scrutiny is a test in discrimination cases holding laws to a higher standard when they adversely affect certain minority groups.

To meet strict scrutiny a law must be justified by a “compelling government interest” and must be “narrowly tailored” to meet that interest.

The tests for whether a minority is within a “suspect classification” are: (1) been historically targeted by discrimination; (2) a “discrete” and “insular” community; (3) be a minority for an unchangeable characteristic; and (4) lack the power to protect themselves using the political process. A qualifying group does not have to meet all four standards and other factors may be considered.

This obviously doesn’t apply to Christian medical marijuana ministers, but it certainly applies to Pagan and Witch medical marijuana ministers (including my own religion).

major cases

- *Young Life Campaign v. Patino* (1981) 122 Cal.App.3d 559, 561
- *Sherbert* 374 U.S. 398, 83 S.Ct. 1790, 10 L.Ed.2d 965
- *Wisconsin v. Yoder* 406 U.S. 205, 92 S.Ct. 1526, 32 L.Ed.2d 15 (1972)
- *Friedman v. Southern California Permanente Medical*
- *Malnak v. Yogi*
- *Meyers* November 5, 1996, 95 F.3d 1475

Courts have upheld the right of Native Americans to use the hallucinogenic plant peyote in religious rituals, e.g., *State v. Whittington*, 19 Ariz. App. 27, 504 P.2d 950 (1973), cert. denied, 417 U.S. 946, 94 S.Ct. 3071 (1974); **People v. Woody**, **61 Cal.2d 716, 394 P.2d 813, 40 Cal. Rptr. 69 (1964)**; *Whitehorn v. State*, 561 P.2d 539 (Okla. Crim. App. 1977); contra *State v. Big Sheep*, 75 Mont. 219, 243 P. 1067 (1926); *State v. Soto*, 21 Or. App. 794, 537 P.2d 142 (1975), cert. denied, 424 U.S. 955, 96 S.Ct. 1431 (1976).



burden on religious beliefs

cannabis sacrament

In 1979 the Supreme Court of Florida found that (1) the Ethiopian Zion Coptic Church represents a religion within the First Amendment to the Constitution of the United States and (2) the “use of cannabis is an essential portion of the religious practice.” [Town v. State ex rel. Reno](#) (external link), 337 So.2d 648, 649 (Fla. 1979), cert. denied, 449 U.S. 803 (1980). “Further, the Ethiopian Zion Coptic Church is not a new church or religion but the record reflects it is centuries old and has regularly used cannabis as its sacrament.” [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]

arrest

Being arrested pretty much automatically constitutes a substantial burden.

In 1980 several members of the Ethiopian Zion Coptic Church were arrested unloading 20 tons of marijuana from a boat off the coast of Maine. [United States v. Rush](#) [external link], 738 F.2d 497 (1st Cir. 1984), cert. denied, 471 U.S. 1120 (1985). The court found (1) that the Ethiopian Zion Coptic Church is a religion embracing beliefs which are protected by the First Amendment, (2) that the use of cannabis is an integral part of the religious practice of the Church, and (3) that [all of the defendants] are members of the Church and sincerely embrace the beliefs of the Church. 738 F.2d at 512. [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]



sincerity of religious beliefs

The government can question the sincerity of beliefs.

The three basic tests to qualify for protection under the federal Religious Freedom Restoration Act (RFRA) are: (1) the government burdens a (2) sincerely held (3) religious belief.

While the government seems to normally challenge whether or not your beliefs are religious, they can also challenge the sincerity of your beliefs. There is the New York federal district court Wexler case (which the anti-immunization movement named for the original trial judge) involving two different people challenging (under completely different laws, *not* the RFRA) New York's requirement to vaccinate their children. The federal court protected one family because the court decided their religious beliefs were sincere and rejected the other family's protection because the court decided that their religious beliefs were clearly faked. [The text of the decision regarding sincerity is quoted below.]

You have to sincerely believe that the divine has called you to be a medical marijuana minister or medical cannabis minister.

You can't fake this to try to pull something over on the government.

Your religious beliefs have to be sincere and real.

This chapter is about how to be a medical marijuana minister or medical cannabis minister. Anyone with sincere religious beliefs that their religion requires them to minister to and help those who need medical marijuana can become a medical marijuana minister or medical cannabis minister.

I am emphasizing that your religious beliefs must be sincere and real.

There are several easy ways to get written documentation (including [Per Neter Kemet](#) [external link], [Universal Life Church](#) [external link], and [The Hawai'i Cannabis Ministry \(THC Ministry\)](#) [external link]).

legal standards

“Sincerity analysis seeks to determine the subjective good faith of an adherent ... The goal, of course, is to protect only those beliefs which are held as a matter of conscience. Human nature being what it is, however, it is frequently difficult to separate this inquiry from a forbidden one involving the verity of the underlying belief.” —*Barber*

“While the “truth” of a belief is not open to question, there remains the significant question whether it is “truly held.” This is the threshold question of sincerity which must be resolved in every case. It is, of course, a question of fact” —*Seeger*

The legal standard in the Religious Freedom Restoration Act is that religious beliefs must be sincerely held.

In the 1990s a Los Angeles woman claimed a religious defense for prostitution. She claimed to be a priestess of Isis and claimed to be engaging in an ancient Egyptian religious practice where a priestess has sex as the Goddess rather than as a human. The jury was going along with her defense until the prosecutor asked a series of simple questions about Isis that the woman was completely unable to answer. This failure convinced the jury that her religious beliefs weren't sincere.

qualifications

You must be able to demonstrate in court that you understand your religious beliefs and that your religious beliefs are sincere. A major goal of this web site is to provide that detailed information for a wide variety of possible religious beliefs.

cases

Wexler Decision

From the case decided by Judge Leonard D. Wexler, United States District Court, Eastern District of New York, October 21, 1987, CV 87-3116 ALAN PAUL SHERR, etc., et al. against NORTHPORT-EAST NORTHPORT UNION FREE SCHOOL DISTRICT, et al. and CV 87-3197 LOUIS LEVY, etc., et al. against NORTHPORT-EAST NORTHPORT UNION FREE SCHOOL DISTRICT, et al.

VII. SINCERITY OF PLAINTIFFS' BELIEFS

In order for plaintiffs to be afforded the exemption from immunization that they seek, it is not sufficient merely that the beliefs that they assert as grounds for exemption be religious in nature. It must also be demonstrated that the espoused beliefs are sincerely held and that the stated beliefs, even if accurately reflecting plaintiffs' ultimate conclusions about the advisability of inoculation of their children, do in fact stem from religious convictions and have not merely been framed in terms of religious belief so as to gain the legal remedy desired.^{7/}

Attempts to ascertain the sincerity of claims of religious belief must be undertaken with extreme caution. The Second Circuit observed in Barber:

Sincerity analysis seeks to determine the subjective good faith of an adherent The goal, of course, is to protect only those beliefs which are held as a matter of conscience. Human nature being what it is, however, it is frequently difficult to separate this inquiry from a forbidden one involving the verity of the underlying belief.

650 F.2d at 441. Any form of governmental investigation into the "objective truth" of a person's religious beliefs, be it in a judicial form or otherwise, in essence puts the individual on trial for heresy. See *United States v. Ballard*, 322 U.S. 78, 64 S.Ct. 882 (1944). As the Supreme Court emphasized in *Seeger*, however:

While the "truth" of a belief is not open to question, there remains the significant question whether it is "truly held." This is the threshold question of sincerity which must be resolved in every case. It is, of course, a question of fact

380 U.S. at 185, 85 S.Ct. at 863. See also, e.g., *Africa*, 662 F.2d 1025; *Stevens*, 428 F.Supp. 896; *Riga*, *Religious*, *Sincerity*, and *Free Exercise*, 25 *Catholic Lawyer* 246 (1980).

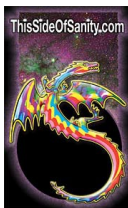
FOOTNOTES:

7/ The school district defendants have challenged the sincerity of plaintiffs' assertions of religious beliefs that prohibit the vaccination of their children. Although counsel for the state defendants participated in cross-examination of Alan Paul Sherr and Louis Levy concerning the beliefs they and their families purportedly hold, the state defendants declare in the papers they filed subsequent to the taking of plaintiffs' testimony that they do not now question the sincerity of plaintiffs' avowed adherence to their respective systems of belief.

Ethiopian Zion Coptic Church

In 1980 several members of the Ethiopian Zion Coptic Church were arrested unloading 20 tons of marijuana from a boat off the coast of Maine. [United States v. Rush](#) [external link], 738 F.2d 497 (1st Cir. 1984), cert. denied, 471 U.S. 1120 (1985). The court found (1) that the Ethiopian Zion Coptic Church is a religion embracing beliefs which are protected by the First Amendment, (2) that the use of cannabis is an integral part of the religious practice of the Church, and (3) that [all of the defendants] are members of the Church and sincerely embrace the beliefs of the Church. 738 F.2d at 512. [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]

In 1984 the Supreme Court of Iowa found: "Olsen is a member and priest of the Ethiopian Zion Coptic Church. Testimony at his trial revealed the bona fide nature of this religious organization and the use of marijuana within it." [State of Iowa v. Carl Eric Olsen](#) [external website], No. 171/69079 (Iowa 1984). [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]



religious beliefs

The government can question whether or not the beliefs are religious in nature.

The three basic tests to qualify for protection under the federal Religious Freedom Restoration Act (RFRA) are: (1) the government burdens a (2) sincerely held (3) religious belief.

The government seems to normally challenge whether or not your beliefs are religious.

The most common test is the so-called Meyers' Test.

legal standards

The U.S. Supreme Court requires that you must have a **sincerely held religious belief**.

The legal standard in the Religious Freedom Restoration Act is that beliefs must be religious.

qualifications

You must be able to demonstrate in court that you understand your religious beliefs and that your beliefs are religious, rather than philosophical or just a lifestyle. A major goal of this web site is to provide that detailed information for a wide variety of possible religious beliefs.

cases

In June 1993, the U.S. Supreme Court held that a state law banning a religious practice where other individuals are allowed to do the same thing for a secular purpose cannot withstand constitutional scrutiny without a showing of compelling state interest. [Church of Lukumi Babalu Aye, v. City of Hialeah](#) [external link], 508 U.S. 520 (1993). [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]



religious requirement

The government gives greater weight to religious beliefs that are requirements.

legal standards

The legal standard in the Religious Freedom Restoration Act is that beliefs must be a requirement.

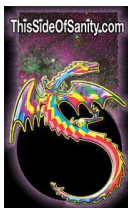
qualifications

The courts give greater religious protection to religious beliefs that are a religious requirement. A major goal of this web site is to provide that detailed information for a wide variety of possible religious beliefs.

cases

In 1979 the Supreme Court of Florida found that (1) the Ethiopian Zion Coptic Church represents a religion within the First Amendment to the Constitution of the United States and (2) the “use of cannabis is an essential portion of the religious practice.” [Town v. State ex rel. Reno](#) (external link), 337 So.2d 648, 649 (Fla. 1979), cert denied, 449 U.S. 803 (1980). “Further, the Ethiopian Zion Coptic Church is not a new church or religion but the record reflects it is centuries old and has regularly used cannabis as its sacrament.” [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]

In 1980 several members of the Ethiopian Zion Coptic Church were arrested unloading 20 tons of marijuana from a boat off the coast of Maine. [United States v. Rush](#) [external link], 738 F.2d 497 (1st Cir. 1984), cert. denied, 471 U.S. 1120 (1985). The court found (1) that the Ethiopian Zion Coptic Church is a religion embracing beliefs which are protected by the First Amendment, (2) that the use of cannabis is an integral part of the religious practice of the Church, and (3) that [all of the defendants] are members of the Church and sincerely embrace the beliefs of the Church. 738 F.2d at 512. [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]



Meyer's Test

The government can question whether or not the beliefs are religious in nature. The most common test is the so-called Meyers' Test used in the case of UNITED STATES of America, Plaintiff-Appellee, v. David MEYERS, Defendant-Appellant, United States Court of Appeals for the Tenth Circuit, November 5, 1996, 95 F.3d 1475.

legal standards

The Meyers' Test:

1. Ultimate Ideas
2. Metaphysical Beliefs
3. Moral or Ethical System
4. Comprehensiveness of Beliefs
5. Accoutrements of Religion
 - a. Founder, Prophet, or Teacher
 - b. Important Writings
 - c. Gathering Places
 - d. Keepers of Knowledge
 - e. Ceremonies and Rituals
 - f. Structure or Organization
 - g. Holidays
 - h. Diet or Fasting
 - i. Appearance and Clothing
 - j. Propagation

cases

The following is a direct quotation from the Appeals Court decision.

Facts

...

Just prior to trial, the government discovered that Jones had lied to investigating officers in his initial statements by omitting Recore's middleman role in the conspiracy and by stating that he dealt directly with Meyers when in fact he dealt primarily with Recore. Jones allegedly lied pursuant to an agreement between Meyers, Recore, and himself which provided that if caught Recore and Jones would intentionally blame Meyers for the entire conspiracy so that Meyers could "try out" his religious freedom defense.

At trial, Jones testified that from January to July, 1994, he would receive between five and seven pounds of marijuana from Recore every seven to ten days; in July, 1994, he traveled to El Paso, Texas, to obtain marijuana from Federico at the direction of Recore, who was acting at the

direction of Meyers; and at the end of August, 1994, he traveled to Tucson, Arizona, to meet with Meyers' cousin, Mitchell Meyers, and obtain four pounds of marijuana. Recore testified that he was receiving all the marijuana he distributed to Jones from Meyers and that he was acting at Meyers' direction by delivering the marijuana to Jones.

Before trial, Meyers filed numerous motions including motions to dismiss based on religious freedom under the First Amendment and the Religious Freedom Restoration Act, 42 U.S.C. § 2000bb et. seq. (RFRA). At the hearing on Meyers' religious freedom defense, Meyers testified that he is the founder and Reverend of the Church of Marijuana and that it is his sincere belief that his religion commands him to use, possess, grow and distribute marijuana for the good of mankind and the planet earth.

After a careful and thorough analysis, the district court concluded that the neutral drug laws at issue were not subject to a First Amendment free exercise challenge and that Meyers' beliefs did not constitute a religion for purposes of the RFRA. *United States v. Meyers*, 906 F.Supp. 1494, 1509 (D.Wyo.1995). Therefore, the court denied his motion to raise a RFRA defense.

...

B. RFRA

Meyers argues that the district court erred in refusing to recognize his interpretation of his own religion and in refusing to give his beliefs the status of religion under the RFRA.

In response to the Court's rejection of the compelling governmental interest test in *Smith*, Congress passed the RFRA reestablishing the compelling interest test of *Sherbert*, 374 U.S. 398, 83 S.Ct. 1790, 10 L.Ed.2d 965, and *Wisconsin v. Yoder*, 406 U.S. 205, 92 S.Ct. 1526, 32 L.Ed.2d 15 (1972), as the analytical framework governing all cases where free exercise of religion is substantially burdened. 42 U.S.C. § 2000bb(b)(1).

The RFRA provides that "[g]overnment shall not substantially burden a person's exercise of religion even if the burden results from a rule of general applicability, except as provided in subsection (b) of this section." § 2000bb-1(a). Subsection (b) provides that:

Government may substantially burden a person's exercise of religion only if it demonstrates that application of the burden to the person--

- (1) is in furtherance of a compelling governmental interest; and
- (2) is the least restrictive means of furthering that compelling governmental interest.

42 U.S.C. § 2000bb-1(b).

Under the RFRA, a plaintiff must establish, by a preponderance of the evidence, three threshold requirements to state a prima facie free exercise claim. *Thiry v. Carlson*, 78 F.3d 1491, 1494 (10th Cir.1996). The governmental action must (1) substantially burden, (2) a religious belief rather than a philosophy or way of life, (3) which belief is sincerely held by the plaintiff. *Id.* The government need only accommodate the exercise of actual religious convictions. *Werner v. McCotter*, 49 F.3d 1476, 1479 n. 1 (10th Cir.) (citing *Yoder*, 406 U.S. at 215-19, 92 S.Ct. at

1533-35; *Thomas v. Review Bd.*, 450 U.S. 707, 713-18, 101 S.Ct. 1425, 1429-32, 67 L.Ed.2d 624 (1981)), cert. denied, --- U.S. ----, 115 S.Ct. 2625, 132 L.Ed.2d 866 (1995). Once the plaintiff has established the threshold requirements by a preponderance of the evidence, the burden shifts to the government to demonstrate that the challenged regulation furthers a compelling state interest in the least restrictive manner. *Werner*, 49 F.3d at 1480 n. 2 (citing 42 U.S.C. § 2000bb-1(b)).

Our review of the requirements, although largely factual in nature, presents mixed questions of fact and law. *Thiry*, 78 F.3d at 1495. We review the meaning of the RFRA *de novo*, including the definitions as to what constitutes substantial burden and what constitutes religious belief, and the ultimate determination as to whether the RFRA has been violated. *Id.* Sincerity is a factual matter and, as with historical and other underlying factual determinations, we defer to the district court's findings, reversing only if those findings are clearly erroneous. *Id.*

There is no dispute that Meyers' beliefs are sincerely held and that they are substantially burdened by 21 U.S.C. §§ 841 and 846 and 18 U.S.C. § 2. The issue is whether his sincerely held beliefs are "religious beliefs," rather than a philosophy or way of life. In analyzing this issue, the district court examined the cases that have delved into the question of "what is religion" and catalogued the many factors used to determine whether a set of beliefs is religious in nature.² *Meyers*, 906 F.Supp. at 1501. The court then used its list of factors to examine Meyers' beliefs to determine if his beliefs fit the factors sufficiently to be included in the realm of "religious beliefs."

Keeping in mind that the threshold for establishing the religious nature of his beliefs is low, the court considered the following factors:

1. Ultimate Ideas: Religious beliefs often address fundamental questions about life, purpose, and death. As one court has put it, "a religion addresses fundamental and ultimate questions having to do with deep and imponderable matters." *Africa*, 662 F.2d at 1032. These matters may include existential matters, such as man's sense of being; teleological matters, such as man's purpose in life; and cosmological matters, such as man's place in the universe.

2. Metaphysical Beliefs: Religious beliefs often are "metaphysical," that is, they address a reality which transcends the physical and immediately apparent world. Adherents to many religions believe that there is another dimension, place, mode, or temporality, and they often believe that these places are inhabited by spirits, souls, forces, deities, and other sorts of inchoate or intangible entities.

3. Moral or Ethical System: Religious beliefs often prescribe a particular manner of acting, or way of life, that is "moral" or "ethical." In other words, these beliefs often describe certain acts in normative terms, such as "right and wrong," "good and evil," or "just and unjust." The beliefs then proscribe those acts that are "wrong," "evil," or "unjust." A moral or ethical belief structure also may create duties--duties often imposed by some higher power, force, or spirit--that require the believer to abnegate elemental self-interest.

4. Comprehensiveness of Beliefs: Another hallmark of "religious" ideas is that they are comprehensive. More often than not, such beliefs provide a *telos*, an overreaching array of beliefs that coalesce to provide the believer with answers to many, if not most, of the problems and concerns that confront humans. In other words, religious beliefs generally are not confined to one question or a single teaching. *Africa*, 662 F.2d at 1035.

5. Accoutrements of Religion: By analogy to many of the established or recognized religions, the presence of the following external signs may indicate that a particular set of beliefs is “religious”:

- a. Founder, Prophet, or Teacher: Many religions have been wholly founded or significantly influenced by a deity, teacher, seer, or prophet who is considered to be divine, enlightened, gifted, or blessed.
- b. Important Writings: Most religions embrace seminal, elemental, fundamental, or sacred writings. These writing often include creeds, tenets, precepts, parables, commandments, prayers, scriptures, catechisms, chants, rites, or mantras.
- c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.
- d. Keepers of Knowledge: Most religions have clergy, ministers, priests, reverends, monks, shamans, teachers, or sages. By virtue of their enlightenment, experience, education, or training, these people are keepers and purveyors of religious knowledge.
- e. Ceremonies and Rituals: Most religions include some form of ceremony, ritual, liturgy, sacrament, or protocol. These acts, statements, and movements are prescribed by the religion and are imbued with transcendent significance.
- f. Structure or Organization: Many religions have a congregation or group of believers who are led, supervised, or counseled by a hierarchy of teachers, clergy, sages, priests, etc.
- g. Holidays: As is etymologically evident, many religions celebrate, observe, or mark “holy,” sacred, or important days, weeks, or months.
- h. Diet or Fasting: Religions often prescribe or prohibit the eating of certain foods and the drinking of certain liquids on particular days or during particular times.
- i. Appearance and Clothing: Some religions prescribe the manner in which believers should maintain their physical appearance, and other religions prescribe the type of clothing that believers should wear.
- j. Propagation: Most religious groups, thinking that they have something worthwhile or essential to offer non-believers, attempt to propagate their views and persuade others of their correctness. This is sometimes called “mission work,” “witnessing,” “converting,” or proselytizing.

Meyers, 906 F.Supp. at 1502-03 (footnotes omitted).

The district court emphasized that “it cannot rely solely on established or recognized religions to guide it in determining whether a new and unique set of beliefs warrants inclusion” and that “no one of these factors is dispositive, and that the factors should be seen as criteria that, if minimally satisfied, counsel the inclusion of beliefs within the term ‘religion.’ ” Id. at 1503.

However, in accord with Yoder, the court noted that “[p]urely personal, political, ideological, or secular beliefs probably would not satisfy enough criteria for inclusion.” Id. at 1504. See Yoder, 406 U.S. at 216, 92 S.Ct. at 1533-34 (philosophical and personal beliefs are secular beliefs); Africa, 662 F.2d at 1036 (finding beliefs are secular not religious); Berman, 156 F.2d at 380-81 (beliefs which are moral and social are not religious); Church of the Chosen People, 548 F.Supp. at 1253 (beliefs which are sexual and secular are not religious).

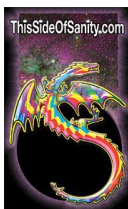
After carefully examining Meyers’ beliefs derived from his testimony, the district court concluded that his beliefs were secular and, thus, did not constitute a “religion” for RFRA purposes. Meyers, 906 F.Supp. at 1509. The court concluded that:

Marijuana’s medical, therapeutic, and social effects are secular, not religious.... Here, the Court cannot give Meyers’ “religious” beliefs much weight because those beliefs appear to be derived entirely from his secular beliefs. In other words, Meyers’ secular and religious beliefs overlap only in the sense that Meyers holds secular beliefs which he believes so deeply that he has transformed them into a “religion.”

While Meyers may sincerely believe that his beliefs are religious, this Court cannot rely on his sincerity to conclude that his beliefs rise to the level of a “religion” and therefore trigger RFRA’s protections. Meyers is, of course, absolutely free to think or believe what he wants. If he thinks that his beliefs are a religion, then so be it. No one can restrict his beliefs, and no one should begrudge him those beliefs. None of this, however, changes the fact that his beliefs do not constitute a “religion” as that term is uneasily defined by law. Were the Court to recognize Meyers’ beliefs as religious, it might soon find itself on a slippery slope where anyone who was cured of an ailment by a “medicine” that had pleasant side-effects could claim that they had founded a constitutionally or statutorily protected religion based on the beneficial “medicine.”

Id. at 1508. Finally, the court noted that “Meyers’ professed beliefs have an ad hoc quality that neatly justify his desire to smoke marijuana.” Id. at 1509.

We agree with the district court. Under the district court’s thorough analysis of the indicia of religion, which we adopt, we hold that Meyers’ beliefs more accurately espouse a philosophy and/or way of life rather than a “religion.” The district court did not err in prohibiting Meyers’ religious freedom defense.



IRS guidelines

The government can question whether or not the beliefs are religious in nature. The IRS has a set of guidelines to determine if an organization is a legally valid church.

Once again these tests are highly biased towards the Roman Catholic Church, the religion of a six member majority of the U.S. Supreme Court.

My own religion passes about one third of these rules, even though it is much older than the Roman Catholic Church.

legal standards

The IRS guidelines for a legally valid church:

“a distinct legal existence,” —IRS definition of a church

“a recognized creed and form of worship,” —IRS definition of a church

“a definite and distinct ecclesiastical government,” —IRS definition of a church

“a formal code of doctrine and discipline,” —IRS definition of a church

“a distinct religious history,” —IRS definition of a church

“a membership not associated with any other church or denomination,” —IRS definition of a church

“an organization of ordained ministers,” —IRS definition of a church

“ordained ministers selected after completing prescribed studies,” —IRS definition of a church

“a literature of its own,” —IRS definition of a church

“established places of worship,” —IRS definition of a church

“regular congregations,” —IRS definition of a church

“regular religious services,” —IRS definition of a church

“Sunday schools for religious instruction of the young,” —IRS definition of a church

“school for the preparation of its ministers.” —IRS definition of a church

religious freedom reply to IRS standards

“Each of these criteria is fundamentally flawed.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

In summary, the IRS criteria are hopelessly flawed. They favor large, well-established, high or formal churches and discriminate against small, new, unconventional, informal or low churches. The Christian churches of the New Testament at Philippi, Corinth, and Thessalonica arguably would not meet the first through eighth, tenth, eleventh, and fourteenth criteria of the IRS test. The criteria are conceptually flawed and should be abandoned. In their place, the IRS should use a simpler, broader, and more constitutionally acceptable definition. — by Bruce J. Casino, [International Coalition for Religious Freedom](#)



age of belief

The IRS sets a standard of the age of a belief. My own religion is the oldest continually practiced religion in the world and a direct descendant of the first known religion in the world.

legal standards

“almost 300 years of consistent practice” (in reference to the age of Amish) — *Wisconsin v. Yoder*

“a distinct religious history,” —IRS definition of a church

religious freedom reply to IRS standards

The problem with the fifth criterion is that a new religion, by definition, cannot have “a distinct religious history.” “American civilization from the beginning and in each passing century has been continuously marked by extraordinary religious fertility and continues to exhibit this propensity to the present day.” The emergence of new religions is a common occurrence in American history. “The first Amendment serves to protect all religions, old and new, against government harassment, intrusion, injury and discrimination.” Baptists, Quakers, Mormons and Jehovah’s Witnesses each experienced persecution in America when their churches were new. Although no one would dispute that this history is unfortunate, a similar dynamic is at work in the present attitude of many in government toward new religions. Moreover, even established religious groups might not have a distinct history. “Due to the informal nature of the Plymouth Brethren, their religious history is indistinct.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

cannabis sacrament

In 1979 the Supreme Court of Florida found that (1) the Ethiopian Zion Coptic Church represents a religion within the First Amendment to the Constitution of the United States and (2) the “use of cannabis is an essential portion of the religious practice.” [Town v. State ex rel. Reno](#) [external link], 337 So.2d 648, 649 (Fla. 1979), cert denied, 449 U.S. 803 (1980). “Further, the Ethiopian Zion Coptic Church is not a new church or religion but the record reflects it is centuries old and has regularly used cannabis as its sacrament.” [source: [Ethiopian Zion Coptic Church: Fighting for our rights](#)]

Kemetic or ancient Egyptian religion

If a mere 300 years is enough to qualify the Amish as a legally valid religion, then Pr Ntr Kmt (Kemetic Witchcraft) with more than 12,500 years of archaeologically proven existence surely qualifies as being old enough to be a legally valid religion. That’s more than seven times the age of the Roman Catholic Church.

Pr Ntr Kmt (often translated as “Egyptian Witchcraft” or “the ancient Egyptian religion”) is the oldest known established religion in the world.

The religion is deeply embedded in Western culture, as well as African, European, Asian, Chinese, and Indian culture. The religion is deeply embedded into the English language itself.

The use of cannabis in Pr Ntr Kmt has been carved in rock for thousands of years.

A residual version of this ancient practice survived in the Christian Coptic Church (mostly in Egypt, Sudan, and Ethiopia) using cannabis during religious services on a widespread basis well into the 20th Century (1900s) and less commonly to the present.

Egyptologists know that the Egyptian culture and religion predates the Pharaohs, but they are not certain by how long. Egyptologists generally agree that dates back to at least 5,500 B.C.E..

French Egyptologist Gaston Maspero (1846-1916) stated about Egyptian texts, “The religion and the texts which made it known to us were already established before the first dynasty. In order to understand them it is up to us to put ourselves in the frame of mind of the people who constructed them, more than seven thousand years ago.”

Ramese II (Ramses the Great) listed all of the historical and divine pharaohs who reigned over Kemet (ancient Egypt). A copy of this royal canon is on display at the museum of Egyptology of Turin (and is called the papyrus of Turin). Ramses claimed that the royal Egyptian lineage predated him by 13,420 years (yes, notice the 420 in the figure). Ramses lived from 1303 B.C.E. to 1213 B.C.E. and started his reign May 31, 1279 B.C.E..



fragment of the Papyrus of Turin

The Palermo stele also cites the same list, stating the Heru Sa Aset (Horus) personally reigned over Kemet.

Egyptian High Priest Manetho (Ma-n-Thoth) of Sebennytyos (in the Nile Delta), Master of Secrets at the Great Library of Alexandria in the 3rd century B.C.E., wrote a 30 volume history of Kemet in Greek, the Aegiptiaca, that listed these historical and divine pharaohs. Manetho claimed that Thoth personally ruled from 8670 to 7100 B.C.E., “after the night of the battle.”

Manetho’s dates for the historical pharaohs is still used by modern Egyptologists. Manetho dates Kemet to 33,894 B.C.E..

The standing stones at Nabta are estimated to have been erected between 6,400 and 4,900 B.C.E. (more than a thousand years before Stonehenge).



Calendar Circle at Nabta

reciprocity

The earliest known affirmation of the principle of reciprocity is found in the story of the Eloquent Peasant, from the Middle Kingdom: “Now this is the command: Do to the doer to make him do.” This is a reference to the use of the Law of Ma’at.

A Late Period papyrus states: “That which you hate to be done to you, do not do to another.”

Chinese religion

Joseph Needham (a sinologist and historian) stated “the hallucinogenic properties of hemp were common knowledge in Chinese medical and Taoist circles for two millennia or more.”

Joseph Needham and many other scholars associate Chinese *wu* (shamans) with the entheogenic use of cannabis in Central Asian shamanism.



number of believers

The IRS and the courts often consider the size of a religion in determining if a religion is legally valid.

legal standards

“(2) a cult, involving a gregarious association openly expressing the belief;” —*Fellowship of Humanity v. County of Alameda*

“regular congregations,” —IRS definition of a church

religious freedom reply to IRS standards

The arguments against the eleventh criterion's requirement of “regular congregations” are essentially the same as those against the need for a separate church membership outlined above. Congregants who do not “regularly” attend services may nonetheless be considered practicing church members. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

The Kemetic or ancient Egyptian religion has had millions of believers over a period of more than 12,500 years!



divinity

The courts often consider the nature of divinity in determining if a religion is legally valid.

legal standards

“(1) a belief, not necessarily referring to supernatural powers;” —*Fellowship of Humanity v. County of Alameda*

“Adherents to many religions believe that there is another dimension, place, mode, or temporality, and they often believe that these places are inhabited by spirits, souls, forces, deities, and other sorts of inchoate or intangible entities.” —*United States of America v David Meyers*

religious freedom reply to IRS standards

In *Torcaso v. Watkins*, the Court broke the theistic mold which had theretofore restricted the American legal definition of religion. According to the Court, the first amendment precluded government from aiding “those religions based on a belief in the existence of God as against those religions founded on different beliefs.” The Court noted that “[a]mong religions in this country which do not teach what would generally be considered a belief in the existence of God are Buddhism, Taoism, Ethical Culture, Secular Humanism and others.” This expanded position reflected a recognition of the great diversity of religious beliefs in modern America. — by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

The English word “nature” comes from the Kemetic (ancient Egyptian) word “Ntr”.

Ntr is the Kemetic (ancient Egyptian) name for the Divine. The **neteru** is the ancient Egyptian name for the ancient Egyptian Deities and Goddesses.

Ntr is written in Roman letters as Ntr, Ntr, Neter, Netjer, or Netcher. The underlined t represents the sound tch (or tj).

Ntr is the world’s first written word for the Divine or Supreme Goddess.

The word “deity” is indicated by adding the determinative for male deity to the hieroglyph Ntr. The word “Goddess” is indicated by adding the determinative for female goddess to the hieroglyph Ntr.

The native word for hieroglyphs was Medu Ntr, which literally meant “Divine writing”. The English word “hieroglyph” comes from Greek, which literally meant “sacred writing”.

It was called Divine writing because it was created by Goddess Seshat and provided to humans by Djehuti (Thoth) and Aset (Isis). These are divine acts. Divine acts require the existence of the Kemetic



Kemetic
(ancient Egyptian)
hieroglyph
for Ntr

(ancient Egyptian) divine. This is “supernatural power” in action.

The Medu Ntr (hieroglyph) for Ntr looks like a flag because in the pre-dynastic period roadside shrines were marked with long pennant flags on a very tall flagpole.

These shrines for the divine were typically located at reliable water. The tall divine flags, visible for long distances, were markers for divine waters. Thankful and worshipful travellers left offerings at the shrines.

As the North African Great lakes dried up and turned into the Sahara Desert, refugees worshiped and thanked the Kemetic (ancient Egyptian) Divine at the water Goddess shrines marked by the written character for Supreme Goddess.

Particularly divine was Hapi (the Nile River), the only river divinely powerful enough to continue to flow across the Sahara Desert. Hapi (the Nile River is the most divine waters in the entire world as well as the longest river in the world.

“The word for God and ‘god’ is, from first to last, *neter*, the original meaning of which is unknown.”—E.A. Wallis Budge, *Osiris and the Egyptian Resurrection*, Vol. I, page 350

The **Puat Neteru** are the company of the divine or the ancient Egyptian pantheon.



Goddesses:

- Artemis
- Bast
- [Diana](#)
- Easter

Goddess of Cannabis

There are many different Goddesses of Cannabis and Witchcraft from every culture around the world.

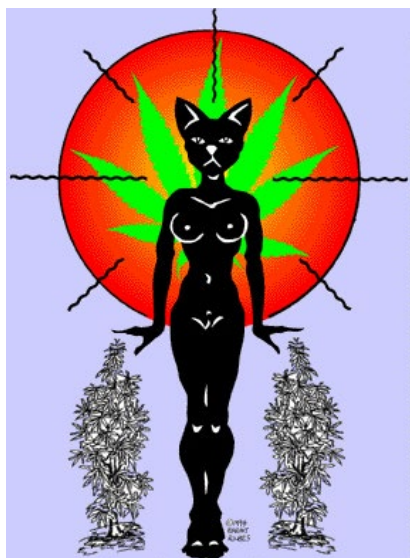
The most important Goddess of Cannabis Witchcraft is Bast (ancient Egyptian name). The center of worship of Bast at Per-Bastet (which the Greeks called Bubastis) in the 18th Sepat (which the Greeks called a nome) of the Nile Delta, Am Khent (which translates as the Prince of the South).



Goddesses:

- Artemis
- Bast
- [Diana](#)
- Easter

Portions of a red granite foundation are all that remain of the world's largest temple, the main Temple of Bast on the main island of the Am Khent sepat.



Bast: Bast, or Bastet, is one of the oldest of the Kemetic neteru. The city of Per-Bastet, capital of the Am Khent sepat (or state), was dedicated to the worship of Bast. Bast is a very complex and complete Goddess. She is often described as the Goddess of cats and usually depicted as a beautiful human woman with the head of a cat. She is also the Goddess of cannabis and every cannabis plant is a physical embodiment of Bast. All followers of Am Khent Kemeticism are required by their religion to honor Bast, cats, and cannabis.

The Greeks called this same Goddess **Artemis**. The Temple of Artemis (or Diana) at Ephesus was one of the seven wonders of the ancient world.

The Romans called this Goddess **Diana**.

The Germans called this Goddess **Easter**. The famous Germanic holy day of Easter, held on the first day of the sun following the first Full Moon after the Spring (or vernal) Equinox, is a celebration of this Goddess and the return of spring. The use of baskets of grass filled with eggs and carried by a mythical rabbit are all symbols of Easter's role as the primary Goddess of fertility.



Diana

There are many different Goddesses of Cannabis and Witchcraft from every culture around the world.

names

Diana is the Roman version of the magick Goddess of cannabis. Diana is the Queen of Witches.

The Greeks called this same Goddess **Artemis**. The Temple of Diana at Ephesus was one of the seven wonders of the ancient world.

The Egyptians called this Goddess **Bast**.

The Germans called this Goddess **Easter**.

the Wild One

Throughout the Medieval Period in Europe Diana was viewed as the Goddess of the wilderness, the hunt, and wild flora and fauna.

Diana ruled all of the dark forests of Europe throughout the Middle Ages.

From *Aradia*, in The Charge of the Goddess:

“Once in the month, and when the moon is full, ye shall assemble in some desert place, or in a forest all together join to adore the potent spirit of your queen, my mother, great Diana”

The Goddess Diana was channeled by Witches through the use of cannabis smoke. Under the influence of cannabis intoxication, Witches can hear the words of Diana.

Diana is the Wild Goddess who transforms a raging bestial human into a laughing and giggling human. See [laughter](#).

Queen of Witches

One of the primary goals of the Christian Inquisitions was to stamp out worship of Diana. Some scholars think this was the original reason for the Inquisition. The Christian clergy proclaimed that Diana was the Queen of the Witches. Torquemada, an infamous witchhunter and grand Inquisitor, claimed that Diana was [Satan](#).



ultimate ideas

The courts often consider the ultimate ideas of your religion in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“1. Ultimate Ideas: Religious beliefs often address fundamental questions about life, purpose, and death. As one court has put it, “a religion addresses fundamental and ultimate questions having to do with deep and imponderable matters.” *Africa*, 662 F.2d at 1032. These matters may include existential matters, such as man’s sense of being; teleological matters, such as man’s purpose in life; and cosmological matters, such as man’s place in the universe.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

The Book of the Coming Forth Into the Day (better known as the Egyptian Book of the Dead) provides the most complete description of the afterlife and the path to the afterlife of any religion in the entire world.



comprehensiveness of beliefs

The courts often consider the comprehensiveness of your religious beliefs in determining if a religion is legally valid.

legal standards

“(2) is part of a religion that is comprehensive in nature and consists of a belief system as opposed to an isolated teaching;” —*Malnak v. Yogi*

“4. Comprehensiveness of Beliefs: Another hallmark of “religious” ideas is that they are comprehensive. More often than not, such beliefs provide a telos, an overreaching array of beliefs that coalesce to provide the believer with answers to many, if not most, of the problems and concerns that confront humans. In other words, religious beliefs generally are not confined to one question or a single teaching. Africa, 662 F.2d at 1035.” —*United States of America v David Meyers*

“a recognized creed and form of worship,” —IRS definition of a church

“a formal code of doctrine and discipline,” —IRS definition of a church

religious freedom reply to IRS standards

The second criterion is flawed because recognized creed and form of worship is sometimes imperceptible even in major denominations. The Unitarian Universalists, for example, a denomination of approximately 200,000 members, follows

No formal or central creed. Their ministers and members are not required to pass any test of faith. Freedom of belief among Unitarians is broad enough to include agnosticism, humanism, even atheism, on the one hand, and, on the other, a belief in God which can be manifested in a wide range of definitions - from that of a “personal god” to an “Ultimate Reality.” May Unitarians feel the word “God” a stumbling block to communication about the supreme matters of the spirit. They choose to avoid an excessive use of all words that stand in the way of, instead of encouraging, profound understanding.

Unitarians feel that “[t]here is clearly a pride in being creedless, in having open membership.” Moreover, a religious body may believe only in doing “whatever is right.” A “recognized” form of worship as a criteria immerses the IRS in intractable sectarian strife. The form of worship may vary significantly among churches within the same denomination.

Some forms of Unitarian worship resemble services in other Protestant churches. In one city, a Unitarian church may have the atmosphere of a Lutheran or Episcopalian or Congregationalist service. Each church is free to develop a service of worship that best serves its people, and Unitarian ministers through long tradition are accorded the right of a free pulpit. Unitarians employ many variations of the great human-divine theme of

religion as expressed in meditation, music and poetry.

Furthermore, commentators note that a Quaker meeting for worship has no fixed, pre-arranged character. It is held without ritual or an ordained minister, and with no outward sacraments or formalized program. It takes place in a meeting house without a steeple, stained-glass windows, alter, credos or organ It should be emphasized that the form of Quaker worship and ministry is not prescribed or uniform.

The Plymouth Brethren “oppose formalism in worship and have no liturgy.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

The fourth requirement, that a church have a formal code of doctrine and discipline, may contradict a fundamental tenet of an organization that it have “no traditional doctrine.” For example, the Quakers do not have a “written or spoken formal creed The Society never requires of its members the acceptance of any formula or belief.” The Plymouth Brethren “oppose man made creeds as being human additions to the Word of God. Many other evangelicals share this view.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

The Great Library at Alexandria was a temple of Pr Ntr Kmt (Kemetic Witchcraft), headed by a High Priestess of Aset (Isis) or High Priest of Ptah or High Priest of Serapis.

Pr Ntr Kmt, ancient Egyptian Witchcraft, invented mathematics, including algebra, geometry, trigonometry (Imhoteop), and calculus (Hypatia, although her writings were destroyed by devout Christians after the author of the Nicean Creed (the mainstream Christian creed) joined with other Bishops and monks to gang-rape, torture, and murder Hypatia).

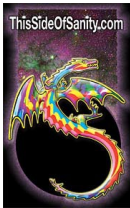
Pr Ntr Kmt invented science, including astronomy/astrology, chemistry/alchemy, botany/biology, medicine, and physics. The word “chemistry” is based on the name Khem. Imhotep (chief architect of the Great Pyramids and High Priest of Ptah) created the scientific method. Most of the Western and Hindu astrological signs are from the Egyptian divine: Ares=Amon-Ra, Tarus=Ptah, Gemini=Heru and Bast, Leo=Sekhmet, Virgo=Seshat and Aset, Libra=Ma’at, Scorpio-Selkhet, Aquarius=Hapi. Ramses the Great set the four cardinal points (Ares, Cancer, Libra, and Capricorn) in the sky.

More than 2/3rds of the modern medications in use today (by total consumption) are direct derivatives of the herbal remedies created by ancient Egyptian Witches.

philosophy

mathematics

science



philosophy

Many courts claim that philosophy is different than religion. This is a specifically Roman Catholic belief in origin (to allow the Roman Catholic Church to use philosophy, especially Aristotle, without using the religions, especially Hellenism and the Kemetic religion). The Kemetic (ancient Egyptian) religion invented philosophy as an integral part of the religion. Many other world religions include philosophy.

legal standards

“(2) is part of a religion that is comprehensive in nature and consists of a belief system as opposed to an isolated teaching;” —*Malnak v. Yogi*

“4. Comprehensiveness of Beliefs: Another hallmark of “religious” ideas is that they are comprehensive. More often than not, such beliefs provide a telos, an overreaching array of beliefs that coalesce to provide the believer with answers to many, if not most, of the problems and concerns that confront humans. In other words, religious beliefs generally are not confined to one question or a single teaching. Africa, 662 F.2d at 1035.” —*United States of America v David Meyers*

“a recognized creed and form of worship,” —IRS definition of a church

“a formal code of doctrine and discipline,” —IRS definition of a church

religious freedom reply to IRS standards

The fourth requirement, that a church have a formal code of doctrine and discipline, may contradict a fundamental tenet of an organization that it have “no traditional doctrine.” For example, the Quakers do not have a “written or spoken formal creed The Society never requires of its members the acceptance of any formula or belief.” The Plymouth Brethren “oppose man made creeds as being human additions to the Word of God. Many other evangelicals share this view.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

The Greeks (including famous Greek philosophers) believed that the origin of Greek philosophy was earlier Kemetic (ancient Egyptian) philosophy.

An example from the Shabaka stela:

There comes into being in the heart; there comes into being by the tongue as the image of Atum! Ptah is the very great, who gives life to all the neteru and their kas. It is all in this heart and by this tongue.

His [Ptah’s] Puat [Ennead] is before him as heart, authoritative utterance, teeth, semen, lips, and hands of Atum. This Puat [Ennead] of Atum came into being through his semen and through

his fingers. Surely, this Puat [Ennead of Ptah] is the teeth and the lips in the mouth, proclaiming the name of all things, from which Shu and Tefwt came forth as him, and which gave birth to the Puat [Ennead of Ptah]. The sight of the eyes, the hearing of the ears, and the breathing of air through the nose, they transmit to the heart, which brings forth every decision. Indeed, the tongue thence repeats what is in front of the heart. Thus was given birth to all the neteru. His [Ptah's] Puat [Ennead] was completed. Lo, every word of the Ntr came into being through the thoughts in the heart and the command by the tongue. Thus all the faculties were made and all the qualities determined, they that make all foods and all provisions, through this word. [Life] to him who does what is loved, [death] to him who does what is hated. Thus life is given to the peaceful and death is given to the criminal. Thus all labor, all crafts, the action of the arms, the motion of the legs, the movements of all the limbs, according to this command which is devised by the heart and comes forth by the tongue and creates the performance of everything.

Ronald L. Bonewitz, PhD, geologist, wrote in his 1998 book *hieroglyphics* "Egyptian [the language] comes from a system of thought somewhat closer [than Mayan hieroglyphs] to modern thought; indeed, it may be argued that modern thought is a direct [descendant] of Egyptian thought."



mathematics

The courts often consider the ultimate ideas of your religion in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“1. Ultimate Ideas: Religious beliefs often address fundamental questions about life, purpose, and death. As one court has put it, “a religion addresses fundamental and ultimate questions having to do with deep and imponderable matters.” *Africa*, 662 F.2d at 1032. These matters may include existential matters, such as man’s sense of being; teleological matters, such as man’s purpose in life; and cosmological matters, such as man’s place in the universe.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Egypt was the source of mathematics. Geometry and algebra have their ancient roots in Kemet. Imhotep developed trigonometry. Hypatia developed calculus (although her work was destroyed in antiquity by the Christians).



numbers

The courts often consider the ultimate ideas of your religion in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“1. Ultimate Ideas: Religious beliefs often address fundamental questions about life, purpose, and death. As one court has put it, “a religion addresses fundamental and ultimate questions having to do with deep and imponderable matters.” *Africa*, 662 F.2d at 1032. These matters may include existential matters, such as man’s sense of being; teleological matters, such as man’s purpose in life; and cosmological matters, such as man’s place in the universe.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Compare the Egyptian number system with the more famous Hindu (Arabic) number system:

1	𐎠
2	𐎡
3	𐎢
4	𐎣
5	𐎤
6	𐎥
7	𐎦
8	𐎧
9	𐎨

Brahmi numerals around 1st century A.D.

1	10	100	1000
𐤀	𐤁	𐤂	𐤃
2	20	200	2000
𐤄	𐤅	𐤆	𐤇
3	30	300	3000
𐤈	𐤉	𐤊	𐤋
4	40	400	4000
𐤌	𐤍	𐤎	𐤏
5	50	500	5000
𐤐	𐤑	𐤒	𐤓
6	60	600	6000
𐤔	𐤕	𐤖	𐤗
7	70	700	7000
𐤘	𐤙	𐤚	𐤛
8	80	800	8000
𐤜	𐤝	𐤞	𐤟
9	90	900	9000
𐤠	𐤡	𐤢	𐤣

Hieratic numerals

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

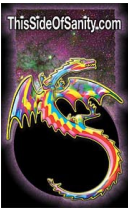
𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	𐎦	𐎧	𐎨
1	10	100	1000	10000	100000	1000000	10 ⁶	

Egyptian numeral hieroglyphs

𐎠



science

The courts often consider the ultimate ideas of your religion in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“1. Ultimate Ideas: Religious beliefs often address fundamental questions about life, purpose, and death. As one court has put it, “a religion addresses fundamental and ultimate questions having to do with deep and imponderable matters.” Africa, 662 F.2d at 1032. These matters may include existential matters, such as man’s sense of being; teleological matters, such as man’s purpose in life; and cosmological matters, such as man’s place in the universe.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Egypt was the source of science. Chemistry is actually named for the ancient Egyptian diety Khem. Imhotep developed the scientific method.

Modern American courts have adopted the Christian claim that science and religion are entirely separate fields and will reject any religious claims that include any science.

These Christian judges are overlooking the fact that the Orthodox and Roman Catholic Churches were the source of thie religious claim that science and religion are separated. This claim was made so that the Christians could use ancient Egyptian and Hellenistic science without “polluting” their new religion with older, more respected religions.

It was Christian zealots that separated astrology from astronomy, alchemy from chemistry, and other similar artificial religious beliefs.

Science was always an intrinsic part of the ancient Egyptian religion. Science was the ancient Egyptian religion’s method for explaining how the universe works.



biology

Space holder for the chapter on biology.



monsters

Space holder for the chapter on monsters.



animals

Space holder for the chapter on animals.



plants

Space holder for the chapter on plants.



açaí berry

Eat at least one serving açai berries at least once per week. You may eat açai berries every day. You may meet half of this requirement with açai berry juice.

Because açai is an extremely fragile fruit, outside of Brazil it is typically distributed as açai pulp.

Açaí berry is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for açai berries.

[return to açai berry in diet chapter](#)



fungi

Space holder for the chapter on fungi.



single cell organisms

Space holder for the chapter on single cell organisms.



minerals and rocks

Space holder for the chapter on minerals and rocks.



chemistry

Space holder for the chapter on chemistry.



atoms

Space holder for the chapter on atoms.



zinc

Zinc is a mineral and an essential micronutrient.



physics

Space holder for the chapter on physics.



metaphysical beliefs

The courts often consider the existence of metaphysical beliefs in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“2. Metaphysical Beliefs: Religious beliefs often are ;“metaphysical,;” that is, they address a reality which transcends the physical and immediately apparent world. Adherents to many religions believe that there is another dimension, place, mode, or temporality, and they often believe that these places are inhabited by spirits, souls, forces, deities, and other sorts of inchoate or intangible entities.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

The Book of the Coming Forth Into the Day (better known as the Egyptian Book of the Dead) provides the most complete description of the afterlife and the path to the afterlife of any religion in the entire world.

Ronald L. Bonewitz, PhD, geologist, wrote in his 1998 book *hieroglyphics* “Egyptian [the language] comes from a system of thought somewhat closer [than Mayan hierglyphs] to modern thought; indeed, it may be argued that modern thought is a direct [descendant] of Egyptian thought.”

Naomi Ozaniec calls Atum, Neith (Athena), and Ra “metaphysical” Neteru.



creation

Beliefs about creation are a metaphysical belief.

The courts often consider the existence of metaphysical beliefs in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“2. Metaphysical Beliefs: Religious beliefs often are ;“metaphysical,;” that is, they address a reality which transcends the physical and immediately apparent world. Adherents to many religions believe that there is another dimension, place, mode, or temporality, and they often believe that these places are inhabited by spirits, souls, forces, deities, and other sorts of inchoate or intangible entities.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Cosmic Orgasm

the Cosmic ☆ Orgasm

The ancient Egyptians had hundreds of creation stories, in part because each of the major regional deities had their own creation myths before Egypt became the world’s first nation, but also because the ancient Egyptians recognized that their creation myths were metaphors for basic truths and they had plenty of room for additional creation truth.

One of the major ancient Egyptian creation myths was about the Cosmic Orgasm.

Originally there was the Chaos of Nun, a nether void without orgnaization or theme.

In the Chaos of Nun, the Cosmic Egg came into existence. The Cosmic Egg was the safe place for the combined deity Sekhmet-Bast. Among their many roles, the Goddesses Sekhmet and Bast represented the dichotomy of creation (Bast) and destruction (Sekhmet).

After untold time the combined Goddess Sekhmet-Bast became lonely, so She split into two Goddesses, Sekhmet and Bast.

The two Goddesses showered each other with love, engaging in lesbian sex in the Cosmic Egg.

Their love was so great that they caused the Cosmic Egg to grow so large that the Cosmic Lotus had to come into existence just to support the weight.

As the intensity of their lesbian sex grew, so did the Cosmic Egg and the Cosmic Lotus, emerging from the Chaos of Nun.

In a blinding burst of light (Ra), Cosmic Orgasm burst open the Cosmic Egg, parting the Chaos of Nun and creating the universe.

Puat or Ennead Sacred Nine

An example from the Leyden Papyrus of Qenna:

All the neteru are three: Amun, Re, and Ptah, who have no equals. He whose nature [literally “whose name”] is mysterious, being Amun; Ra is the head, Ptah the body. Their cities on earth, established forever are: Thebes, Heliopolis, and Memphis [stable] for eternity. When a message comes from heaven, it is heard at Heliopolis, it is repeated at Memphis to Ptah, and it is made into a letter written in the letters of Thoth [at Hermopolis] for the city of Amun [Thebes].



after life

Beliefs about the after life are a metaphysical belief.

The courts often consider the existence of metaphysical beliefs in determining if a religion is legally valid.

legal standards

“(1) addresses fundamental and ultimate questions having to do with deep and imponderable matters;”
—*Malnak v. Yogi*

“2. Metaphysical Beliefs: Religious beliefs often are ;“metaphysical,;” that is, they address a reality which transcends the physical and immediately apparent world. Adherents to many religions believe that there is another dimension, place, mode, or temporality, and they often believe that these places are inhabited by spirits, souls, forces, deities, and other sorts of inchoate or intangible entities.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

The Book of the Coming Forth Into the Day (better known as the Egyptian Book of the Dead) provides the most complete description of the afterlife and the path to the afterlife of any religion in the entire world.

The ancient Egyptians believed in an **otherworld** and a life after death.

Ancient Egyptians believed that life on earth was one part of an eternal journey. To be worthy of the Egyptian equivalent of heaven, one had to live a life that upheld the principle of ma’at.

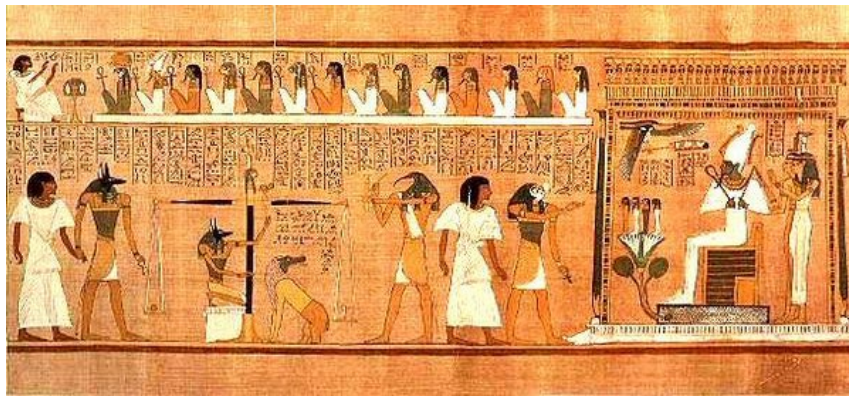


dw3t

hieroglyphs courtesy of [Jim Loy](#)

The ancient Egyptians believed that the otherworld (netherworld or land of the dead or land of the west) was similar to the Nile valley and delta.

The ancient Egyptians believed that the otherworld was divided into two areas, one for the good and one for the bad, making the good portion a paradise. These were the forerunners of the idea of heaven and hell.



After the New Kingdom, the ancient Egyptians believed that the good portion was further divided into seven valleys, ranked by how good one was during life (with the possibility to advance or fall back based on activity during the after life).



courtesy of Mattia Mancini @DjedMedu



ethical system

The courts often consider the existence of a moral or ethical system in determining if a religion is legally valid.

legal standards

“(3) a system of moral practice directly resulting from an adherence to the belief;” —*Fellowship of Humanity v. County of Alameda*

“3. Moral or Ethical System: Religious beliefs often prescribe a particular manner of acting, or way of life, that is “moral” or “ethical.” In other words, these beliefs often describe certain acts in normative terms, such as “right and wrong,” “good and evil,” or “just and unjust.” The beliefs then proscribe those acts that are “wrong,” “evil,” or “unjust.” A moral or ethical belief structure also may create duties--duties often imposed by some higher power, force, or spirit--that require the believer to abnegate elemental self-interest.” —*United States of America v David Meyers*

“a formal code of doctrine and discipline,” —IRS definition of a church

Rasta

Rastafari completely rejects the standards and structure of Western society and colonialism as being a corrupt and downpressive “Babylonian” system.

Marcus Garvey was later viewed as an important Rasta prophet for speaking out against the system of Babylon.

Kemetic or ancient Egyptian religion

An example from the Shabaka stela:

There comes into being in the heart; there comes into being by the tongue as the image of Atum! Ptah is the very great, who gives life to all the neteru and their kas. It is all in this heart and by this tongue.

His [Ptah’s] Puat [Ennead] is before him as heart, authoritative utterance, teeth, semen, lips, and hands of Atum. This Puat [Ennead] of Atum came into being through his semen and through his fingers. Surely, this Puat [Ennead of Ptah] is the teeth and the lips in the mouth, proclaiming the name of all things, from which Shu and Tefwt came forth as him, and which gave birth to the Puat [Ennead of Ptah]. The sight of the eyes, the hearing of the ears, and the breathing of air through the nose, they transmit to the heart, which brings forth every decision. Indeed, the tongue thence repeats what is in front of the heart. Thus was given birth to all the neteru. His [Ptah’s] Puat [Ennead] was completed. Lo, every word of the Ntr came into being through the thoughts in the heart and the command by the tongue. Thus all the faculties were made and all the qualities determined, they that make all foods and all provisions, through this word. [Life] to him who does

what is loved, [death] to him who does what is hated. Thus life is given to the peaceful and death is given to the criminal. Thus all labor, all crafts, the action of the arms, the motion of the legs, the movements of all the limbs, according to this command which is devised by the heart and comes forth by the tongue and creates the performance of everything.

reciprocity

The earliest known affirmation of the principle of reciprocity is found in the story of the Eloquent Peasant, from the Middle Kingdom: “Now this is the command: Do to the doer to make him do.” This is a reference to the use of the Law of Ma’at.

A Late Period papyrus states: “That which you hate to be done to you, do not do to another.”



external signs

The courts often consider the existence of external signs in determining if a religion is legally valid.

legal standards

“(3) can be recognized by the presence of certain formal and external signs.” —*Malnak v. Yogi*

The Constitutional Court of South Africa in *Prince v The President of the Law Society of the Cape of Good Hope and Others* 2002(2) SA 794 (SA) (see also *Prince v President of the Cape Law Society and Others* 2001 (2) SA 388 (SA)) ruled against religious cannabis use by Rastafari because there “is no objective way in which a law enforcement official could distinguish between the use of cannabis for religious purposes and the use of cannabis for recreation” (para. 130).



accoutrements of religion

The courts often consider the existence of accoutrements of religion in determining if a religion is legally valid.

legal standards

“5. Accoutrements of Religion: By analogy to many of the established or recognized religions, the presence of the following external signs may indicate that a particular set of beliefs is “religious”:

—*United States of America v David Meyers*



statues

The courts often consider the existence of statues in determining if a religion is legally valid.

legal standards

“5. Accoutrements of Religion: By analogy to many of the established or recognized religions, the presence of the following external signs may indicate that a particular set of beliefs is “religious”:

—*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Sphinx



the Sphinx

The courts often consider the existence of statues in determining if a religion is legally valid.

legal standards

“5. Accoutrements of Religion: By analogy to many of the established or recognized religions, the presence of the following external signs may indicate that a particular set of beliefs is “religious”:

—*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

The Sphinx is near the Great Pyramids in Egypt.

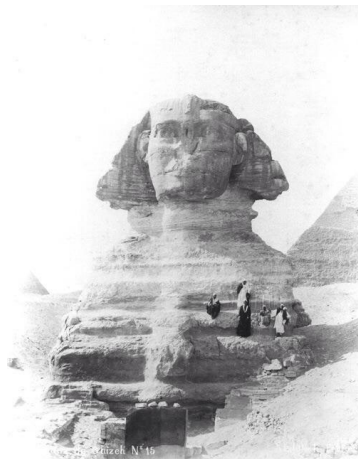


Photo of the Great Sphinx, Giza, Egypt, 1886 by Abdullah Frères



prophet

The courts often consider the existence of a founder, prophets, or teachers in determining if a religion is legally valid.

legal standards

“5. a. Founder, Prophet, or Teacher: Many religions have been wholly founded or significantly influenced by a deity, teacher, seer, or prophet who is considered to be divine, enlightened, gifted, or blessed.” —*United States of America v David Meyers*



sacred writings

The courts often consider the existence of important writings in determining if a religion is legally valid.

legal standards

“5. b. Important Writings: Most religions embrace seminal, elemental, fundamental, or sacred writings. These writing often include creeds, tenets, precepts, parables, commandments, prayers, scriptures, catechisms, chants, rites, or mantras.” —*United States of America v David Meyers*

“a literature of its own,” —IRS definition of a church

religious freedom reply to IRS standards

It is unlikely that an ethnic or tribal religion will have “a literature of its own,” as required by the IRS’ ninth criterion. Oral tradition and participation are the means of transferring the religion between generations in such groups. Among the American Indians, there is an “absence of recorded dogma.” One federal court has held that whether a religious organization has extensive literature is not constitutionally dispositive. If relied upon by the IRS, this test would tend to favor more established, traditional, articulate and intellectual churches. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

writings

proverbs
music

Kemetic or ancient Egyptian religion

The ancient Egyptian religion is deeply embedded in Western culture, as well as African, European, Asian, Chinese, and Indian culture. The religion is deeply embedded into the English language itself.

Ancient Egyptian religious writings are the oldest known writing in the entire world. The oldest discovered written character is the ankh, which appears on cliff paintings and cliff carvings that are more than 12,000 years old. With the same meaning as the word ankh still has today.

The Book of the Coming Forth Into the Day (better known as the Egyptian Book of the Dead) provides the most complete description of the afterlife and the path to the afterlife of any religion in the entire world.

Many alphabets are derived from ancient Egyptian writing, including the Roman alphabet, Greek alphabet, Germanic runes, and Arabic alphabet.

The oldest known fiction writing was the story of Cinderella, originally a story about an ancient Egyptian princess.

The Great Library at Alexandria was a temple of Pr Ntr Kmt, headed by a High Priestess of Aset (Isis) or High Priest of Ptah.

Ntr Sentra poem

*Mau Bast! Mau Bast!
A Basti, per em setat,
erta-na chu em asui
neter sentra semu hena net'emmit,
hetep ab em asui tau heqt.*

Translation:

Hail Bast! Hail Bast!

Hail Bast, coming forth from the secret place,
may there be given to me splendor in the place
of **incense** (cannabis smoke), herbs, and love-joys,
peace of heart in the place of bread and beer.

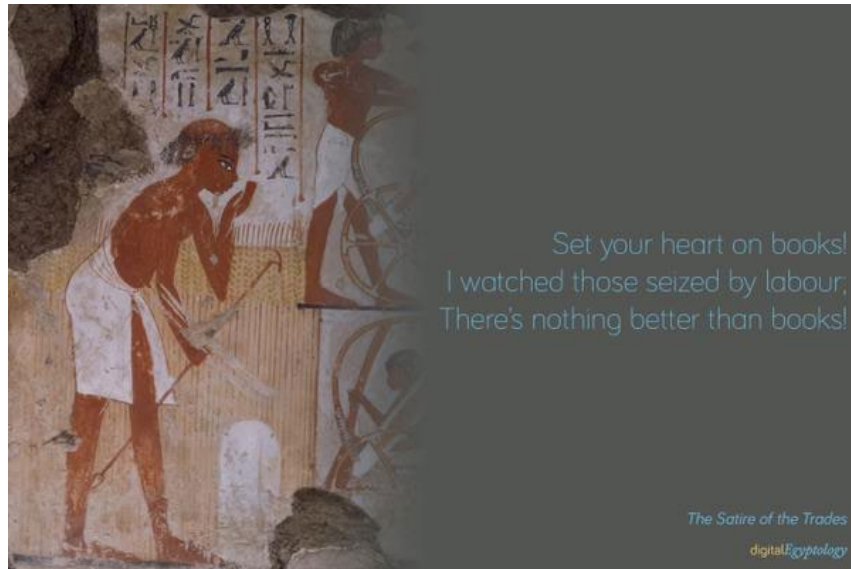
scribes

The following passages are from the Middle Kingdom compilation *Satire of the Trades*, also called *The Instruction of Dua-Kheti*, written by Tjaru (also called Duau Khety) for his son Pepy sometime between 1950-1900 B.C.E. in early Dynasty 12. This work extolled the virtues of being a scribe and put down other occupations, especially manual labor, with biting satire. The book was used throughout the New Kingdom to train scribes, who copied the pages to learn to write.

“I have seen many beatings ...
Set your heart on books!
I watched those recruited for labor —
There’s nothing better than books!
It’s like a boat on the water.
Read the end of the Kemit Book,
You’ll find this saying there:
‘A scribe at whatever post in town,
He will not suffer in it;
As he fills another’s need,
he will not lack rewards’.”

“They gave themselves the scroll as lector-priest,
The writing-board as loving son.
Instructions are their tombs,

The reed pen is their child,
The stone surface their wife.
People great and small
Are given them as children,
For the scribe, he is their leader.”



Ancient Egyptian proverbs

Wine, women, and food give gladness to the ab (heart). —kemetic (ancient Egyptian) Scribal Texts

The best and shortest road towards knowledge of Ma'at (truth) is Nature. —Proverb of the Outer Temple of Luxor

For every joy there is a price to be paid. —Proverb of the Outer Temple of Luxor

If his ab (heart) rules him, his conscience will soon take the place of the rod. —Proverb of the Outer Temple of Luxor

What you are doing does not matter so much as what you —Proverb of the Outer Temple of ancient Egypt

The kingdom of heaven is within you; and whosoever shall know himself/herself shall find it. —Proverb of the Outer Temple of ancient Egypt

It is better not to know and to know that one does not know, than presumptuously to attribute some random meaning to symbols. —Proverb of the Outer Temple of Luxor

If you search for the laws of harmony, you will find knowledge. —Proverb of the Outer Temple of Luxor

If you are searching for a Neter (Goddess), observe Nature. —Proverb of the Outer Temple of Luxor

Exuberance is a good stimulus towards action, but the inner light grows in silence and concentration. —Proverb of the Outer Temple of Luxor

Not the greatest Master can go even one step for his disciple, in himself he must experience each stage of developing consciousness. Therefore he will know nothing for which he is not ripe. —Proverb of the Outer Temple of Luxor

The body is the Per (house) of Neter (Goddess). —Proverb of the Outer Temple of ancient Egypt

True teaching is not an accumulation of knowledge; it is an awakening of consciousness which goes through successive stages. —Proverb of the Outer Temple of Luxor

The man who knows how to lead one of his brothers towards what he has known may one day be saved by that very brother. —Proverb of the Outer Temple of Luxor

People bring about their own undoing through their tongues. —Proverb of the Outer Temple of Luxor

If one tries to navigate unknown waters one runs the risk of shipwreck. —Proverb of the Outer Temple of Luxor

Leave him in error who loves his error. —Proverb of the Outer Temple of Luxor

Every man is rich in excuses to safeguard his prejudices, his instincts, and his opinions. —Proverb of the Outer Temple of Luxor

To know means to record in one's memory; but to understand means to blend with the thing and to assimilate it oneself. —Proverb of the Outer Temple of ancient Egypt

There are two kinds of error: blind credulity and piecemeal criticism. —Proverb of the Outer Temple of Luxor

Never believe a word without putting its truth to the test. —Proverb of the Outer Temple of Luxor

Discernment does not grow in laziness. —Proverb of the Outer Temple of Luxor

Sound skepticism is the necessary condition for good discernment, but piecemeal criticism is an error. —Proverb of the Outer Temple of Luxor

Love is one thing, knowledge is another. —Proverb of the Outer Temple of Luxor

True sages are those who give what they have, without meanness and without secret. —Proverb of the Outer Temple of Luxor

An answer brings no illumination unless the question has matured to the point where it gives rise to this answer which thus becomes its fruit. —Proverb of the Outer Temple of Luxor

What reveals itself to me ceases to be mysterious for me alone; if I unveil it to anyone else, he hears mere words which betray the living sense. —Proverb of the Outer Temple of Luxor

The first concerning the “secrets”; all cognition comes from inside; we are therefore initiated only by ourselves, but the Master gives the keys. —Proverb of the Outer Temple of Luxor

The second concerning the “way”; the seeker has need of a Master to guide him and lift him when he fails, to lead him back to the right way when he strays. —Proverb of the Outer Temple of Luxor

Understanding develops by degrees. —Proverb of the Outer Temple of Luxor

As to the deserving, know that the gift of Heaven is free. —Proverb of the Outer Temple of Luxor

If the Master teaches what is error, the disciple's submission is slavery; if he teaches truth, this submission is ennoblement. —Proverb of the Outer Temple of Luxor

There grows no wheat where there is no grain. —Proverb of the Outer Temple of Luxor

The only thing that is humiliating is helplessness. —Proverb of the Outer Temple of ancient Egypt

An answer is profitable in proportion to the intensity of the quest. —Proverb of the Inner Temple of Luxor

Listen to your convictions, even if they seem absurd to your reason. —Proverb of the Inner Temple of Luxor

Know the world in yourself. Never look for yourself in the world, for this would be to project your illusion. —Proverb of the Inner Temple of Luxor

To teach one must know the nature of those whom one is teaching. —Proverb of the Inner Temple of Luxor

In every vital activity it is the path that matters. —Proverb of the Inner Temple of Luxor

The way of knowledge is narrow. —Proverb of the Inner Temple of Luxor

Each truth you learn will be, for you, as new as if it had never been written. —Proverb of the Inner Temple of Luxor

The only active force that arises out of possession is fear of losing the object of possession. —Proverb of the Inner Temple of Luxor

If you defy an enemy by doubting his courage, you double it. —Proverb of the Inner Temple of Luxor

The nut doesn't reveal the tree it contains. —Proverb of the Inner Temple of Luxor

Peace is an indispensable condition for gaining knowledge. —Proverb of the Inner Temple of Luxor

The first thing necessary in teaching is a Master; the second is a pupil capable of carrying on the tradition. —Proverb of the Inner Temple of Luxor

Peace is the fruit of activity, not of sleep. —Proverb of the Inner Temple of Luxor

Envious greed must govern to possess and ambition must possess to govern. —Proverb of the Inner Temple of Luxor

When the governing class isn't chosen for quality, it is chosen for material wealth; this always means decadence, the lowest stage a society can reach. —Proverb of the Inner Temple of Luxor

Two tendencies govern human choice and effort, the search after quantity and the search after quality. They classify mankind. Some follow Ma'at, others seek the way of animal instinct. —Proverb of the Inner Temple of ancient Egypt

Qualities of a moral order are measured by deeds. —Proverb of the Inner Temple of ancient Egypt

One foot isn't enough to walk with. —Proverb of the Inner Temple of Luxor

Our senses serve to affirm, not to know. —Proverb of the Inner Temple of Luxor

We mustn't confuse mastery with mimicry, knowledge with superstitious ignorance. —Proverb of the Inner Temple of Luxor

Physical consciousness is indispensable for the achievement of knowledge. —Proverb of the Inner Temple of Luxor

A man can't be judge of his neighbor's intelligence. His own vital experience is never his neighbor's.

—Proverb of the Inner Temple of Luxor

No discussion can throw light if it wanders from the real point. —Proverb of the Inner Temple of Luxor

Your body is the Pr (temple) of knowledge. —Proverb of the Inner Temple of Luxor

Experience will show you, a Master can only point the way. —Proverb of the Inner Temple of Luxor

A house has the character of a man who lives in it. —Proverb of the Inner Temple of Luxor

All organs work together in the functioning whole. —Proverb of the Inner Temple of Luxor

A man's ab (heart) is his own Neter (Goddess). —Proverb of the Inner Temple of Luxor

A pupil may show you by his own efforts how much he deserves to learn from you. —Proverb of the Inner Temple of Luxor

Routine and prejudice distort vision. —Proverb of the Inner Temple of Luxor

Each man thinks his own horizon is the limit of the world. —Proverb of the Inner Temple of Luxor

You will free yourself when you learn to be neutral and follow the instructions of your ab (heart) without letting things perturb you. This is the way of Ma'at. —Proverb of the Inner Temple of ancient Egypt

Judge by cause, not by effect. —Proverb of the Inner Temple of ancient Egypt

Growth in consciousness doesn't depend on the will of the intellect or its possibilities but on the intensity of the inner urge. —Proverb of the Inner Temple of ancient Egypt

Every man must act in the rhythm of his time. —Proverb of the Inner Temple of ancient Egypt

Man needs images. —Proverb of the Inner Temple of Luxor

Ma'at, who links universal to terrestrial, the divine with the human, is incomprehensible to the cerebral intelligence. —Proverb of the Inner Temple of Luxor

Have the wisdom to abandon the values of a time that has passed and pick out the constituents of the future. —Proverb of the Inner Temple of Luxor

An environment must be suited to the age and men to their environment. —Proverb of the Inner Temple of Luxor

Everyone finds himself in the world where he belongs. —Proverb of the Inner Temple of Luxor

Always watch and follow Nature. —Proverb of the Inner Temple of Luxor

A phenomenon always arises from the interaction of complementaries. Set causes Heru (Horus). Heru (Horus) redeems Set. —Proverb of the Inner Temple of Luxor

All seed answers light, but the color is different. —Proverb of the Inner Temple of Luxor

The plant reveals what is in the seed. —Proverb of the Inner Temple of Luxor

Popular beliefs on essential matters must be examined in order to discover the original thought. —
Proverb of the Inner Temple of Luxor

It is the passive resistance from the helm that steers the boat. —Proverb of the Inner Temple of Luxor

The key to all problems is the problem of consciousness. —Proverb of the Inner Temple of Luxor

Man must learn to increase his sense of responsibility and of the truth that everything he does will have its consequences. —Proverb of the Inner Temple of Luxor

If you would build something solid, don't work with wind; always look for a fixed point, something you know that is stable ... yourself. —Proverb of the Inner Temple of Luxor

If you would know yourself, take yourself as starting point and go back to its source, your beginning (natal chart) will disclose your end. —Proverb of the Inner Temple of Luxor

Images are nearer reality than cold definitions. —Proverb of the Inner Temple of Luxor

Seek peacefully, you will find. —Proverb of the Inner Temple of Luxor

Organization is impossible unless those who know the laws of harmony lay the foundation. —Proverb of the Inner Temple of Luxor

It is no use whatever preaching Wisdom to men; you must inject it into their blood. —Proverb of the Inner Temple of Luxor

Knowledge is consciousness of reality. Reality is the sum of the laws that govern nature and of the causes from which they flow. —Proverb of the Inner Temple of Luxor

Social good is what brings peace to family and society. —Proverb of the Inner Temple of Luxor

Knowledge is not necessarily wisdom. —Proverb of the Inner Temple of Luxor

By knowing one reaches belief. By doing one reaches conviction. When you know, dare. —Proverb of the Inner Temple of Luxor

Altruism is the mark of a superior being. —Proverb of the Inner Temple of Luxor

All is within yourself. Know your most inward self and look for what corresponds with it in nature. —
Proverb of the Inner Temple of Luxor

The seed cannot sprout upwards without simultaneously sending roots into the ground. —Proverb of the Inner Temple of Luxor

The seed includes all the possibilities of the tree. The seed will develop these possibilities, however, only if it receives corresponding energies from the sky. —Proverb of the Inner Temple of Luxor

Grain must return to the earth, die, and decompose for new growth to begin. —Proverb of the Inner Temple of Luxor

Know thyself and thou shalt know the Neteru (Deities). —Proverb of the Inner Temple of Luxor

A blow is repaid by the like of it, and all that is achieved is a hitting. —Kemetic (ancient Egyptian) Scribal Texts

Do not drink water in the house of a merchant; he will charge you for it. —Kemetic (ancient Egyptian) Scribal Texts

Empty not your soul to everybody and do not diminish thereby your importance. —Kemetic (ancient Egyptian) Scribal Texts

For everyone there is an appointed time. —Kemetic (ancient Egyptian) Scribal Texts

Neter (Goddess) loves him who cares for the poor more than him who respects the wealthy. —Kemetic (ancient Egyptian) Scribal Texts

Inquire about everything that you may understand it, be good tempered and magnanimous. —Kemetic (ancient Egyptian) Scribal Texts

One who is serious all day will never have a good time, while one who is frivolous all day will never establish a household. —Kemetic (ancient Egyptian) Scribal Texts

Wine, women, and food give gladness to the ab (heart). —Kemetic (ancient Egyptian) Scribal Texts

A beautiful thing is never perfect. —Kemetic (ancient Egyptian) Scribal Texts

Because we focused on the snake, we missed the scorpion. —Kemetic (ancient Egyptian) Scribal Texts

A man's ruin lies in his tongue. —Kemetic (ancient Egyptian) Scribal Texts

Be patient with a bad neighbor; he may move or a disaster may take him out. —Kemetic (ancient Egyptian) Scribal Texts

Bed is the poor man's opera. —Kemetic (ancient Egyptian) Scribal Texts

False ambition serves the neck. —Kemetic (ancient Egyptian) Scribal Texts

If there were no fault, there would be no pardon. —Kemetic (ancient Egyptian) Scribal Texts

Learn politeness from the impolite. —Kemetic (ancient Egyptian) Scribal Texts

Making money selling manure is better than losing money selling musk. —Kemetic (ancient Egyptian) Scribal Texts

Malice drinketh its own poison. —Kemetic (ancient Egyptian) Scribal Texts

Pride and dignity would belong to women if only men would leave them alone. —Kemetic (ancient Egyptian) Scribal Texts

Egyptian) Scribal Texts

Pride feels no pain. —Kemetic (ancient Egyptian) Scribal Texts

Pride goes before a fall. —Kemetic (ancient Egyptian) Scribal Texts

Pride goeth before destruction and a haughty spirit before a fall. —Kemetic (ancient Egyptian) Scribal Texts

Run a rope around your neck and many will be happy to drag you along. —Kemetic (ancient Egyptian) Scribal Texts

Put a stout ab (heart) to a steep hill. —Kemetic (ancient Egyptian) Scribal Texts

Put by for a rainy day. —Kemetic (ancient Egyptian) Scribal Texts

Run as hard as a wild beast if you will, but you won't get any reward greater than that destined for you. —Kemetic (ancient Egyptian) Scribal Texts

The barking of a dog does not disturb the man on a camel. —Medieval Egyptian Scribal Texts

The tyrant is only the slave turned inside out. —Kemetic (ancient Egyptian) Scribal Texts

When the angels present themselves, the devils abscond. —Kemetic (ancient Egyptian) Scribal Texts

The tail of the dog never gets straight even if you set a mold for it. —Kemetic (ancient Egyptian) Scribal Texts

A goose's child is an excellent diver. —Kemetic (ancient Egyptian) Scribal Texts

A monkey is a gazelle in its mother's eyes. —Kemetic (ancient Egyptian) Scribal Texts

An absent person has his excuse. —Kemetic (ancient Egyptian) Scribal Texts

Borrowing is bad, and returning money is a loss. —Kemetic (ancient Egyptian) Scribal Texts

Time never gets tired of running. —Amad (the great Egyptian poet)

Bathe her and then look at her. —Kemetic (ancient Egyptian) Scribal Texts

Protect the flame of your candle, it will light more. —Kemetic (ancient Egyptian) Scribal Texts

Dress up a stick and it will be a beautiful wife. —Kemetic (ancient Egyptian) Scribal Texts

He who couldn't overcome the donkey beat the saddle. —Kemetic (ancient Egyptian) Scribal Texts

He whose house is made out of glass shouldn't throw stones at others. —Kemetic (ancient Egyptian) Scribal Texts

If your friend is honey, don't lick it all. —Kemetic (ancient Egyptian) Scribal Texts

If you marry a monkey for his wealth, the money goes and the monkey remains. —Kemetic (ancient Egyptian) Scribal Texts

Knowledge is in the head, not the copybook. —Kemetic (ancient Egyptian) Scribal Texts

News that's for money today will be for free tomorrow. —Kemetic (ancient Egyptian) Scribal Texts

Stretch your legs as far as your quilt goes. —Kemetic (ancient Egyptian) Scribal Texts

The cub is from the lion. —Kemetic (ancient Egyptian) Scribal Texts

Those who had some shame are dead. —Kemetic (ancient Egyptian) Scribal Texts

What comes easily is lost easily. —Kemetic (ancient Egyptian) Scribal Texts

When I hear you, I believe you. When I see what you do, I am surprised. —Kemetic (ancient Egyptian) Scribal Texts

When the angels arrive, the devils leave. —Kemetic (ancient Egyptian) Scribal Texts

The man who marries my mother, I call him uncle. —Kemetic (ancient Egyptian) Scribal Texts

People died and came back to life preparing for Yehia's Wedding. —Kemetic (ancient Egyptian) Scribal Texts

Give me a fish, I have the day's food. teach me how to fish and I will have everyday's food. —Kemetic (ancient Egyptian) Scribal Texts

The man a bald woman got will be easily seduced by a woman with beautiful hair. —Kemetic (ancient Egyptian) Scribal Texts

O! sister, you believe a man's honesty; it—s like you are believing in water in a sieve. —Kemetic (ancient Egyptian) Scribal Texts

He kills the victim and walks in his funeral. —Kemetic (ancient Egyptian) Scribal Texts

Lying has no legs. —Kemetic (ancient Egyptian) Scribal Texts

A person with a wound on his head keeps touching it. —Kemetic (ancient Egyptian) Scribal Texts

Lost is the person who forgets his/her past. —Kemetic (ancient Egyptian) Scribal Texts

Dress up a stick and you get a doll. —Kemetic (ancient Egyptian) Scribal Texts

They found no wrong with roses, so they said it is red. —Kemetic (ancient Egyptian) Scribal Texts

If you have to drag a dog to the hunt, neither he nor his hunting is any good. —Kemetic (ancient Egyptian) Scribal Texts

The skillful spinster spins with the leg of a donkey. —Kemetic (ancient Egyptian) Scribal Texts

When your son grows up, treat him as a brother. —Kemetic (ancient Egyptian) Scribal Texts

The earrings are given to those without ears. —Kemetic (ancient Egyptian) Scribal Texts

We tell them it is a bull, they say milk it. —Kemetic (ancient Egyptian) Scribal Texts

Dress up the beetle, it becomes the Lady of the Ladies. —Kemetic (ancient Egyptian) Scribal Texts

The trumpet player dies and his finger is still playing. —Kemetic (ancient Egyptian) Scribal Texts

The belly dancer (of Bes) dies and her hips are still moving. —Kemetic (ancient Egyptian) Scribal Texts

What is written on the forehead is to be seen by the eye. —Kemetic (ancient Egyptian) Scribal Texts

Oh, you getting in between the onion and its peel, you want to get anything other than its bad smell. —Kemetic (ancient Egyptian) Scribal Texts

What can a beautician do for a stern face? —Kemetic (ancient Egyptian) Scribal Texts

We let him in, he brought his donkey along. —Kemetic (ancient Egyptian) Scribal Texts

A cook tastes his own cooking, even if it is poison. —Kemetic (ancient Egyptian) Scribal Texts

He has his own brain, he can solve his own problems. —Kemetic (ancient Egyptian) Scribal Texts

Having wisdom makes a person look good. —Kemetic (ancient Egyptian) Scribal Texts

In trying to put make-up around the eye, he blinded it. —Kemetic (ancient Egyptian) Scribal Texts

The eye will never be higher than the eyebrow. —Kemetic (ancient Egyptian) Scribal Texts

The eye can see but the hand is too short. —Kemetic (ancient Egyptian) Scribal Texts

After fasting for so long, he feasts on an onion. —Kemetic (ancient Egyptian) Scribal Texts

The unlucky will stay unlucky, even if they hang a lantern on their head. —Kemetic (ancient Egyptian) Scribal Texts

Cut your bird's feather so that it doesn't leave you for someone else. —Kemetic (ancient Egyptian) Scribal Texts

A white plaster will be of benefit on a black day. —Kemetic (ancient Egyptian) Scribal Texts

Birds of a feather will end up landing together. —Kemetic (ancient Egyptian) Scribal Texts

A boat with two captains will sink. —Kemetic (ancient Egyptian) Scribal Texts

A bird in hand is better than ten on a tree. —Kemetic (ancient Egyptian) Scribal Texts

The swan's son is a good swimmer. —Kemetic (ancient Egyptian) Scribal Texts

Out of sight, out of mind. —Kemetic (ancient Egyptian) Scribal Texts

If the cat is away, the mice will play. —Kemetic (ancient Egyptian) Scribal Texts

The carpenter's door is loose. —Kemetic (ancient Egyptian) Scribal Texts

Those who burn their tongue when eating soup will blow in the yogurt. —Kemetic (ancient Egyptian) Scribal Texts

There is no smoke without the fire. —Kemetic (ancient Egyptian) Scribal Texts

Do a good deed and throw it into the sea. —Kemetic (ancient Egyptian) Scribal Texts

Patience is the key to release. —Kemetic (ancient Egyptian) Scribal Texts

If speech is silver, silence is golden. —Kemetic (ancient Egyptian) Scribal Texts

Relatives are spiders. —Kemetic (ancient Egyptian) Scribal Texts

Money goes to peacocks. —Kemetic (ancient Egyptian) Scribal Texts

Whatever you teach a stupid person, he will forget. —Kemetic (ancient Egyptian) Scribal Texts

The miserable get together with the hopeless. —Kemetic (ancient Egyptian) Scribal Texts

The kingdom of heaven is within you; and whosoever shall know himself shall find it. —Kemetic (ancient Egyptian) Pyramid Texts

The best and shortest road towards knowledge of Ma'at (truth) is Nature. —Proverb of the Outer Temple of Luxor

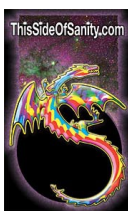
For every joy there is a price to be paid. —Proverb of the Outer Temple of Luxor

If his ab (heart) rules him, his conscience will soon take the place of the rod. —Proverb of the Outer Temple of Luxor

What you are doing does not matter so much as what you are learning from doing it. —Proverb of the Outer Temple of Luxor

The body is the temple of Neter (Goddess). That is why you must know yourself. —Proverb of the Outer Temple of Luxor

Wine, women, and food give gladness to the heart. —Kemetic (ancient Egyptian) Scribal Texts



Rastafari Bible verses

The courts often consider the existence of important writings in determining if a religion is legally valid.

legal standards

“5. b. Important Writings: Most religions embrace seminal, elemental, fundamental, or sacred writings. These writing often include creeds, tenets, precepts, parables, commandments, prayers, scriptures, catechisms, chants, rites, or mantras.” —*United States of America v David Meyers*

“a literature of its own,” —IRS definition of a church

Rastafari Bible verses

Genesis 1:11 “And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth; and it was so.”

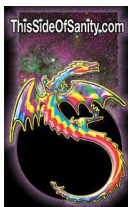
Genesis 1:29 “And God said, Behold, I have given you every herb-bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you ot shall be for meat.”

Genesis 3:18 “...thou shalt eat the herb of the field.”

Psalms 104:14 “He causeth the grass to grow for the cattle, and herb for the service of man.”

Proverbs 15:17 “Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.”

Revelation 22:2 “the river of life proceeded to flow from the throne of God, and on either side of the bank there was the tree of life, and the leaf from that tree is for the healing of the nations.”



music

The courts often consider the existence of important writings in determining if a religion is legally valid.

It is my claim that music and art are just as valid as writing.

legal standards

“5. b. Important Writings: Most religions embrace seminal, elemental, fundamental, or sacred writings. These writing often include creeds, tenets, precepts, parables, commandments, prayers, scriptures, catechisms, chants, rites, or mantras.” —*United States of America v David Meyers*

“a literature of its own,” —IRS definition of a church

religious freedom reply to IRS standards

The government places an emphasis on writing over all other artforms because of a government bias towards writing. The government is very uncomfortable with other artforms, particularly painting, sculpture, dance, music, and other activities that don't fit onto a government form.

cases

Gypsy street music in Madrid, Spain

The city of Madrid, Spain, has passed a law that directly violates the rights of Gypsy street musicians.

The government claims that the law has nothing to do with discrimination against Gypsies and instead is aimed solely at regulating “noise pollution”. It is typical of Christian governments to claim non-religious reasons for obvious religious discrimination.

Madrid Mayor Ana Botella claims that she has received noise complaints from residents of Madrid's dense medieval center. She claims that music ricochets around stone plazas packed with tourists and that music (instead of heavy traffic and construction noise) is the reason that Madrid's daily decibel levels are higher than those considered safe by the World Health Organization.

When the law was proposed in October 2013, David Erguido, a Madrid City Council member, stated, “We want to offer the best impression possible to tourists and allow local residents to get their rest too.”

The new law requires street musicians applying for a permit to audition before three-member panel of Roman Catholic civil servants. Further, the law requires that appointments for auditions be made only through the internet, because very few of the Gypsies of Spain (the Gitanos) have access to the internet. And who knows more about art and music than petty government bureaucrats?

Nadal and Yllera of the Potato Omelette Band hid a camera in their amplifier to record their audition

before a municipal secretary and two music instructors from Madrid's Conde Duque Cultural Center, where they sang "Oh, my poor Madrid, my city! They are kicking out musicians and artists, and replacing them with police. There is no jury better than the hat — the hat you put on the ground to collect donations." The duo have become national heroes.

Potato Omelette Band en el casting de músicos callejeros

The Gitano Gypsies are famous for flamenco music, combining Indian, Greek, Roman, Persian, and Jewish music with their Gitano culture and music. The original purpose of flamenco music was to express protest against the Spanish Inquisition and the 1492 Expulsion. Flamenco combines *cante* (singing), *toque* (guitar playing), *baile* (dancing), and *palmas* (handclaps).

The word Gitano comes from *Egiptano*, the Spanish term for Egyptian, just as the English word Gypsy comes from Egyptian.

Spain has a long history of oppressive laws and policies, intended to drive the Gypsies out of Spain. Romani (Gypsy) settlements were forcibly broken up and residents dispersed. Romanies were required to marry non-Roma. Gitanos were forbidden from using their language and rituals, including flamenco music (so, Madrid's street musician law is not a new idea). Gitanos were prohibited from public office and from guild membership. In 1794 the Spanish government carried out a nationwide raid, arresting all the Gypsies they could find and imprisoning them in labor camps.

Throughout the medieval era, England, Switzerland, and Denmark attempted to put all Romani to death, while Germany, Italy, Portugal, and Spain attempted to expel all Romani. It was typical of Christian churches to kidnap Roma children, cut off the ears of Gitanos women, and brand the Romani with hot irons.

For more than 500 years it was common throughout Europe to kidnap and enslave the Roma.

According to the BBC, the Romani were among the first targets of Nazi atrocities, with at least 2 million Romani dying in concentration camps and other means of Nazi extermination. This makes the Gypsies the second largest group killed in the Holocaust, after the Jews. Adolf Hitler wrote that the Gypsies were the lowest of all humans.

Writer Ian Hancock called the Gypsy Holocaust the *Porajmos*, which means devouring or destruction in some dialects of the Romani language. This term is rarely used by the Roma themselves.



Marzahn, the first internment camp for the Roma (Gypsies) in the Third Reich, Germany, date uncertain.
—*Landesarchiv Berlin*

At least 500,000 Roma were gassed in Nazi concentration camps. Many more died from the horrendous conditions in the camps, including widespread typhus, smallpox, and dysentery. Millions more were exiled, beaten, starved, and killed. At Buchenwald, 250 Roma children were used as guinea-pigs to test Zyklon-B. At Auschwitz, SS Captain Dr. Josef Mengele conducted medical experiments on selected human subjects from the 23,000 Roma, Sinti, and Lalleri at the complex. At least 3,500 adult and adolescent Roma prisoners were subjected to medical experiments at Auschwitz, Ravensbrück, Natzweiler-Struthof, and Saschsenhausen.

The Society for Threatened Peoples estimates the casualties at 277,100. Martin Gilbert estimates a total of more than 220,000 of the 700,000 Romani in Europe, including 15,000 (mainly from the Soviet Union) in Mauthausen in January-May 1945. The United States Holocaust Memorial Museum cites scholars that estimate the number of Sinti and Roma killed to lie between 220,000 and 500,000. Dr. Sybil Milton, a historian at the U.S. Holocaust Memorial Research Institute, estimated the number of lives lost as “something between a half-million and a million-and-a-half”.

On November 14, 1935, the Law for the Protection of Blood and Honour, a supplementary extension to the Nuremberg Laws, was passed, and specifically stated that the Romani were to be defined exactly twice as strict as any other group (including the Jews). The Reich Citizenship Law of March 7, 1936, stripped citizenship from non-Aryans, blacks, Romanies, and Jews.

After World War II, the Federal Republic of Germany (West Germany) determined that all of the measures taken against the Roma before 1943 were legitimate official measures against persons committing criminal acts, not the result of policy driven by racial prejudice. In late 1979, the West German Federal Parliament finally ruled that the Nazi persecution of the Roma was racially motivated and authorized compensation for suffering and loss under the Nazi regime. Of course, by that time, the vast majority of those eligible had already died. In 1982, West Germany finally acknowledged that the Roma were subjected to genocide.

Persecution of the Gypsies continued throughout the Soviet Union, and Czechoslovakia was still sterilizing Roma women well into the 1980s to limit the Romani population.

U.S. funded religious organizations are currently engaged in a massive campaign to convert Spanish

Romanies to Evangelical Christianity.

Currently, 25% of all women in the Spanish prison system are Gitanos, even though Gitanos make up only 1.4% of the total Spanish population.

European neo-Nazi groups continue to target the Romani. According to the *Guardian*, Italy denies social service housing to Roma families on the grounds that the makeshift metal containers in isolated Roma camps are already permanent housing. At the same time, the Italian government has engaged in violent evictions of Roma camps since 2008, despite a ruling by Italy's highest court that these government crackdowns are unlawful. The *Baltimore Sun* reports that in 2013 the French have expelled at least 10,000 Roma after destroying their camps. In 2013, 70% of the Roma camps were razed. In one French city, local vigilantes set fire to a Roma settlement. French Interior Minister Jean-Marc Ayrault claimed that the 20,000 Roma in France have no intention of integrating and should all be expelled from France.



Roma women and their babies are escorted from their camp by French policemen

In October 2013 Leonarda Dibrani, a 15-year-old teenage Roma girl, was detained while on a school trip in France. She and her entire family were deported to Kosovo. Leonarda Dibrani said, "All my friends and my teacher were crying, some of them asked me if I had killed someone or stolen something as the police were looking for me. When the police reached the bus they told me to get out and that I had to go back to Kosovo." Her teacher confirmed through the Network for Education without Borders (RESF) that the other children were deeply distressed by the incident.



Leonarda Dibrani

Leonarda Dibrani told a Kosovan news agency (in French), "I'm frightened, I don't speak Albanian. My life is in France. I don't want to go to school here because I don't speak any of the local languages."

"This community crosses time and space with its traditions, and we in Europe have trouble to integrate them," Alain Behr, a lawyer who has defended the Roma, told *The New York Times*. "Yet they have preserved their tradition, which is one of survival."

European hatred of the Gypsies has become widespread, with complaints that Gypsies never work, are dirty and unhygienic, Gypsy camps ruin the countryside, Gypsy children never attend school, and that most of the Roma are drug dealers and pick-pockets.

Gypsies are actually very clean, taking hygiene very seriously, with compulsive hand-washing. Gypsies are hard workers, actually famous for their musicianship, craftsmanship, and metal-working.

European Christians claim that the Roma, like the Jews, were responsible for Jesus's crucifixion. Jews, Gypsies, and Witches were falsely accused of the Blood Libel, the claim that they kidnapped Christian children in order to cook them (cannibalism).

persecution of witchcraft

The Cannabis Witch Hunt considers music to be Satanic and especially dislikes jazz, blues, rock, and other popular music art forms that have Black African roots.

“Negro entertainers with their jazz and swing music are declared an outgrowth of marihuana use which possesses white women to tap their feet.” — H.J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1937

persecuted music genres:

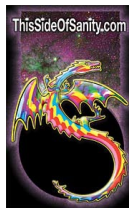
[blues music](#)

[rock music](#)

[jazz music](#)

Kemetic or ancient Egyptian religion

The ancient Egyptians considered music to be of divine origin.



gathering places

The courts often consider the existence of gathering places in determining if a religion is legally valid.

legal standards

“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

religious freedom reply to IRS standards

The tenth standard, the “established places of worship” test, discriminates against new churches, since a newly formed church might not be able to establish a place of worship even if this is its top priority. Moreover, there are a number of religious organizations that do not believe in established places of worship. The Quakers, for example, have no sacred building in which religious services are held. Establishment of a “temple of stone” is not constitutionally required for a church to constitute a religion. Although most Plymouth Brethren have buildings for worship, many meet in private homes. Furthermore, for those religions that do not believe in deities, there is not “worship” and thus no “place of worship.” The terms of the test itself indicate its bias. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

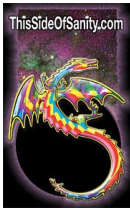
Kemetic or ancient Egyptian religion

The Great Pyramids on the plains of Giza are the only surviving of the Seven Wonders of the World. They survived both Roman and Muslim attempts at destruction.

The Great Temple at Ephesus, another of the Seven Wonders of the World, was dedicated to Bast (called Artemis by the Greeks and Diana by the Romans). Women from all over Africa, Europe, and Asia (from as far away as China) came to the Great Temple at Ephesus and brought gifts from their homelands. The Christian writer Paul specifically congratulates Ephesian Christians on their vandalism (including destruction of art and burning of books) at the Great temple of Ephesus.

The Great Library at Alexandria was a temple of Pr Ntr Kmt, headed by a High Priestess of Aset (Isis) or High Priest of Ptah.

temples
pyramids
gardens



temples

The courts often consider the existence of temples in determining if a religion is legally valid.

legal standards

“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

body as a temple

The government thinks of temples as buildings.

A common religious idea is the body as a temple to the divine.

Rasta

Rastafari views the body as a temple. Therefore, Rastafari are expected to take good care of themselves. You see this in the Ital diet.

Many Rastafari believe that because their bodies are temples, they should let their hair grow long without any unnatural tainting.

Rasta also often refrain from tattooing their skin.

Kemetic or ancient Egyptian religion

pr - temple

The ancient Egyptians used the same word as “house” for their word for temple. This is because they believed that the temples were the actual physical houses of the deity worshipped there.

The ancient Egyptian word for “house” is “pr” (shown below). The hieroglyph “pr” is a line drawing of a house’s walls viewed from above. Because the hieroglyph “pr” is used both for the word “house” and for the syllabic sound “pr” are the same character, the ideogram (also called the pictorial sign, drawn as a short vertical line) is placed below the hieroglyph “pr” when the meaning is house rather than just the sound. Context indicates whether the word means an ordinary house or a temple.



hieroglyph for temple

per - temple

The ancient Egyptian word house is also used for temples, which are considered to be the personal house of the corresponding deity.

The ancient Egyptians built many of their earliest temples with wooden columns topped with palm leaves. When the Egyptians switched to stone columns they continued to carve palm fronds and leaves into the tops of the columns (see example below).

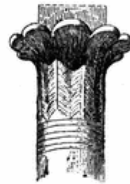


illustration of temple columns and ceiling



submerged temple at Philae



Baalbec ruin

Great Temple at Ephesus

The Great Temple at Ephesus, one of the Seven Wonders of the World, was dedicated to Bast (called Artemis by the Greeks and Diana by the Romans). Women from all over Africa, Europe, and Asia (from as far away as China) came to the Great Temple at Ephesus and brought gifts from their homelands. The Christian writer Paul specifically congratulates Ephesian Christians on their vandalism (including destruction of art and burning of books) at the Great Temple of Ephesus.

The statue of the Lunar Goddess at the Great Temple of Ephesus depicts the Goddess holding a large number of Easter eggs (although some claim they are bull testicals).

Great Library at Alexandria

The Great Library at Alexandria was a temple of Pr Ntr Kmt, headed by a High Priestess of Aset (Isis) or High Priest of Ptah.

converted temples

In the 300s and 400s the Christians in control of the Roman Empire forcibly converted hundreds of temples of Isis into Roman Catholic and Orthodox Christian churches.



pyramids

The courts often consider the existence of pyramids in determining if a religion is legally valid.

legal standards

“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

Kemetic or ancient Egyptian religion



[check image](#)

Great Pyramids at Giza

photograph by Ricardo Liberato

19 June 2006

dust removal and white balance by kiwaner

The Great Pyramids on the plains of Giza are the only surviving of the Seven Wonders of the World. They survived both Roman and Muslim attempts at destruction.

Please note that the Pharaoh and his wife engaged in Ntr Sentra ritual at the location where each pyramid was built. The wife of Pharaoh (as Goddess) inhaled cannabis smoke, then kissed Pharaoh. Pharaoh breathed in the divine smoke of the Goddess. This ritual was essential for making the pyramids holy structures rather than ordinary buildings.



tomb at Qurna

The courts often consider the existence of temples in determining if a religion is legally valid.

legal standards

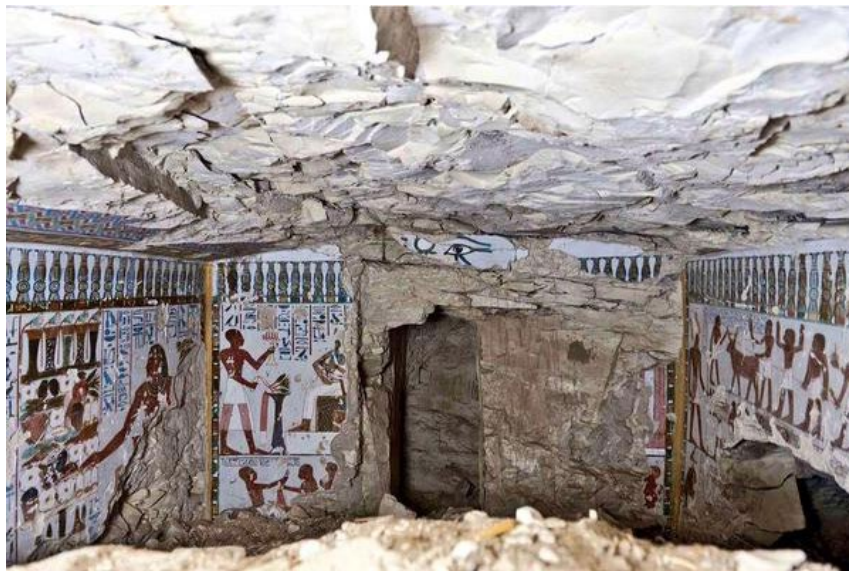
“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

Kemetic or ancient Egyptian religion

tomb at Qurna

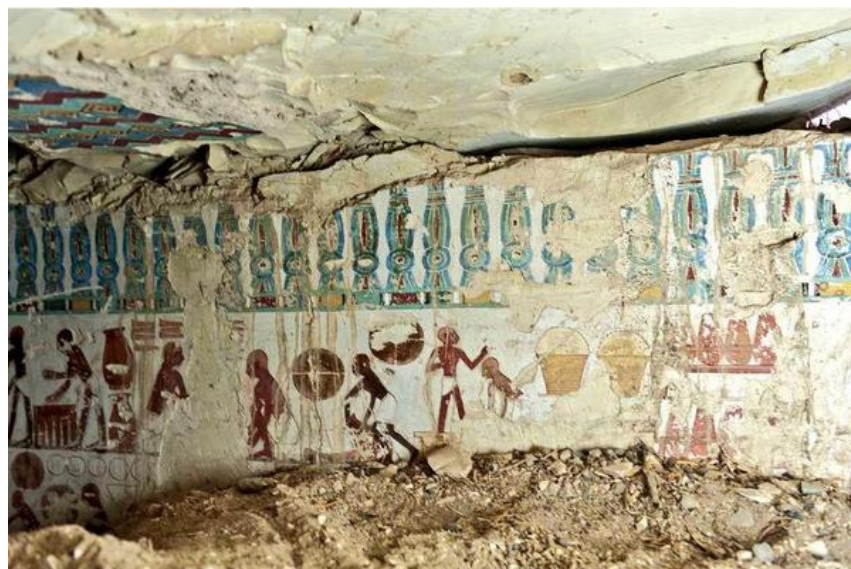
The 18th Dynasty tomb at Qurna was unearthed in early 2015.



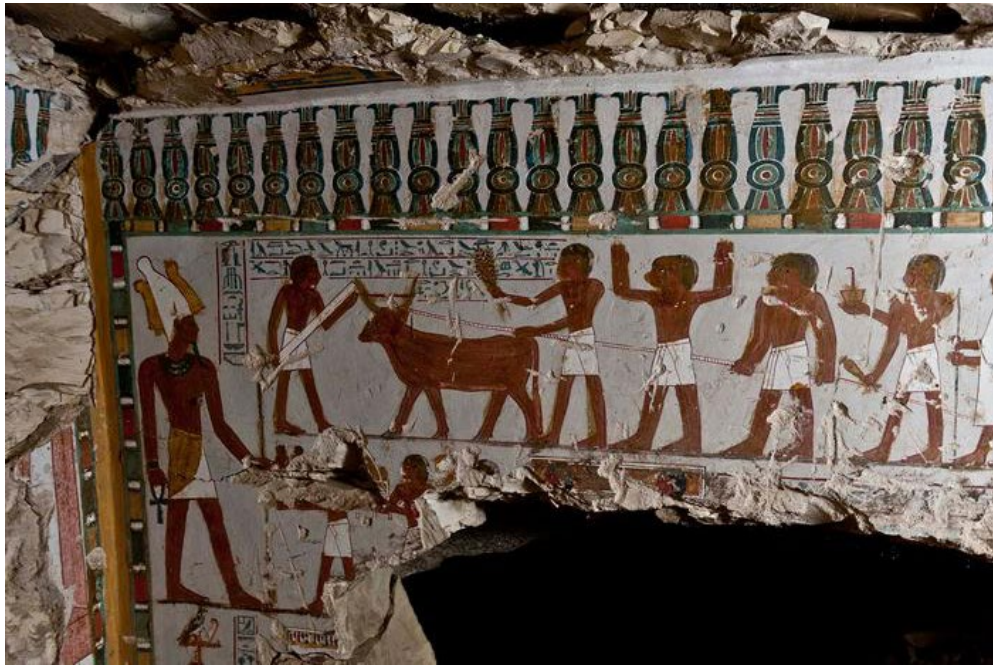
Luxor Times



Archaeology Magazine



Luxor Times



“3,400 year old tomb with amazingly vivid murals has been discovered in Luxor, Egypt.” —*Archaeology Magazine*



Tomb of Userhet

The courts often consider the existence of temples in determining if a religion is legally valid.

legal standards

“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

Kemetic or ancient Egyptian religion

Tomb of Userhet

The tomb of Userhet is in the Valley of the Kings (KV 45) from approximately 1300 B.C.E. in the 19th Dynasty.



mural from the Tomb of Userhet



mural from the Tomb of Userhet



sacred gardens

The courts often consider the existence of gardens in determining if a religion is legally valid.

legal standards

“5. c. Gathering Places: Many religions designate particular structures or places as sacred, holy, or significant. These sites often serve as gathering places for believers. They include physical structures, such as churches, mosques, temples, pyramids, synagogues, or shrines; and natural places, such as springs, rivers, forests, plains, or mountains.” —*United States of America v David Meyers*

“established places of worship,” —IRS definition of a church

Kemetic or ancient Egyptian religion

temple gardens Goddess gardens

The following is religious advice. While it is possible that a court of law might consider a temple or Goddess garden grown in a religious manner as good faith practice of your religion, you must also consider the possibility that (depending on nation) you might be imprisoned, tortured, or executed for your religious beliefs and practices.

Your religious garden or Goddess Garden can be anything from a large elaborate garden on acres or square miles of land to a small plot in your back yard to even a few plants in your bedroom. Size is not a measure of holiness. The spirit you put into your garden is all that matters.

Gardens were an important part of the ancient Egyptian religion, particularly in the New Kingdom.

temple gardens

Most Kemetic (ancient Egyptian) temples had gardens that could be viewed by the public. There were also temple gardens that could only be entered by the priesthood. Some temples had both public and restricted access temple gardens.

The first large scale religious gardens recorded historically were created by Sesh Per Ankh around 2200 B.C.E. (about 600 years before the Hanging Gardens of Babylon). These first temple gardens were intended to grow medicinal flowers and herbs and to demonstrate the power and glory of Pharaoh because flowers were grown by the temples in places where nature did not grow flowers. Sesh Per Ankh literally means “scribe of the House of Life” and included not just growers, but also doctors, musicians, artists, philosophers, scientists, librarians, and others. There is archaeological evidence of religious gardens predating modern humans.

The most famous of the ancient Egyptian temple gardens was on the grounds of the Great Temple at

PerBastet (or Bubastis). According to Herodotus more than one quarter million worshipers gathered at the temple for festivals to the Goddess Bast (four times a year) and that the cannabis and cinnamon incense was so thick that visitors came under the influence more than a dozen miles away while still riding in boats to the temple grounds.

The largest single garden ever created, in the New Kingdom, under the rule of Ramses the Great, is estimated to have been double the size of the state of Rhode Island.

You can find similar religious gardens in most other world religions, the most famous example being the Hanging Gardens of Babylon, one of the seven wonders of the ancient world.

home gardens

Home gardens were widespread among ancient Egyptians who could afford them. One New Kingdom villa's garden was described by the owner: "You sit in their shades and eat their fruit. Wreaths are made for you of their twigs, and you are drunken with their wines." Models of gardens were sometimes included in tombs.

Today you find many Wiccans have small scale Goddess Gardens at their homes.

Some persons, especially in urban areas, have an indoor garden rather than an outdoor garden. Ancient Egyptians who couldn't afford to have their own garden might have a few potted plants indoors. Some ancient Egyptian temples had both indoor and outdoor gardens.

The U.S. legal standard under the RLUIPA now states that "The term 'religious use' includes any exercise of religion, whether or not compelled by, or central to, a system of religious belief." Regardless of the religion you belong to, you may want to clearly establish that your garden is required by your sincerely held religious beliefs. If you are going to risk arrest, imprisonment, torture, and possible death, you probably should believe very strongly.

There are many different reasons for growing cannabis for religious activity, such as the ancient Egyptian Ntr Sentra or the modern Rasta use of ganja. This may also include a sincerely held religious belief that you are required to grow religious cannabis because you have been called by Jesus, the Holy Spirit, Allah, G-d, Shiva, Gaia, Bast, Sekhmet, or other deities to care for the sick and disabled (or that you are required to grow for the sick and disabled because of karma, to obtain Moksha, or to attain Nirvana).

Religious gardens are distinguishable from commercial farms by the religious symbology employed. You may find your religious garden to feel more holy and sanctified to you if you go to the extra effort to clearly mark your garden as a religious one through the use of ancient religious beliefs and symbols.

shape of gardens

The two most common shapes for a religious garden were the circle and the rectangle.

The circle shaped garden is the oldest known religious garden and dates back to Homo Erectus, the species of humanoids preceding our own.

The rectangular (or square) garden developed with the rise of civilization in Kemet (ancient Egypt) and elsewhere around the world. Rectangular gardens were usually laid out according to the four directions (east, south, west, and north), although some were aligned to the local flow of the Nile River or other important local landmarks. Sometimes gardens were aligned to important stars or to sunrise or sunset at solstice or equinox or even to the movement of the moon.

The tradition of irregularly shaped gardens grew out of the Shinto religion in Japan, and started out of the belief that the more natural shapes created a closer connection to nature and a more aesthetic garden.

In modern Wicca you will find many different shapes for Goddess gardens, each with distinct meanings relating to the specific Lord and Lady honored by the garden.

You may want to create pathways or arrange plants in traditional religious patterns, including circles, rectangles, triangles, five-pointed stars, arrows, spirals, mandalas, or labyrinths.

You will want to pick a shape for your garden that carries a clear religious meaning for you.

You may want to place a cleared circle in the center of an outdoor garden. These cleared circles are used for dance and music to celebrate the divine, as well as for specific religious ceremonies. You may want to videotape or film religious dance and/or ritual in a garden circle.

traditional Egyptian garden

The traditional ancient Egyptian religious garden was viewed as a microcosm, or a map of the greater world or universe as a whole. Water (or blue painted lines) went down the middle of the garden the long way and were symbolic of both the Nile River and the Milky Way (below as above).

Traditionally there were rows of stone or wooden columns, which represented the palm trees lining the Nile River. These columns started out as simple rounded wooden columns topped with real or carved palm leaves. Over time these columns became more artistic and it became the custom to paint and carve holy symbols and paintings on the entire visible surfaces of the columns. Indoor gardens also had religious symbols and paintings of important mythic scenes on the interior walls.

The Temple of Diana (or Artemis or Bast) at Ephesus, one of the seven wonders of the ancient world, was famous for its rows of beautiful marble columns. The Acropolis of Athens is a scaled down copy of the Temple of Diana at Ephesus. The Athenian Greeks used single row of columns and a less expensive column style, dramatically shrunk the size, and engaged in other cost saving methods, but the basic design is the same. In antiquity, humans saw an impact on the Moon and then saw some of the rock thrown off by the impact fall into the atmosphere and land at the site of the Temple of Diana at Ephesus. They believed that the rock was a physical part of the Moon Goddess. Christians destroyed this important site.

Ancient Egyptian religious gardens would often have an obelisk, a tall square sided pillar, usually carved with hieroglyphs, religious symbols, and religious artwork. The obelisk was normally placed outside of the garden, near the entrance. You can write on the obelisk in modern English or in ancient Egyptian hieroglyphs or Germanic runes or Celtic ogham or any other sacred writing system. The first thing that DEA agents will encounter will be your obelisk clearly indicating religious use.

statue

In the traditional ancient Egyptian religious gardens there would be a statue of the God or Goddess. This statue was typically not visible to outsiders and was often kept in a wooden or stone shrine to prevent unauthorized viewing. In Roman times the statues of the divine (especially statues of Bast and Isis) were proudly displayed on a raised platform in the center of the garden so that all could see.

Ancient Egyptian Goddesses particularly associated with the growing of cannabis include Seshat (Goddess of learning and wisdom), Bast (Goddess of cats, music, and arts), Sekhmet (Goddess of power and life), and Aset or Isis (Goddess of civilization). You can find small Bastet statues (Bast in the form of a long necked cat) at many garden supply stores. Sekhmet is a lion-headed Goddess. The Greek Goddess Artemis, the Roman Goddess Diana, and the Germanic Goddess Lucia were all believed to be the same Goddess as the ancient Egyptian Bast and statues of these other Goddesses are fairly easy to find.

Wiccans typically have two statues, one for the Lord and one for the Lady. These can be a God and a Goddess from any religion in the world (even mixing cultures) or can be statues that represent all of the masculine divien and all of the feminine divine, respectively.

Of course you can have statues from whatever religion you belong to.

garden entrance

The entrance to an ancient Egyptian garden was traditionally marked by two giant pylons (or square towers). The pylons separated the inner garden from the outer court. The outer court was often open to the public, especially on holy days, while the inner garden was reserved for the garden workers, the priesthood, and other selected individuals. You will probably want to restrict access to your religious garden to appropriate individuals, and may want to create an inner and outer section, allowing guests into the outer court.

aquatic garden

Many ancient Egyptian temples were famous for the artificial lakes in their gardens. Some of these artificial lakes could be large enough that the other side couldn't be seen because of the curvature of the earth.

A small pond (with or without fish, frogs, and other life) can be placed at one end of a stream and a small waterfall at the other.

Ancient Egyptian aquatic gardens featured a benben stone, which represented the first land that rose from the primordial seas. The Egyptian pyramids are in the shape of the traditional ancient Egyptian benben.

Small pyramids appeared in non-Egyptian gardens dedicated to the Egyptian Goddesses Bast or Isis throughout the Roman Empire as well as throughout medieval Europe, and parts of Africa and Asia.

Consider carefully whether your garden will feature water or not. Aquatic gardens dramatically increase the complexity, cost, and skill level needed for a temple garden.

If you have a body of water in your religious garden, in the springtime you can float small wooden or paper boats with colored candles in honor of Aset (Isis).

religious art

You may want to paint or carve symbols on columns inside your religious garden or on walls or fences surrounding your religious garden.

Some of the symbols common in ancient Egyptian religious gardens include the ankh (symbol of life), the earth as a disk, the zodiac as a disk, the was scepter (a forked staff with a dog head), the pyramid, the crescent moon, the sun disk, the spiral, the cord of hemp rope (especially a double pair of hemp rope with three twists and a loop at the top), the kheker (points skyward), the udjat (the Eye of Horus), the obelisk, sun symbols, the five pointed star, the crook and the flail, the loop of life, the tet (knot of Isis), the shen ring, the scarab, the Sphinx, the ka (two arms uplifted), the heart, the sistrum, the tet or djed (four backbones), the feather of Ma'at (the feather of truth, a white ostrich feather), symbols of various Gods and Goddesses, and symbols of plants.

Wiccans will want to include art that mark the four directions and the corresponding four elements at the boundaries of the garden and a pair of art (such as statues) in the midst of the garden that honor the masculine and feminine divine (the Wiccan Lord and Lady). Other common Wiccan symbols include the pentagram and pentacle. Wiccans who celebrate a particular ancient culture will want to include symbols and art from that culture.

If you belong to another religion, you will want to liberally make use of the symbols of your own religion (six-pointed Star of David for Jews, four-pointed cross for Christians, crescent moon and star for Muslims, the lotus or wheel of life for Buddhists, the yin-yang symbol for Taoists, the Om symbol for Hindus, etc.).

You may also want to place paintings, illustrations, and other artwork on walls or fences to clearly indicate the religious nature of your garden. The ancient Egyptians loved colorful paintings.

stones

In addition to statues, it was common to make simple (or complex) formations with stones. Some of the stones most commonly associated with cannabis and Bast include quartz, amethyst, agate, amber, lapis, jade, marble, jasper, obsidian, volcanic glass, moonstone, turquoise, and tigereye, as well as the metals silver, gold, copper, and bronze. Gardens dedicated to Bast would typically have a small cave made of beautiful stones at the east point of the garden (and sometimes a corresponding cave on the west point).

You may want to use finely crushed white gypsum for the pathways in your temple garden. This was a practice in ancient temple gardens of Aset (Isis) and any ancient Egyptian solar deity (Ra, Aten, Bast, Sekhmet, etc.) because white gypsum glows in the daylight sun. Even at night, white gypsum will reflect whatever moon light is available.

decorative items

Some other decorative items common in Goddess gardens include: wind chimes, bells, mirrors, candle holders, incense censurs, pottery, baskets, hemp rope (including knots), cornucopia, three-part key, sundial, a large iron cauldron with three legs, hearth or fireplace, small boats, sceptors, and statues of animals.

If you use grow lamps (common for indoor gardens), you will probably want to mark the lamps with sun symbols. This can be as simple as a sun circle with lines representing rays of light or as complex as an entire scene of Isis, Bast, Sekhmet, Kherpi, Ra, and other ancient Egyptian deities on fancy sun boats. You may also consider sun images from other world religions.

plants

Outdoor gardens in ancient Egypt were typically lined with trees. The most common trees used were palm trees. Popular trees includes the sycamore (which is the shape of the ancient Egyptian hieroglyph for tree), acacia, fig, jujube, nut trees, pomegranate, tamarisk, and willows. Rare, but important, were cinnamon trees.

Some of the most common flowers in ancient Egyptian gardens included: bay laurel, cannabis, celosia, small yellow chrysanthemums, cornflowers, convolvulus, daisies, henna, irises, ivy, jasmine, lychins, mandrakes, sweet marjoram, mignonettes, myrtle, narcissus, poppies, and roses.

Most temple gardens in ancient Egypt also included papyrus, lotus, and grapes. Papyrus represented Lower Egypt and lotus represented Upper Egypt.

Ancient Egypt was famous for its roses and roses were used in the rites of Aset (Isis).

Many temple gardens included plants that provided temple food for religious ceremonies. Some temples partially paid workers with onions.

Palm trees, as well as dates and cocounts, were sacred to Asar (Osiris) and Aset (Isis). The heart of palm (an edible food) was forbidden in offerings to Aset (Isis) or Asar (Osiris) because removing the heart of the palm kills the tree. Djehuti (Thoth) used the saw-toothed edge of the stem of fan palm strands to measure time and count days.

Citrus wood was often used for making ritual objects for the worship of Aset (Isis).

You may want to think about growing a few other plants along with cannabis, even if your primary concern is growing religious and/or medical marijuana. Surrounding your cannabis plants with mint, basil, sage, rosemary, thyme, tansy, and/or catnip will create a more traditional Goddess garden setting and may help protect your garden from insect infestations. Witches often surrounded their gardens with marjoram and hawthorne hedges to create a magick protective barrier. Plants traditionally associated with Bast include cannabis, cinnamon, catnip, hyacinth, hawthorne, lavender, lily of the valley, lotus, marjoram, morning glory, rose, and valerian. One traditional pattern for Bast is catnip in the west and marjoram in the east.

garden blessing

Traditional ancient Egyptian fertility and planting ceremonies involved naked dancing girls shaking sistrums (a combination of a three or four stringed harp and a tambourine-like rattle) to celebrate Bast, Hathor (Het Heret) or Isis (Aset). Fields were typically blessed with various liquids being poured onto the ground. One very common mixture was milk, honey, and olive oil, used in cultures throughout the Mediterranean. Chamomile tea, black tea, or green tea were common in Asia. Wine was often used to call

on fertility from Bast. And of course smoking cannabis to honor the divine and bring the garden and the gardeners closer to the divine.



keepers of knowledge

The courts often consider the existence of keepers of knowledge in determining if a religion is legally valid.

legal standards

“5. d. Keepers of Knowledge: Most religions have clergy, ministers, priests, reverends, monks, shamans, teachers, or sages. By virtue of their enlightenment, experience, education, or training, these people are keepers and purveyors of religious knowledge.” —*United States of America v David Meyers*

“an organization of ordained ministers,” —IRS definition of a church

“ordained ministers selected after completing prescribed studies,” —IRS definition of a church

“school for the preparation of its ministers.” —IRS definition of a church

religious freedom reply to IRS standards

The seventh, or “organization of ordained ministers,” criterion has no relevance for churches that do not distinguish minister from congregant. Among Quakers “there is no division between clergy and laity, the vocation of every Friend is to be a lay minister.” The Plymouth Brethren believe in the Reformation doctrine of the priesthood of all believers; the distinction between clergy and laity, practiced by many churches, is considered unscriptural. Also, Jehovah’s Witnesses believe that all their members are ministers, that they are a “body of ministers.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

The question posed by the eighth criterion - whether or not ministers are ordained after completing a course of study - is irrelevant. Paul, for instance, was “called” on the road to Damascus. Jesus called disciples without seminary training who were, among other professions, fishermen and tax collectors (perhaps all hope is not lost for the IRS). The historic significance of revelation and the mystical call to religious office is ignored by this criterion. The churches of the Appalachian mountains see the presence of “the uneducated preacher” as one aspect of the “fullest expression . . . of the mountain spirit and the mountain religious tradition.”

[O]ne individual or another (usually male) among the people became convinced that God was calling him to preach and exhort. So he would set about establishing a church of his own, often on his property, either in his house or a separate building he might construct. Like a patron to his neighbors in a lonely mountain hollow, he invited them to join with him in seeking the Word and will of God.

In addition, most Unitarian Universalist’ “[p]rofessional ministers have the burden to legitimate themselves by achievement rather than by an ascribed status.” In some black churches, especially Baptist and Pentecostal, the majority of the pastors receive no formal training. “[A]

man with a good voice and attractive personality, a sense of humor, and sufficient desire can find a church to serve without formal training.” Finally, Jehovah’s Witnesses believe that true ordination comes directly from God. “Jehovah through Christ ordains his witnesses to serve as ministers - John 15:16.” This concept is common in evangelical denominations. "Those who preach in Plymouth Brethren assemblies are generally well-versed in the Word of God, but usually they have no formal seminary training." — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Finally, since, as outlined above, churches should not be required to have clergy, the existence of schools for the preparation of its ministers, as imposed by the fourteenth criterion, should similarly not be required. In a survey of 250 American denominations over ninety percent report no seminaries or schools of religion. by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

Hem (male) and **hemet** (female) were the primary Kemetic (ancient Egyptian) words for priest and priestess. The generic version was hem Ntr or hemet Ntr (priest or priestess of the Divine). The Ntr could be replaced with a specific deity name, such as Hem Ra or Hemet Bast.

The **web** priest (or priestess) was responsible for the purity of the ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood.

The **kher heb** was the priest or priestess who recited the liturgy and magick spells.

The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). Sesh Per Ankh is ancient Egyptian for “scribe of the House of Life”. This can be translated into English as magician, shaman, witch doctor, witch, priest, doctor, or professor. See [Sesh Per Ankh](#).

The English words **Witch** and **Witch Doctor** are translations for Sesh Per Ankh.

The English word “Witch” meant a woman in the Roman Catholic Church-imposed “Dark Ages”. A male Witch was called a **He-Witch**. The word “warlock” is from the Polish for “oath breaker” and was used in Polish Witch Trials run by the Roman Catholic Church in which large numbers of innocent men and women were tortured and murdered by the Roman Catholic Church as part of official Roman Catholic Church dogma, on orders from numerous Roman Catholic Church Popes. In modern times the word “Witch” refers to both men and women.

The word medicine comes from the prehistoric era of wise women who measure out plants in order to heal. More than two thirds of modern medications (total usage, not sheer numbers of drugs) are derived from Kemetic Witch (ancient Egyptian) herbal preparations!

The **sesh ked** were the artists of the priesthood (and, yes, the artists were an essential part of the priesthood).

sesh per ankh



sesh per ankh

The courts often consider the existence of important writings and keepers of knowledge in determining if a religion is legally valid.

legal standards

“5. b. Important Writings: Most religions embrace seminal, elemental, fundamental, or sacred writings. These writing often include creeds, tenets, precepts, parables, commandments, prayers, scriptures, catechisms, chants, rites, or mantras.” —*United States of America v David Meyers*

“5. d. Keepers of Knowledge: Most religions have clergy, ministers, priests, reverends, monks, shamans, teachers, or sages. By virtue of their enlightenment, experience, education, or training, these people are keepers and purveyors of religious knowledge.” —*United States of America v David Meyers*

“an organization of ordained ministers,” —IRS definition of a church

“ordained ministers selected after completing prescribed studies,” —IRS definition of a church

“school for the preparation of its ministers.” —IRS definition of a church

“a literature of its own,” —IRS definition of a church

Kemetic or ancient Egyptian religion

The **sesh per ankh** were the learned priesthood (including mathematicians, doctors, and scientists). Sesh Per Ankh is ancient Egyptian for “scribe of the House of Life”. This can be translated into English as magician, shaman, witch doctor, witch, priest, doctor, scribe, or professor.

scribes

The following passages are from the Middle Kingdom compilation *Satire of the Trades*, also called *The Instruction of Dua-Kheti*, written by Tjaru (also called Duau Khety) for his son Pepy sometime between 1950-1900 B.C.E. in early Dynasty 12. This work extolled the virtues of being a scribe and put down other occupations, especially manual labor, with biting satire. The book was used throughout the New Kingdom to train scribes, who copied the pages to learn to write.

“I have seen many beatings ...
Set your heart on books!
I watched those recruited for labor —
There’s nothing better than books!
It’s like a boat on the water.
Read the end of the Kemit Book,
You’ll find this saying there:

‘A scribe at whatever post in town,
He will not suffer in it;
As he fills another’s need,
he will not lack rewards’.”

“They gave themselves the scroll as lector-priest,
The writing-board as loving son.
Instructions are their tombs,
The reed pen is their child,
The stone surface their wife.
People great and small
Are given them as children,
For the scribe, he is their leader.”



ritual or ceremony

The courts often consider the existence of ceremonies and rituals in determining if a religion is legally valid.

legal standards

“5. e. Ceremonies and Rituals: Most religions include some form of ceremony, ritual, liturgy, sacrament, or protocol. These acts, statements, and movements are prescribed by the religion and are imbued with transcendent significance.” —*United States of America v David Meyers*

“a recognized creed and form of worship,” —IRS definition of a church

“regular religious services,” —IRS definition of a church

religious freedom reply to IRS standards

The twelfth criterion also excludes certain religious groups. For example, Quakers do not have a “religious service” in the strict sense of that term. Furthermore, services of some organized religions include only mystical contemplation and meditation, although these activities could be constructed as religious services. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

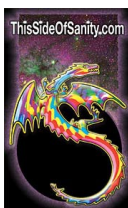
Rastafari

Rastafari often recite a short invocation when lighting a chalice (pipe). The following is one example:

“Glory be to the Father and to the Maker of Creation, as it were in the Beginning, is now an shall be forever, world with end, SELAH.”

marriage and weddings

circumambulation



marraige and weddings

The courts often consider the existence of marriages and weddings in determining if a religion is legally valid.

legal standards

“5. e. Ceremonies and Rituals: Most religions include some form of ceremony, ritual, liturgy, sacrament, or protocol. These acts, statements, and movements are prescribed by the religion and are imbued with transcendent significance.” —*United States of America v David Meyers*

“a recognized creed and form of worship,” —IRS definition of a church

“regular religious services,” —IRS definition of a church

Kemetic or ancient Egyptian religion

ancient Egyptian marriages

Pr Ntr Kmt Has been performing marriages for more than 6,000 years (more historical and mythological details below).

Egyptian weddings

The first marriages in history were performed in ancient Egypt by the clergy (hemu) of Pr Ntr Kmt (the ancient Egyptian religion). Most of the moern wedding traditions are from ancient Egypt.

The wedding ring was originally made by weaving hemp into a circle. The wedding ring represented that the combination of the couple and the divine made a complete circle. Hemp was related to such important ancient Egyptian deities as Isis, Bast, Seshat, and Osiris. Because hemp wedding rings wore out and had to be replaced every few years the Romans switched to iron rings. Europeans switched from iron rings to gold rings. Around 3,000 B.C.E. the Egyptian phrase “without beginning, without end” came into common usage for describing the wedding ring.

Bridemaids and brides wore similiar dresses in order to confuse evil spirits. The original wedding bouquets were made of thyme and garlic to keep evil spirits away.

wedding vow

An ancient Egyptian wedding vow: “I Prince Yami, son of Pharaoh Akunadmun, take thee Nyla, to be my wife, and my queen, to share the good times and hard times side by side. I humbly give you my hand and my heart as I pledge my faith and love to you. Just as this ring I give you today is a circle without end, my love for you is eternal. Just as it is made of incorruptible substance, my commitment to you will never fail. With this ring, I thee wed.”

wedding readings

Two wedding readings from ancient Egypt:

“Whenever I Leave You”,
from the Harris Papyrus, 500 Song Cycle 2, 15th Century BCE, Egypt.

Whenever I leave you, I go out of breath
Death must be lonely like I am
I dream lying dreams of your love lost
And my heart stands still inside me
I stare at my favorite datecakes
They would be salt to me now
And pomegranate wine, once sweet to our lips
Bitter, bitter as birdgall

Touching noses with you, love, your kiss alone
And my stuttering heart speaks clear
Breathe me more of your breath, let me live!
Woman, meant for me!
The Goddess herself gave you as Her Holy gift
My love to outlast forever

“Let My Love Love Me Best”,
from the Turin Papyrus, in the Ramesside period circa 1100 BCE, Egypt.

Let my love love me best and I shall ordain
Her hands full of lotus blossoms and flowers
Full of buds and perfumes, strong ale
And beer of every brewable kind
Then she’ll give me, her love, a day to remember
Make me drink down this day to its last shadow

history of marriage (started with lesbian marriage)

The first known marriages occurred in ancient Egypt. There had been human mating, similar to English common law marriage, long before there were official weddings.

The first marriages were public religious ceremonies commemorating the union of the Egyptian Goddesses Bast and Sekhmet in the creation myth of the [Cosmic Orgasm](#). The high priestess of Bast and the high priestess of Sekhmet took on the roles of their respective Goddesses for the public festivities.

This first marriage ceremony was widely popular.

Other temples in ancient Egypt quickly copied the idea, with grand public marriage ceremonies for their favored deities (most commonly male/female couples).

It wasn't long before the wedding ceremony spread from a religious celebration of divine unions to a religious celebration of human unions sanctified by the divine.

This was the origin of marriage and weddings.

And the first version was specifically lesbian.

While heterosexual marriage was the most common form in ancient Egypt, gay and lesbian marriages continued until outlawed by Christians.



circumambulation

The courts often consider the existence of rituals, such as circumambulation in determining if a religion is legally valid.

legal standards

“5. e. Ceremonies and Rituals: Most religions include some form of ceremony, ritual, liturgy, sacrament, or protocol. These acts, statements, and movements are prescribed by the religion and are imbued with transcendent significance.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

Circumambulation is the sacred practice of walking in circles. The oldest known versions occur in ancient Egypt, ancient Babylon, and ancient India. Modern versions include Vedic Circumambulation (the Parikrama of Hinduism), Jainist Circumambulation (called Pradakshina), Islamic Circumambulation (around selected sacred sites), Buddhist Circumambulation, and Masonic Circumambulation.

Circumambulation is usually done around sacred objects or locations and typically the sacred is kept on the right of those walking.

There is deep cosmic symbology, with the walking often representing the path of particular celestial bodies (such as the Earth, Sun, Saturn, or Mercury).

Circumambulation is often done with incense, and as mentioned elsewhere one of the sacred incenses is cannabis smoke.

Circumambulation can be very calming and help a person enter a balanced state.

If there is space within the building where you work as a medical cannabis minister (or space in an adjoining sacred garden), some of the persons you are ministering to may find circumambulation very enriching.

And regular circumambulation will help demonstrate to a court of law the sincerity and depth of the religious beliefs carried out in your personal medical cannabis ministry.

For a detailed Masonic view of circumambulation see the article [We're All Dancing in a Ring Around the Sun](#) [external link].



tarot

The standard tarot deck has 78 cards.

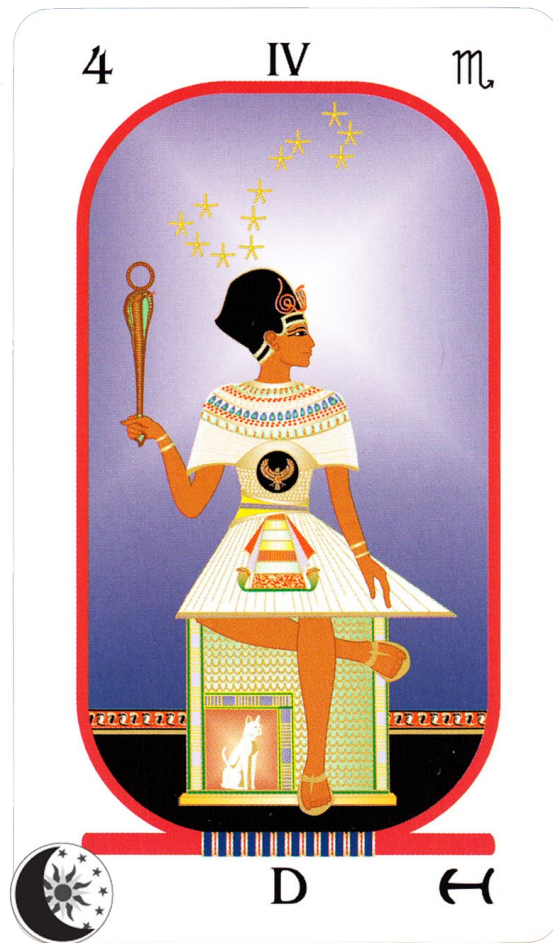


Real Wiccan Spells states “The tarot is a pack of 78 playing cards used by mystics for foretelling the future.”

Tarot was introduced in Italy as a card game similar to modern bridge.



Granny Moon states “Early Tarot (tarocchi) card games were mostly bridge-like games involving trick-taking.”



Granny Moon states “In Tarot light symbolizes spiritual emanations, life and the activity of God, Gods, Goddesses.”



organized structure

The courts often consider the existence of organized structure in determining if a religion is legally valid.

legal standards

“(4) an organization within the cult designed to observe the tenets of belief.” —*Fellowship of Humanity v. County of Alameda*

“5. f. Structure or Organization: Many religions have a congregation or group of believers who are led, supervised, or counseled by a hierarchy of teachers, clergy, sages, priests, etc.” —*United States of America v David Meyers*

“a distinct legal existence,” —IRS definition of a church

“a definite and distinct ecclesiastical government,” —IRS definition of a church

“an organization of ordained ministers,” —IRS definition of a church

“regular congregations,” —IRS definition of a church

“regular religious services,” —IRS definition of a church

“Sunday schools for religious instruction of the young,” —IRS definition of a church

religious freedom reply to IRS standards

The third IRS criterion also poses a problem. A definite and distinct ecclesiastical government is not a sine qua non of a religious organization. It may be that “any written organizational guide” would be anathema to a particular church. Churches in the Protestant Congregationalist tradition would not consider any polity beyond the local church. For instance, there are tens of thousands of local Baptist churches in the United States, “each one independent of the others.” Each Unitarian Church enjoys full self-determination in all matters and “jealously guards its interests as an autonomous body.” Plymouth Brethren are governed locally and “even this form of government is often informal.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)



discipline

The courts often consider the existence of organized structure in determining if a religion is legally valid.

legal standards

“a formal code of doctrine and discipline,” —IRS definition of a church

religious freedom reply to IRS standards

The fourth requirement, that a church have a formal code of doctrine and discipline, may contradict a fundamental tenet of an organization that it have “no traditional doctrine.” For example, the Quakers do not have a “written or spoken formal creed The Society never requires of its members the acceptance of any formula or belief.” The Plymouth Brethren “oppose man made creeds as being human additions to the Word of God. Many other evangelicals share this view.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)



education

The courts often consider the existence of religious education in determining if a religion is legally valid.

legal standards

“ordained ministers selected after completing prescribed studies,” —IRS definition of a church

“Sunday schools for religious instruction of the young,” —IRS definition of a church

“school for the preparation of its ministers.” —IRS definition of a church

religious freedom reply to IRS standards

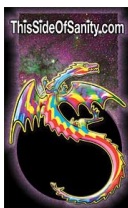
The thirteenth requirement, that there be Sunday schools for religious instruction of the young, is clearly a biased criterion base on a mainstream Christian concept. For example, many faiths worship on days other than Sunday. Moreover, there are a number of churches which do not believe in establishing separate schools for religious education of their young. Sunday school is not a necessity and is not present in many cultures in which religion is a pervasive element in followers' lives. Some churches and synagogues focus on a "singles" ministry or a “seniors” ministry. There are also some homosexual churches in which the presence of children may be less likely. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Finally, since, as outlined above, churches should not be required to have clergy, the existence of schools for the preparation of its ministers, as imposed by the fourteenth criterion, should similarly not be required. In a survey of 250 American denominations over ninety percent report no seminaries or schools of religion. by Bruce J. Casino, [International Coalition for Religious Freedom](#)

Kemetic or ancient Egyptian religion

The Kemetic (ancient Egyptian) people had the world's first schools. Run by the priesthood at the Temples, these were the first free public schools in the world and the world's first free universal public education system (open to boys and girls, men and women).

The Great Library at Alexandria was a temple (pr) of Pr Ntr Kmt, headed by a High Priestess of Aset (Isis) or High Priest of Ptah.



holy days

The courts often consider the existence of holy days in determining if a religion is legally valid.

legal standards

“5. g. Holidays: As is etymologically evident, many religions celebrate, observe, or mark “holy,” sacred, or important days, weeks, or months.” —*United States of America v David Meyers*

“regular religious services,” —IRS definition of a church

religious freedom reply to IRS standards

The twelfth criterion also excludes certain religious groups. For example, Quakers do not have a “religious service” in the strict sense of that term. Furthermore, services of some organized religions include only mystical contemplation and meditation, although these activities could be constructed as religious services. — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

government establishment of religion

The U.S. Constitution’s first amendment (extended to the states through the 14th amendment) forbids government establishment of religion. Despite this clear constitutional requirement, Judges and other government officials are paid in money that specifically includes the religious oath “In God We Trust” and engage in numerous additional establishments of official government religion as intentional acts of felony treason.

Government courts are closed on Sundays because of a specifically historical adherence to the Christian sabbath. Government courts are closed on Saturdays because of a specifically historical recognition to the Jewish sabbath. Government courts are closed on Christmas and Easter specifically for the purposes of adhering to Christianity. In the Egyptian religion, Sunday is the best possible day for an innocent person to appear in court.

Courts stay open on Friday (originally called Freya’s Day), despite it being the Muslim day of rest and Celtic, Roman, Egyptian, and Germanic beliefs that court and legal activity should not happen on Friday.

The courts also stay open on the Muslim holy month of Ramadan, even though Muslims are forbidden from engaging in legal disputes during Ramadan. The courts also stay open on several Jewish holy days, including Passover week, even though some Jews follow written rules that require specific religious restrictions on those holy days. The courts also stay open on the Ba’hai holy month.

The courts are open at times that astrology clearly forbids legal activity, including Moon Void of Course (V.C.), Mercury Retrograde, Mars Retrograde, Saturn Retrograde, and numerous aspects.

Kemetic or ancient Egyptian religion

How about Easter? Easter is the Germanic name of the Egyptian Goddess Bast. The Egyptians hired millions of German soldiers in the War Against the Sea People. Many of these German warriors returned home with worship of Bast and the springtime celebration of Bast/Easter at the first Full Moon after the Spring Equinox. The Christians usurped the central-most German holy day to make forced conversion to Christianity easier.

While the Christians changed the date of Easter (a new complicated formula to make it end up on a Sunday), they kept the original name and many of the features of the celebration of the Goddess of beginnings, fertility, and springtime. The eggs and rabbits are pagan fertility symbols. The Easter Basket appears prominently in one of the three common ancient hieroglyphs for the name of Bast. The statue of the Goddess at the Great Temple of Ephesus depicts the Goddess holding a large number of Easter eggs (although some claim they are bull testicals).

The Germans called the Easter Goddess “Oestra” or “Eostre”. Old English: “Eastre”. Northumbrian: “Eostre”. Old High German: “Ostara”. The month was called “Eostruronap” in Northumbrian, “Eatermonap” in West Saxon, and “Ostramanoth” in Old High German (with the Germanic rune Thorn replacing the “th” in the first two).

Oestara was introduced into the Germanic religions after more than one million German mercenaries returned to Germany after the War Against The Sea Peoples. The Germans fought against the Sea People in the Battle of the Delta and the Battle of Djahy. The Sea People had previously defeated, looted, and completely destroyed several major powers in the eastern mediterranean, including the Hatti, Kode, Carchemish, Arzawa, and Alashiya. After the battles, the German mercenaries returned home and brought some Egyptian customs, including their own version of Bast — Ostara. Note that Germany did not exist yet as a nation, but was an area with a whole bunch of tribes that shared the German language and Nordic religion.

The springtime festival (a fertility ritual for making the year's planting of crops be successful) was called Easter or Eostre. Bede wrote about Eostre during Eosturmonap (again, with the Germanic rune Thorn in place of the “th”, monap = month) in "The Reckoning of Time" in 725.

We get the modern English words “Easter” and “east” from the name of the Goddess and the springtime religious festival.

The modern German word for the Easter bunny is “Osterhase”, similar to the English “Easter Hare”. The older German version was the “Osterfuchs”, or the Easter Fox.

Rasta

Rasta holy days are called groundations. The number and choice of groundations varies.

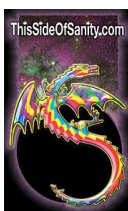
The most common Rasta groundations are:

- January 7: Ethiopian Orthodox Christmas
- March 25: Birthday of Empress Menen
- April 21: Anniversary of Haile Selassie’s visit to Jamaica (Groundation Day)
- May 25: African Liberation Day

- June 16: Birthday of Leonard P. Howell
- July 23: Birthday of Emperor Haile Selassie
- September 11: Ethiopian New Year
- November 2: Coronation of Haile Selassie

In public gatherings, each Rastafari group has its own standard prayer. Here is one sample:

“Princes and princesses shall come forth out of Egypt, Ethiopia now stretch forth her hands before Jah. O Thou God of Ethiopia, Thou God of Thy Divine Majesty, Thy Spirit come into our hearts, to dwell in the paths of righteousness. Lead and help I and I to forgive, that I and I may be forgiven. Teach I and I Love and loyalty on earth as it is in Zion, Endow us with Thy wisemind, knowledge and Overstanding to do thy will, thy blessings to us, that the hungry might be fed, the sick nourished, the aged protected, the naked clothed and the infants cared for. Deliver I and I from the hands of our enemy, that I and I may prove fruitful in these Last Days, when our enemy have passed and decayed in the depths of the sea, in the depths of the earth, or in the belly of a beast. O give us a place in Thy Kingdom forever and ever, so we hail our majesty Haile Selassie I, Jehovah God, Rastafari, Almighty God, Rastafari, great and powerful God Jah, Rastafari. Who sitteth and reigneth in the heart of man and woman, hear us and bless us and sanctify us, and cause Thy loving Face to shine upon us thy children, that we may be saved, Selah.”



diet or fasting

Goddess diet

The courts often consider the existence of special diet or fasting in determining if a religion is legally valid.

legal standards

“5. h. Diet or Fasting: Religions often prescribe or prohibit the eating of certain foods and the drinking of certain liquids on particular days or during particular times.” —*United States of America v David Meyers*

check pictures

Rasta ital diet

The Rasta ital diet is compatible with the Kemetic (ancient Egyptian) Goddess Diet.

The word *ital* is derived from the English word *vital*.

ital diet has two key principles:

1. Refuse to eat any processed foods (because that would involve taking part in a system that is oppressive).
2. Don't eat any red meat (because of the belief that red meat rots inside the body).

The foods of an ital diet will vary from person to person, ranging from pure vegan through vegetarian to various semi-vegetarian diets.

Some refuse to eat fish, while others believe that the Bible supports the eating of fish.

Some also forbid any dairy products.

The essence of ital is to eat natural foods that are good for you.

Kemetic or ancient Egyptian religion

Goddess Diet Plan

introduction

The Goddess Plan is a lifelong method for any woman or girl to achieve and maintain Goddess status. The Goddess Diet Plan may also be used by men and boys, with small modifications for gender and sex.

summary



This diet is customized to each individual by each individual. It is easy to adjust to match doctor's orders.

This diet is similar to many healthy diets and can easily be adjusted to meet the requirements of most healthy diets.

The essence of this diet is things most everyone already knows: * * * Eat less meat. Eat lots of plants. Eat less processed foods. Cut back on salt, sugar, and fat. Eat plants. Eat lots of plants. Eat a wide variety of plants. Keep introducing good plants to replace and take up the "eating space" currently occupied by things that you already know you need to change. * * *



Slow incremental changes towards a healthy diet makes it easier to maintain a healthy diet for life.

Extreme diets tend to deprive the body of some essential nutrient for about three weeks, resulting in weight loss. Some is often just water loss from less salt. Some is from the loss of an essential nutrient. But the weight loss is temporary. That much weight, and often more, comes back. And the three weeks of deprivation of an essential nutrient may cause permanent damage to the body.

This diet is presented in "days". Those do *not* have to be consecutive days. While too much change at once is overwhelming (and likely to cause enough chaos for failure), you can do more than one day of this diet in a single real day or spread a day of this diet over several days, a week, or more. Adopt this diet to your own schedule and make it work personally for you.

Change at a pace that you can sustain. Of course, make any immediate changes a doctor orders. Otherwise, change at your own pace.

You already know a lot of what is here.

You do not have to be a Witch or Pagan to follow this diet. You do not have to believe in Goddess. You may have any religion or no religion at all.

While anyone can follow this diet plan, it is also a religious diet for those of the Kemetic (ancient Egyptian) religion. There are many religious variations, but the two most important are the strict vegan version and the Aset (Isis) version (which allows fish, seafood, and dairy).

To be a wab-priest or web-priestess (the priesthood responsible for the purity of ritual and the cleanliness of sacred rooms, tools, paraphernalia, and priesthood) required pure veganism, dressing in white, baptism in a lake of water, and avoiding all animals (other than temple animals, such as cats at a temple of Bast) while serving in the temple. Outside of the temple work, the Aset (Isis) version of this diet can be used.

This is a seven year diet plan intended for recovery from health disaster. The Goddess diet will help you recover from (or control) obesity, diabetes, heart disease, celiac disease, food allergies, and other common health problems.

The Western Pattern Diet (also known as Standard American Diet or SAD) emphasizes large amounts of red meat, sugary desserts, refined grains (especially corn, soy, and wheat), high fat foods (especially dairy products), high sugar drinks, and chicken eggs.

Almost everyone knows this is a health disaster. The common response is to use over the counter pharmaceutical company drugs to cover up the adverse symptoms so that the bad diet can be continued. Until a serious, life-threatening problem occurs. Uh, oh.

The Goddess Diet is just plain good natural eating. You have probably at least heard of most everything here. You probably generally know these things are good for you. You may be forced into healthy eating patterns by a life-threatening disease or trauma. You may be tired of being overweight. You may already be healthy and just want to tune up your diet.

Whatever the reason and your personal circumstances, you are now ready to fix your diet.

The Goddess Diet Plan goes beyond simple rules and restrictions, instead providing general ideas that each person must customize to the individual needs of his or her own body. You can modify and change the order of the steps to meet your own needs.

Note that this chapter is still being written and is being changed and updated on a regular basis.

Information on cutting back on sugar and salt being added.

basics of the Goddess diet

We are taught that diet and exercise are the only factors in being healthy and that those who are overweight are simply lazy and undisciplined. That's garbage.

While exercise, nutrition, and diet are important factors, the greatest single cause of obesity is depression. The most common self-treatment for depression is eating "comfort food".

The second most common cause of obesity is low self-esteem. If a woman doesn't love herself, then she has little or no motivation to properly take care of her body.

The starting point for achieving and maintaining a healthy body is to create a lifestyle that encourages and supports love of self.

Certainly you want to learn the right foods to eat and the proper exercise and that kind of stuff, but it is far more important to transform your mind and spirit.

You want to set yourself free from the ancient Sumerian belief in "sin-nature" and realize that you are a



tomb of Queen Nefertari

manifestation of the divine. You are Goddess incarnate!

You can use ancient Egyptian Witchcraft to transform your life and achieve a healthy you.

Learning about how food affects the health of the body is a very practical way to start learning about Kemetic Witchcraft.

As you learn about healthy eating, your overall health will improve, but you need to avoid the tendency to start lecturing your friends. Nobody appreciates the Food Nazi.

"Health is more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being."

World Health Organization

The process of a woman seeking the Goddess within involves both the physical and the spiritual.

Any woman can become goddess incarnate, but very few women actually achieve this goal. The path towards this goal is often fulfilling and enriching on its own. Sometimes the journey really is more important than the destination.

"One of the most interesting developments in women's spirituality is that of a widespread view of Goddess as *immanent* rather than transcendent, i.e. within each person, within all of nature, not as a woman sitting on a throne or flying around up in the heavens. Many women today perceive Goddess not only as immanent but as immament process, as the flow of life energy." —Merlin Stone in *Ancient Mirrors of Womanhood*, page xiii

Some women have numerous advantages (such as genetics, economic wealth, cultural acceptance, control over their time, etc.) and still fail to become goddesses, while other women facing extreme hardships (such as physical disabilities, mental disabilities, poverty, cultural oppression, poor neighborhoods, etc.) are able to become goddesses.

Certainly there are many external circumstances and other factors out of your control, but there is much that each woman can do if she really wants to.

Ancient cultures have three basic archetypes of goddess: Maiden, Mother, and Grandmother (or crone). You will want to achieve the goddess nature appropriate for your age.

"There is only one good, knowledge, and one evil, ignorance."

Socrates

doctor's orders

You may already have doctor's orders. Obey those orders. If you strongly disagree, seek a new doctor with more palatable orders.

You may find that your doctor's orders already include elements of this diet. If so, immediately

implement your doctor's orders and follow up with the rest of this diet.

If you can afford to do so, have your doctor examine this diet and either approve it or modify it before you start using it. Follow any modifications made by your doctor.

You may speed up or slow down implementation of this diet.

You may skip steps that you are not ready for, although this may diminish the positive effect of the other changes.

Just as doctor's orders may jump steps to the front of the list, you may also start some things early. Understand that small refinements that come later in the process may have no effect until the larger issues are dealt with. Avoid the temptation to only do those parts that you find easy, as that will continue down the path of disaster to eventual death.

unhealthy typical diet

The Western Pattern Diet emphasizes large amounts of red meat, sugary desserts, refined grains (especially corn, soy, and wheat), high fat foods (especially dairy products), high sugar drinks, and chicken eggs.

A 2006 survey of obese American adults revealed that 70% of these obese adults thought they ate a healthy diet! Obviously there is a great deal of confusion about what constitutes a healthy diet.

The typical diet plan in popular mass market diet books provide a list of easy to follow directions that a person follows for a short period of time. One to four weeks produces a temporary weight loss of five to twenty (5-20) pounds. This is typically water loss, but can be some other harmful effect.

Most people can maintain a strict diet (even ridiculously strict) for an average of 21 days. Severely restrict any one (or more) essential macronutrient for 21 days and there will be almost certain weight loss. Some fad diets can cause longterm health damage along with temporary weight loss.

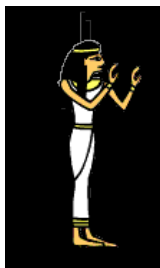
A short trendy diet is followed by a return to your normal habits. You regain the weight you just lost, plus a few extra new pounds as your body tries to recover from the drastic swings in diet it just experienced.

Pick another trendy diet and repeat the process, slowly yo-yoing to ever increasing weights and ever decreasing healthiness.

"A wise man should consider that health is the greatest of human blessings."
Hippocrates

healthy Goddess Diet

The Goddess Diet Plan is different. This is a long term plan for permanent life changes that allow you to bring out the Goddess within yourself.



With the Goddess Diet Plan, you learn about your body and apply time proven physical, mental, and spiritual changes that transform you into a manifestation of the Goddess of your choice.

The three basic Goddess archetypes are the Maiden, Mother, and Grandmother. There are a wide variety of Goddesses of each type from cultures all over the world. Pick one or more Goddess archetypes that are appropriate for you personally.

The Greeks divided the Maiden archetype into three kinds: Kore Persephone (the young woman seeking marriage and family), Kore Athena (the young woman pursuing a profession or craft), and Kore Artemis (the wild young woman, including lesbians, musicians, artists, and librarians).

Americans are accustomed to diets that involve counting. Counting carbs. Counting calories. Counting fat. Counting protein. Itemizing vitamins and minerals. Calculating glycemic indices.

In reality, what matters is the **quality** of the food eaten. A good diversity of high quality foods will tend to naturally result in a good diet, without having to do math.

changing habits

The Goddess Plan takes into account that human beings are creatures of habit. You are going to create new habits. It is impossible to simply break an old habit.

As an exercise, for the next thirty (30) seconds, attempt to avoid thinking about pink unicorns. Really concentrate on avoiding thinking about pink unicorns. **Do this experiment now.**

You will find that the more you concentrate on not thinking of pink unicorns, the more you actually think about pink unicorns. No human being can break a habit through sheer will power.

Now for thirty (30 seconds, concentrate on thinking about black cats. Imagine a black cat. Picture the black cat in detail. Think about exactly what the black cat looks like. Think about exactly how the black cat acts. Concentrate completely on the black cat. **Do this experiment now.**

At the end of the second experiment you will notice that you did not think of the pink unicorn. Human beings can replace old habits with new habits.

The secret to success is to **replace** old habits with new habits, rather than attempting to simply break old habits through sheer will power.

changing day by day

Another problem with most diet and health plans is sudden drastic change. There is only so much that any one human can handle at one time.

If you overload yourself with too much to do (on top of your already busy life), then you will fail. You simply won't be able to keep up with it all. You will be overwhelmed and fail.

The Goddess Plan includes a daily plan of one healthy change a day. This is a manageable amount of change for most people. This is an amount of change that is sustainable for a lifetime. Each day you will improve your health and become sexier.

Basic nutritional information is interwoven with the specific diet change suggestions. Diet books typically present all of this information at once as an overwhelming mass of data. Spreading it out through the suggested diet changes allows you to learn nutritional theory at a steady pace at the same time you are making practical changes.

This daily plan assumes a reasonably healthy start. If you have are under medical care for a drastic, life-threatening condition, then you need to immediately follow your doctor's orders.

If you are reasonably healthy, you can start the Goddess Plan at any time.

Feel free to adjust the plan to your personal needs.

If you have special health needs, then modify the Goddess Plan to take into account your special needs. For example, if you are allergic to a specific food that is recommended by the plan, then use your growing knowledge of Kemetic Witchcraft and good health to design your own personal substitute that serves the same essential need.

If you already are practicing a healthier lifestyle, you may be able to skip over some steps, either because you are already doing them or because you are already doing a more advanced and healthier option. Of course, avoid becoming over-enthusiastic and attempting to do too much at once.

If you are struggling with a step (or a group of steps), you may want to slow down the pace of the plan, possibly making changes every other day or every few days instead of daily.

Adjust the Goddess Plan to your specific needs, body, and life.

Goddess may make additional modifications to this diet. You could be informed of these modifications through dreams, meditation, prayer, or other religious activity.

note:

Note that the day by day plan is being written more slowly than the days are passing. This is not a problem because the plan involves making long term changes for the better and you are encouraged to work at your own personal pace, which will probably be less than one change per day anyway. I currently have about four to five hours a week to write for the entire website. Please be patient.

explanations

The Goddess Plan provides for every step. Kemetic Witchcraft and the Goddess Plan are based on knowledge. Unlike the typical person who blindly follows whatever fad is popular at the moment, on the

Goddess Plan you will learn why you are doing each step so that you can obtain the maximum positive health effects.

Science and mathematics were created by the ancient Egyptians as important religious elements.

The ancients (Babylonians, Romans, Greeks, Persians, etc.) all acknowledge that mathematics and science came from ancient Egypt. The modern word chemistry is named for the ancient Egyptian deity Khem.

Imhotep, architect of the first true pyramid, inventor of the scientific method, trigonometry, and medical triage, as a priest of Ptah proposed the scientific method as a foundational element of the Kemetic (ancient Egyptian) religion. Imhotep also was the first human to propose that mathematics was the actual underlying Divine Law and that the entire physical universe and everything and every activity in the universe could be explained by mathematical laws.

When Aristotle created Hellenism, a religion combining the Ancient Egyptian religion with the Greek religion, for Ptolemy I, Aristotle again affirmed that philosophy, science, and mathematics were core elements of the Hellenistic religion.

Just because Christians reject science and specifically separate science from their religion, does not in any way negate the millennia of science and mathematics being basic and essential core parts of the Kemetic (ancient Egyptian) religion.

The Christian claim that science is not part of religion is Christian religious belief and is not binding on older, smarter, wiser, superior religions.

This knowledge will allow you to modify the Goddess Plan to fit your specific and unique body and life.

This knowledge will also allow you to function better as a Kemetic Witch and give appropriate advice to others who seek out the counsel of a Wise Woman or Shaman.

hitting bottom

Every individual has a different personal bottom. This is the lowest point where you finally realize you have a serious problem you can no longer ignore your problem and you finally take realistic actions toward recovery.

You may have had severe diet-induced health problems, such as diabetes, heart attack, stroke, organ transplant, or cancer.

You may simply be on the path to major, life-threatening conditions and realized that you don't want to be any fatter, more tired, or less healthy.

Everyone has a different bottom. If you have not yet reached your personal bottom, you will only dabble at solutions rather than make the long-term commitment to healthy eating.

intelligence

This disaster recovery diet assumes that you are willing to use your native human intelligence. You will have to consciously think about what you eat and plan accordingly.

Common sense simply is not common.

90,000 years

For approximately the first 90,000 years of the existence of the modern human, our ancestors continued to use the technology of our immediate predecessor. We didn't start using our flashy new modern brains until we got our asses kicked by Neanderthal in what is now Israel/palestine.

As we attempted to emerge from Africa, we came up against a similar species that used the exact same weapons technology (especially spears and axes intended for hand-held use). Neanderthal was bigger and stronger than we are. They easily chased us back to Africa.

Some of our ancestors used their modern brain and came up with a new design for spears that could be thrown.

In the next clash we easily defeated Neanderthal because we could strike at a distance, defeating them before they could use their superior strength and size advantages.

We eventually chased Neanderthal out of Europe. This was accompanied by an explosion of new technologies, including the introduction of art and civilization.

It took us modern humans 90,000 years with our modern brain before we hit bottom and started using it.

applying intelligence

This disaster recovery diet assumes that you are among those humans who are willing to actually use your flashy new modern human brain. That you are willing to think. That you are willing to plan. That you are willing to take positive action and control over your own health.

You have to be willing to read. Less than 10% of adult Americans are "regular readers". Regular reader being defined as someone who reads at least once a week for some reason other than school or work. And that once a week can be something as simple as reading a single comic strip!

As one of the first four people to have independently discovered writing, both reading and writing are important factors in the Kemetic (ancient Egyptian) religion. The hieroglyphs were called medu neter, which literally means Divine Writing or the Writing of Goddess. Seshat or Sothis created the medu neter and Djehuti or Thoth taught writing to humans. The library was invented in ancient Egypt. The Great Library at Alexandria was a temple to Serapis, the deity of wisdom.

While this does count as educational reading, you will have to be more willing to read and think than the average human.

Are you ready to use your brain to save you own life?

seven year diet plan

This is a seven year diet plan. That number is based on cellular activity. It will take approximately seven (7) years for your body to recover from your previous eating habits.

Once you have recovered, it would be wise to continue healthy eating for the remainder of your life.

While this diet concentrates on the recovery phase, you will learn the principles for long term, sustainable healthy eating.

fad diets

There are more than 28,000 different diets in the English language. The vast majority are fad diets.

Most fad diets are based on some kind of starvation.

Humans can exhibit extreme discipline for short periods of time. Most anyone can go on almost any extreme diet, no matter how extreme, for a short period of time (typical endurance is about three weeks).

Most fad diets starve the body of one key nutrient. Over a period of about three weeks, any kind of starvation will result in noticeable (often impressive) weight loss.

Unfortunately, there are harmful effects from these short periods of starvation. The harmful effects vary depending on the kind of starvation. Some of these cause long-term damage to the body

In the worst cases, the long-term damage actually causes the body to change at a cellular level. These changes cause the normal American unhealthy diet to become even healthier! The body changes the way it processes food and you end up worse than you were before the fad diet.

super foods

The idea of super foods is a fallacy.

No single food meets all human nutritional needs. No single food by itself can make a person healthy, especially if mixed into an otherwise unhealthy diet.

Further, many of the proclaimed super foods are exotic and very expensive. Typically, the same nutrients (often in greater quantity) can be found in less expensive foods or a combination of less expensive foods.

You will find some of the famous exotic super foods on this list, but not as single super hero main components of your diet, but as one of many different food items that you should eat throughout the year.

healthy eating

Chances are that you already have a general idea of what is healthy eatng. You probably don't know allthe details. You probably have some mistaken beliefs. But you generally know what is healthy and what isn't.

As you read this diet, apply your general common sense knowledge. Think and test for yourself whether or not this is reasonable.

We have three major goals:

(1) Remving unhealthy foods.

(2) Adding healthy foods.

(3) Getting the correct proportions of healthy foods to match you personal dietary needs.

You may notice that this material suddenly and abruptly ends. That is because I am still transferring the information into writing.

Return weekly (or even every few days) and you will find more information has been added.

To your good health.

servings/portions

The ideal for a human is continual eating while travelling long distances, with an occasional stop for a cooked meal. We are designed by Goddess to be long distance walkers and runners. In the hunter-gether days (which actually were primarily gathering and gardening supplemented with fishing and trapping, with hunting being fairly rare), a family or tribe would typically travel a thousand to three thousand miles per year on a regular circuit, gathering in larger groups at selected times of the year when the local bounty could support a lager group.

Goddess designed our bodies for long distance walking and running. We can sweat while exercising, allowing continued long term physical exertion. Our big butts, legs, backs, and other features are structured for long distance walking and running. We can walk and run continiously for longer than any other species on the planet.

The switch to a few large meals came with the agricultural revolution. Our bodies are not designed for that eating model.

It may be difficult in a modern urban society, but it is best to switch to five to seven small meals a day, with additional snacking in between.

It is important to note that this is not the same as adding a bunch of meals and snacks to the three large meals of Western society.

Eat the same amount of food (assuming you are eating the correct amount of food for your size, age,

gender, and body), but spread it out more evenly through the day.

The first meal of the day, breakfast, is the most important meal of the day and should generally be the largest meal of the day.

A noon time or mid-day lunch can also be a bit larger meal than the others, but not as large as in the urban three meal practice.

Feast meals are special occasions and may involve more food than normal for a single meal. Adjust that day's other meals accordingly.

The four major macronutrients are: water, carbohydrates, proteins, and fats. The exact proportion needed varies by body type. You can use Ayurveda to determine your body type. It is important to match the proportions of carbs, proteins, and fats according to your individual body type. Experiment and learn the correct balance for yourself.

Generally, carbohydrates should account for 40-65% of your diet, proteins 10-35%, and fats 15-35%.

The following recommendations are ordered from least eaten to most eaten, in the pattern of a food pyramid (even though I don't yet have a cool full color food pyramid picture available yet).

Meats: Maximum of twice a week, preferably no more than once a month. At the highest level of Goddess diet, these are entirely removed.

Sweets: Maximum of 75 calories a day. Preferably less often. Healthy sweets such as plain dark chocolate, unsweetened dried fruit, fruit sorbet.

Alcohol: Optional maximum of one glass of red wine or one glass of beer or ale per day. No alcohol is better.

Fats: 2-5 daily servings (adjusted for your body type).

Poultry, Eggs, Cheese, Yogurt, and Dairy: Once a day to once a week (once a week is better). At the highest level of the Goddess diet, these are removed entirely.

Fish and Seafood: Once a day to twice a week. At the highest level of the Goddess diet, these are removed entirely for the Seth variation (which is purely vegan), but remain for the Heru Sa Aset (Horus) and Aset (Isis) variations.

Vegetable Oils: A good mixture of quality oils daily, including olive oil at least once per day and hemp seed oil at least once per day.

Daily Physical Exercise: at least 30 minutes a day

Mushrooms: Eat a variety of cooked mushrooms daily, particularly Asian mushrooms. Do not eat raw mushrooms.

Fruits: unlimited (minimum of 3 servings daily). Fresh in season, supplemented by frozen and dried.

Vegetables: unlimited (minimum of 4 servings daily). Both cooked and raw (emphasis on raw), from

all colors of the spectrum.

Legumes, Beans, Seeds, Nuts and other Protein-rich plants: five servings a day (adjust for body type, 3-7 servings a day)

Grains: 6 servings a day. A variety of whole grains, rice, noodles, breads, millet, corn. Pasta (al dente) can be eaten two to three times a week.

Tea: Drink green tea and/or herbal teas daily for a total of two to four cups a day, supplemented by alkaline water and pure fruit juices.

Seeds, Herbs, and Spices: Use for every meal. Unlimited quantities of herbs and spices. Emphasize basil, chives, cilantro, cinnamon, cloves, coriander, garlic, ginger, mint, oregano, parsley, peppers, rosemary, thyme, turmeric.

Social Eating: Share and enjoy meals with others.

social eating

Eating in a social setting is an important part of a proper diet.

Eating habits tend to transfer. Surround yourself with people who have good eating habits and you will tend to have good eating habits yourself. Surround yourself with people who have bad eating habits and you will tend to have bad eating habits yourself.

Social talking will slow down the eating process, resulting in more time for your body to give you appropriate signals about fullness, resulting in better portion control.

Socializing while eating will also help your body better digest the foods that you eat. Goddess created humans as social animals. Our bodies need social activity to remain healthy.

Three enthusiastic kisses a day will burn three pounds of fat a year.

overweight and obesity

Two of the most common health problems in the U.S. and the Western world in general are overweight and obesity (a more extreme version of being overweight). Yes, the phrase “overweight and obesity” sounds strange and seems to break a basic grammatical rule, but this is the way the medical profession actually refers to these two health problems.

Overweight and obesity can be cured with diet and exercise.

According to the U.S. government’s Centers for Disease Control and Prevention, overweight (BMI of 25 or higher) and obesity (BMI of 30 or higher) are risk factors for developing: coronary heart disease, type 2 diabetes, cancers, hypertension (high blood pressure), dyslipidemia, stroke, liver disease, gallbladder disease, sleep apnea, respiratory problems, osteoarthritis, and gynecological problems

(including infertility).

The Goddess Diet Plan directly addresses all but the most extreme cases of overweight and obesity. If you are too heavy to leave your home then you need immediate medical intervention to save your life.

The major goals for treating overweight and obesity:

- Cut fat intake.
- Exercise.
- Cut sugar intake.
- Cut salt intake.
- Switch from processed foods to whole natural foods.
- Take care with carbohydrates, emphasizing low glycemic index.
- Eat whole grains and fiber rich fruits and vegetables.
- Limit or stop eating meat.

pre-diabetes and diabetes

Diabetes is divided into three groups: type 1 (requiring insulin treatment), type 2 (which can be controlled by diet and exercise alone), and gestational diabetes (pregnant women and their babies).

Pre-diabetes is a condition where the body's ability to produce insulin is compromised but not yet to the levels of diabetes.

Diet and exercise can cure pre-diabetes. Diet and exercise are used to control diabetes. Only in very rare cases has diet actually cured diabetes.

There is a huge amount of debate about what is the proper diet for diabetes, although some things (especially reducing sugar and simple carbohydrate intake) are common.

The **American Diabetic Association** recommends watching the Glycemic Index (G.I.), eating lots of fruits and vegetables, emphasizing non-starchy vegetables, 60-70% carbohydrates, limiting alcohol, watching fats (and emphasizing good fats), lean meats, fish, and plant sources for protein, non-fat dairy, eliminating sugary drinks, and cutting back on high calorie snacks and desserts.

The **Pritikin Program** created by Nathan Pritikin in 1976 emphasizes carbohydrates and fiber, with fresh fruit, vegetables, and whole grains.

The **G.I. Diet** counts the Glycemic Index (G.I.) of foods and emphasizes low G.I. foods. Although originally researched for diabetes, this is not a diet specifically for diabetics. The principles of a G.I. diet are useful for many other persons.

The **High Fiber Diet** emphasizes plants high in fiber.

The **Zone Diet** created by Barry Sears emphasizes a balance of 40% carbohydrates, 30% proteins, and 30% fats. This is not a diet specifically for diabetics.

The **Paleolithic Diet** calls for foods that were common in the pre-agriculture paleolithic period. This is

not a diet specifically for diabetics.

The **Vegan Diet** is part of a philosophy of not using any animal products, not just in food but also in clothing and other parts of life. This is not a diet specifically for diabetics.

The **Raw Foods Diet** emphasizes uncooked raw whole foods, usually plants. This is not a diet specifically for diabetics.

The **Goddess Diet Plan** with some minor modifications is appropriate for most diabetics.

The major goals for treating pre-diabetes and diabetes:

- Limit sweets.
- Eat often (lots of small meals).
- Take care with carbohydrates, emphasizing low glycemic index.
- Eat whole grains, fruits, and vegetables.
- Limit fat.
- Limit alcohol.
- Exercise.

celiac disease

Those with celiac disease experience food reactions to gluten.

food allergies

People can develop food allergies at any age. Some food allergies can be fatal.

heart disease and stroke

Diet and exercise can prevent heart disease and stroke, as well as help in recovery.

Major risk factors for heart disease and stroke include: hyperinsulinemia, obesity, high blood pressure, high cholesterol, smoking tobacco, and drinking alcohol.

The Goddess Diet Plan with some minor modifications is appropriate for heart disease and stroke prevention and recovery.

The major goals for treating heart disease and stroke:

- Exercise.
- Stop eating meat.
- Cut back on salt.
- Cut back on sugar.

Cut back on fat.

cancer

Diet and exercise can help prevent some kinds of cancer. Diet and exercise can help support stronger treatments for cancer but can not cure cancer.

Major risk factors for cancer include: obesity, exposure to toxic chemicals, smoking tobacco, and drinking alcohol.

The Goddess Diet Plan with some minor modifications is appropriate for cancer prevention and recovery.

The major goals for treating and preventing cancer:

- Completely stop eating red meat, egg yolks, and organ meats.
 - Cut back on omega 6 essential fatty acids.
 - Increase activated omega 3 essential fatty acid (EPA).
 - Reduce insulin levels.
 - Restrict total calorie intake (without sacrificing protein).
 - Eat fiber rich fruits and vegetables.
-

addictions

The harmful effects of many addictions are so great as to overwhelm any changes in diet.

If you have a currently active feeding addiction to tobacco, opiates, heroin, alcohol, speed, tranquilizers, barbituates, cocaine, or other similar substances, then you are not ready for this diet (although it will help in the recovery *after* you have stopped actively feeding the addiciton).

If you simply have excesses of alcohol, sugar, salt, or similar problems, this diet will help you with the excess. But if you have an addiction, solve the addiction before starting this diet.

If you have a sugar and/or salt addiction, then this diet will help you end the addiction.

Sugar and salt addictions often happen as a connected pair.

You should move away from refined sugar, artificial sweeteners, and other sweeteners as rapidly as is safe for your body regardless fo whether or not you have a sugar addiction.

If you have a sugar addiction you should completely stop the use of refined sugar. Ever.

You should move away from ordinary table salt as rapidly as is safe for your body regardless fo whether or not you have a salt addiction.

If you have a salt addiction you should completely stop the use of table salt. Ever.

tobacco

Tobacco features nicotine, one of the most addictive substances known, more than twice as addictive as heroin.

A common American reason for acidosis (acid overload) is the nicotine in tobacco.

Quitting isn't easy. Quitting is essential.

Day 1: dedication

The first and most important part of the entire Goddess Plan is your dedication to success.

If you don't make a commitment, there is very little chance of success.

The dedication can be very simple (such as writing down your goal in a pocket-size diet and exercise diary) or very complex (such as full Witchcraft ritual), or anything in between.

This dedication can involve the divine, such as the ancient Egyptian Ntr and neteru, the Hindu Krishna and Radha, the Jewish Yahweh and Asherah, the Roman Isis and Diana, the Zoroastrian Ahura Mazda, the Christian Jesus and Mary, the Islamic Allah, the Wiccan Lord and Lady, or any other religion's deities or leaders.

For members of the Kemetic (ancient Egyptian) religion, this dedication is to Neter and any other deities that have called you.

The important thing is to formally dedicate yourself to the goal of being a healthy and sexy Witch in a year.

blissing food

Blissing food is the most important part of the Goddess Diet Plan.

Success in the Goddess Diet Plan requires the active participation and assistance of the Divine. Only with the help of Goddess who created and gave birth to this universe and all other universes can you succeed in being spiritually, mentally, and physically healthy.

Thank Goddess when you acquire food.

Thank Goddess when you prepare food. Make sure that the Divine energy is infused into your cooking.

Specifically ask Goddess to bless all food that you prepare.

Thank Goddess prior to eating your meal or any time you eat food. Ask Goddess to bless your food, your family, and your guests.

After eating, thank Goddess for the food you have received.

For those of you looking for a more scientific reason, blessing food and thanking Goddess centers you and puts you into the moment, lowering your heart rate, blood pressure, and stress levels.

rich and poor

Poor persons may have trouble following this diet. The policy of the U.S. government since the Great Depression has been to provide incentives for cheap junk food to prevent widespread hunger. This policy prevents revolution and riots driven by widespread hunger. This policy also makes poor people obese and creates food-driven diseases and ailments that greatly shorten life expectancy, lowering the amount of money the government has to pay out on social security programs.

Those on a restricted budget will find that most of easily obtained low cost foods are bad for human health. There are great foods available at low cost, such as bags of whole beans and bags of whole grains. The trade-off is increased preparation times.

Obtaining a crock-pot or slow cooker will allow the poor to spend long hours at low-paying jobs (often more than one job a day), but still return home to high quality foods.

The rich often have the opposite problem of eating to impress. Many of the most expensive foods are horribly unhealthy. These include fancy steaks and super sugary desserts.

The rich can easily afford extreme excesses of meats and extreme excesses of sugar desserts.

My grandfather was a photographer for *the New York Times*, *Saturday Evening Post*, and *Life* magazine (including as a war correspondent in World War II). His meals were covered by an expense account, effectively allowing him to eat like a rich person. Coming from a poor background, he ate whatever was the most expensive item on the menu, which typically was some kind of steak. He developed a taste for expensive cuts of meat. Decades of eating expensive steaks eventually led to three heart attacks. After the first heart attack he rather quickly returned to his previous diet simple because he loved the food he was accustomed to eating. After the second heart attack he radically changed his diet. Unfortunately the damage was too severe and the third heart attack killed him.

It is wise for the rich to refrain from excess.

Day 2: morning water

Water and morning water are sacred to Aset (Isis). Honor and thank Aset for water.

From this day on, always start each day by drinking a glass of warm water. You may optionally include fresh squeezed lemon or lime juice.

Obtain organic fresh ripe lemons or limes. Bright green limes are *not* ripe. Ripe limes have started to yellow.

Drink the lemon or lime juice in your morning water within 10 minutes of squeezing the juice.

Store lemons and limes at room temperature on a counter that receives sunlight. Do *not* refrigerate lemons or limes. Use lemons and limes within three days. Check twice daily for spoilage.

The purpose is to rehydrate your body after a full night's sleep.

Throughout the night, your body is using up its supply of water, but isn't receiving any new water. By the time you wake up, your body is in serious need of water, one of the most vital of all essential nutrients.

As soon as you get up, drink a glass of warm water and immediately get new water into your body. You will learn more about the importance of water and proper hydration later in the Goddess Plan.

The reason the water is warm is to gently raise your core body temperature. It is normal for your body to reduce its temperature while you sleep. By gently raising your core body temperature, you invigorate your body and help yourself wake up ready to take on the challenges of your day. This is also in keeping with the principle of yang foods and beverages in the morning (see [below](#)).

The lemon or lime juice adds vital minerals and other micronutrients that your body has used up during the night. It is important to use fresh squeezed fruit juice, not pre-packaged juices. If you must start with pre-packaged juices, switch to fresh-squeezed live juice as soon as possible.

Advanced version: In the advanced version, take two glasses of warm water first thing in the morning. Add lemon or lime juice to the second glass of water. Switch to the more advanced version at your own pace.

This is a very easy starting habit, but an important one.

macronutrients

There are four macronutrients: water, [carbohydrates](#), [fats](#), and [proteins](#). Note that some nutritionists place water in a category by itself, leaving three macronutrients.

Lack of water can kill in hours (typically a few days).

Lack of the other three macronutrients can kill in weeks or months (depending on conditions).

Insufficient amounts of macronutrients can create a huge variety of health problems. Similarly, an overload of any macronutrient can also produce a wide variety of health problems.

Your body needs 40-65% carbohydrates, 10-35% proteins, and 15-35% fats.

Dr. Barry Sears, Ph.D., author of the popular Zone series of diet books, claims to have scientifically verified that the ideal percentages are 40-30-30 (40% of your diet should consist of carbohydrates, 30% should be proteins, and 30% should be fats).

Day 3: water

Water is sacred to Aset (Isis) and Tefnut. Honor and thank Aset and Tefnut for water.

Drink at least eight 8-ounce glasses of water a day. Twelve glasses of water a day is better.

One plan for getting enough water is to drink a glass of water every hour on the hour from when you wake up until sunset.

Water is the most important of the macronutrients.

At birth the human body is up to 90% water. A typical adult human has about 70% water. The elderly can drop to 60% water as their body loses the ability to retain water. Human blood is about 94% water.

You should get significant amounts of water within the food you eat, especially if you eat raw fruits and vegetables.

Most Americans drink too little water. Many Americans confuse the feeling of thirst with the feeling of hunger and feed themselves food when their body is really craving water. This is why many diets include drinking water as the first response to feeling hungry. If the problem was thirst, drinking water will solve the mistaken feeling of “hunger” (which was really the feeling of thirst).

But you shouldn't wait until you feel thirsty to drink water. By the time you feel thirsty your body has already lost at least 1% of its total water.

Drink plenty of water throughout the day, fairly evenly spaced. You can drink some of your water as healthy teas.

Do *not* drink lots of any fluid while eating a meal. Large quantities of water can dilute the stomach enzymes and acids, reducing the ability to digest properly, resulting in less nutrients being absorbed into the body.

It is best to drink a small quantity of water shortly before a meal (typically about 10 minutes before eating) and drink nothing or just drink sparingly while eating.

If you give in to a craving and eat something that you know is bad for you, you can immediately drink plenty of water to partially limit the harm. The excess water will mean less is absorbed into the body, reducing the harm of a bad food choice.

exercise

Which fits better in your busy schedule: one hour a day of exercise or 24 hours a day of being dead?

A 2006 survey of obese American adults revealed that 40% of these obese adults thought they engaged in vigorous exercise at least three times a week! Obviously there is a great deal of confusion about what constitutes vigorous exercise.

Proper exercise is an important part of good health. Many Western women try to control their health through diet alone. While diet does have a powerful effect on health, it is *not* the only component of good

health. Good exercise is important for both physical and mental health (you will feel better about yourself after a good workout).

You may be interested in the old Canadian Royal Air Force [5BX exercise plan for men](#) [external link] and [XBX plan for women](#) [external link] (please read the disclaimers and modern advice added at the website).

Yoga can be an important part of any healthy exercise routine.

Day 4: hemp seed oil

Oil of the *cannabis* plant.

Hemp seed oil is sacred to Bast. Honor and thank Bast for hemp seed oil.

Hemp is also associated with the Chinese Hemp Maid Ma Gu.

Eat one (1) to two (2) tablespoons of hemp seed oil a day. The total of hempseed oil and flaxseed oil and olive oil should not exceed two (2) to three (3) tablespoons a day.

Hemp seed oil is too fragile for cooking. The oil's delicate omega-3 essential fatty acids will oxidize under exposure to heat, air, or light. Use for salad dressings, drizzles on prepared foods, herbal/seasoned oil dips, and similar cold oil uses. Always store hemp seed oil in an opaque container in your freezer (the oil won't freeze at normal freezer temperatures, but will last up to a month).

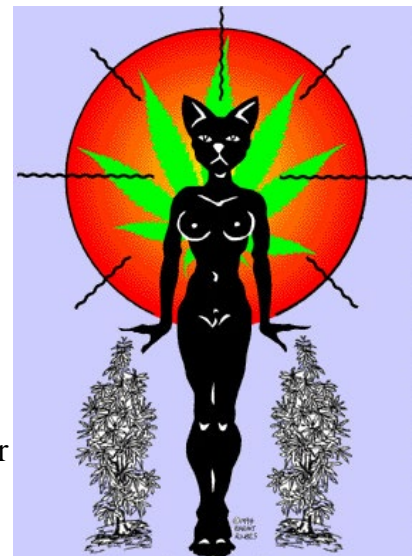
On days when you use olive oil, flax seed oil, or other nutritional oils (as contrasted with using oils as cooking oils), cut back to one (1) tablespoon of hemp seed oil.

Hemp seed oil has all of the Essential Fatty Acids (EFA) the human body must receive from food in order to remain healthy.

Further hemp seed oil is the only naturally occurring oil that has the exact proportions of omega-3 and omega-6 Essential Fatty Acids needed by the human body. With all other oil choices, you must blend oils to obtain the correct proportions. This indicates a long term (at least 10,000 years) symbiotic relationship between humans and the cannabis plant (or divine intervention).

Nobody in history has ever died of an overdose of hemp seed oil.

Note that hemp seed oil is made from the same cannabis plant that produces marijuana. While hemp seed oil (or any other part of the hemp seed) contains no THC, it does contain natural cannabinoids. Inexpensive drug tests check for cannabinoids rather than THC and will therefore present a false positive if you consume hemp seed oil for nutritional, health, and/or religious purposes.



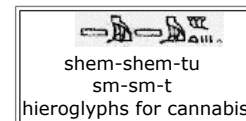
botanical information:

Cannabis hemp is a dioecious plant (meaning that an individual plant can be male or female). Both male and female hemp plants produce good quality fiber, but the female produces the best religious quality cannabinoids.

Botanical name: *Cannabis sativa* or *Cannabis indica*

Common name: cannabis, hemp, marijuana

- *Cannabis indica* shorter plant and thicker leaves than sativa
- *Cannabis ruderalis* lower quality plant commonly known as “dirt weed”
- *Cannabis sativa* taller plant and thinner leaves than indica



origin:

Origin: The place of origin of cannabis hemp is unknown, but is believed to have been somewhere in Asia, possibly in Bengali India.

Cautions and contraindications: Cannabis is **safe**.

The DEA’s own conservative administrative law judge, Francis Young, after taking medical testimony for 15 days and reviewing hundreds of DEA/NIDA documents positioned against the evidence introduced by marijuana reform activists, concluded in September 1988 that “marijuana is one of the safest therapeutically active substances known to man.” —*The Emperor Wears No Clothes*, Jack Herer

walking

Walking is good for you. Human beings were designed as long range walkers and runners. Humans are actually the best long distance walker of all the animal species on the planet Earth.

A common health suggestion is to walk at least 10,000 steps every day. This is a good goal for those who have had limited recent exercise.

Count your current number of steps a day. This is best done with a pedometer. There are smart phone apps that act as a pedometer.

Use your current regular number of steps a day as a starting point and each day try to add more steps at a pace you can handle without becoming discouraged and especially without hurting yourself. Stop if you feel any pain.

A better health goal is at least a half an hour to an hour of dedicated walking a day for at least four days a week (or equivalent motion, such as running).

Walking is a form of aerobic exercise. Regular walking is one of the best ways to move towards healthiness.

Jogging is harsh on the knees. Running and walking are natural motions.

Walking in a pool adds bouyancy that can assist those who might otherwise have difficulty walking.

carbohydrates

Your deitary intakes should be about 40-65% carbohydrates. The exact proportions needed vary from person to person.

Your body needs 40-65% carbohydrates, 10-35% proteins, and 15-35% fats.

Dr. Barry Sears, Ph.D., author of the popular Zone series of diet books, claims to have scientifically verified that the ideal percentages are 40-30-30 (40% of your diet should consist of carbohydrates, 30% should be proteins, and 30% should be fats).

Carbohydrates include starches and sugars.

Starch-rich foods should make up about half your diet. Examples of starch-rich foods are: bananas, pulses (especially peas), root vegetables, beans, and whole grains.

Organic Labels: The Bush administration's USDA has announced that they will help large American food corporations increase their profits by purposely deceiving the American public by putting non-organic foods into foods labelled as being organic. Under U.S. law, for foods to labelled as organic, crops must be grown without chemical fertilizers, sewage sludge, bioengineering, or pesticides and animals must be raised without antibiotics and growth hormones and given access to the outdoors. The USDA has decided that 43 non-organic ingredeients can be added to foods labelled as organic. To protest this decision, go to [Organic Consumers Association](#) [external link]. Among the non-organic ingredients are **two starches**.

starch-rich foods

- bananas
- beans
- grains
- peas
- pulses
- root vegetables
- whole grains

Royal Canadian exercise

You may be interested in the old Canadian Royal Air Force [5BX exercise plan for men](#) [external link] and [XBX plan for women](#) [external link] (please read the disclaimers and modern advice added at the website).

Day 5: beverage choices

An important matter is making better beverage choices. This is one of the very first things to fix in your diet (if you don't already make good beverage choices).

Most of these choices will be discussed in more detail in the entries for future days on the Goddess Diet Plan, but a short, general discussion is included here.

Drink an 8-ounce glass of still water once an hour until sunset. The water can be sipped over an extended period of time. Later into the Goddess Diet Plan, switch to eight 8-ounce glasses of water, tea (herbal or green), or 100% pure organic fresh squeezed fruit juice during the daytime (your choice of which liquid).

Teas and pure fruit juices should be a daily part of your diet.

The following beverage choices should be eliminated or greatly reduced: alcohol, apple juice bought from cartons, beer, coffee, cow's milk, cranberry juice (except when medically called for), energy drinks, fruit juices bought from cartons, hot chocolate made with cow's milk, instant hot chocolate, milk shakes made with cow's milk, orange juice bought from cartons, smoothies made with cow's milk, sodas, water flavored with artificial sweeteners or ingredients, wine.

The following beverages should be reduced (and eventually eliminated), but can be used during the transition to healthier beverage choices: black tea and decaffeinated coffee. Also during the transition you may use store-bought carton based orange, apple, or fruit juices that are diluted with 50% water.

Replace cow's milk with goat's milk or plant milks (especially soy, rice, almond, or hemp). Use plant milks for milksaahkes and smoothies.

Replace coffee first with watered down coffee and then with green tea, herbal teas, rooibos tea, ginger tea, or dandelion coffee.

Replace store bought carton based orange, apple, and fruit juices first with 50% water dilution and then with fresh homemade fruit and vegetable juices and smoothies.

Replace black tea with green tea, herbal tea, chamomile tea, fennel tea, ginger tea, nettle tea, peppermint tea, and rooibos tea.

stretching exercises

On this day of the Goddess Plan, you will start exercising. If you are already exercising, you can add these recommended exercises to your regular routine.

The first exercise in the Goddess Plan is the **bend and reach**. The bend and reach is one of the most basic stretching exercises. There are more advanced versions of this exercise that you may want to use later in the Goddess Plan.

Stand up straight in a relaxed erect position, with your feet about shoulder width apart. Lift your arms over your head. Bend forward to touch the floor or ground between your feet. Return to the starting position. Each return to the starting position counts as one repetition of the bend and reach.



If you have not been exercising, only attempt one repetition of the bend and reach exercise. You will eventually want to build up to between 10 and 30 repetitions of the bend and reach exercise. Do not increase your number of repetitions by more than one additional repetition per day. It is important to avoid straining or damaging your muscles by over vigorous physical activity beyond your current abilities. It is essential to build up any new exercise slowly over days and weeks.

Do not lock your knees straight. Keep your knees loose. On the other hand, do not go into deep knee bends. Both extremes are harmful to delicate tissues in your knees and locking your knees can block blood flow, resulting in fainting.

For those who are new to exercise, especially if overweight, do not worry if you can't actually touch the ground yet. Bend down as far as you can comfortably bend. It is important to avoid any pain. This exercise should never hurt. Over a week or two build up to three to five repetitions of this exercise without worrying about actually reaching the floor. Once you have reached three to five repetitions, stop increasing the number of repetitions and work on getting closer to the floor. Again, do not stretch beyond your abilities (because that can damage muscle, ligaments, and other tissues). Take as long as you need to build up to the point where you can actually touch the floor. Once you have successfully touched the floor, you can start increasing the number of repetitions (not more than one new rep a day).

Move slowly and deliberately. You are attempting to gently stretch and warm up your muscles and soft tissues in preparation for other exercises. Fast movements defeat the purpose of gentle stretching. Fast movements tear and rip rather than stretch. It is tempting to move quickly, as the momentum will jerk your body into a greater reach with more ease, but this temptation must be avoided to prevent serious damage.

Any exercise program requires a period of warm up and stretching exercises before attempting more vigorous exercise. Jumping right into vigorous exercise will damage muscles, ligaments, and other tissues.

In addition to gently stretching muscles and ligaments, the bend and reach exercise also helps keep the back bone flexible. A flexible back is an essential key to good health. If your back is stiff and inflexible, it will interfere with free movement and proper exercise, as well as block kundalini and the flow of energy through your chakras. It is impossible to be fully healthy and fit without a flexible spine.

Day 6: processed foods

In general, the less processed a food is, the healthier it is. There are exceptions. Some foods can't be eaten unless they are cooked. Some foods are improved nutritionally when processed. But in general, whole foods are healthier than processed foods and raw foods are healthier than cooked foods.

Don't eat foods that your ancestors wouldn't recognize as food. Food manufacturers now make food-like substances, mostly from cheap processed ingredients such as corn syrup and soy pastes, laced with dozens of potentially toxic chemicals, and loaded with sugar, salt, and fat. Especially sugar, salt and fat, because those flavors trigger evolutionary desires and help cover up the nasty taste of the cheap ingredients and chemical stew.

In particular, cut out or reduce the use of "white stuff": refined sugar, refined salt, and refined flour.

Reduce or eliminate junk food, including cakes, chocolates, French fries, ice cream, potato chips, and other sweets.

Reduce or eliminate all ready-made meals (frozen, microwave, etc.).

Reduce or eliminate any foods labelled "diet", "low-fat", "fat-free", or "99% fat-free".

walking

Walking is a form of aerobic exercise. Regular walking is one of the best ways to move towards healthiness.

Jogging is harsh on the knees. Running and walking are natural motions.

Walking in a pool adds bouyancy that can assist those who might otherwise have difficulty walking.

Day 7: artificial sweeteners

Completely eliminate all artificial sweeteners from your diet.

carbohydrates

Carbohydrates include starches and sugars.

nutritional information:

Your dietary intake should be about 40-60% carbohydrates. The exact proportions needed vary from person to person.

starch-rich foods

- bananas
- beans
- grains
- peas
- pulses
- root vegetables
- whole grains

Organic Labels: The Bush administration's USDA has announced that they will help large American food corporations increase their profits by purposely deceiving the American public by putting non-organic foods into foods labelled as being organic. Under U.S. law, for foods to be labelled as organic, crops must be grown without chemical fertilizers, sewage sludge, bioengineering, or pesticides and animals must be raised without antibiotics and growth hormones and given access to the outdoors. The USDA has decided that 43 non-organic ingredients can be added to foods labelled as organic. To protest this decision, go to [Organic Consumers Association](#). Among the non-organic ingredients are **two starches**.

Day 8: refined sugar

Get rid of refined sugar.

This includes such variations as brown sugar, dextrose, powdered sugar, raw sugar, table sugar, turbinado sugar, white sugar.

In June 2010 the U.S. government recommended that Americans cut back on sugar.

Go through your kitchen and remove all sugar.

When checking ingredient labels, some of the names for sugar include: brown rice syrup, cane syrup, corn sweetener, corn syrup, crystalized cane juice, dextrin, dextrose, evaporated cane juice, fructose, glucose, high fructose corn syrup, honey, malodextrin, maltose, maple syrup, molasses, or sucrose.

It is especially important for diabetics and pre-diabetics to limit sweets.

Maltose and glucose (two simple sugars) have a high glycemic index (greater than 100%).

An important rule of thumb is to avoid any foods that have corn syrup or high fructose corn syrup.

If you really love yourself (and you need to really love yourself), then you really want to get the sugar out of your life.

Sure, the stuff tastes sweet.

There are other healthier choices for sweet, including simply chewing complex carbohydrates (such as grains) long enough to release the natural sweetness.

Refined sugar is derived from plants.

Sugar is a preservative. Sugar is added to jams and jellies to help preserve the fruits. Sugar is added to

animal lard in twinkies to give the multi-decade shelf-life (the cream filling of twinkies is just animal lard mixed with sugar).

Refined sugar is harmful to the liver and therefore should be reduced or eliminated from your diet.

Refined sugar depletes nutritional reserves, weakens the immune system, and generally weakens the health of the body.

Chinese herbalism:

Chinese: strongly yin

proteins

Your dietary intakes should be about 10-35% proteins. The exact proportions needed vary from person to person.

Your body needs 40-65% carbohydrates, 10-35% proteins, and 15-35% fats.

Dr. Barry Sears, Ph.D., author of the popular Zone series of diet books, claims to have scientifically verified that the ideal percentages are 40-30-30 (40% of your diet should consist of carbohydrates, 30% should be proteins, and 30% should be fats).

Approximately 15-20 percent of the human body is made up of proteins. About half of the proteins are in the muscles and the cartilage. The other half is spread out as essential parts of cells and connective tissues, as well as enzymes, hormones, antibodies, hereditary material (DNA and RNA), and other bodily materials.

Protein molecules are assembled from amino acids. Digestion breaks down food into amino acids and later the body combines these amino acids into proteins as needed.

Twenty amino acids are essential for human life. Eight of these (nine for infants) must be obtained from food (and are called the essential amino acids). The human body can synthesize the other twelve from a balanced diet.

A food that has all of the essential amino acids in the proper proportions and sufficient quantities for the human body is called a *complete protein*. A food that has an unbalanced selection of essential amino acids or has only sufficient quantities to sustain life, but not sufficient for growth, is called a *partially incomplete protein*. A food that does not have enough of the essential amino acids to sustain life is called a *incomplete protein*.

Because almost all plants are partially incomplete protein sources or incomplete protein sources, vegetarians combine complimentary plants to create a *composite protein*. A composite protein provides the same full nutritional value of essential amino acids as a complete protein, but comes from a combination of sources rather than from a single source.

It is much wiser to use vegetable sources of protein rather than animal sources, despite the greater

knowledge needed to obtain full nutrition. Heavy meat-eaters have high quantities of dangerous uric acid residue in their blood (in addition to the many other problems associated with meat eating).

protein-rich foods

Hemp seed meal (from the cannabis plant) is a complete protein. Soy is an almost complete protein.

Beans and rice together make a composite protein. Beans and almost any other vegetable make a composite protein. Broccoli and almost any other vegetable make a complete protein.

All fruits and vegetables contain some protein. Good sources of protein include: beans, lentils, nuts, peas, potatoes, pulses, seeds, sprouted seeds, and whole grains. Animal sources of protein (to be avoided) include: meat, milk, cheese, eggs, and fish. You should reduce or eliminate animal sources of proteins.

best protein-rich foods

- beef (not recommended)
- chicken (not recommended)
- chicken eggs (not recommended)
- clams (not recommended)
- dairy (not recommended)
- fish
- hemp seed meal
- meat (not recommended)
- poultry (not recommended)
- soybeans (dried)
- tofu
- whole eggs (not recommended)

excellent protein-rich foods

- beans (dried)
- broad beans (dried)
- garbanzo beans (dried)
- kidney beans
- legumes (dried)
- lentils (dried)
- lima beans (dried or cooked fresh)
- peas (dried or fresh)
- pulses

very good protein-rich foods

- black walnuts
- Brazil nuts
- cashews
- cottonseed

- nuts
- peanuts
- pistachio nuts
- seeds
- sesame seeds
- soybean sprouts
- sunflower seeds
- wheat germ

good protein-rich foods

- barley
- brown rice
- grains
- millet
- oats
- rice
- rye
- sprouted seeds
- whole grains
- whole wheat
- wild rice

protein-rich foods

- artichoke
- asparagus
- brewer's yeast (not to be confused with baker's yeast)
- broccoli
- Brussels sprouts
- cauliflower
- chard
- collards
- Indian corn
- kale
- mushrooms
- mustard greens
- okra
- potatoes
- spinach
- turnip greens

Day 9: refined salt

Get rid of refined table salt.

Replace refined table salt with sea salt and other natural salts.

In June 2010 the U.S. government recommended that Americans cut back on salt.

history:

History: The Chinese invented the percussive drill (the forerunner of the rotary drill used in modern times to drill for water and oil) about 2,000 years ago to drill for salt. The original rigs were made of bamboo. Salt is essential for digestion of nutrients for any society with a high rice content in the diet. In ancient China an ounce of salt was as valuable as an ounce of gold.

nutritional information:

You want to reduce salt in your diet.

Chinese herbalism:

Chinese: strongly yang

Chinese flavor: salty

nutritional supplements

Supplements should only be used when you can't get the desired nutrients from real foods. Some people have severe health problems that prevent their ability to absorb certain nutrients or to digest the foods with those nutrients. More commonly, lifestyle issues interfere with eating properly. For example, students at most high schools have neither the facilities nor the time to eat proper lunches or snacks. Poverty, working conditions, long travel times, busy schedules, single parenting, etc. can all interfere with the ability to eat properly.

If you do need supplements, try to minimize the supplements to just the supplements you are really missing from your diet and try to take the minimum amount of supplements necessary to maintain health.

It is best to always check with a health care professional before starting any nutritional supplement.

If you experience any adverse reaction (including allergy) to any supplement, immediately stop using it and consult with a health care professional.

fats

Your dietary intakes should be about 15-35% fats. The exact proportions needed vary from person to person.

Your body needs 40-65% carbohydrates, 10-35% proteins, and 15-35% fats.

Dr. Barry Sears, Ph.D., author of the popular Zone series of diet books, claims to have scientifically verified that the ideal percentages are 40-30-30 (40% of your diet should consist of carbohydrates, 30% should be proteins, and 30% should be fats).

Some fats are actually essential for life (hence the name essential fatty acids). The major kinds of fats are: saturated fatty acids, polyunsaturated fatty acids, and monounsaturated fatty acids.

Keeping variety in your diet helps insure a good balance of essential fatty acids. Animal fats and margarine are bad for your health because of the high content of saturated fatty acids. Another reason to avoid eating meat.

Linoleic acid is an unsaturated fatty acid essential for healthy skin, blood circulation, bone, brain, and nerves. Linoleic acid is used for cell membrane metabolism. Linoleic fatty acid is used to make prostaglandins.

Essential fatty acids are destroyed by heating (including cooking). The presence of animal fats increases the destruction of essential fatty acids during cooking. Essential fatty acids are destroyed by hydrogenation.

Day 10: refined flour

Get rid of refined flour.

Replace refined flour with whole grains, especially those that don't have gluten..

aerobics

Aerobics are exercises that require the use of oxygen to breakdown glucose into energy.

Aerobic exercises cause elevated breath and heart rates to bring more oxygen into the lungs and distribute that oxygen throughout the body..

Examples of aerobic exercises include: bicycling, dancing, exercise classes, running, swimming, treadmills, and walking.

It is best to do at least a half an hour to an hour of aerobic exercise a day.

Day 11: toxins

Eliminate toxins from your diet. many are discussed in separate listings in the Goddess Diet Plan.

Some toxins to eliminate include: antibiotics, artificial flavorings, artificial sweeteners, growth hormones, pesticides, preservatives (with a few natural exceptions), and synthetic hormone residues.

Exposure to toxic chemicals is a major risk factor for cancer.

Don't eat foods that your ancestors wouldn't recognize as food. Food manufacturers now make food-like substances, mostly from cheap processed ingredients such as corn syrup and soy pastes, laced with dozens of potentially toxic chemicals, and loaded with sugar, salt, and fat. Especially sugar, salt and fat, because those flavors trigger evolutionary desires and help cover up the nasty taste of the cheap ingredients and chemical stew.

Another important rule of thumb is to avoid any foods tht have corn syrup or high fructose corn syrup.

resistance training

Resistance training is a form of anaerobic exercise (without oxygen).

The most common kinds of resistance training are weight work (weight lifting, weight machines, etc.). The body itself can be used as the weight, such as push ups and pull ups. The reistsance can be a fixed surface.

Try to do at least a half an hour a day of resistance training.

Day 12: cut trans fats

Cut trans fats.

nutritional supplements

Supplements should only be used when you can't get the desired nutrients from real foods. Some people have severe health problems that prevent their ability to absorb certain nutrients or to digest the foods with those nutrients. More commonly, lifestyle issues interfere with eating properly. For example, students at most high schools have neither the facilities nor the time to eat proper lunches or snacks. Poverty, working conditions, long travel times, busy schedules, single parenting, etc. can all intefere with the ability to eat properly.

If you do need supplements, try to minimize the supplements to just the supplements you are really missing from your diet and try to take the minimum amount of supplements necessary to maintain health.

It is best to always check with a health care professional before starting any nutritional supplement.

If you experience any adverse reaction (including allergy) to any supplement, immediately stop using it and consult with a health care professional.

Day 13: oatmeal

Meal from the *Avena Sativa* plant.

Oat, a grain, is sacred to Aset (Isis) and Renenutet. Honor and thank Aset and Renenutet for oats and oatmeal.

Eat three to five servings of oatmeal a week. You may eat oatmeal every day.

Pure oats are gluten-free. Many processed oatmeals have gluten.

To avoid getting into a breakfast rut, also try quinoa, couscous, or brown rice for breakfast. Oatmeal can also be eaten at meals other than breakfast.

Epona, the Celtic Goddess of horses, was later adopted as a Roman Goddess. Outside of Gaul, Epona was often depicted in the Imperial pose, holding apples, carrots, and oats in her lap.

Ancient Egyptians left a little grain on their kitchen floor as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Eat oats on days associated with Mercury and Jupiter.

Oats are a sacred Druidic herb of the Sabbats Lammas and Mabon.

Oats are used in money and prosperity spells. Grain or straw oats may be placed on your altar. Oat cakes may be used as offerings to Goddess.

Oats are an acid-producing food (measured by the ash content resulting from laboratory titration).

Those with celiac disease may be able to eat small amounts of oats (as long as the oats are not contaminated with gluten from wheat or other sources during processing). Check with your doctor or dietician.

Use slow cooked oatmeal. Avoid instant oatmeal. The complex carbohydrates in slow cooked oatmeal give it a low Glycemic Index while instant oatmeal is more processed and has a higher Glycemic Index. Slow cooked oatmeal may be reheated with little or no loss of nutrients.

Steel cut oatmeal is the healthiest. Use 1-1/2 cups of water to 1/4 cup of oatmeal. Steel-cut oatmeal takes between 20 and 40 minutes to cook, but you can cook a large batch and then reheat smaller amounts for convenience. Spices can be cooked into the oats rather than added later.

Oatmeal is high in soluble fiber. 1/3 cup of cooked oatmeal or 1/2 ounce of dry oatmeal is approximately 9 grams of carbohydrates. In 100 grams of oatmeal there are 13 grams of protein, 8 grams of fat, and 67 grams of carbohydrates. The carbohydrates in oatmeal are mostly complex, giving oatmeal a low Glycemic Index. Oatmeal has high levels of fat-burning antioxidants (especially good at getting rid of belly fat).

Oatmeal is one of the few foods on earth that has Gamma Linolenic Acid (GLA). GLA is an activated Essential Fatty Acid made from Linoleic Acid and a precursor of Dihomo Gamma Linolenic Acid (DGLA), a source of good eicosanoids.

Oatmeal helps cholesterol and helps fight cancer, diabetes, and obesity.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Oats are a good prebiotic.

“For as far as my knowledge goes the ultimate breakfast cereal is ... oatmeal. Really. It’s unbelievable stuff. Every day one bowl of oatmeal and you’re set for the day.”

“I started eating oatmeal about 2 years ago and still have them every morning. This grain is absolutely brilliant.”

“What I do is take one cup of oats and 2 cups of water and mix them in a pan. I cook it until it starts boiling a bit and then I quickly add some raisins while stirring a bit. Done!” [NOTE that slow cooking is healthier]

“Now here’s the really cool part. When you read the **oatmeal ingredients label**, there’s only one: Oatmeal! No added sugars, preservatives, coloratives and more-crap-atives. Just quality unprocessed and natural food — which is the way I like it.”

[Nico](#) [external link], March 19, 2008

Some recommended additions to your oatmeal to keep it from becoming monotonous and boring:

- Top with nutmeg and cinnamon.
- Add two (2) tablespoons of unsweetened pumpkin for alternative flavor with great nutrition.
- If you eat chicken eggs, consider adding four (4) egg whites while cooking your oatmeal.
- Top with eight chopped or sliced almonds and real maple syrup. Adds calcium and makes the oatmeal crunchier. 1/4 cup almonds has 164 calories, 14 grams of fat (1 gram saturated, 9 grams monounsaturated, and 3.5 grams polyunsaturated), 1 gram sugar, 3 grams fiber, and 70 mg of calcium.
- Top with fresh blueberries when in season. Adds antioxidants and fiber. 1/2 cup of blueberries has 42 calories, 0 grams of fat, 7 grams of sugar, and 2 grams of fiber.
- Top with dried cranberries. Helps gum health and detoxes kidneys. Helps protect against bladder infections. 1/4 cup of dried cranberries has 92 calories, 0 grams of fat, 20 grams of sugar, and 2 grams of fiber.
- Top with ground flax seeds for omega-3s. 1 tablespoon has 37 calories, 3 grams fat (0 grams saturated fat, 0.5 grams monounsaturated, and 2 grams polyunsaturated), 0 grams sugar, and 2 grams fiber.
- Top with raisins. 1/4 cup of raisins has 123 calories, 0 grams fat, 24 grams sugar, and 1.5 grams fiber.
- Add hemp milk.

botanical information:

Botanical name: *Avena* spp. (approximately 30 species); especially *Avena sativa*

Common name: oat, oats

Avena sativa is common oats.

Family: Poaceae (grasses)

origin:

Origin: The wild ancestor of *Avena sativa* and *Avena byzantina* (a closely related crop) is *Avena sterilis*. *A. sterilis* is originally from the Fertile Crescent of the Near East.

history:

History: The wild ancestor of *Avena sativa*, modern oats, is *Avena sterilis*. *A. sterilis* is originally from the Fertile Crescent of the Near East. Oats (like rye) started as a weed that grew near wheat and barley. As barley and wheat spread to cooler, wetter locations, oats became domesticated crops.

History: Oats were found at Gilgal I, a village site in the Jordan Valley north of ancient Jericho, from approximately 11,400 years B.P. (Before Present).

History: Oatmeal raisin cookies were U.S. President Jimmy Carter's favorite kind of cookie.

nutritional information:

Oats are a good source of protein.

Oats are a food that increases sexual energy and enhances fertility.

Oatmeal is high in soluble fiber. 1/3 cup of cooked oatmeal or 1/2 ounce of dry oatmeal is approximately 9 grams of carbohydrates. In 100 grams of oatmeal there are 13 grams of protein, 8 grams of fat, and 67 grams of carbohydrates. The carbohydrates in oatmeal are mostly complex, giving oatmeal a low Glycemic Index. Oatmeal has high levels of fat-burning antioxidants (especially good at getting rid of belly fat).

Oatmeal is one of the few foods on earth that has Gamma Linolenic Acid (GLA). GLA is an activated Essential Fatty Acid made from Linoleic Acid and a precursor of Dihomo Gamma Linolenic Acid (DGLA), a source of good eicosanoids.

One packet of low sodium instant oatmeal has 0.8 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health [external link].

Oatmeal helps cholesterol and helps fight cancer, diabetes, and obesity.

Chinese herbalism:

Chinese gender: slightly yang (slightly warm)

Chinese flavor: sweet

Ayurvedic herbalism:

Oats are an excellent food for those who have Vata constitution or those on an anti-Vata diet (high

degree for reducing Vata).

external care:

External skin care: Oatmeal dries out the skin and is excellent for combatting acne.

astrological correspondences:

Astrological planet: Venus ♀

magickal correspondences and uses:

Western element: earth

Venus spells: Oats in Venus spells involving beauty, compassion, fidelity, friendship, happiness, interchanges, joy, love, luck, meditation, pleasure, reconciliation, and youth.



running

Running is a form of aerobic exercise. Running is usually divided into sprinting (high speed short distance running) and endurance running (longer distances at a slower overall speed).

Jogging is harsh on the knees. Running and walking are natural motions.

Day 14: apple cider vinegar

Apple cider vinegar is sacred to Bast, Nwt and Het Heret (Hathor). Honor and thank Bast, Nwt, and Het Heret for apple cider vinegar.

Pomona, shown in the 1700 painting by Nicolas Fouché, is the Roman Goddess or nymph of orchards and the trees of the orchard.

Eat up to two (2) teaspoons of apple cider vinegar a day.

Generally your apple cider vinegar will be diluted with water or oil. Some possible ways to get your two (2) teaspoons of apple cider vinegar a day:



- Mix a teaspoon of apple cider vinegar in a tall glass of water.
- If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.
- If you eat meat, tenderize the meat overnight in a mixture of apple cider vinegar, herbs, and spices.
- Use the apple cider vinegar to make a salad dressing (preferably with hemp seed oil, flax seed oil, or extra virgin cold pressed olive oil).
- Use in other recipes.

Check the label. Only purchase apple cider vinegar that is certified organic, unfiltered, and unpasteurized. Avoid any apple cider vinegar that has additives or preservatives. Avoid anything that is apple cider “flavored” vinegar. The apple cider vinegar should have a rich brown color and have visible sediment. Cobweb strands floating in the apple cider vinegar are very good. These strands are known as the “mother”.

Store apple cider vinegar in a dark cabinet or cupboard.

Apple cider vinegar helps cleanse the digestive system, which in turn helps the body absorb more nutrients from smaller portions of food.

salad dressing

Now that you have introduced both hemp seed oil and apple cider vinegar to your diet, you have probably noticed that most people don’t like apple cider vinegar by itself, and some people don’t like the flavor of hemp seed oil by itself.

The solution is oil and vinegar salad dressing, also known as *vinaigrette*. And the healthy green salads that you are starting to eat as you adjust to a healthy diet.

The basic oil and vinegar salad dressing combines some oil with some vinegar at a ratio of 3:1 (3 parts oil for every one part vinegar). This ratio may vary depending on the strength and tartness of the vinegar chosen. There are a lot of combinations of oils and vinegars.

Often a citric fruit juice is added, typically fresh squeezed organic lemon juice (another item on your list of recommended foods). Use small amounts of fruit juice. An alternative salad dressing calls for oil and lemon juice.

Add spices to taste. It is best to have a small number of spices. Experiment with the herbs and spices recommended for the Goddess Diet Plan.

All ingredients should be mixed at room temperature for best results.

oils

You can use almost any oil, but most have very weak flavors.

Organic cold pressed extra virgin olive oil (not the cheaper variations) is the most common premium choice because of its rich nutty flavor.

Organic cold pressed hemp seed oil is also nutty and a highly recommended oil.

Sesame oil is often used in Asian-flavored salad dressings.

Avocado oil and walnut oil have full rich flavors.

vinegars

Avoid distilled white vinegar. Otherwise any vinegar will do. Each has a different flavor.

Fruit vinegars, including apple cider vinegar, make for a sweeter salad dressing.

Balsamic vinegar is aged in wooden casks. The Italian government has strict standards for Balsamic vinegar. The U.S. does not.

White or red rice wine vinegar is good for Asian-flavored salad dressings.

juice

Often a citric fruit juice is added, typically fresh squeezed organic lemon juice (another item on your list of recommended foods). Use small amounts of fruit juice. An alternative salad dressing calls for oil and lemon juice.

spices

The basic spice is Kosher salt, often paired with ground white pepper. For the Goddess Diet Plan, either leave out salt or use sea salt (or the equivalent).

Many recipes call for the use of Dijon mustard.

An Italian vinaigrette would typically have extra virgin cold pressed olive oil, white wine vinegar, minced garlic, dried oregano, and chopped parsley.

A French vinaigrette would typically have extra virgin cold pressed olive oil, red wine vinegar, salt, freshly ground white pepper, and either Dijon mustard or garlic (or both).

Some popular ingredients (again, don't overload) include: minced garlic, minced onion, and minced shallot.

Some popular herbs and spices (again, don't overload, maybe sea salt, a pepper, and one spice or herb) include: fresh chopped basil, black pepper, celery seed, chopped fresh chives, marjoram, oregano, paprika, chopped fresh parsley, sea salt, tarragon, thyme, freshly ground white pepper.

honey

Another common ingredient is a little bit of honey. The sweetness of honey helps offset the tartness of the vinegar. Honey helps keep the oil and vinegar together much longer (long enough to eat a salad).

[Honey](#) is discussed further below.

mixing

Mix the herbs and spices with the vinegar. The classic method is to use a whisk and glass bowl. Never use aluminum around vinegar because it will give your salad dressing a metallic taste and the aluminum is toxic.

You can also mix by sealing a clean glass jar and shaking. Some people even use an electric blender.

Thoroughly mix the vinegar and herbs and spices, as well as Dijon mustard and/or honey, if you add those.

Mix in the oil with a slow steady stream while whisking continuously. All ingredients, especially the oil and vinegar, should both be room temperature.

Oil and vinegar don't mix. As soon as you stop mixing, the two will start coming apart. The oil will float on the vinegar. Honey will slow down this process. The cooler the oil, the more difficult to get it to mix with the vinegar.

Test the mixture by dipping a lettuce leaf into the dressing. This will give you a better idea of the flavor than testing the salad dressing raw. Don't double dip.

wait

Wait 30 minutes to three (3) hours before using the salad dressing. This will give the flavors (especially garlic) a chance to intermingle. Let the salad dressing sit at room temperature.

Thoroughly mix the salad dressing again immediately before serving.

Day 15: sleep

It is vital to get enough sleep.

Your body can not rebuild itself and make proper use of your nutrients without enough proper sleep. Lack of sufficient sleep can result in some otherwise useful nutrients being stored as fat.

Sufficient proper sleep can reduce food cravings.

Your mind and soul can not properly restore themselves without enough proper sleep.

Dreamland is an important part of your spiritual work. You can not become a shaman without mastering dreamland.

yoga

Yoga is great for maintaining back flexibility. Back flexibility is a basic measure of healthiness and aging.

It is very important to do all positions with proper form. Improper form can cause permanent damage. It is best to learn all positions used from a skilled and trained yogi or yogini. Once you have correctly mastered the proper form you can do yoga on your own to save money.

Some individuals have gone to extremes of positions in yoga and seriously injured themselves,

sometimes paralyzing themselves. Do *not* overdo it (with yoga or any other exercise).

Day 16: cut back on meat

Ancient Egyptian priests and priestesses didn't normally eat meat. The wab priests and web priestesses who kept the temple and temple items clean could not eat meat while working at the temple.

A lifetime commitment to be either vegan or lacto-vegetarian is a prerequisite for initiation into the Quan Yin Method.

Shakyamuni Buddha of India warned, "Flesh eating people cut off their inner seed of Great Mercy."

Han Shan Tzu, Chinese Zen Master, wrote in a poem, "Go quickly to the market to buy meat and fish and feed them to your wife and children. But why must their lives be taken to sustain yours? It's unreasonable. It will not bring you affinity with Heaven, but make you become dregs of Hell!"

If you do not currently eat meat, do not start. If you do currently eat meat (or any animals), cut back to the healthiest few choices.

In addition to cutting back on the kinds of meat eaten, also cut back on how often you eat meat. For now, cut back to only once or twice a week. Eventually you will want to cut back to only eating meat on the Full Moon and possibly a few other special occasions (such as Thanksgiving, Yule, or your own birthday). Special occasions replace the Full Moon for that month.

Meats are acid forming foods.

Meats that you should particularly avoid eating include: bacon, sausages, burgers, and all processed meats.

Modern diets have dramatically increased the amount of animal foods. Additionally, in the last few decades, the quality of animal foods has dramatically fallen.

In June 2010 the U.S. government recommended that Americans eat more fruits and vegetables.

Meats contain a lot of urokinase protein and urea, both of which burden your kidneys and can eventually destroy kidney function.

American surgery expert Dr. Miller practiced medicine in Formosa for 40 years. The hospital he established there served only vegetarian meals. Dr. Miller observed, "The mouse is one kind of animal which can support its life with both a vegetarian and non-vegetarian diet. If two mice are segregated, with one eating flesh and the other vegetarian food, we find that their growth and development are the same, but the vegetarian mouse lives longer and has greater resistance to disease. Furthermore, when the two mice got sick, the vegetarian mouse recovered quicker."

Red meats: lamb, lean organic grass fed beef (including flank steak, round steak, rump roast, sirloin steak, tenderloin, and tri-tip roast), organic grass fed veal

Lamb, beef, and veal are sacred to Neith. Honor and thank Neith for lamb, beef, and veal.

If you don't currently eat red meat, do not start eating red meat. If you do eat red meats, switch to the recommended red meats and add the other recommended animal foods.

If you eat meat, tenderize the meat overnight in a mixture of apple cider vinegar, herbs, and spices.

You can cut calories and cholesterol in a tasty manner by substituting portobello mushrooms for beef.

The American Diabetes Association recommends beef jerky and select or choice grade of beef trimmed of fat as a protein source. Recommended cuts of beef include: chuck, cubed, flank, porterhouse, rib, round, rump roast, sirloin, t-bone steak, and tenderloin.

The American Diabetes Association recommends lamb as a protein source. Recommended cuts of lamb include: chop, leg, or roast.

The American Diabetes Association recommends organ meats as a protein source. Recommended organ meats include: heart, kidney, and liver.

The American Diabetes Association recommends veal as a protein source. Recommended cuts of veal include: chop, loin, or roast.

You can substitute red peppers for pepperoni on pizzas.

White meats: ham, pork

Ham and pork are sacred to Neith. Honor and thank Neith for ham and pork.

Pork is sacred to Neith. Pork is associated with the Year of the Rat.

If you do not currently eat white mammal meats, do not start. The exception is that if you currently eat red meat, then add the recommended white mammal meat to your diet. If you do currently eat white mammal meats, switch to the recommended choices.

The American Diabetes Association recommends pork as a protein source. Recommended cuts of pork include: Canadian bacon, center loin chop, ham, and tenderloin.

Wild game:

If you do not currently eat mammals, do not start eating wild game. If you do currently eat any mammal, then adding wild game will help improve the quality of the meat you eat. Wild animals have to be harder to survive in the wilderness and therefore are a higher quality and healthier meat than farm raised animals (especially better than factory farm raised animals).

Wild game are sacred to Neith. Honor and thank Neith for wild game.

It is even better to eat animals you personally gathered (hunting, fishing, trapping, your own farming) or that were gathered by someone you personally know (family or friend).

The American Diabetes Association recommends game as a protein source. Recommended game include: buffalo, dove, duck, goose, ostrich, pheasant (no skin), rabbit, and venison (deer).

Birds organic free-range chicken eggs, organic free-range skinless chicken breast, turkey

Birds are sacred to Nwt and her husband Shu. Honor and thank Nwt and Shu for birds.

If you do not currently eat birds, do not start eating birds. The exception is that if you currently eat any mammals (including red or white meat), then add the recommended birds to your diet. If you currently eat birds, switch to the recommended birds.

The American Diabetes Association recommends poultry without skin as a protein source. Recommended poultry includes: chicken, cornish hen, and turkey. Also recommended are: turkey ham, turkey kielbasa, and turkey pastrami. Recommended game birds include: dove, duck, goose, ostrich, and pheasant (no skin).

Fish and seafood (all choices should be wild caught, never farm raised) Alaskan halibut, bass, chunk light tuna, clams, herring, oysters, salmon, sardines, trout

Fish and seafood is sacred to Aset (Isis). Honor and thank Aset for fish and seafood.

Followers of Aset (Isis) may eat fish, seafood, and dairy.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

The American Diabetes Association recommends fish and seafood as a protein source. Recommended fish include: catfish, cod, flounder, haddock, halibut, herring, orange roughy, salmon, sardines, tilapia, trout, and tuna. Recommended seafood includes: clams, crab, imitation shellfish (Alaskan pollack), lobster, oysters, scallops, and shrimp.

Vons (a grocery store chain in the U.S.) has a display of reusable grocery bags. The display is labelled “rebag • reduce • rethink”. One of the reusable grocery bags is decorated with the words: “top sirloin”, “rib eye”, “t bone”, “New York”, “porter house”, and “filet mignon”. These are the names of cuts of beef, the least sustainable and most ecologically destructive of all human food sources. Vons is actually promoting environmental destruction in its version of “green”. This is a large corporation so devoid of intelligence and soul that it doesn’t even understand the difference between environmental destruction and environmental protection!

Continental Airlines served an in-flight meal that included a cheeseburger, small bag of Freetos, and a bag of Bolthouse Farms “baby” carrots. The cheeseburger appeared to be greasy ground cow meat, gloppy slice of cheese, and refined flour bun. I asked if they had a vegetarian option. The stewardess arrogantly stated “Just don’t eat the cheeseburger.” I refused having the cheeseburger near me. Continental Airlines appears to be unaware that vegans, Buddhists, Hindus, and many others have valid religious and spiritual reasons not to eat cows. Continental Airlines appears to be unaware that Jews don’t eat meat and the mother’s milk in the same meal. Continental Airlines appears to be unaware that the meal they served is extremely dangerous to human health, certainly to any children.

herbal baths

Herbal baths are an important part of the Goddess plan. The herbal bath gives alone time for quiet meditation and centering as well as immersing the physical body in healing and rejuvenating herbs. It can be difficult for low or middle income women with children to come up with the time to have herbal baths. If the male partner is still around, try to arrange at least 30 minutes per week when he takes care of the children so that you can have your Goddess herbal bath. See also [herbs](#).

Day 17: miso soup

Miso soup is sacred to Bast. Honor and thank Bast for miso soup.

Eat miso soup at least three to five times a week. You may eat miso soup every day, even multiple times a day.

Miso soup is particularly useful in helping offset the toxic effects of a diet high in meat, sugar, and alcohol.

Miso soup is commonly made with a fish stock, so vegans should be careful to choose miso soup made from a vegetable stock.

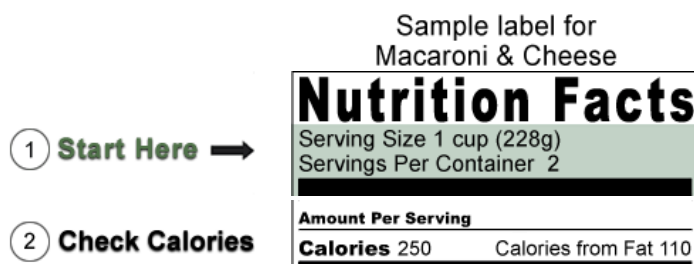
A study in the June 2003 issue of the *Journal of the National Cancer Institute* found that women who ate three (3) bowls of miso soup a day had a 40 percent lower risk of breast cancer and those who ate two bowls of miso soup a day had a 26 percent lower risk of breast cancer.

Miso is a good source of probiotics.

label reading

Learning to read labels can dramatically improve your health.

USDA food label



③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

1. Serving Size Every American food label starts with the serving size. A mean-spirited, anti-consumer tactic employed by many large American corporations is to set the serving size at a fraction of the container. You need to multiply the number of servings per container times the listed information per single serving to determine the actual amounts. This extra step of arithmetic calculation is intended to confuse consumers.

2. Calories (and Calories from Fat) The label will list the number of calories per serving (remember to multiply by the number of fake corporate servings to obtain the number for a real serving).

The total number of calories (not the lower number per serving) is categorized as:

low = 40 calories

moderate - 100 calories

high = 400 calories or more

3. Limit these nutrients You want to see small numbers for Saturated Fat, Trans Fat (which should be zero), Cholesterol (plants have no cholesterol), and Sodium.

4. Get enough of these Most Americans do not get enough dietary fiber, vitamin A, vitamin C, calcium, or iron.

5. Footnote The footnote at the bottom of the label discusses how the nutritional Daily Value (DV) is computed for the average 2,000 calorie daily diet.

6. Percentage Daily Value (%DV) The percentages of Daily Value are how much of the total recommended Daily Value for an average adult male are provided by the food labelled.

Also The standard food label also gives the Total Carbohydrates, Sugars, and Protein. The Sugars entry lists the combination of both naturally occurring sugars in the food as well as the added sugars. The Protein entry is optional unless packaging or marketing makes claims about protein or the food is intended for infants and children under the age of four years old.

Ingredients The Ingredients listing will tell you “contains no added sugars” or “contains added sugars”. Ingredients are listed in order from the most weight to the least weight. Unfortunately, there are some ingredients that do not have to be listed for specific foods. The U.S. government expects the consumer to have these special lists memorized.

One important rule of thumb on ingredient lists is to avoid any foods that have chemical-sounding names that you don’t recognize.

When checking ingredient labels, some of the names for sugar include: brown rice syrup, cane syrup, corn sweetener, corn syrup, crystalized cane juice, dextrin, dextrose, evaporated cane juice, fructose, glucose, high fructose corn syrup, honey, malodextrin, maltose, maple syrup, molasses, or sucrose. Avoid foods where any of these ingredients are near the top of the list.

Another important rule of thumb is to avoid any foods that have corn syrup or high fructose corn syrup.

USDA organic

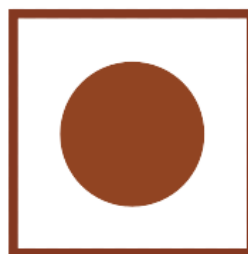
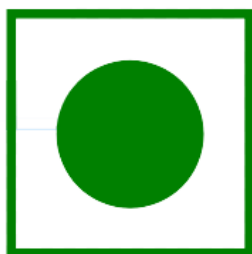
The organic label certifies that the food is completely organic (with a number of obscure special exceptions). This also means that the food has no GMO (genetically modified organisms).

Note that there are many small, local farmers that grow food to the same or higher standards, but who can’t afford the cost of the government requirements for certification.

Also note that foods grown in hot houses typically also meet the same standards, but don’t have the certification.



Indian vegetarian



The government of India requires that vegetarian food be labelled with the green dot (above left) and non-vegetarian food be labelled with the red dot (above right).

Day 18: herbs and spices

Herbs and spices are essential to the Goddess Diet Plan. They serve numerous important purposes.

Use herbs and spices for every meal. Unlimited quantities of herbs and spices. Emphasize aloe vera, basil, black pepper, cayenne, chives, cilantro, cinnamon, cloves, coriander, garlic, ginger, horseradish,

licorice, mint, mustard, oregano, parsely, peppers, rosemary, thyme, tumeric.

Herbs and spices add flavor to food, making it easier to give up such things as meats and switch to a plant-based diet.

The use of herbs and spices to add flavor make it possible to dramatically cut back on ordinary table salt (which should be reduced and then entirely eliminated from your regular diet).

The use of selected herbs and spices can help control sugar cravings, allow you to reduce the excess amounts of sugar in a typical urban diet.

Herbs and spices have nutritional values of their own, some containing vital nutrients that are rare and otherwise difficult to acquire. You may note that some foods typically only used as herbs and spices are listed here as salad greens or other foodstuffs.

Herbs and spices have Ayurvedic, planetary, and other spiritual properties that help you maintain a balanced soul.

Herbs and spices have actual magickal properties that can be used for your Witchcraft spells and rituals.

Avoid overwhelming food with too many seasonings at once. Avoid two herbs with strong flavors in the same dish. Try to compliment a strong herb with milder flavored seasoning.

Add dried herbs early during cooking. Add fresh herbs near the end of cooking. Add herbs and spices to cold dishes several hours before serving so that there is time for the flavors to blend.

Fresh leaves should be chopped very finely. Dried herbs should be crushed in a mortar and pestle.

If doubling a recipe, only increase herbs and spices by about 50 percent.

Dried herbs typically have a stronger flavor than the same herb fresh.

Dried herbs and spices should be stored in a cool, dry, dark place in a tightly covered container. Put the date on dry herbs and spices when you obtain (or purchase) them. If you can no longer smell an herb when you rub it between your fingers, then discard it.

sprinting

Save this suggestion for a later date if you are not currently in good physical shape. Some individuals may not ever be able to add sprinting to their exercise routine.

Sprinting is a more advanced exercise that can be used by those who are in good physical shape.

Wind sprints are running a short distance as fast as is humanly possible (combining good form with maximum effort). Wind sprints can be made even more challenging by sprinting up stairs.

Day 19: fizzy drinks

Remove fizzy drinks from your diet (except for rare special occasions).

This includes removing sodas, energy drinks, diet drinks, and any beverage that is carbonated.

pH balance

You want at least 80% of your food intake to be alkaline-producing foods.

pH is a measure of how acid or alkaline a solution is. pH 7 is considered neutral, pH 0 is considered the most acidic, while pH 14 is considered the most alkaline.

The normal pH of human blood is approximately 7.4 (in a normal range of 7.35 to 7.45), a slightly alkaline solution.

If the blood drops below pH 7.35 then it is too acidic, a condition known as acidosis. The body starts to use up minerals (especially calcium, sodium, potassium, and magnesium) to alter the acids and remove them from the blood stream. The minerals are taken from the bones and vital organs, which can cause permanent damage. In the extreme, acidosis can cause death.

If the blood rises above pH 7.45 then it is too alkaline, a condition known as alkalosis (or alkalinos). In extreme alkalosis can cause permanent damage or death.

The typical American diet is highly acid-producing and most Americans suffer from at least mild acidosis.

Some of the common symptoms of acidosis include: acne, bad hair, bladder infections, bone spurs, brittle nails, chronic fatigue, colds, diabetes (type II), dull skin, eczema, excess weight, fibromyalgia, flu, forgetfulness, frequent infections, gout, hip fractures, joint pain, kidney stones, liver spots, low energy, mood swings, muscle aches, obesity, osteoarthritis, osteoporosis, premature lines and wrinkles, poor concentration, psoriasis, rheumatoid arthritis, and yeast infections

Common American reasons for acidosis (acid overload) include: a high protein diet, lots of refined carbohydrates (especially bread and pasta), too few vegetables and fruits, and high amounts of alcohol.

Important items to reduce from the diet to reduce acid overload include: milk, caffeine, nicotine, and alcohol.

The easy way to test if your body is in correct pH balance is to measure the pH of your urine. Urine should be exactly 6.4 pH, for male or female of any age or race.

Day 20: broccoli

Broccoli, a cruciferous vegetable, is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for broccoli.

Eat broccoli at least three to five times a week. You may eat broccoli every day.

Broccoli is a [cruciferous vegetable](#).

The American Diabetes Association recommends broccoli as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Broccoli is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Raw broccoli has about twice as much Vitamin C as an equivalent amount of orange juice.

Raw broccoli has about three times as much calcium as an equivalent amount of milk.

Broccoli has indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Broccoli has vitamin C, an essential nutrient in fighting cancer.

Raw broccoli has an interesting taste of its own.

Learn to like raw broccoli and make your body happier.

botanical information:

Botanical name: *Brassica oleracea italica* (Italica Cultivar Group of species *Brassica oleracea*)

Common name: broccoli, brocks, calabrese, Italian asparagus, Italian broccoli

French name: brocoli

Family: Brassicaceae (cabbage); formerly Cruciferae family

origin:

Origin: Mediterranean and Asia Minor; especially Italy.

history:

History: Broccoli was considered an valuable food in the Roman Empire (especially in the Italian peninsula)

nutritional information:

The American Diabetes Association recommends broccoli as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Broccoli is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Broccoli is a good source of proteins, carbohydrates, and lipids and is low in calories.

Broccoli is a source of protein.

Broccoli is a source of calcium, copper, and iron.

Raw broccoli has about twice as much Vitamin C as an equivalent amount of orange juice.

Raw broccoli has about three times as much calcium as an equivalent amount of milk.

Broccoli helps keep the liver clean and healthy.

Broccoli has indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Broccoli has vitamin C, an essential nutrient in fighting cancer.

Broccoli is a source of sulforaphane, an antioxidant that detoxifies carcinogens. Doctors at John Hopkins University medical School identified broccoli as an exceptionally rich source of sulforaphane in 1992 and discovered in 1997 that broccoli sprouts have 20 times as much sulforaphane as the mature plant.

Eating cruciferous vegetables reduces the risk of bladder cancer by 29 to 41 percent and reduces the chance of breast cancer, lung cancer, and colorectal cancer.

nutritional value per 1 oz (28.35 gm.):

- **Proteins:** 800 mg
- **Beta carotene:** 177 IU
- **Vitamin E:** 220 mcg
- **Vitamin C:** 25.3 mg
- **Phosphorus:** 19 mg
- **Magnesium:** 6 mg
- **Calcium:** 13 mg
- **Iron:** 0.21 mg
- **Potassium:** 90 mg

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: slightly pungent

selection:

Broccoli has the number eleven (11) lowest pesticide load of 45 common fruits and vegetables studied in 2006 by the [Environmental Working Group](#) [external link] and is therefore a food that can be purchased conventionally-grown when organic isn't available. The EWA explains, "While washing and rinsing fresh

produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.”

According to USDA and FDA tests on commercially grown foods collected between 2000 and 2005, broccoli has a 28.1% (percentage) of samples tested with detectable pesticides, a 3.2% (percentage) of samples with two or more pesticides, an 0.3 average number of pesticides found in a sample, an average of 0.004 parts per million of all pesticides found, and 19 different pesticides found in use growing broccoli. These toxic pesticides don't apply to organic foods.

storage:

Storage: Eat broccoli within two days of purchase.

balance of yin and yang

The Chinese divide foods into three major groups: yin, yang, and neutral. A healthy person should have a balance of Yang and Yin foods, as well as neutral foods. Yang foods tend to heat the body up. Yin food tend to cool the body down. Neutral foods are in between.



You want to build up meals that give you a good balanced diet. Start with one or more neutral foods and balance yin and yang foods.

In the morning and evening, when the temperature is more yin (or cool), you want to eat more yang (warming foods). In the middle of the day, when the temperature is more yaang (or hot), you want to eat more yin (cooling foods).

So, your morning meal, or breakfast, should be a hearty cooked meal (yang). Your mid-day meal, or lunch, should consist of salads and fruits. And you evening meal, or dinner, should be another cooked meal. Your dinner should be the a much lighter meal than your breakfast because the body's ability to metabolize food decreases after sundown.

Day 21: cranberry juice

Cranberry juice is sacred to Bast. Honor and thank Bast for cranberry juice.

At the Solstices and Equinoxes, as well as at Full Moon Esbats, a ceremony to the seasons involves drinking white grape juice (representing winter), white grapejuice with a small amount of red cranberry juice (representing spring), red cranberry juice with aa small amount of white grape juice (representing summer), and red cranberry juice (representing autumn). This should include fruits and nuts representing the seasons.

The mixture of pure, 100% unsweetened cranberry juice and fresh-squeezed orange juice is appropriate for the day of the Sonne (Sunday).

Initially you are going to include pure, 100%, unsweetened cranberry juice on a daily basis. As you progress into this diet, you will drop back on the frequency of drinking cranberry juice until it is a rare part of your diet, except when needed medicinally.

Reduce or eliminate cranberry juice from your diet, with two important exceptions.

If you have bladder or urinary tract problems, cranberry juice can be very helpful.

When switching to a new diet, including this one, cranberry juice can help the digestive system adjust. If you have digestive problems with your switch to this diet, especially near the beginning, consider drinking pure, 100%, unsweetened cranberry juice. In general it is best to avoid cranberry juice with added sugar, including mixtures with high sugar fruit juices.

The obvious question is why would an item (cranberry juice) that should be reduced from your diet be listed near the top of the “to add” items. The answer is that cranberry juice makes it easier to adjust to a new diet and cranberry juice helps a person who is obese or overweight to lose some weight. These two important benefits make cranberry juice an important part of the beginning of the Goddess Diet Plan, even though you will eventually want to cut back or even eliminate cranberry juice from your diet.

yang foods

Yang foods are foods that **warm** the body. Yang foods are warming, stimulating, and energetic. Yang foods are recommended for Yang deficient and Yin excess imbalance.

Avoid some strongly yang foods, such as meat, cheese, and salt.

In the morning and evening, when the temperature is more yin (or cool), you want to eat more yang (warming foods). So, your morning meal, or breakfast, should be a hearty cooked meal (yang). And your evening meal, or dinner, should be another cooked meal. Your dinner should be the a much lighter meal than your breakfast because the body’s ability to metabolize food decreases after sundown.

slightly yang foods (slightly warm)

- almond
- bell peppers
- chicken
- hawthorne berry
- oats
- parsley
- raspberry
- sweet rice
- wheat germ

yang foods (warm)

- beef
- black beans

- cherry
- Chinese chive
- kale
- lamb (not recommended)
- leek
- lycium fruit
- mustard greens
- onion
- papaya
- pineapple
- shrimp

strongly yang foods (hot)

- cheese (not recommended)
- Chinese chive
- egg yolks (not recommended)
- garlic
- meat
(not recommended)
- offal
(not recommended)
- salt
(not recommended)
- scallion



Day 22: breakfast

Eat breakfast every day.

In the morning and evening, when the temperature is more yin (or cool), you want to eat more yang (warming foods). So, your morning meal, or breakfast, should be a hearty cooked meal (yang). Your mid-day meal, or lunch, should consist of salads and fruits. And your evening meal, or dinner, should be another cooked meal. Your dinner should be a much lighter meal than your breakfast because the body's ability to metabolize food decreases after sundown.

yin foods

Yin foods are foods that **cool** the body. Yin foods are cooling, calming, and nourishing. Yin foods are

recommended for Yin deficient and Yang excess imbalance.

Avoid some strongly yin foods, such as sugars, alcohol, and coffee.

In the middle of the day, when the temperature is more yaang (or hot), you want to eat more yin (cooling foods). Your mid-day meal, or lunch, should consist of salads and fruits.

yin foods (cool)

- alfalfa sprouts
- apple
- apricot
- Asian pear
- asparagus
- bamboo
- bamboo shoots
- barley, pearl
- bok choy
- broccoli
- burdock root
- carrot
- cauliflower
- celery
- chicken eggs (not recommended)
- Chinese cabbage
- clam
- crab
- cucumber
- Daikon radish
- dandelion
- dandelion greens
- eggs, chicken (not recommended)
- eggplant
- endive
- grapefruit
- lemon
- lotus root
- millet
- orange
- peach
- pear
- pearl barley
- persimmon
- pork (not recommended)
- potato
- pumpkin
- Romaine lettuce

soy bean sprouts

- spinach
- squash
- strawberry
- tangerine
- tomato
- turnip
- watercress
- wheat
- zucchini

strongly yin foods (cold)

- alcohol (not recommended)
- ale (not recommended)
- banana
- beer (not recommended)
- cantaloupe
- Chinese cucumber
- coffee (not recommended)
- dulse
- kelp
- mulberry
- refined sugars (not recommended)
- seaweed
- tea
- water chestnut
- watermelon



Day 23: fruits

Fruits are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for fruits.

Eat at least one serving of whole fruit a day. Eat up to four servings of whole fruit a day. Diabetics and pre-diabetics should eat one serving of fruit a day. Others should eat an average of two servings a day.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

The dried fruit group should be used primarily for filling in gaps in your diet. When the fresh whole fruit is out of season the dried version can be used as a substitute. When you need a portable snack the dried version can be used as a substitute. Whenever possible, eat fresh whole fruits.

In general, the more colorful a plant is, the more antioxidants it has produced (as well as other phytonutrients that can help your body heal itself). These antioxidants help prevent cancer and help your body fight off any disease that is forming or has formed in your body.

In most cases, the deeper the color, the healthier. A bright red strawberry is healthier than a pale red strawberry. A rich blue blueberry is healthier than a pale blueberry.

The American Diabetes Association recommends fresh fruit, canned fruit without added sugars, or frozen fruit without added sugars.

Fruit cocktail is recommended by the American Diabetes Association because it has a low glycemic index (low G.I.).

Spices that go well with fruit include allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, and mint.

neutral foods

- adzuki beans
- beets
- black plum
- black sesame seed
- brown rice
- buckwheat
- cabbage
- chard
- Chinese date
- Chinese yam
- corn
- cod
- dairy {not including cheese} (not recommended)
- fig
- fish
- gelatin (not recommended)
- gojii berry
- grape
- jujube
- lettuce
- lycii berry
- loquat
- maize
- mango

milk (not recommended)

- olive
 - oyster
 - peas
 - plum
 - rice
 - salmon
 - string beans
 - sweet potato
 - taro root
 - turkey (not recommended)
 - yam
 - yogurt (not recommended)
-

Day 24: cinnamon

Cinnamon is sacred to Bast and Seth. Honor and thank Bast and Seth for cinnamon.

Eat cinnamon at least once per week, taking in account the season and local availability. You may eat cinnamon every day.

Eat cinnamon on days associated with Mercury.

The ancient Egyptians used cinnamon for medical purposes.

Cinnamon helps control sugar cravings by bringing out the flavor of natural sugars already in foods.

Cinnamon helps prevent skin blemishes.

Cinnamon goes well with bread and fruit.

Ayurvedic doshas

Ayurveda provides a sophisticated system for combining foods based on individual type. The primary tool is the three doshas.

Day 25: dairy foods

Dairy foods are sacred to Aset (Isis). Honor and thank Aset for dairy foods.

Cut back or eliminate dairy products from your diet. Additional information on specific dairy products listed separately.

Buttermilk is much healthier than whole cow's milk. Buttermilk can be substituted for cow's milk in

recipes.

Switch from cow's milk to goat's milk or sheep's milk.

Explore dairy cow's milk substitutes such as hemp seed milk, soy milk, rice milk, and almond milk.

Switch from cheese made from cow's milk to cheese made from goat's milk or sheep's milk.

Aged cheeses are a good source of probiotics.

amino acids

Amino acids are the building blocks for proteins.

When referring to amino acids, the words “essential” and “non-essential” don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

AMINO ACIDS are the “building Blocks” of the body. Besides building cells and repairing tissue, they form antibodies to combat invading bacteria & viruses; they are part of the enzyme & hormonal system; they build nucleoproteins (RNA & DNA); they carry oxygen throughout the body and participate in muscle activity. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body) the rest are non-essential (can be manufactured by the body with proper nutrition).

—courtesy of [Austin Nutritional research](#) [external link]

essential amino acids:

isoleucine
leucine
lysine
methionine
phenylalanine
threonine
tryptophan
valine

non-essential amino acids:

alanine
arginine
asparagine
aspartic acid
cysteine
glutamic acid
glutamine
glycine
histidine
proline
serine
taurine
tyrosine

other amino acids:

theanine

Day 26: green leafy vegetables

Green leafy vegetables are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for green leafy vegetables.

Eat green leafy vegetables at least five times a week. You may eat green leafy vegetables every day.

Recommended green leafy vegetables for daily use include: bok choy (and baby bok choy), carrot tops, celery, Chiense cabbage, chives, collard greens, daikon greens, endive, escarole, kale, leeks, mustard greens, parsley, scallions, **spinach**, turnip greens, and watercress.

Recommended green leafy vegetables for occasional use include: Jerusalem artichoke, lettuce (especially Romaine and red leaf), Romaine lettuce, salsify, and Swiss chard.

As is the case with many plants, the richer and more vibrant the colors of green leafy vegetables, the healthier it is for you. The plant has produced more antioxidants and phytonutrients, which can be helpful in preventing cancer and in helping your body defend itself against cancer and other diseases. You've heard that iceberg lettuce is relatively empty of nutrients. Notice how pale green it looks compared to red leaf lettuce (a much healthier lettuce).

The American Diabetic Association recommends dark green leafy vegetables as one of 10 “superfoods” for those with diabetes. The American Diabetes Association recommends greens (especially collard, kale, mustard, and turnip) as a non-starchy vegetable. The American Diabetes Association recommends salad greens (especially arugula, chicory, endive, escarole, lettuce, radicchio, Romaine lettuce, spinach, and watercress) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Green vegetables have vitamin A, vitamin C, carotenoids, lutein, fiber, calcium, and magnesium that help prevent cancer by antioxidant function and immune enhancement.

Dark green leafy vegetables have vitamin D, an essential nutrient in fighting cancer.

The lady demonstrating Boar’s Head meat and cheese claimed “salads can be dangerous to your health.” While this probably wasn’t the official position of the corporation, it does clearly demonstrate the untrustworthiness of the statements made by large food companies.

isoleucine

L-Isoleucine is a neutral, genetically coded, essential amino acid (meaning that the human body can’t produce it on its own). It is essential in human nutrition.

scientific information:

three letter abbreviation: ile

one letter abbreviation: i

linear structure formula: $\text{CH}_3\text{-CH}_2\text{-CH}(\text{CH}_3)\text{-CH}(\text{NH}_2)\text{-COOH}$

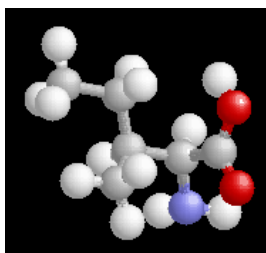
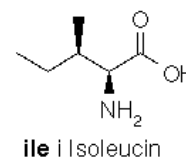
molecular formula: $\text{C}_6\text{H}_{13}\text{NO}_2$

molecular weight: 131.17

isoelectric point (pH): 5.94 (neutral)

pK_a values: 2.32, 9.76

CAS Registry Number 73-32-5



Day 27: coffee

Remove coffee from your diet (except for rare special occasions).

If you must drink coffee, drink coffee on days related to Mars.

It can be difficult to stop drinking coffee, so you may take a few weeks or months to completely eliminate coffee from your daily diet.

Start by cutting back on how much coffee you drink. Try to cut down to no more than one cup (not a large mug) of coffee a day.

Switch to decaffeinated coffee (although you will want to eventually eliminate that as well).

If you must have a coffee-like taste in your diet, then consider dandelion coffee.

leucine

L-Leucine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

Leucine provides ingredients for the manufacturing of other essential biochemical components in the body, some of which are utilized for the production of energy, stimulants to the upper brain and helping you to be more alert.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: leu

one letter abbreviation: l

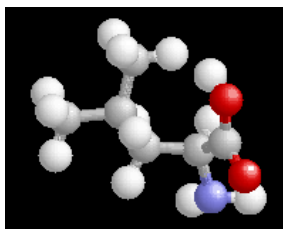
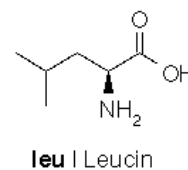
linear structure formula: $(\text{CH}_3)_2\text{-CH-CH}_2\text{-CH(NH}_2\text{)-COOH}$

molecular formula: $\text{C}_6\text{H}_{13}\text{NO}_2$

molecular weight: 131.17

isoelectric point (pH): 5.98 (neutral)

CAS Registry Number 61-90-5



Day 28: ground vegetables

Ground vegetables are sacred to Bast. Honor and thank Bast for ground vegetables.

Eat ground vegetables at least five times a week. You may eat ground vegetables every day.

Recommended ground vegetables for daily use include: **broccoli**, Brussels sprouts, butternut squash, cabbage, cauliflower, fall squashes, garlic, **onion**, **pumpkin**, string beans (also listed under beans), sweet bell pepper, and winter squashes.

Recommended ground vegetables for occasional use include: cucumber, fennel, green peas, kohlrabi, shallot, snow peas, summer squash, zucchini.

lysine

L-Lysine is a basic, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition. It is probably the most limited amino acid in the food chain.

[Lysine] insures the adequate absorption of calcium; helps form collagen (which makes up bone cartilage & connective tissues); aids in the production of antibodies, hormones & enzymes. Recent studies have shown that Lysine may be effective against herpes by improving the balance of nutrients that reduce viral growth. A deficiency may result in tiredness, inability to concentrate, irritability, bloodshot eyes, retarded growth, hair loss, anemia & reproductive problems.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: lys

one letter abbreviation: k

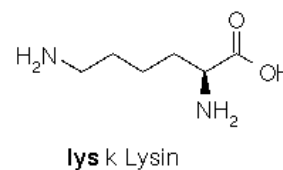
linear structure formula: $\text{H}_2\text{N}-(\text{CH}_2)_4-\text{CH}(\text{NH}_2)-\text{COOH}$

molecular formula: $\text{C}_6\text{H}_{14}\text{N}_2\text{O}_2$

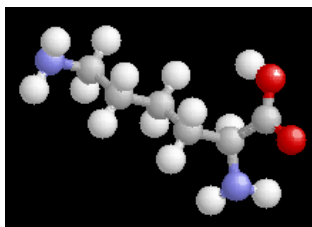
molecular weight: 146.19

isoelectric point (pH): 9.59 (basic)

pK_a values: 2.20, 8.90, 10.28



CAS Registry Number 56-87-1



Day 29: teas

Tea is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for teas.

Other deities associated with tea include: Buddha (India), Huchi-Fuchi (Japan), Kuan Yin (China), Lu Yu (China), and Shennong (China)

Teas and pure fruit juices should be a daily part of your diet.

Various teas will be discussed in more detail elsewhere.

Replace black tea with green tea, herbal tea, chamomile tea, fennel tea, ginger tea, nettle tea, peppermint tea, and rooibos tea.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Teas are a good prebiotic.

methionine

L-Metionine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

[Metionine] is a principle supplier of sulfur which prevents disorders of the hair, skin and nails; helps lower cholesterol levels by increasing the liver's production of lecithin; reduces liver fat and protects the kidneys; a natural chelating agent for heavy metals; regulates the formation of ammonia and creates ammonia-free urine which reduces bladder irritation; influences hair follicles and promotes hair growth.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: met

one letter abbreviation: m

linear structure formula: $\text{CH}_3\text{-S-(CH}_2\text{)}_2\text{-CH(NH}_2\text{)-COOH}$

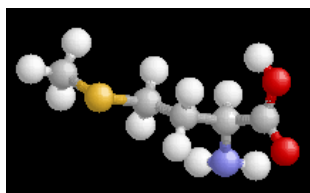
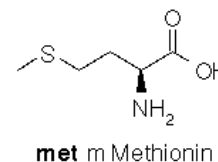
molecular formula: $\text{C}_5\text{H}_{11}\text{NO}_2\text{S}$

molecular weight: 149.21

isoelectric point (pH): 5.74 (neutral)

pK_a values: 2.28, 9.21

CAS Registry Number 63-68-3



Day 30: root vegetables

Root vegetables are sacred to Bast. Honor and thank Bast for root vegetables.

Eat root vegetables at least five times a week. You may eat root vegetables every day.

Recommended root vegetables for daily use include: burdock, carrots, daikon, ginger root, jinenjo, lotus root, parsnips, red radish, rutabaga, and turnips.

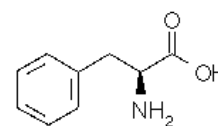
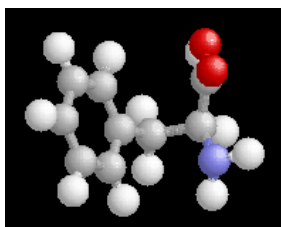
Recommended root vegetables for occasional use include: beets, potato, taro root, sweet potato, and yam.

phenylalanine

L-Phenylalanine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

[Phenylalanine is] used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain; keeps you awake & alert; reduces hunger pains; functions as an antidepressant and helps improve memory.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:**three letter abbreviation:** phe**one letter abbreviation:** f**linear structure formula:** $\text{Ph-CH}_2\text{-CH(NH}_2\text{)-COOH}$ **molecular formula:** $\text{C}_9\text{H}_{11}\text{NO}_2$ **molecular weight:** 165.19**isoelectric point (pH):** 5.48 (neutral)**pK_a values:** 2.58, 9.24**CAS Registry Number** 63-91-2**phe** f Phenylalanine

Day 31: alcohol

Alcohol is sacred to Sekhmet. Honor and thank Sekhmet for alcohol.

Greatly reduce or eliminate the use of alcohol, including beer and wine.

The **American Diabetic Association** recommends that diabetics limit alcohol.

Drinking alcohol is a major risk factor for heart disease and stroke.

Drinking alcohol is a major risk factor for cancer.

High amounts of alcohol can cause acidosis (acid overload).

Miso soup is particularly useful in helping offset the toxic effects of a diet high in alcohol.

Microbrew beer is a good source of probiotics.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work.
Microbrew beer is a good prebiotic.

Wine is a good source of probiotics.

Red wine is a good source of resveratrol, quercetin and polyphenols.



The alcohol in beer dissolves the chemicals in hot pepers that burn your mouth.

threonine

L-Threonine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

[Threonine] is an important constituent of collagen, Elastin, and enamel protein; helps prevents fat build-up in the liver; helps the digestive and intestinal tracts function more smoothly; assists metabolism and assimilation.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: thr

one letter abbreviation: t

linear structure formula: $\text{CH}_3\text{-CH(OH)-CH(NH}_2\text{)-COOH}$

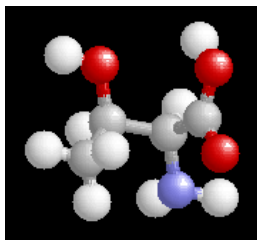
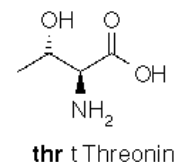
molecular formula: $\text{C}_4\text{H}_9\text{NO}_3$

molecular weight: 119.12

isoelectric point (pH): 5.64 (neutral)

pK_a values: 2.15, 9.12

CAS Registry Number 72-19-5



Day 32: beans and legumes

Beans and legumes are sacred to Bast. Honor and thank Bast for beans and legumes.

Eat beans and legumes at least three to five times a week. You may eat beans and legumes every day.

Recommended beans and legumes include: azuki beans, black beans, black-eyed peas, black turtle beans, broad beans, chick-peas (garbonzo beqans), great northern beans, green peas, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, red beans, soya beans (and soya products), string beans, and sugar snap peas.

The American Diabetic Association recommends beans as one of 10 “superfoods” for those with diabetes. The American Diabetes Association recommends dried beans several times per week as a protein source.

Bay leaf goes well with beans and soups.

Spices that go well with dried beans include .cumin, cayenne, chili, parsley, pepper, sage, savory, and thyme.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Beans are a good prebiotic.

tryptophan

L-Tryptophan is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

Trptophan and triptophan are mis-spellings.

Tryptophan is a natural sedative, but contrary to popular myth, the tryptophan in turkey does not cause Thanksgiving Day drowsiness. There isn't enough tryptophan in turkey to have that effect. For the amino acid tryptophan to work on the brain, the stomach must be empty and have no amino acids present.

[Tryptophan is] a natural relaxant, helps alleviate insomnia by inducing normal sleep; reduces anxiety & depression; helps in the treatment of migraine headaches; helps the immune system; helps reduce the risk of artery & heart spasms; works with Lysine in reducing cholesterol levels.

—courtesy of [Austin Nutritional research](#) [external link]

Sources of tryptophan include: bananas, beans. chocolate, dried dates, hemp seed meal, oats, peanuts, sesame, and soy beans.

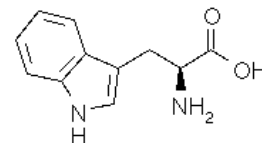
Additional sources of tryptophan (that should be avoided because they are animal products) include: fish, meat, milk, yogurt, cottage cheese, beef, chicken, and turkey.

scientific information:

Tryptophan is a precursor for serotonin (a neurotransmitter), melatonin (a neurohormone), and niacin. The functional group of tryptophan is indole.

three letter abbreviation: trp

one letter abbreviation: w



trp w Tryptophan

linear structure formula: $\text{Ph-NH-CH=C-CH}_2\text{-CH(NH}_2\text{)-COOH}$

molecular formula: $\text{C}_{11}\text{H}_{12}\text{N}_2\text{O}_2$

systematic name: (S)-2-Amino-3-(1H-indol-3-yl)-propanoic acid

molecular mass: $204.23 \text{ g mol}^{-1}$

molecular weight: 204.23

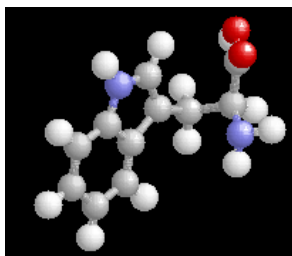
melting point: 289°C

isoelectric point (pH): 5.89 (neutral)

pK_a values: 2.38, 9.39

CAS Registry Number 73-22-3

EINECS Registry Number 200-795-6



Ayurvedic herbalism:

According to Dr. Ram of [The Healing Gardens](#) [external link], “L TRYPTOPHAN: Helps relax, promotes healthier sleep patterns. It is a precursor to serotonin. Low serotonin levels in the brain can cause irritability, anxiety, and sleeplessness.”

Day 33: soup

Soup is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for soup.

Eat one or two servings of fresh made soup per day. The recommended serving of miso soup can count as one of the servings of fresh made soup.

Bay leaf goes well with beans and soups.

valine

L-Valine is a neutral, genetically coded, essential amino acid (meaning that the human body can't produce it on its own). It is essential in human nutrition.

[Valine] promotes mental vigor, muscle coordination and calm emotions.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: val

one letter abbreviation: v

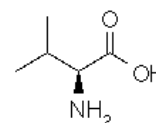
linear structure formula: $(\text{CH}_3)_2\text{-CH-CH}(\text{NH}_2)\text{-COOH}$

molecular formula: $\text{C}_5\text{H}_{11}\text{NO}_2$

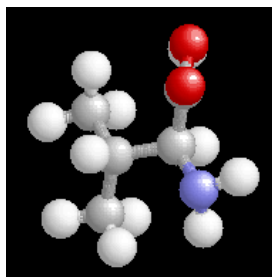
molecular weight: 117.15

isoelectric point (pH): 5.96 (neutral)

CAS Registry Number 72-18-4



val v Valin



Day 34: garlic

Garlic is sacred to Bast. Honor and thank Bast for garlic.

Eat at least one serving of garlic per week, taking in account the season and local availability. You may eat garlic daily.

Garlic is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work.

Garlic is a good prebiotic.

Nobody in history has ever died of an overdose of garlic.

Garlic goes well with bread and fish.

alanine

L-Alanine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

[Alanine] is an important source of energy for muscle tissue, the brain and central nervous system; strengthens the immune system by producing antibodies; helps in the metabolism of sugars and organic acids.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: ala

one letter abbreviation: a

linear structure formula: $\text{CH}_3\text{-CH}(\text{NH}_2)\text{-COOH}$

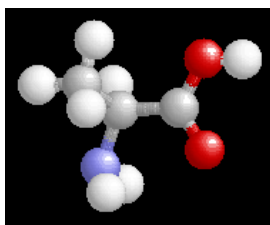
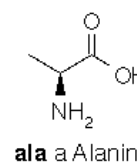
molecular formula: $\text{C}_3\text{H}_7\text{NO}_2$

molecular weight: 89.09

isoelectric point (pH): 6.00 (neutral)

pK_a values: 2.35, 9.87

CAS Registry Number 56-41-7



Day 35: fruit and vegetable juices

Fruit and vegetable juices are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank

Bast, Aset, Nwt, and Het Heret for fruit and vegetable juices.

Avoid store bought carton juices. As a transition to the Goddess Diet Plan you may have these store bought juices mixed 50% with water.

Eventually you will want to switch to homemade fruit and vegetable juices.

Juicing removes the fiber, so raw fruits and vegetables are healthier.

To get the maximum health benefits, you should drink fruit and vegetable juices within 20-30 minutes of juicing.

arginine

L-Arginine is a basic, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is essential for human development.

Studies have shown that [arginine] has improved immune responses to bacteria, viruses & tumor cells; promotes wound healing and regeneration of the liver; causes the release of growth hormones; considered crucial for optimal muscle growth and tissue repair.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: arg

one letter abbreviation: r

linear structure formula: $\text{HN}=\text{C}(\text{NH}_2)\text{-NH-}(\text{CH}_2)_3\text{-CH}(\text{NH}_2)\text{-COOH}$

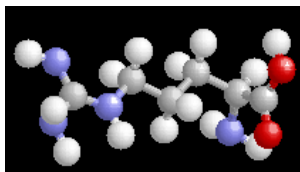
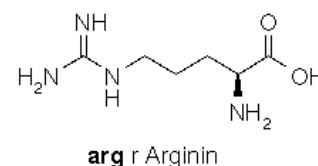
molecular formula: $\text{C}_6\text{H}_{14}\text{N}_4\text{O}_2$

molecular weight: 174.20

isoelectric point (pH): 11.15 (basic)

pK_a values: 2.18, 9.09, 13.2 (*guanidine*)

CAS Registry Number 74-79-3



Day 36: whole grains

Whole grains are sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for whole grains.

Eat whole grains at least three to five times a week. You may eat whole grains every day.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Recommended whole grains include: amaranth, barley, brown rice, buckwheat (not part of the same botanical family, but counts as a whole grain), bulghar wheat (also called cracked wheat), corn (not part of the same botanical family, but counts as a whole grain), couscous, kamut, millet, **oats**, **quinoa**, rye, sorghum, teff, spelt, triticale, wheat, **wheat germ**, and wild rice (not part of the same botanical family, but counts as a whole grain).

Persons with celiac disease (gluten-intolerant) should avoid wheat, rye, and barley.

For more than thousands of years (since the start of the agricultural revolution and the beginning of civilization) whole cereal grains have been our primary food, the Staff of Life.

In recent decades the diet has switched from healthy whole grains to unhealthy polished grains.

Macrobiotics recommends that whole grain foods (such as barley, brown rice, millet, and whole wheat berries) be a primary food source, included in every meal.

The American Diabetic Association recommends whole grains as one of 10 “superfoods” for those with diabetes.

It is much healthier to get whole grains rather than whole grain products. Diabetics may want to eliminate or limit grain products and switch to whole grains.

When choosing a grain product (such as bread or cereal), look for a whole grain as the number one ingredient on the ingredient list. Ignore corporate advertisements on the front of the package.

It is absurd to consider whole grain PopTarts to be in any way healthy.

asparagine

L-Asparagine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

The amino acid asparagine is named for asparagus.

Sources of asparagine include: asparagus

scientific information:

three letter abbreviation: asn

one letter abbreviation: n

linear structure formula: $\text{H}_2\text{N}-\text{CO}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

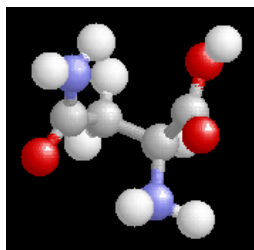
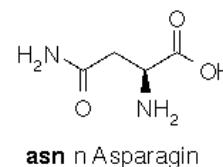
molecular formula: $\text{C}_4\text{H}_8\text{N}_2\text{O}_3$

molecular weight: 132.12

isoelectric point (pH): 5.41 (neutral)

pK_a values: 2.02, 8.80

CAS Registry Number 70-47-3



Day 37: green tea

Green tea is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for green tea.

Other deities associated with tea include: Buddha (India), Huchi-Fuchi (Japan), Kuan Yin (China), Lu Yu (China), and Shennong (China)

Drink green tea at least once per week, preferably daily.

Switch from black tea to green tea.

Green tea, herbal teas, and pure organic fruit juices should be a regular part of your daily diet. Each meal should include at least one of the three.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Green tea is a good prebiotic.

aspartic acid

L-Aspartic acid is an acidic, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

[Aspartic acid] aids in the expulsion of harmful ammonia from the body. When ammonia enters the circulatory system it acts as a highly toxic substance which can be harmful to the central nervous system. Recent studies have shown that Aspartic Acid may increase resistance to fatigue and increase endurance.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: asp

one letter abbreviation: d

linear structure formula: $\text{HOOC-CH}_2\text{-CH(NH}_2\text{)-COOH}$

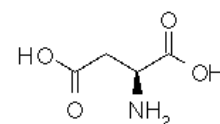
molecular formula: $\text{C}_4\text{H}_7\text{NO}_4$

molecular weight: 133.10

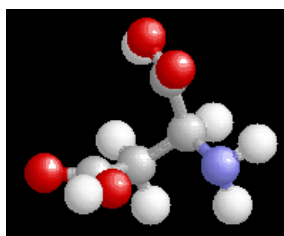
isoelectric point (pH): 2.77 (acidic)

pK_a values: 1.88, 3.65, 9.60

CAS Registry Number 56-84-8



asp d Asparaginsaeure



Day 38: sea vegetables (seaweed)

Sea vegetables and seaweed are sacred to Aset (Isis). Honor and thank Aset for sea vegetables and seaweeds.

Eat sea vegetables at least three to five times a week, taking in account the season and local availability. You may eat sea vegetables every day.

Recommended sea vegetables include: agar-agar, arames, Corsican seaweed, dulse, hijiki, Irish moss, kombu, nori, ocean ribbons, sea palm, and wakame (including mekabu and nekombu).

You may combine sea vegetables (especially arame) with miso soup.

Seaweed is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

cysteine

L-Cysteine is a neutral, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

[Cysteine] functions as an antioxidant and is a powerful aid to the body in protecting against radiation and pollution. It can help slow down the aging process, deactivate free radicals, neutralize toxins; aids in protein synthesis and presents cellular change. It is necessary for the formation of the skin, which aids in the recovery from burns and surgical operations. Hair and skin are made up 10-14% Cystine.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: cys

one letter abbreviation: c

linear structure formula: HS-CH₂-CH(NH₂)-COOH

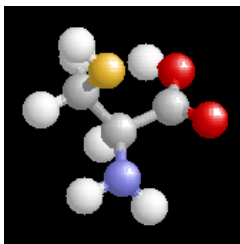
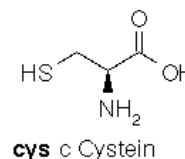
molecular formula: C₃H₇NO₂S

molecular weight: 121.15

isoelectric point (pH): 5.02 (neutral)

pK_a values: 1.71, 8.33 (*thiol*), 10.78

CAS Registry Number 52-90-4



Day 39: herbal tea

Herbal teas are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for herbal teas.

Drink herbal tea at least once per week.

glutamic acid

L-Glutamic acid is an acidic, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

Considered to be nature's "Brain food" by improving mental capacities; helps speed the healing of ulcers; gives a "lift" from fatigue; helps control alcoholism, schizophrenia and the craving for sugar.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: glu

one letter abbreviation: e

linear structure formula: $\text{HOOC}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

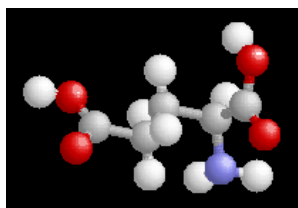
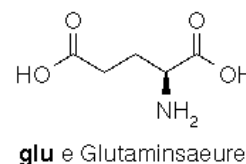
molecular formula: $\text{C}_5\text{H}_9\text{NO}_4$

molecular weight: 147.13

isoelectric point (pH): 3.22 (acidic)

pK_a values: 2.19, 4.25, 9.67

CAS Registry Number 56-86-0



Day 40: seeds and nuts

Seeds and nuts are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for seeds and nuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

“The plant reveals what is in the seed.” —Proverb of the Inner Temple of ancient Egypt

Eat seeds and nuts daily. it is important to have a variety of nuts and not repeat the same nuts every day.

Recommended seeds and nuts include: **almonds**, cashews, chestnuts, **flaxseed**, hazelnuts, **hempseed**, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, squash seeds, sunflower seeds, and **walnuts**.

Recommended seeds and nuts for occasional use include: acorns, alfalfa seeds, apricot seeds, beechnuts, Brazil nuts, ground nuts, hickory nuts, macadamia nuts, plum seeds, poppy seeds, and umeboshi seeds.

The American Diabetic Association recommends nuts as one of 10 “superfoods” for those with diabetes.

daily seed mix

Seeds are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and het Heret for seeds.

Make a daily seed mix. Some experts prefer whole seeds, while others prefer freshly ground seeds (immediately before use). One compromise is to use half the mix whole and freshly grind the other half.

It is best to use only organic seeds.

The basic ratio recommended by the Goddess Diet Plan is about 30% hemp seed, about 25% flaxseed, about 15% sesame seed, about 15% pumpkin seed, and about 15% sunflower seed. Feel free to vary things up with other seeds.

Try six (6) ounces of sesame, pumpkin, and sunflower seeds and 9-12 ounces of hemp and flax seeds.

An easy way to mix the seeds is to place them in a clean sealed glass jar and shake.

Use a small coffee grinder for fresh grinding your daily seed mix. Don’t use the coffee grinder for coffee, as the coffee beans will overpower the seeds (and you should be getting away from drinking coffee anyway). Use the seed mix immediately after the seeds are ground because as soon as they are exposed to air they will start oxidizing and going bad.

Day 41: rooibos tea

Rooibos tea is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for rooibos tea.

Drink rooibos tea at least once per week.

glutamine

L-Glutamine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

scientific information:

three letter abbreviation: gln

one letter abbreviation: q

linear structure formula: $\text{H}_2\text{N}-\text{CO}-(\text{CH}_2)_2-\text{CH}(\text{NH}_2)-\text{COOH}$

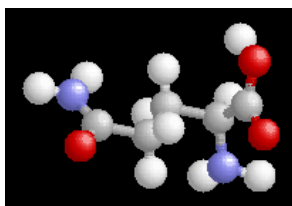
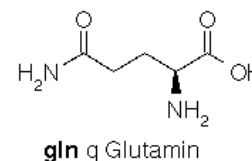
molecular formula: $\text{C}_5\text{H}_{10}\text{N}_2\text{O}_3$

molecular weight: 146.15

isoelectric point (pH): 5.65 (neutral)

pK_a values: 2.17, 9.13

CAS Registry Number 56-85-9



Day 42: tumeric

Tumeric is sacred to Bast. Honor and thank Bast for tumeric.

Eat tumeric at least once per week. You may eat tumeric every day.

Tumeric is typically used as a spice or herb. Tumeric is the spice that gives curry its yellow color.

Tumeric helps prevent skin wrinkles by fighting free radicals and tumeric helps keep skin smooth.

glycine

Glycine is a neutral, genetically coded non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is the only protein-forming amino acid without a center of

chirality.

[Glycine] helps trigger the release of oxygen to the energy requiring cell-making process; Important in the manufacturing of hormones responsible for a strong immune system.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: gly

one letter abbreviation: g

linear structure formula: $\text{NH}_2\text{-CH}_2\text{-COOH}$

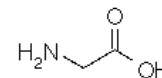
molecular formula: $\text{C}_2\text{H}_5\text{NO}_2$

molecular weight: 75.07

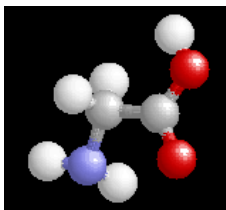
isoelectric point (pH): 5.97 (neutral)

pK_a values: 2.21, 9.15

CAS Registry Number 56-40-6



gly g Glycin



Day 43: mushrooms

Mushrooms are sacred to Bast. Honor and thank Bast for mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked mushrooms per day, taking in account the season and local availability. Eat wild mushrooms, if available.

Do not eat raw mushrooms. Eat cooked mushrooms. Emphasize Asian mushrooms and cut back on button, crimini, and portobello mushrooms.

The American Diabetes Association recommends mushrooms as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Mushrooms are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

histidine

L-Histidine is a basic, genetically coded semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is essential for human development.

[Histidine] is found abundantly in hemoglobin; has been used in the treatment of rheumatoid arthritis, allergic diseases, ulcers & anemia. A deficiency can cause poor hearing.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: his

one letter abbreviation: h

linear structure formula: $\text{NH}-\text{CH}=\text{N}-\text{CH}=\text{C}-\text{CH}_2-\text{CH}(\text{NH}_2)-\text{COOH}$

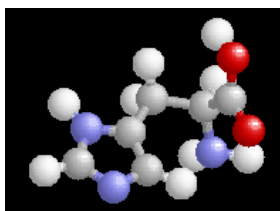
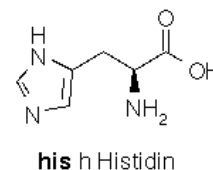
molecular formula: $\text{C}_6\text{H}_9\text{N}_3\text{O}_2$

molecular weight: 155.16

isoelectric point (pH): 7.47 (basic)

pK_a values: 1.78, 5.97 (*imidazole*), 8.97

CAS Registry Number 71-00-1



Day 44: fried food

Stop eating, or at least cut back on and avoid, fried foods.

proline

L-Proline is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is the only protein-forming amino acid with a secondary amino group.

[Proline] is extremely important for the proper functioning of joints and tendons; also helps maintain and strengthen heart muscles.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: pro

one letter abbreviation: p

linear structure formula: $\text{NH}-(\text{CH}_2)_3-\text{CH}-\text{COOH}$

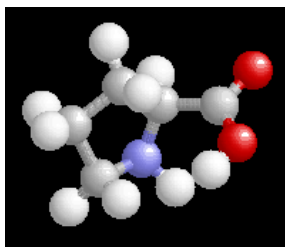
molecular formula: $\text{C}_5\text{H}_9\text{NO}_2$

molecular weight: 115.13

isoelectric point (pH): 6.30 (neutral)

pK_a values: 1.99, 10.60

CAS Registry Number 147-85-3



Day 45: hemp seed

Hemp seed is sacred to Bast. Honor and thank Bast for hemp seed.

Hemp is also associated with the Chinese Hemp Maid Ma Gu.

Eat at least one serving of hempseed per week, taking in account the season and local availability.

Hemp seeds are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Note that hemp seed is made from the same cannabis plant that produces marijuana. While hemp seed

contains no THC, it does contain natural cannabinoids. Inexpensive drug tests check for cannabinoids rather than THC and will therefore present a false positive if you consume hemp seed for nutritional, health, and/or religious purposes.

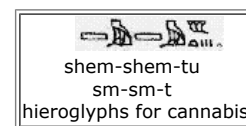
botanical information:

Cannabis hemp is a dioecious plant (meaning that an individual plant can be male or female). Both male and female hemp plants produce good quality fiber, but the female produces the best religious quality cannabinoids.

Botanical name: *Cannabis sativa* or *Cannabis indica*

Common name: cannabis, hemp, marijuana

- *Cannabis indica* shorter plant and thicker leaves than sativa
- *Cannabis ruderalis* lower quality plant commonly known as “dirt weed”
- *Cannabis sativa* taller plant and thinner leaves than indica



origin:

Origin: The place of origin of cannabis hemp is unknown, but is believed to have been somewhere in Asia, possibly in Benghali India.

history:

History: Cannabis seeds were used for food in China by 6000 B.C.E. and for textiles in China by 4000 B.C.E.

Cannabis was commonly grown in ancient Egyptian temple gardens.

nutritional information:

Hemp seed meal is one of the best sources of protein.

religious use

Cannabis pollen was found on the mummy of Ramses II (nineteenth dynasty). Initially scholars debated as to whether the cannabis pollen was ancient origin or modern contamination. Additional research showed cannabis pollen in all known royal mummies. No known ancient Egyptian mummies were wrapped in hemp cloth.

The intoxicating properties of cannabis were virtually unknown among Europeans (other than among witches) until the eighteenth century (1700s) when travellers to Egypt discovered the drug. European witches knew of cannabis from antiquity, when cannabis was one of the most commonly used medications among Celts and Norse.

The Smoke Eaters at the temple at Thebes used cannabis incense for mortality rituals.



The ancient Egyptian goddess Seshat (above in her role as the Goddess who measures) is depicted with a hemp leaf in her head dress. Pharaoh Tuthmosis III (1479 to 1425 B.C.E.) called her Sefkhet-Abwy (She of the seven points). Hemp was used to make measuring cords. Seshat was the goddess of libraries, knowledge, and geomancy, among other things. Spell 10 of the Coffin text states “Seshat opens the door of heaven for you”.

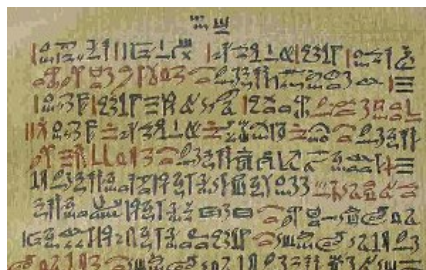
deities associated with cannabis:

- Bast (Kemetic/ancient Egyptian Goddess)
- Seshat (Kemetic/ancient Egyptian Goddess)
- Shiva (Hindu God)

medicinal uses:

Cannabis was first documented in Kemet (ancient Egypt) around 2000 B.C.E. to treat sore eyes and cataracts. According to Diodorus Siculus (a Sicilian Greek historian who lived from 90 to 21 B.C.E.) Egyptian women used cannabis as a medication to relieve sorrow and bad humour.

Cannabis is mentioned as a medication in the following ancient Egyptian medical texts: Ramesseum III Papyrus (1700 B.C.E.), Eber’s Papyrus (1600 B.C.E.), the Berlin Papyrus (1300 B.C.E.), and the Chester Beatty VI Papyrus (1300 B.C.E.). The Eber’s Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E.



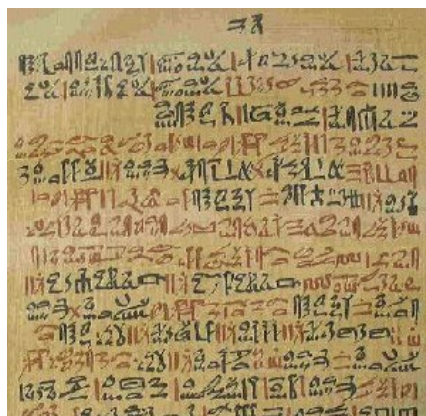
section of Eber's Papyrus, Formula No. 821

Location Plate #96, Lines 7-8



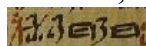
text in Demotic script (the people's script)

Formula No. 821 translation: “Cannabis is pounded [ground] in honey and administered into her vagina. This is a contraction.” The 1907 Merck Index (page 132) lists emulsions of cannabis seeds to treat the effects of gonorrhea. The 1909 King’s American Dispensatory lists hemp seed infusion for use in after-pains and in the bearing down sensation accompanying prolapsus uteri. The 1927 U.S. Dispensatory lists hemp seed oil for inflammations of the mucous membrane.



section of Eber's Papyrus, Formula No. 618

Location Plate #78, Lines 10-11



text in Demotic script (the people's script)

Formula No. 618 translation: “Remedy for toe-nail (or fingernail). Ingredients honey, ochre cannabis, and [other ingredients which have not yet been translated]”

The example on the left is the oldest known apothecary jar. It contained traces of hashish. The face is of the Pygmy god Bes (who became an Egyptian god of medicine).



An ancient carving of the Egyptian physician Hesi Re from approximately 2650 B.C.E.

Also in the Eber's Papyrus, a mixture of cannabis and carob was used as an enema or combined with other ingredients for use as a poultice.

The Ramses III Papyrus provides a prescription for cannabis use in the treatment of glaucoma: "A treatment for the eyes: celery, cannabis is ground and left in the dew overnight. Both eyes of the patient are to be washed with it in the morning."

Cautions and contraindications: Cannabis is **safe**.

The DEA's own conservative administrative law judge, Francis Young, after taking medical testimony for 15 days and reviewing hundreds of DEA/NIDA documents positioned against the evidence introduced by marijuana reform activists, concluded in September 1988 that "marijuana is one of the safest therapeutically active substances known to man." —*The Emperor Wears No Clothes*, Jack Herer

serine

Serine is a neutral, genetically coded, non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

[Serine is] a storage source of glucose by the liver and muscles; helps strengthen the immune system by providing antibodies; synthesizes fatty acid sheath around nerve fibers.

—courtesy of [Austin Nutritional research](#) [external link]

scientific information:

three letter abbreviation: ser

one letter abbreviation: s

linear structure formula: HO-CH₂-CH(NH₂)-COOH

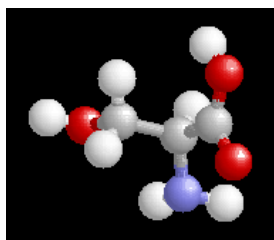
molecular formula: C₃H₇NO₃

molecular weight: 105.09

isoelectric point (pH): 5.68 (neutral)

pK_a values: 2.21, 9.15

CAS Registry Number 56-45-1



Day 46: fast food

Stop eating, or at least cut back on and avoid, fast foods.

taurine

Taurine is a non-essential amino acid (meaning that the human body can produce it on its own with proper nutrition).

nutritional information:

When referring to amino acids, the words “essential” and “non-essential” don’t have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

Helps stabilize the excitability of membranes which is very important in the control of epileptic seizures. Taurine and sulfur are considered to be factors necessary for the control of many biochemical changes that take place in the aging process; aids in the clearing of free radical wastes.

—courtesy of [Austin Nutritional research](#)

Day 47: cereal

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Almost all breakfast cereals are really breakfast candies. During your transition to a healthy diet you will want to cut back on breakfast cereals and switch to healthier breakfast choices. Eventually you will want to give up breakfast cereals completely (other than whole grains such as slow cooked oatmeal).

Healthier breakfast cereals will be those that emphasize whole grains, especially oats and bran.

Read labels carefully. The worst major brand culprit is Raisin Bran, whether from Kellogg's, Post, or Kroger (or any of their house brands, such as Ralphs). The sticky white sugar coating on the raisins turn this cereal into a worse sugar offender than many kinds of candy! Kroger packs in high fructose corn syrup, sugar, salt, *and* malted barley syrup. Raisin Bran has 19 grams of sugar per serving, the most of any major brand. More sugar per serving than Apple Jacks (12g.), Cap'n Crunch (12g.), Cocoa Krispies (12g.), Cocoa Pebbles (11g.), Cocoa Puffs (11g.), Corn Flakes (10g.), Frosted Flakes (11g.), Frosted Mini Wheats (Big Bite) (10g.), Fruit Loops (12g.), Fruity Pebbles (11g.), Honey Nut Cheerios (9g.), Honey Smacks (15g.), Lucky Charms (11g.), Reese's Puffs (11g.), or Trix (11g.).

Instead of cow's milk, use (in order of preference) soy-yogurt, hemp seed milk, unsweetened almond milk, reduced-fat yogurt, unsweetened rice milk, or unsweetened soy milk.

Sweeten with a few drops of stevia instead of sugar.

Sprinkle with fresh sliced fruit, dried fruit, frozen fruit, chopped walnuts, fresh ground flaxseed, ground sesame seeds, or chia.

tyrosine

L-Tyrosine is a neutral, genetically coded, semi-essential amino acid (meaning that the human body can produce it on its own with proper nutrition). It is marginally soluble in water.

nutritional information:

When referring to amino acids, the words "essential" and "non-essential" don't have their normal meanings. Essential amino acids are amino acids that the human body can *not* produce on its own and must gather from food sources. Non-essential amino acids are amino acids that the human body can produce on its own. Both kinds are required for human health.

[Tyrosine] transmits nerve impulses to the brain; helps overcome depression; Improves memory; increases mental alertness; promotes the healthy functioning of the thyroid, adrenal and pituitary glands.

—courtesy of [Austin Nutritional research](#)

scientific information:

three letter abbreviation: tyr

one letter abbreviation: y

linear structure formula: HO-p-Ph-CH₂-CH(NH₂)-COOH

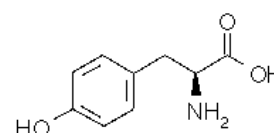
molecular formula: C₉H₁₁NO₃

molecular weight: 181.19

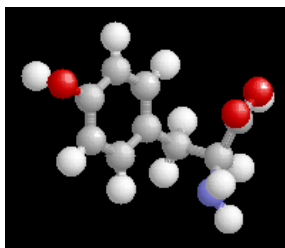
isoelectric point (pH): 5.66 (neutral)

pK_a values: 2.20, 9.11, 10.07 (*phenol*)

CAS Registry Number 60-18-4



tyr y Tyrosin



Day 48: cilantro

The coriander seed comes from the cilantro plant.

Cilantro is sacred to Bast. Honor and thank Bast for cilantro.

Scientific and botanical name: *Coriander sativum*

Eat at least three servings of cilantro per week, taking in account the season and local availability.

Cilantro is typically used as an herb or garnish, but can also be eaten as a vegetable.

Cilantro or coriander has an edible flower. Consider using coriander flower in salads and as a garnish.

theanine

L-Theanine is an amino acid found naturally in green tea leaves.

L-theanine is an amino acid found in green tea leaves. Theanine stimulates the production of alpha brain waves, similar to the results of meditation, resulting in both deep relaxation and high mental focus. L-theanine causes the body to increase the production of serotonin and dopamine, making the person happier. Studies show that theanine makes it easier to focus when awake, as well as leading to sounder sleep.

Day 49: ground meat

Ground meat is sacred to Neith. Honor and thank Neith for ground meat.

Cut back on ground meat.

Use extra lean meat.

Switch to ground turkey.

Switch to soy based substitutes for ground meat.

fatty acids

EPA & DHA which are present in fish body oils have the potential for improving the health of cardio-vascular system. Medical reports show that as the amount of EPA in the diet increases, the risk of coronary heart disease decreases. In a nutshell, EPA from fish oils lowers serum cholesterol & triglyceride levels, make your blood less viscous, thinner & less sticky, less prone to clump together. Diets of Eskimo and coastal Japanese are rich in the Omega 3 fatty acids, EPA & DHA. Their death rate from heart attacks is much lower when compared to the Western man. DHA is a major component of the brain and retina, and has a possible role in nerve transmission. Research has shown that many migraine sufferers have experienced some relief from consuming Fatty Acids.

—courtesy of [Austin Nutritional research](#) [external link]

Day 50: mung bean sprouts

Mung bean sprouts are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for mung bean sprouts.

Eat at least one serving of mung bean sprouts per month, taking in account the season and local

availability.

Toss mung bean sprouts into salads. Stir-fry mung bean sprouts with other vegetables. Blend mung bean sprouts with vegetable juices. Mix mung bean sprouts with soft cheeses, tofu, yogurt, or kefir to make a dip. Stir mung bean sprouts into soups or stews when serving (after cooking). Combine mung bean sprouts in oat, barley, or buckwheat dishes. Sauté mung bean sprouts with onions. Puree mung bean sprouts with dried peas or beans. And, of course, eat them fresh and uncooked in a sprout salad.

The American Diabetes Association recommends bean sprouts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Because mung bean sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

omega 3 fatty acids

Hemp seed oil is an excellent source of omega-3 fatty acids.

Wild salmon is very high in omega-3 fatty acids. Salmon normally eat krill, a source of astaxanthin (a natural carotenoid), the source of the rich red skin color.

Farm-raised salmon are fed grain and are low in omega-3 fatty acids. The color of thier skin is the result of dyes artificially added after death. Farm-raised salmon are nutritionally very poor. Avoid eating farm-raised salmon.

omega 6 fatty acids

Hemp seed oil is an excellent source of omega-6 fatty acids.

omega 9 fatty acids

Omega-0 fatty acids are generally easy to find.

Day 51: cakes, pies, and sweets

Cut back on cakes, pies, and other sweets.

alpha-linolenic acid (omega-3)

Alpha-linolenic acid is an omega-3 essential fatty acid that the human body can not produce in sufficient quantity. Therefore it must come from the diet.

Day 52: flaxseed oil

Flaxseed oil is sacred to Bast and Aset (Isis). Honor and thank Bast and Aset for flaxseed oil.

Eat up to two (2) tablespoons of flaxseed oil a day. The total of hempseed oil and flaxseed oil and olive oil should not exceed two (2) to three (3) tablespoons a day.

The ancient Hellenism religion, created by Aristotle for Plotemy I by combining the Greek and Egyptian religions, taught that flaxseeds were useful for digestion and modern science confirms that flaxseeds help reduce cholesterol.

Flax seed oil is too fragile for cooking. The oil's delicate omega-3 essential fatty acids will oxidize under exposure to heat, air, or light. Use for salad dressings, drizzles on prepared foods, herbal/seasoned oil dips, and similar cold oil uses. Always store flax seed oil in an opaque container. Keep flax seed oil refrigerated to prevent rancidity.

Flaxseed oil is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

linoleic acid (omega-6)

Linoleic acid is an omega-6 essential fatty acid that the human body can not produce in sufficient quantity. Therefore it must come from the diet.

Day 53: junk food

Stop eating, or at least cut back on and avoid, junk foods.

Vitamin A

Vitamin A is an essential micronutrient. Examples include retinol and four carotenoids, most famously beta carotene.

Carotenoids is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for carotenoids.

Eat carotenoids at least three to five times a week. You may eat carotenoids every day.

Recommended carotenoids include: beets, **carrots**, kale, lettuce, **seaweed**, **spinach**, squash, sweet potatoes, Swiss chard, and tomatoes.

Day 54: olive oil

Olive oil is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for olive oil.

Eat one (1) to two (2) tablespoons of cold pressed extra virgin olive oil a day. The total of hempseed oil and flaxseed oil and olive oil should not exceed two (2) to three (3) tablespoons a day.

Choose cold pressed extra virgin olive oil for eating. Virgin olive oil may be used for cooking. Always store olive oil in an opaque container. Keep olive oil refrigerated to prevent rancidity.

Olive oil is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Vitamin B1

Vitamin B1 (thiamine) is an essential micronutrient.

Day 55: flaxseeds

Flaxseed is sacred to Bast, Aset (Isis), and Renenutet. Honor and thank Bast, Aset, and Renenutet for flaxseeds.

Eat at least one serving of freshly ground flaxseed per week, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

The ancient Hellenism religion, created by Aristotle for Plotemy I by combining the Greek and Egyptian religions, taught that flaxseeds were useful for digestion and modern science confirms that flaxseeds help reduce cholesterol.

Flaxseeds are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Flaxseeds are an important source of dietary fiber.

Vitamin C

Vitamin C (ascorbic acid) is an essential micronutrient.

Day 56: oregano

Oregano is sacred to Bast. Honor and thank Bast for oregano.

Eat fresh oregano at least once per week. You may eat fresh oregano every day.

Oregano is typically used as a spice or herb.

Oregano goes well with bread, fish, potato, and pasta.

Vitamin D

Vitamin D (calciferol, cholecalciferol) is an essential micronutrient.

Day 57: berries

Berries are sacred to Bast. Honor and thank Bast for berries.

Eat berries at least three to five times a week. You may eat berries every day. Eat fruit at least three times a day.

Recommended berries include: blackberries, blueberries, boysenberries, cherries, cranberries, fresh currants, purple grapes, raspberries, and strawberries.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Berries are a good prebiotic.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

The American Diabetic Association recommends berries as one of 10 “superfoods” for those with diabetes.

Blueberries should be emphasized when in season.

Cranberries should not be used often unless you need a strong diuretic.

Cherries should be used occasionally.

Vitamin B2

Vitamin B2 (riboflavin) is an essential micronutrient.

Day 58: ginger tea

Ginger tea is sacred to Bast. Honor and thank Bast for ginger tea.

Drink ginger tea at least once per week and as needed to help with digestion.

Drink ginger tea on days associated with Mercury and Mars.

Vitamin E

Vitamin E (tocopherols, tocotrienols) is an essential micronutrient.

Day 59: citrus fruits

Citrus fruits are sacred to Bast, Aset (Isis), Nwt and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for citrus fruits.

Eat citrus fruits at least three to five times a week. You may eat citrus fruits every day. Eat fruit at least three times a day.

Recommended citrus fruits include: kumquats, **lemons**, limes, **oranges**, pink grapefruit (also listed in red fleshy fruits), red grapefruit (also listed in red fleshy fruits), tangerines, and white grapefruit.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

The American Diabetic Association recommends citrus fruit as one of 10 “superfoods” for those with diabetes.

Vitamin B12

Vitamin B12 (cobalmins, cyanocobalamin, hydroxycobalamin, methylcobalamin) is an essential micronutrient.

Day 60: buttermilk

Buttermilk is sacred to Aset (Isis). Honor and thank Aset for buttermilk.

If you currently drink cow’s milk, start switching to buttermilk. Buttermilk can be used as a substitute for whole cow’s milk in recipes.

Vitamin K

Vitamin K (phylloquinone, menaquinones) is an essential micronutrient.

Day 61: high fiber fruits

Fruits are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for high fiber fruits.

Eat high fiber fruits at least three to five times a week. You may eat high fiber fruits every day. Eat fruit at least three times a day.

Recommended high fiber fruits include: **apples**, peaches, and pears.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

Vitamin B5

Vitamin B5 (pantothenic acid) is an essential micronutrient.

Day 62: chives

Chives are sacred to Bast. Honor and thank Bast for chives.

Eat at least one serving of chives per month, taking in account the season and local availability.

A serving of chives (2 tablespoons, chopped) is an important part of prenatal diet care for pregnant women.

Chives are often treated as an herb or garnish. In the Goddess Diet Plan you can either serve chives as a vegetable or extensively use it as an herb, as long as you achieve the same quantity.

Chives are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Chives go well with fish and potato.

Vitamin B7

Vitamin B7 (biotin) is an essential micronutrient.

Day 63: melons

Melons are sacred to Bast. Honor and thank Bast for melons.

Eat melons at least three to five times a week. You may eat melons every day. Eat fruit at least three times a day.

Recommended melons include: cantaloupe and watermelon.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

According to Ayurveda, melons may be eaten occasionally during a diet reducing Vata, especially in the fall.

Vitamin B6

Vitamin B6 (pyridoxine, pyridoximine, pyridoxal) is an essential micronutrient.

Day 64: bread

Bread is sacred to Aset (Isis) and Aset's husband Asar. Honor and thank Aset and Asar for bread.

Eat at least one serving of seed bread or sprouted bread per month, taking in account the season and local availability. Make sure all bread you eat has at least 3 grams of fiber per slice, sprouted grains, and no hydrogenated oils.

Bread is associated with the Year of the Tiger.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

It is important for those who have diabetes, who are obese, or who have cancer to avoid bread made from processed flours and switch to bread made from whole grains.

Switch from white processed bread to brown bread.

Switch from whole grain bread to seed or sprouted bread.

Bread is an acid-producing food (measured by the ash content resulting from laboratory titration).

French bread has a high glycemic index (greater than 100%). White bread has a high glycemic index (100%). Whole wheat bread has a high glycemic index (between 80% and 100%).

Spices that go well with breads include .anise, basil, caraway, cardamon, cinnamon, coriander, cumin, dill, garlic, lemon peel, orange peel, oregano, poppy seeds, rosemary, saffron, sage, and thyme.

Vitamin B3

Vitamin B3 (niacin, niacinamide) is an essential micronutrient.

Day 65: fleshy red fruits

Fruits are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for fleshy red fruits.

Eat fleshy red fruits at least three to five times a week. You may eat fleshy red fruits every day. Eat fruit at least three times a day.

Recommended fleshy red fruits include: Japanese persimmons, pink grapefruit (also listed in citrus fruits), red grapefruit (also listed in citrus fruits), red-fleshed papaya, strawberry guava, **tomatoes**, and watermelon.

Major groups discussed separately are citrus fruits, berries, high fiber fruits, melons, fleshy red fruits, and dried fruits. Mix up the categories from day to day and emphasize fruits that are currently in season, preferably from a local source.

Vitamin B9

Vitamin B9 (folic acid, folinic acid) is an essential micronutrient.

Day 66: juicing

Juice is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for juices.

Drink vegetable or fruit juice at least once per day.

Some of the preferred juices are: açai berry juice, cranberry juice (when you are starting this diet), noni juice, and pomegranate juice. You should drink at least one of these juices at least once a week.

Juicing allows drinking fruits and vegetables. The fiber is destroyed in the juicing process. Live juice contains active enzymes for less than 30 minutes after juicing.

In addition to making your own juices, you need to start cleaning up all of the juices you drink.

All juices you drink should be organic (for your own juicing, only juice organic fruits and vegetables). All juices you drink should be unsweetened. All juices you drink should be fresh, preferably within 30 minutes of actual juicing.

sodium

Sodium is a mineral and an essential micronutrient.

Day 67: dried fruits

Fruits are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for dried fruits.

Eat dried fruits as often as needed. You may eat dried fruits every day. Eat fruit at least three times a day.

The dried fruit group should be used primarily for filling in gaps in your diet. When the fresh whole fruit is out of season the dried version can be used as a substitute. When you need a portable snack the dried version can be used as a substitute. Whenever possible, eat fresh whole fruits.

Recommended high fiber fruits include: dried apricots, dried blueberries, dried cherries, dried cranberries, dried currants, dates, figs, prunes, and raisins.

Dried fruits are recommended by the American Diabetes Association because they have a low or medium glycemic index (G.I.).

According to Ayurveda, most dried fruit should be avoided during a diet reducing Vata, especially in the fall.

potassium

Potassium is a mineral and an essential micronutrient.

Day 68: rosemary

Rosemary is sacred to Bast. Honor and thank Bast for rosemary.

Eat rosemary at least once per week. You may eat rosemary every day.

Rosemary is typically used as a spice or herb.

Rosemary goes well with bread, fish, and potato.

chlorine

Chlorine is a mineral and an essential micronutrient.

Day 69: turkey

Turkey is sacred to Nwt and her husband Shu. Honor and thank Nwt and Shu for turkey.

Turkey is associated with the Year of the Dragon and the Year of the Tiger.

If you already eat mammals or birds, eat one serving of turkey per week, taking in account the season and local availability.

Eventually you will want to remove turkey completely from your diet, or no more than two special occasions per year.

If you don't currently eat meat, do not start eating meat.

Turkey is an acid-producing food (measured by the ash content resulting from laboratory titration).

calcium

Calcium is a mineral and an essential micronutrient.

Day 70: spinach

Spinach, a vegetable, is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for spinach.

Eat at least two servings of organic spinach per week, taking in account the season and local availability. You may eat spinach every day.

The American Diabetes Association recommends spinach as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Spinach is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Spinach has vitamin A and carotenes, essential nutrients in fighting cancer. Spinach has vitamin D, an essential nutrient in fighting cancer.

Reason to choose organic:

Spinach is the number eight (8) most important food to purchase organic because of the high level of chemical residues in non-organic spinach, according to the 2010 study by the [Environmental Working Group](#).

phosphorus

Phosphorus is a mineral and an essential micronutrient.

Day 71: allium vegetables

Allium vegetables is sacred to Bast. Honor and thank Bast for allium vegetables.

Eat allium vegetables at least three to five times a week. You may eat allium vegetables every day. Those with cancer should eat allium vegetables every day.

Recommended allium vegetables include: **garlic**, leeks, onions, and shallots.

magnesium

Magnesium is a mineral and an essential micronutrient.

Day 72: wheat

Wheat is sacred to Aset (Isis), Aset's husband Asar, Nepit's husband Neper, and Renenutet. Honor and thank Aset, Asar, Nepit, Neper, and Renenutet for wheat.

“There grows no wheat where there is no grain.” —Proverb of the Outer Temple of ancient Egypt

Optionally eat at least one serving of wheat per month, taking in account the season and local availability. This does not mean to eat a lot of wheat or wheat products. Most Americans need to cut back on wheat and wheat products.

Wheat is associated with the Year of the Dragon.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Persons with celiac disease (gluten-intolerant) should avoid wheat, rye, and barley.

Puffed wheat has a high glycemic index (greater than 100%).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Whole wheat is a good prebiotic.

zinc

Zinc is a mineral and an essential micronutrient.

Day 73: cruciferous vegetables

Cruciferous vegetables are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for cricoferous vegetables.

Eat cruciferous vegetables at least three to five times a week. You may eat cruciferous vegetables every day.

Recommended cruciferous vegetables include: **baby bok choy**, bok choy, **broccoli**, Brussels sprouts, cabbage, cauliflower, and kale.

iron

Iron is a mineral and an essential micronutrient.

Day 74: parsley

Parsley is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for parsley.

Eat at least one serving of parsley per week, taking in account the season and local availability.

While parsley is generally considered an herb or garnish (and you can continue to use it that way), in the Goddess Diet Plan you include parsley as a green leafy vegetable, such as in salads.

Parsley is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Parsley has vitamin D, an essential nutrient in fighting cancer.

Nobody in history has ever died of an overdose of parsley.

Parsley goes well with dried beans, corn, chicken eggs, fish, and potato.

manganese

Manganese is a mineral and an essential micronutrient.

Day 75: orange vegetables

Vegetables are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for orange vegetables.

Eat orange vegetables at least three to five times a week. You may eat orange vegetables every day.

Recommended orange vegetables include: butternut squash, carrot, orange sweet bell pepper, **pumpkin**, sweet potato, and yam.

copper

Copper is a mineral and an essential micronutrient.

Day 76: sprouts

Sprouts is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for sprouts.

Eat sprouts at least three to five times a week. You may eat sprouts every day.

Because sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

See individual sections on specific sprouts for more information. Use with additional sprouts that aren't specifically listed.

iodine

Iodine is a mineral and an essential micronutrient.

Day 77: honey

Honey is sacred to Bast and Bes. Honor and thank Bast and Bes for honey.

Eat honey at least one to five times a week. If you don't have diabetes or pre-diabetes, you may eat honey every day.

Use local organic honey as a sweetener. You may use unsulfured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

Honey is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

selenium

Selenium is a mineral and an essential micronutrient.

Day 78: spearmint

Spearmint is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for spearmint.

Eat at least one serving of fresh spearmint per week, taking in account the season and local availability. You may eat spearmint every day.

Mint goes well with fruit.

tabouli

Tabouli is a traditional Middle Eastern vegetable dish based on bulghar wheat, mint, cucumber, and olive oil.

nutritional information:

No cholesterol.

High in dietary fiber and manganese.

Very high in vitamin A and vitamin C.

Excellent source of protein (essential amino acids), especially in quinoa version or with added hemp seed meal.

Excellent source of essential fatty acids.

Eat tabouli at every lunation (Full Moon, New Moon, and Quarter Moons) and major Goddess holy days throughout the summer. Optional any day in the summer.

cookware:

- Cooking pot with cover
- Sauce pan with cover
- Large or medium mixing bowl(s)
- Glass jar [optional]
- Wooden mixing spoon
- Sharp cutting knife

ingredients:

There is quite a bit of flexibility in both choice of ingredients and in quantites (proportions) of ingredients.

Please read through recipe instructions and notes before choosing quantities of ingredients.

- 1/2 to 2 cups of dry bulghar wheat (also called cracked wheat or burghur wheat)
- optional: 1/2 to 2 cups whole grain quinoa (not a traditional ingredient)
- optional: 1/2 to 1 cup hemp seed meal (not a traditional ingredient)
- optional: 1 cup of cooked and drained garbanzo beans (also called chick peas) or lentils (neither is a traditional ingredient)
- boiling water: twice as many cups of water as quinoa, equal number of cups of water as bughar
- 1 cucumber: peeled and seeded, then diced or finely chopped
- 1 to 4 tomatoes: firm, chopped or diced (left out of some traditional recipes)
- 2 tablespoons to 1 cup fresh mint (typically 1/2 to 1 cup): chopped
- optional substitute: lemon balm for some or all of the mint

1 to 2 cups or 1 to 3 bunches fresh flat leaf parsley: finely chopped

- optional: 1/2 to 1 tablespoon fresh basil
- optional: 1 bunch coriander (also called cilantro): chopped
- optional: 2-3 bunches green onions or scallions: sliced (both white and green parts); this is a common traditional addition to the recipe
- optional: 1 to 3 cloves garlic: minced (note reduce or eliminate green onion when adding garlic)
- optional: 1 red onion: chopped (spicier substitute for green onions); somewhat changes the character of the taste
- optional: 2-3 carrots: grated finely (drastically changes character of flavor, but adds nutrition)
- optional: 1 red chili: finely chopped (spicier version); drastically changes the character of the taste
- 1/2 cup fresh squeezed lemon juice
- 1/4 to 3/4 cups cold pressed extra virgin olive oil
- 1 to 2 tablespoons hemp seed oil per person eating tabouli
- optional: 1 tablespoon flax seed oil per person eating tabouli
- optional: 1 tablespoon freshly ground black pepper (most recipes call for pepper to taste)
- optional: 1/2 teaspoon raw sea salt (most recipes call for ordinary salt to taste)
- optional: 1/2 teaspoon cayenne pepper
- optional: 1/2 teaspoon ground cumin
- optional: 1/2 orange, zest and juice (reduce lemon juice by half); drastically changes the character of the taste
- optional: pistachios, finely chopped
- Romaine lettuce

preparation:

Traditional tabouli is made with bulghar wheat. The quinoa version is popular in health food circles (unlike bulghar wheat, quinoa is a complete protein). The lentil and garbanzo bean version makes a composite protein. The hemp seed meal is also a complete protein. A recommended version has equal portions bulghar wheat and quinoa with half portion of hemp seed meal.

Cooking bulghur wheat: Put bulghur wheat in a bowl. Boil the water in a pot. Pour the boiling water over the bulghur wheat. Let the bulghur wheat soak in the hot water for 30 minutes to 2 hours. The wheat should absorb all of the water. If not, drain off the excess with a colander. The bulghur wheat should be light and fluffy.

Cooking quinoa: Thoroughly soak the quinoa in cold water for five minutes using medium size bowl. Drain and rinse under cold running water. Note that you can purchase pre-rinsed quinoa. Pour rinsed quinoa into a sauce pan. Lightly toast the quinoa in 1/2 to 2 tablespoons olive oil (this is in addition to the amount used as part of the dressing). Add water and bring to a full boil. Cover with a tight fitting lid and reduce heat to a low simmer. Cook for about 15 to 20 minutes (until water is absorbed). Optionally drain excess water and save to add back to finished mixture if needed to make a nice tabouli consistency. Let quinoa cool before mixing with other ingredients.

Prepare dressing: Mix lemon juice, olive oil, hemp seed oil, flax seed oil (if used), garlic (if used), black pepper (if used), sea salt (if used), cayenne pepper (if used), orange zest and juice (if used), and cumin (if used) in a bowl or glass container. Let dressing sit

Preparing salad: Chop the mint, parsley, cucumber and tomatoes. Also chop any optional ingredients

used, such as lemon balm, basil, green onions, scallions, red onion, carrot, and/or red chili. Optionally use a blender or food processor to mince parsley. Mix salad parts in bowl.

Optionally mix the sea salt and freshly ground black pepper with the chopped green onions or scallions first. This lets the salt and pepper bring out the sweetness of the onion juice. In this case, mix mint, parsley, and basil, then tomatoes, cucumber and other optional vegetables, finally mixing in the green onion mixture.

Combine all of the bulghur wheat, quinoa, hemp seed meal with the vegetable ingredients in a mixing bowl. Combine well.

Thoroughly mix in the dressing.

Put the mixing bowl in the refrigerator for at least one hour. A full night is even better.

Serve cold or at room temperature.

Place the tabouli salad on a bed of Romaine lettuce or use hearts of Romaine lettuce to scoop up the tabouli salad.

Optionally sprinle with chopped pistachios. In the spicier version, serve with a spoonful of yoghurt and sprinkle with pistachios.

Day 79: lamb

Lamb is sacred to Neith. Honor and thank Neith for lamb.

If you already eat mammals, eat one serving of lamb per month, taking in account the season and local availability.

If you don't currently eat meat, do not start eating meat.

Lamb is an acid-producing food (measured by the ash content resulting from laboratory titration).

molybdenum

Molybdenum is a mineral and an essential micronutrient.

Day 80: quinoa

Quinoa, a pseudo-grain, is sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for quinoa.

Eat at least one serving of quinoa per month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Quinoa is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

silver

Silver is a mineral and an essential micronutrient.

Day 81: pumpkin

Pumpkin, a squash, is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for pumpkin.

Eat at least two servings of pumpkin per week, taking in account the season and local availability. You may eat pumpkin every day. Choose unsweetened organic pumpkin. When fresh pumpkin is out of season, eat canned organic unsweetened pumpkin.

The American Diabetes Association recommends pumpkin as a starchy vegetable.

Pumpkin is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

The crop for canned pumpkin (grown mostly in Ohio) was ruined by rain in both 2008 and 2009. As a result there was a nationwide shortage of canned pumpkin in 2010.

sulphur

Sulphur is a mineral and an essential micronutrient.

Day 82: thyme

Thyme is sacred to Bast. Honor and thank Bast for thyme.

Eat fresh thyme at least once per week. You may eat fresh thyme every day.

Thyme is typically used as a spice or herb.

Thyme goes well with dried beans, bread, corn, chicken eggs, fish, and potato.

cobalt

Cobalt is a mineral and an essential micronutrient.

Day 83: apple

Apple, a fruit, is sacred to Bast, Aset (Isis), Bes, Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Bes, Nwt, and Het Heret for apples.

Eat at least one organic apple per week, taking in account the season and local availability. You may eat an apple a day. Do not eat more than four apples in one day or more than two apples per day on a regular basis.

Goddesses associated with the apple include Aphrodite (Greek/Hellenism), Aset (Kemetic), Athena (Greek/Hellenism), Bast (Kemetic), Hathor (kemetic), Het Heret (Kemetic), Induna (Norse/Germanic), Isis (Kemetic), Ithun (Norse/Teutonic), Nwt (kemetic), Pomona (Roman), Venus (Roman). Apple is also associated with Apollo (Greek/Hellenism), Bes (Kemetic), Odin (Norse), Woden (Anglo-Saxon), and Zeus (Greek/hellenism).



Pomona, shown in the 1700 painting by Nicolas Fouché, is the Roman Goddess or nymph of orchards and the trees of the orchard.

Epona, the Celtic Goddess of horses, was later adopted as a Roman Goddess. Outside of Gaul, Epona was often depicted in the Imperial pose, holding apples, carrots, and oats in her lap.

Ritual uses of apples: Bury an apple in the garden on Samhain as food for departed spirits.

Apples and applesauce are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, cooked apples are a good food for reducing Vata, especially in the fall. According to Ayurveda, raw uncooked apples may be eaten occasionally during a diet reducing Vata, especially in the fall.

Apples contain high amounts of the fiber pectin. Pectin helps prevent constipation, a leading cause of headaches.

Eating apples on a regular basis helps lower LDL (low density lipoprotein) cholesterol by up to 16%.

Reason to choose organic:

Apples are the number four (4) most important food to purchase organic because of the high level of chemical residues in non-organic apples, according to the 2010 study by the [Environmental Working Group](#).

botanical information:

Botanical name: *Malus domestica* , *Malus sylvestris*, or *Pyrus* spp. (especially *Pyrus malus*)

Common name: apple

Family: Rosaceae (rose)

Height: 3-12 meters or 10-40 feet

origin:

Origin: central Asia

history:

History: Christmas ornaments are derived from an early Christian practice of hanging apples on the Yule tree to convert the use of a tree at Yule from a Germanic Pagan practice into a Christian practice. The apples were from the Jewish Garden of Eden myth.

In 1900, there were more than 7,000 different varieties of apple grown in the U.S. By 2000, 86.2 percent of those varieties were extinct and only two varieties of apples accounted for more than half of the U.S. apple crop.

nutritional information:

Apples are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Apples help keep the liver clean and healthy.

The large quantity of pectin in apples makes them an excellent source of dietary fibre.

Apples are a food that increases sexual energy and enhances fertility.

“Oh, my fellow men, do not defile your bodies with sinful foods. We have corn, we have **apples** bending down the branches with their weight, and grapes swelling on the vines. There are sweet-flavored herbs, and vegetables which can be cooked and softened over the fire, nor are you denied milk or thyme-scented honey. The earth affords a lavish supply of riches, of innocent foods, and offers you banquets that involve no bloodshed or slaughter; only beasts satisfy their hunger with flesh, and not even all of those, because horses, cattle, and sheep live on grass.”,
Pythagoras (Greek mathematician).

Apples and applesauce are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Ayurvedic herbalism:

According to Ayurveda, cooked apples are a good food for reducing Vata, especially in the fall. According to Ayurveda, war uncooked apples may be eaten occassionally during a diet reducing Vata, especially in the fall.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: sweet and slightly sour

selection:

Reason to choose organic:

Apples are the number four (4) most important food to purchase organic because of the high level of chemical residues in non-organic apples, according to the 2010 study by the [Environmental Working Group](#).

Reason to choose organic:

Apples have the number two (2) highest pesticide load of 45 common fruits and vegetables studied in 2006 by the [Environmental Working Group](#) [external link] and is therefore a prime candidate for switching to organic. The EWA explains, “While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.”

According to USDA and FDA tests on commercially grown foods collected between 2000 and 2005, apple has a 93.6% (percentage) of samples tested with detectable pesticides, a 82.3 (percentage) of samples with two or more pesticides, a 2.8 average number of pesticides found in a sample, an average of 0.894 parts per million of all pesticides found, and 50 different pesticides found in use growing apples. These toxic pesticides don't apply to organic foods.

storage:

Storage: Apples can be safely stored for more than a week.

preparation:

Juicing: Apple juice has the highest amounts of polyphenols in the fruits studied by Cornell University in 2008. Polyphenols help prevent damage to brain cells, helping prevent mental decline.

ancient myths and beliefs:

from “The Handbook of Norse Mythology”:
by Karl Mortensen, 1898 (“Nordisk mytologi”), original Danish
translated into English 1913 by A. Clinton Crowell

10. BRAGI is god of the scaldic art, and he is married to ITHUN, who guards the apples which the gods eat when they grow old. Afterwards they grow young again, and so it will continue until Ragnarok.

deities associated with apple:

- Aphrodite (Greek Goddess)

Apollo (Greek God)

- Athena (Greek Goddess)
- Bes (Egyptian God)
- Hera (Greek Goddess)
- Induna (Norse Goddess)
- Ithun (Norse Goddess)
- Odin (Norse God)
- Venus (Roman Goddess)
- Woden (Anglo-Saxon God)
- Zeus (Greek God)

nickel

Nickel is a mineral and an essential micronutrient.

Day 84: sweet potato

Sweet potato is sacred to Bast. Honor and thank Bast for sweet potatoes.

Eat at least one serving of sweet potato per month, taking in account the season and local availability.

Sweet potato is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

The American Diabetic Association recommends sweet potatoes as one of 10 “superfoods” for those with diabetes.

boron

Boron is a mineral and an essential micronutrient.

Day 85: butter and ghee

Butter and ghee are sacred to Aset (Isis). Honor and thank Aset for butter and ghee.

Cut back or eliminate dairy products from your diet.

While you are still eating dairy foods, switch from margarine to real organic unsalted butter.

While you are still eating dairy foods, you can use ghee in cooked foods.

strontium

Strontium is a mineral and an essential micronutrient.

Day 86: tomato

Tomato, a fruit, is sacred to Bast. Honor and thank Bast for tomato.

Eat at least one serving of tomatoes per week, taking in account the season and local availability. You may eat tomato every day.

The U.S. Supreme Court ruled in the 1893 case *Nix v. Hedden*, 149 U.S. 304 (1893) that tomato was a vegetable rather than a fruit. This is blatantly false and reflects a Christian anti-science bias. Tomato is clearly and unambiguously a fruit. Any botanist can confirm this. But American judges do not believe in science, because science clearly disproves the existence of the Christian god.

Tomato is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

The American Diabetic Association recommends tomatoes as one of 10 “superfoods” for those with diabetes. The American Diabetes Association recommends tomato as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Basil goes well with tomatoes.

silicon

Silicon is a mineral and an essential micronutrient.

Day 87: orange

Orange, a citrus fruit, is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for oranges.

Eat at least two servings of oranges per week, taking in account the season and local availability. You may eat oranges every day.

Eat orange on days associated with the Sun (Sonne).

Oranges are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Oranges are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, oranges are an excellent food for reducing Vata, especially in the fall.

Orange peel goes well with bread.

dietary clay

There is controversy over the use of dietary clay, but research does show that there are dietary clays that are healthy and may even help with some ailments.

Day 88: ginger

Ginger is sacred to Bast and Seth. Honor and thank Bast and Seth for ginger.

Eat at least one serving of ginger per week, taking in account the season and local availability. You may eat ginger every day.

Eat ginger on days associated with Mercury and Mars.

Ginger is usually used as an herb or spice.

Ginger is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Pickled ginger is a good source of probiotics.

Ginger goes well with fish and fruit.

Day 89: cold water fish

Fish are sacred to Aset (Isis). Honor and thank Aset for cold water fish.

If you already eat mammals, birds, or fish, eat one serving of cold water fish per month, taking in account the season and local availability.

If you don't currently eat meat, do not start eating meat.

Cold water fish are an acid-producing food (measured by the ash content resulting from laboratory titration).

The American Diabetic Association recommends fish high in omega-3 fatty acids as one of 10 “superfoods” for those with diabetes.

Cold-water fish have vitamin D, an essential nutrient in fighting cancer.

Basil goes well with fish and shellfish. Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 90: fermented foods

Fermented foods are sacred to Bast. Honor and thank Bast for fermented foods.

Eat at least one serving of fermented foods at least once a week.

Fermented foods are a good source of probiotics.

Day 91: bok choy

Bok Choy, a vegetable, is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for bok choy.

Eat at least one serving of bok choy per week, taking in account the season and local availability.

Bok choy is a [cruciferous vegetable](#).

The American Diabetes Association recommends bok choy as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Bok choy is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Bok choy has vitamin D, an essential nutrient in fighting cancer.

Day 92: pickled foods

Pickled foods are sacred to Bast. Honor and thank Bast for pickled foods.

Eat at least one serving of pickled foods at least once a week.

Cleopatra's favorite diet food was pickles.

Pickled ginger and pickles (brine-cured, without vinegar) are a good source of probiotics.

Day 93: alfalfa sprouts

Alfalfa sprouts sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for alfalfa sprouts.

Eat at least one serving of alfalfa sprouts per month, taking in account the season and local availability. Alfalfa is normally eaten as sprouted seeds (alfalfa sprouts). You can sprout alfalfa at home.

Toss alfalfa sprouts into salads. Alfalfa sprouts can be used in wraps and roll-ups. Stir-fry alfalfa sprouts with other vegetables. Place alfalfa sprouts on top of omelets or scrambled eggs. And, of course, eat them fresh and uncooked in a sprout salad.

The American Diabetes Association recommends sprouts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Because alfalfa sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

botanical information:

Botanical name: *Medicago sativa*

Common name: alfalfa (United States), Chilean clover, Kuthirai Masal (Tamil), lucerne (United Kingdom), Lucerne grass (India), purple medic

Family: Fabaceae

Height: 1 meter (3 feet)

history:

History: Alfalfa has been used as an herbal medicine for at least 1,500 years.

nutritional information:

nutritional value per 1 cup alfalfa sprouts:

- **Calories:** 40 calories
- **Proteins:** 1 grams
- **Fat:** trace
- **Cholesterol:** 0 milligrams
- **Carbohydrates:** 1 gram
- **Fiber:** 1 gram
- **Sodium:** 2 milligrams

nutritional value per 1 tablespoon (tbsp) alfalfa sprouts:

- **Calories:** 1 calories
- **Proteins:** trace
- **Fat:** trace
- **Cholesterol:** 0 milligrams
- **Carbohydrates:** trace
- **Fiber:** trace
- **Sodium:** 0 milligrams

Alfalfa sprouts are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

The parts of the alfalfa plant that are used are its leaves. In the Middle East, alfalfa is known as the “father of all herbs.” Alfalfa is one of the most nutritious plants on earth and its leaves are rich in calcium, magnesium, potassium, beta-carotene, vitamins A, B-12, C, D, E and K. Alfalfa has also been found to contain all eight essential amino acids. It even contains fluoride which can help prevent tooth decay. Alfalfa is one of the highest fibrous herbs in existence and we are unable to digest its raw leaves. For centuries, Native Americans ground its seeds to be used as flour or boiled its leaves and ate them like greens.

—courtesy of [Austin Nutritional research](#) [external link]

Chinese herbalism:

Chinese gender: yin (cool)

Young alfalfa leaves were used to treat disorders of the digestive tract and the kidneys in early traditional Chinese medicines.

Ayurvedic herbalism:

Ayurvedic Doshas: PK- V+ Pitta decreases; Kapha decreases; Vata increases.

Part Used: herb (above ground parts of plant)

Taste: astringent, sweet

Energy: cooling

Vipaka: (Post-Digestive Effect) pungent

Tissues: plasma, blood

Systems: circulatory, urinary

Actions: alterative, diuretic, antipyretic, hemostatic

Indications: ulcers, edema, arthritis, vitamin deficiency, mineral deficiency

Precautions: high *Vata*

Preparation: infusion, powder (250 mg to 1 g)

Alfalfa leaves are used in Ayurvedic medicine to treat poor digestion. Alfalfa seeds

Alfalfa seeds are used to make a cooling poultice to treat boils.

herbal healing:

In homeopathic medicine, alfalfa is used to treat anemia, diabetes, indigestion, and bladder disorders, as well as to increase appetite (contributing to weight gain), as a diuretic (to increase urination), as an estrogen replacement (to increase breast milk and mitigate premenstrual syndrome), as a dietary supplement, and to lower blood cholesterol levels.

planting and growing:

Planting: Alfalfa will completely take over any garden it is planted in. If you decide to plant alfalfa, plant it in a separate location and be very vigilant to remove any alfalfa (including the complete roots) that

starts growing in your regular garden.

Planting: You can grow alfalfa sprouts in a large glass jar. Sprouts do not need sunlight to grow, and therefore can be grown in any room in the house.

Day 94: salmon

Salmon is sacred to Aset (Isis). Honor and thank Aset for herring.

Eat at least one serving of wild Alaskan salmon (especially sockeye) per week, taking in account the season and local availability. You may eat salmon almost every day.

Salmon should be wild caught, never farm raised.

You can replace fresh salmon with canned wild salmon up to half of the times you have salmon. King, sockeye, and coho salmon from Alaska are all acceptable canned choices.

Wild salmon is very high in omega-3 fatty acids. Salmon normally eat krill, a source of astaxanthin (a natural carotenoid), the source of the rich red skin color.

Farm-raised salmon are fed grain and are low in omega-3 fatty acids. The color of thier skin is the result of dyes artificially added after death. Farm-raised salmon are nutritionally very poor. Avoid eating farm-raised salmon.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 95: sesame

Sesame is sacred to Bast. Honor and thank Bast for sesame.

Eat at least one serving of sesame per week, taking in account the season and local availability. In addition to eating sesame seeds, also eat sesame butter and tahini.

Tahini is a paste made from sesame seeds.

A serving of tahini (about two tablespoons) is an important part of prenatal diet care for pregnant women.

Day 96: avocado

Avocado is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for avocados.

Eat at least one serving of avocado per month, taking in account the season and local availability.

botanical information:

Botanical name: *Persea americana*, also known as *Persea gratissima*

Common name: alligator pear, avocado, butter pear

French name: avocat

Family: Lauraceae

origin:

Origin: Mexico, Central America, South America, and the Caribbean.

nutritional information:

Avocados are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Avocados are a source of copper.

nutritional value per 100 grams:

- **Calories:** 161 calories
- **Fat:** 15 grams
- **Proteins:** 2 grams
- **Lipids:** 20 grams
- **Carbohydrates:** 7 grams
- high in Vitamin A
- high in Vitamin B
- high in Vitamin C
- high in Vitamin E
- high in Vitamin PP
- 17 minerals

Biotin: Avocados are a good source of biotin. Biotin helps keep skin, nails, and hair healthy. Other

good sources of biotin include: chicken eggs, legumes, nuts, and soy beans.

Avocados are a food that increases sexual energy and enhances fertility.

selection:

Avocado has the number two (2) lowest pesticide load of 45 common fruits and vegetables studied in 2006 by the [Environmental Working Group](#) [external link] and is therefore a food that can be purchased conventionally-grown when organic isn't available. The EWA explains, "While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals."

According to USDA and FDA tests on commercially grown foods collected between 2000 and 2005, avocado has a 1.4% (percentage) of samples tested with detectable pesticides, a 0.0% (percentage) of samples with two or more pesticides, an 0.0 average number of pesticides found in a sample, an average of 0.001 parts per million of all pesticides found, and 2 different pesticides found in use growing avocado. These toxic pesticides don't apply to organic foods.

storage:

Storage: Eat avocado within two days of purchase.

external care:

Skin care: Avocados contain biotin. Biotin is an essential vitamin for fat and carbohydrate metabolism. A deficiency in biotin can lead to dry skin and brittle hair and nails.

Day 97: cantaloupe melon

Cantaloupe is sacred to Bast. Honor and thank Bast for cantaloupe melons.

Eat at least one serving of organic cantaloupe per month, taking in account the season and local availability.

Cantaloupe melon an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Cantaloupe is recommended by the American Diabetes Association because it has a medium glycemic index (medium G.I.).

According to Ayurveda, melons may be eaten occasionally during a diet reducing Vata, especially in the fall.

Day 98: pasta

Pasta is sacred to Bast, Aset, and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for pasta.

Eat at least one serving of pasta two to three times a week. Pasta should be cooked al dente. use organic whole grain pasta, rice noodles, bean thread noodles, mixture of whole wheat and buckwheat noodles, and soba.

Basil goes well with pasta.

Day 99: grapefruit

Grapefruit is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for grapefruits.

Eat at least two servings of grapefruit per month, taking in account the season and local availability. Eat both white and pink grapefruit.

Eat grapefruit on days associated with Jupiter.

Grapefruit is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Grapefruit is recommended by the American Diabetes Association because it has a low glycemic index (low G.I.).

According to Ayurveda, grapefruit is an excellent food for reducing Vata, especially in the fall.

Day 100: green beans

Green beans are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for green beans.

Eat at least one serving of organic green beans per month, taking in account the season and local availability.

The American Diabetes Association recommends green beans as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Green beans are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 101: cloves

Cloves are sacred to Bast. Honor and thank Bast for clove.

Cloves are associated with the Year of the Monkey.

Eat ground cloves at least once per week. You may eat clove every day.

Ground cloves are typically used as a spice or herb.

Cloves go well with fruit.

Day 102: chicken eggs

Chicken eggs are sacred to Nwt and her husband Shu. Honor and thank Nwt and Shu for chicken eggs.

If you already eat mammals or birds, eat one serving of cage free organic chicken eggs per month, taking in account the season and local availability. If you are already eatign chicken eggs, you may eat cage free organic chicken egss daily, then slowly cut back to once a week, then to once per month, with the eventual goal of completely eliminating them from your diet.

Chicken eggs are associated with the Year of the Dragon and the Year of the Tiger.

To avoid a breakfast rut, consider adding chopped vegetables (especially bok choy) or grated zucchini to your eggs.

Chicken eggs is an acid-producing food (measured by the ash content resulting from laboratory titration).

The American Diabetes Association recommends chicken eggs as a protein source.

Spices that go well with chicken eggs include .basil, chervil, paprika, parsley, pepper, sage, tarragon, and thyme.

Day 103: wheat germ

Wheat germ is sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for wheat germ.

Eat at least one serving of wheat germ at least once a week, taking in account the season and local availability, unless you have problems with gluten.

Wheat is associated with the Year of the Dragon.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Day 104: lemon

Lemon is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for lemons.

Eat at least one serving of lemon per week, taking in account the season and local availability.

Eat lemon on days associated with the Sun (Sonne).

Lemon is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

According to Ayurveda, lemons are an excellent food for reducing Vata, especially in the fall.

Lemon peel goes well with bread and fish.

Day 105: lime

Lime is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for limjes.

Eat at least one serving of limes per month, taking in account the season and local availability.

Eat lime on days associated with the Sun (Sonne).

Lime is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

According to Ayurveda, limes are an excellent food for reducing Vata, especially in the fall.

Day 106: nut butters

Nut butters are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for nut butters.

Eat nut butters at least once per month. You may eat nut butters several times a week.

Make sure that the nut butters you obtain do not have any added hydrogenated oils. You can make your own nut butters.

Day 107: stevia

Stevia is sacred to Bast. Honor and thank Bast for stevia.

Use stevia as a sweetener. You may use unsulfured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

Stevia is typically used as a sweetener.

Day 108: almonds

Almonds, a nut, are sacred to Bast, Aset (Isis), Het Heret (Hathor), Nwt, Satis, Seshat (Sothis), and Anket. Honor and thank Bast, Aset, Het Heret, Nwt, Satis, Seshat, and Anket for almonds.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of almonds per week, taking in account the season and local availability. Eat some kind of nut every day. In addition to almonds, also eat almond butter.

Carry a few almonds in your pocket to bring you luck from Goddess.

Seshat (Sothis) will grant you wisdom for eating almonds.

botanical information:

Botanical name: *Prunus dulcis*, also called *Prunus amygdalus var. dulcus* is sweet almond , also known as *Amygdalus communis*

Common name: almond, sweet almond

Family: Rosaceae (rose)

origin:

Origin: southwest Asia

nutritional information:

Almonds are rich in monounsaturated fats, polyunsaturated fats, and antioxidants.

Almonds are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

One ounce of dry roasted almonds without salt has 1.0 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to the U.S. National Institutes of Health [external link].

Soaked almonds are a food that increases sexual energy and enhances fertility.

1/4 cup almonds has 164 calories, 14 grams of fat (1 gram of saturated fat, 9 grams monounsaturated fat, and 3.5 grams polyunsaturated fat), 1 gram sugar, 3 grams fiber, and 70 mg of calcium.

preparation:

You can put a selection of nuts along with a little bit of olive oil into a blender and make fresh nut

butter. Nut butter on bread (or in pita pockets) is a healthy “on-the-go” snack.

deities associated with almonds:

- Artemis (Greek Goddess)
- Chandra (India Goddess)
- Cybele (Roman Goddess)
- Hecate (Greek Goddess)
- Ptah (Kemetic/ancient Egyptian God)
- Rhea (Greek Goddess)
- Zeus (Greek God)

Chinese herbalism:

Chinese gender: slightly yang (warm)

Chinese flavor: slightly bitter

Ayurvedic herbalism:

Ayurvedic Doshas: for almond seed V- KP+ Pitta increases; Kapha increases; Vata decreases

Day 109: blueberries

Blueberry is sacred to Bast. Honor and thank Bast for blueberry.

Eat at least one serving of blueberry per month (daily during peak season), taking in account the season and local availability. Eat fresh organic blueberries during season and eat frozen organic blueberries out of season.

Eat at least one serving of fresh organic blackberries, blueberries, or raspberries per day, when locally in season.

The more colorful a blueberry is, the more antioxidants it has produced (as well as other phytonutrients that can help your body heal itself). These antioxidants help prevent cancer and help your body fight off any disease that is forming or has formed in your body.

A rich blue blueberry is healthier than a pale blueberry.

Blueberries are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Blueberries are a good source of fiber.

According to Ayurveda, blueberries are a good food for reducing Vata, especially in the fall.

Reason to choose organic:

Blueberries are the number five (5) most important food to purchase organic because of the high level of chemical residues in non-organic blueberries, according to the 2010 study by the [Environmental Working Group](#).

Day 110: halibut

Halibut is sacred to Aset (Isis). Honor and thank Aset for halibut.

Eat at least one serving of Alaskan halibut per month, taking in account the season and local availability.

Halibut should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 111: walnuts

Walnuts, a nut, are sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for walnuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat walnuts at least once a week. Eat some kind of nut every day.

Eat walnuts on days associated with Jupiter.

Day 112: basil

Basil is sacred to Bast. Honor and thank Bast for basil.

Eat at least one serving of basil per week, taking in account the season and local availability. You may eat basil every day.

A serving of basil (about 10 tablespoons fresh basil, whole leaves) is an important part of prenatal diet care for pregnant women.

Use basil with tomatoes, pasta, chicken, fish, and shellfish. Basil also goes well with bread, eggs, fish, and potato.

Day 113: amaranth

Amaranth, a grain, is sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for amaranth.

Eat at least one serving of amaranth per month, taking in account the season and local availability.

Amaranth is a grain from Central America.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

The American Diabetes Association recommends amaranth (or Chinese spinach) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Toast amaranth in a dry skillet until the seeds pop like minature popcorn.

botanical information:

Botanical name: *Amaranthus* spp.; especially *Amaranthus hypochondriacus*

Common name: amaranth, cock's comb

Family: Amaranthaceae

nutritional information:

The American Diabetes Association recommends amaranth (or Chinese spinach) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Amaranth is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

deities associated with amaranth:

- Artemis (Greek Goddess)

Day 114: coconut oil

Coconut oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for coconut oil.

Use at least one serving of expeller-expressed, unrefined coconut oil at least once a week. Coconut oil is good for high temperature cooking. Keep coconut oil refrigerated to prevent rancidity.

Day 115: apricot

Apricot is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for apricots.

Eat at least one serving of organic apricot per month, taking in account the season and local availability.

Apricots are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Apricots have vitamin A and carotenes, essential nutrients in fighting cancer.

According to Ayurveda, apricots are a good food for reducing Vata, especially in the fall.

botanical information:

Botanical name: *Prunus armeniaca* (meaning Armenian plum); also called *Armeniaca vulgaris*

Common name: apricot

Family: Rosaceae (rose)

origin:

Origin: Uncertain because of prehistoric cultivation. Most likely northern and western China and central Asia. Possibly also Korea and Japan.

nutritional information:

Eat at least one serving of apricot per month, taking in account the season and local availability.

Apricots are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Apricots are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Apricots have vitamin A and carotenes, essential nutrients in fighting cancer.

storage:

Storage: Eat apricots within a week (seven days) of purchase.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: sweet and slightly sour

Ayurvedic herbalism:

Ayurvedic Doshas: for **apricot seed KV**- P+ Pitta increases; Kapha decreases; Vata decreases

According to Ayurveda, apricots are a good food for reducing Vata, especially in the fall.

Day 116: peppermint

Peppermint is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for peppermint. You may eat peppermint every day.

Eat at least one serving of fresh peppermint per month, taking in account the season and local availability.

Peppermint tea can help a person lose weight when combined with a healthy diet. A peppermint tea fast is a bad idea, no matter how many celebrities try it (Victoria Beckham and Cheryl Cote).

Day 117: asparagus

Asparagus is sacred to Bast, Aset (Isis), Het Heret (Hathor), and Min. Honor and thank Bast, Aset, Het Heret, and Min for asparagus.

Eat at least one serving of asparagus per month, taking in account the season and local availability.

The American Diabetes Association recommends asparagus as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Asparagus is a good prebiotic.

botanical information:

Botanical name: *Asparagus officinalis*

Common name: asparagus, sparrowgrass

French name: asperge

Family: Liliaceae (lily)

Asparagaceae (asparagus) — the modern taxonomy separates the asparagus family from the larger lily family.

origin:

Origin: Mediterranean.

history:

History: Asparagus was banned from girls' schools by 19th century nuns who feared its phallic shape would lead to promiscuity.

nutritional information:

Asparagus is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Asparagus is a source of protein.

Asparagus is a food that increases sexual energy and enhances fertility.

nutritional value of green asparagus:

- high in Vitamin A
- high in Vitamin C
- high in folic acid
- high in fibre

Green asparagus has more nutrients than white asparagus. The darker the color, the more nutrients. White asparagus has more sugar (and is therefore sweeter tasting).

The American Diabetes Association recommends asparagus as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

selection:

Asparagus has the number seven (7) lowest pesticide load of 45 common fruits and vegetables studied in 2006 by the [Environmental Working Group](#) [external link] and is therefore a food that can be purchased conventionally-grown when organic isn't available. The EWA explains, "While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals."

According to USDA and FDA tests on commercially grown foods collected between 2000 and 2005, asparagus has a 6.7% (percentage) of samples tested with detectable pesticides, a 0.6% (percentage) of

samples with two or more pesticides, an 0.1 average number of pesticides found in a sample, an average of 0.026 parts per million of all pesticides found, and 19 different pesticides found in use growing asparagus. These toxic pesticides don't apply to organic foods.

storage:

Storage: Eat asparagus within two days of purchase.

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: slightly sweet

Ayurvedic herbalism:

Ayurvedic Doshas: PK- VO Pitta decreases; Kapha decreases; Vata mixed

Day 118: peppers

Pepeprs are sacred to Bast and Sekhmet. Honor and thank Bast and Sekhmet for pepeprs.

Eat at least one serving of peppers per month, taking in account the season and local availability.

Day 119: rose hips

Rose hips are sacred to Bast. Honor and thank Bast for rose hips.

Rose hips are the fruit of the dog rose.

Eat rose hips at least once per month. Women should eat rose hips or drink rosehip tea daily or more often shortly before, during, and shortly after her period.

Day 120: yogurt

Yogurt is sacred to Aset (Isis). Honor and thank Aset for yogurt.

If you already eat dairy food, eat one serving of yogurt per month, as well as for several days while recovering from illness.

If you don't currently eat dairy foods, do not start eating dairy foods.

There are soy-based, non-dairy yogurts. Some people have a food reaction to soy and soy products. Do not eat soy or soy products if you are one of these people. If you can eat soy, the recommended level is at

least one serving of soy-based yogurt per week. You may eat soy-based yogurt every day.

While it is a good idea to add fruit to yogurt, you should not use pre-mixed yogurts, where the fruit is pre-blended or on the bottom.

Add your own chopped fruit (especially sliced bananas), fresh ground flaxseed, green foods powder, whey protein, or raw, unfiltered honey. Note that whey powder should eventually be removed from your diet along with other dairy products.

You can help cut calories without cutting taste by substituting Greek yogurt for mayonaise as a spread.

The fats in yogurt dissolve the chemicals in hot pepers that burn your mouth. This is why yogurt is commonly used in India after hot, spicy food.

Yogurt is an acid-producing food (measured by the ash content resulting from laboratory titration).

The American Diabetic Association recommends fat-free yogurt as one of 10 “superfoods” for those with diabetes.

Yogurt is a good source of probiotics.

Day 121: raw foods

At this point you have started introducing healthier foods (especially fruits and vegetables) into your diet.

The next step is to start switching from cooked and processed foods (even healthy ones) to raw foods. With a few important exceptions, your body gets far more nutrients from raw foods than it does from the same food cooked.

Your goal should be for at least 30% of your food intake to be raw foods. An increase in salads can help make this easier. You can also use juicing to reach this total, but eventually you will want to have 30% of your diet be raw foods not counting juices.

At the highest level of the Goddess diet plan, you should have a goal of at least 50% raw foods a day, with a minimum of 30% raw foods.

Day 122: maple syrup

Maple syrup is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for maple syrup.

Use maple syrup as a sweetener. You may use unsulfured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

Maple syrup is typically used as a sweetener.

Day 123: banana

Banana is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and het Heret for bananas.

Eat at least one serving of banana per month, taking in account the season and local availability.

Bananas are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, bananas are excellent food for reducing Vata, especially in the fall.

Bananas can help reduce the symptoms of GERD and settle the stomach.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Bananas are a good prebiotic.

botanical information:

Botanical name: *Musa paradisiaca*

Common name: banana

Family: Musaceae

nutritional information:

Bananas are a starch-rich food and an important source of carbohydrates.

Bananas are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Bananas are a food that increases sexual energy and enhances fertility.

Bananas are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Ayurvedic herbalism:

According to Ayurveda, bananas are excellent food for reducing Vata, especially in the fall.

Chinese herbalism:

Chinese gender: yin (cold)

Chinese flavor: sweet

selection:

Banana has the number nine (9) lowest pesticide load of 45 common fruits and vegetables studied in 2006 by the [Environmental Working Group](#) [external link] and is therefore a food that can be purchased conventionally-grown when organic isn't available. The EWA explains, "While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals."

According to USDA and FDA tests on commercially grown foods collected between 2000 and 2005, banana has a 41.7% (percentage) of samples tested with detectable pesticides, a 2.0% (percentage) of samples with two or more pesticides, an 0.4 average number of pesticides found in a sample, an average of 0.029 parts per million of all pesticides found, and 7 different pesticides found in use growing bananas. These toxic pesticides don't apply to organic foods.

storage:

Storage: Eat bananas within two days of purchase.

preparation:

Sprinkle cinnamon on bananas (especially if you sauté your bananas).

deities associated with banana:

- Kanaloa (Hawaiian God)

Day 124: herring

Herring is sacred to Aset (Isis). Honor and thank Aset for herring.

Eat at least one serving of herring per month, taking in account the season and local availability.

A serving of herring (about one five ounce fillet) is an important part of prenatal diet care for pregnant women.

Herring should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

Basil goes well with fish and shellfish.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Spices that go well with fish include anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 125: beets

Beets are sacred to Bast. Honor and thank Bast for beets.

Eat at least one serving of beets per month, taking in account the season and local availability.

The American Diabetes Association recommends beets as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Caraway goes well with cooked beets.

botanical information:

Botanical name: *Beta vulgaris*

Common name: beet, red beet, sugar beet

French name: betterave

origin:

Origin: Southern Europe.

nutritional information:

The American Diabetes Association recommends beets as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Beets are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Beets will make your urine and feces red or red-tinged.

Beetroot is a food that helps nourish the kidneys.

Beet roots are a food that increases sexual energy and enhances fertility.

Chinese herbalism:

Chinese gender: neutral

storage:

Storage: Beets can be safely stored for more than a week.

Day 126: chicory

Chicory is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for chicory.

Scientific and botanical name: *Cichorium intybus*

Eat at least one serving of chicory leaves per month, taking in account the season and local availability.

Eat at least one serving of chicory root per month, taking in account the season and local availability.

Eat at least one serving of chicory flower per month, taking in account the season and local availability.

Chicory leaf is also used as a spice or herb. As a spice or herb, you may use chicory every day.

Chicory is an edible flower. Consider using chicory flower in salads and as a garnish. Chicory buds can be pickled.

The American Diabetes Association recommends chicory as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Chicory is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 127: bran

Bran is sacred to Bast, Nepit's husband Neper, and Renenutet. Honor and thank Bast, Nepit, Neper, and Renenutet for bran.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Add bran to your diet.

Day 128: carrot

Carrot is sacred to Bast. Honor and thank Bast for carrots.

Eat at least one serving of carrot per month, taking in account the season and local availability.

Epona, the Celtic Goddess of horses, was later adopted as a Roman Goddess. Outside of Gaul, Epona

was often depicted in the Imperial pose, holding apples, carrots, and oats in her lap.

The American Diabetes Association recommends carrots as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Carrot is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Carrots have a high glycemic index (between 80% and 100%).

Carrots have vitamin A, vitamin C, carotenoids, lutein, fiber, calcium, and magnesium that help prevent cancer by antioxidant function and immune enhancement.

Carrots have vitamin A and carotenes, essential nutrients in fighting cancer.

Carrot tops have vitamin D, an essential nutrient in fighting cancer.

Caraway goes well with cooked carrots.

Day 129: celery

Celery is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for celery.

Eat at least one serving of organic celery per month, taking in account the season and local availability.

The American Diabetes Association recommends celery as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Celery is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Reason to choose organic:

Celery is the number one (1) most important food to purchase organic because of the high level of chemical residues in non-organic celery, according to the 2010 study by the [Environmental Working Group](#).

Day 130: cabbage

Cabbage is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for cabbage.

Cabbage is associated with the Year of the Rat.

Cabbage is a [cruciferous vegetable](#).

Eat at least one serving of cabbage per month, taking in account the season and local availability. You may eat fermented cabbage once a week or more.

Fermented cabbage is better than raw cabbage and raw cabbage is better than cooked cabbage.

The American Diabetes Association recommends cabbage (especially green cabbage) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

The American Diabetes Association recommends coleslaw (no dressing) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Cabbage is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Cabbage has indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

The healthiest form of cabbage is sauerkraut.

Kimchi and sauerkraut are good sources of probiotics.

Caraway goes well with cooked cabbage.

Day 131: chamomile tea and chamomile flower

Chamomile flower and chamomile tea is sacred to Bast. Honor and thank Bast for chamomile.

Scientific and botanical name: *Chamaemelum nobile*

Drink chamomile tea at least once per month. You may drink chamomile tea every day.

Chamomile tea helps calm the nerves, reduce stress, and is a traditional sleep remedy. Chamomile also is a good source of calcium and magnesium.

Nobody in history has ever died of an overdose of chamomile tea.

Chamomile is an edible flower. Consider using chamomile in salads and as a garnish. Chamomile has a faint apple-like flavor.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 132: eggplant

Eggplant is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for eggplant.

Eat at least one serving of eggplant per month, taking in account the season and local availability.

The American Diabetes Association recommends eggplant as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Eggplant is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Eggplant is a good prebiotic.

Day 133: horseradish

Horseradish is sacred to Bast. Honor and thank Bast for horseradish.

Eat horseradish at least once per week. You may eat horseradish every day.

Horseradish is typically used as a spice or herb.

Day 134: figs

Figs are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for figs.

Eat at least one serving of figs per month, taking in account the season and local availability.

A one cup serving of figs (about eight dried figs) is an important part of prenatal diet care for pregnant women.

Figs are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Figs are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, raw or soaked figs are an excellent food for reducing Vata, especially in the fall.

Day 135: chicken

Chicken is sacred to Nwt and her husband Shu. Honor and thank Nwt and Shu for chicken.

Chickens, a native of the jungles of India, are associated with the Year of the Dragon and the Year of the Tiger.

If you already eat birds or mammals, eat one serving of chicken per month, taking in account the season and local availability.

If you don't currently eat meat, do not start eating meat.

Chicken is an acid-producing food (measured by the ash content resulting from laboratory titration).

Basil goes well with chicken.

Day 136: goat's cheese

Goat cheese is sacred to Aset (Isis). Honor and thank Aset for goat's cheese.

If you currently eat dairy products, eat at least one serving of goat's cheese per month, taking in account the season and local availability. If you do not currently eat dairy foods, don't add this item to your diet.

Goat's cheese is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 137: goat milk

Goat milk is sacred to Aset (Isis). Honor and thank Aset for goat's milk.

If you currently eat dairy products, eat at least one serving of goat milk per month, taking in account the season and local availability. If you do not currently eat dairy foods, don't add this item to your diet.

Goat milk is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 138: grapes

Grapes are sacred to Bast. Honor and thank Bast for grapes.

Eat at least one serving of organic grapes per week, taking in account the season and local availability. Only eat organic grapes.

Eat a good mixture of purple grapes, green grapes, and black grapes, with an emphasis on purple grapes. At least once a year, also eat amber/yellow, crimson, pink, and Concord grapes.

Grapes are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Grapes are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, grapes are an excellent food for reducing Vata, especially in the fall.

Reason to choose organic:

Imported grapes are the number twelve (12) most important food to purchase organic because of the high level of chemical residues in non-organic imported grapes, according to the 2010 study by the [Environmental Working Group](#).

Day 139: mustard seed

Mustard seed is sacred to Bast. Honor and thank Bast for mustard.

Eat mustard at least once per week. You may eat mustard every day.

Mustard seed is ground and used as a spice or used as the primary ingredient in prepared mustards.

French prepared mustard get their flavor from wine or vinegar. Dijon mustard, named for the French city of its origin, gets its distinctive flavor from a combination of red and white wine.

English mustard, usually in powdered form, is extremely spicy. Add cold water and a little honey or agave.

German mustard is typically sweeter and less acidic than other prepared mustards, commonly including apple cider vinegar, brown sugar, cinnamon, and beer.

American mustard is made from a mild white mustard seed and gets its bright yellow from tumeric.

Mustard goes well with fish.

Day 140: cottage cheese

Cottage cheese is sacred to Aset (Isis). Honor and thank Aset for cottage cheese.

If you already eat dairy foods, eat one serving of cottage cheese per month, taking in account the season and local availability.

If you don't currently eat dairy foods, do not start eating dairy foods.

Cottage cheese is a good source of probiotics.

Cottage cheese is an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 141: raisins

Raisins are sacred to Bast. Honor and thank Bast for raisins.

Eat at least one serving of organic raisins per month, taking in account local availability. Only eat organic raisins.

Raisins are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Raisins are recommended by the American Diabetes Association because they have a medium glycemic index (G.I.).

According to Ayurveda, most dried fruit should be avoided during a diet reducing Vata, especially in the fall.

Day 142: oyster

Oyster is sacred to Aset (Isis). Honor and thank Aset for oysters.

Eat at least one serving of oysters per month, taking in account the season and local availability.

Oysters are a kind of mollusk.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Day 143: cayenne

Cayenne is sacred to Bast. Honor and thank Bast for cayenne.

Eat Cayenne at least once per week. You may eat cayenne every day.

Cayenne is typically used as a spice or herb.

Cayenne goes well with dried beans and fish.

Day 144: kiwi

Kiwi is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for kiwi fruit.

Eat at least one serving of kiwi per month, taking in account the season and local availability.

Kiwifruit is an alkaline-producing food (measured by the ash content resulting from laboratory

titration).

Kiwi is recommended by the American Diabetes Association because it has a low glycemic index (low G.I.).

Day 145: nectarine

Nectarine is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for nectarines.

Eat at least one serving of nectarine per month, taking in account the season and local availability.

Nectarines are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Reason to choose organic:

Nectarines are the number six (6) most important food to purchase organic because of the high level of chemical residues in non-organic nectarines, according to the 2010 study by the [Environmental Working Group](#).

Day 146: peaches

Peach is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for peaches.

Eat at least one serving of organic peaches per month, taking in account the season and local availability.

Peaches are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Peaches are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, peaches are a good food for reducing Vata, especially in the fall.

Reason to choose organic:

Peaches are the number two (2) most important food to purchase organic because of the high level of chemical residues in non-organic peaches, according to the 2010 study by the [Environmental Working Group](#).

Day 147: pears

Pear is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and

Het Heret for pears.

Eat at least one serving of organic pears per month, taking in account the season and local availability.

Pears are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Pears are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Pears are a good source of fiber.

According to Ayurveda, pears are a good food for reducing Vata, especially in the fall.

Day 148: licorice root

Licorice root is sacred to Bast. Honor and thank Bast for licorice.

Eat licorice at least once per week. You may eat licorice every day.

Licorice root is typically used as a spice or herb.

Day 149: onion

Onion is sacred to Bast. Honor and thank Bast for onions.

Eat at least one serving of onion per week, taking in account the season and local availability.

Onions were a common gift offered to the Neteru (Goddesses) of Kemet (ancient Egypt).

The American Diabetes Association recommends onions as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Onion is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Onions are a good prebiotic.

Day 150: clam

Clam is sacred to Aset (Isis). Honor and thank Aset for clams.

Eat at least one serving of clams per month, taking in account the season and local availability.

Clams are a kind of mollusk.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is

that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Day 151: barley

Barley, a grain, is sacred to Bast, Nepit's husband Neper, and Renenutet. Honor and thank Bast, Neper, and Renenutet for barley.

Eat at least one serving of whole grain barley per month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Persons with celiac disease (glutten-intolerant) should avoid wheat, rye, and barley.

Dr. Hagiwara claims that the green juice from the young leaves of barley greass is the most active phytonutrient-rich food in the world.

Barley is a good source of protein.

Barley is a food that helps nourish the kidneys.

Whole grain barley is an important source of dietary fiber.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Barley is a good prebiotic.

Chinese herbalism:

Chinese gender: pearl barley is yin (cool)

Chinese flavor: pearl barley is bland and slightly sweet

deities associated with barley:

- Asar (Kemetic/ancient Egyptian deity)
- Bacchus (Roman deity)
- Demeter (Greek Goddess)

Dionysus (Greek deity)

- Osiris (Kemetic/ancient Egyptian deity)
- Vishnu (Hindu deity)

Asar (or Osiris) is the original god of barley brewing. The Roman god Bacchus and the Greek god Dionysus inherited this role in the Greco-Roman world.

Day 152: tangerine

Tangerine is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for tangerines.

Eat at least one serving of tangerines per month, taking in account the season and local availability.

Tangerines are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Tangerines are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Day 153: sweet bell peppers

Sweet bell pepper is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for sweet bell peppers.

Eat at least two servings of organic or hot house sweet bell peppers per month (at least one of which is orange bell pepper), taking in account the season and local availability.

The American Diabetes Association recommends peppers as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Sweet bell peppers are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Peppers have vitamin A, vitamin C, carotenoids, lutein, fiber, calcium, and magnesium that help prevent cancer by antioxidant function and immune enhancement.

Bell peppers have vitamin A, carotenes, and vitamin C, essential nutrients in fighting cancer.

Reason to choose organic:

Bell peppers are the number seven (7) most important food to purchase organic because of the high level of chemical residues in non-organic bell peppers, according to the 2010 study by the [Environmental Working Group](#).

You can substitute red peppers for pepperoni on pizzas.

Day 154: potato

Potato is sacred to Bast. Honor and thank Bast for potatoes.

Eat at least one serving of potatoes per month, taking in account the season and local availability.

The American Diabetes Association recommends potato as a starchy vegetable.

Potatoes are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Instant potato and microwaved potato have a high glycemic index (greater than 100%).

Reason to choose organic:

Potatoes are the number eleven (1a) most important food to purchase organic because of the high level of chemical residues in non-organic potatoes, according to the 2010 study by the [Environmental Working Group](#).

Caraway goes well with cooked potatoes.

Spices that go well with potato include basil, caraway, celery seed, chervil, chives, coriander, dill, marjoram, oregano, paprika, parsley, poppy seed, rosemary, tarragon, and thyme.

Day 155: aloe vera juice

Aloe vera is sacred to Bast. Honor and thank Bast for aloe vera juice.

Drink or eat aloe vera juice at least once per week. You may drink or eat aloe vera juice every day.

Day 156: prune

Prunes are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for prunes.

Eat at least one serving of prunes per month, taking in account local availability.

Prunes are dried plums. Prunes are made from selected prune plum varieties that are very high in sugar and can be dried without fermenting while still containing the plum pit.

According to Ayurveda, raw or soaked prunes are a good food for reducing Vata, especially in the fall.

Day 157: trout

Trout is sacred to Aset (Isis). Honor and thank Aset for trout.

Eat at least one serving of trout (especially rainbow trout) per month, taking in account the season and local availability.

Trout should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 158: cranberry

Cranberry is sacred to Bast. Honor and thank Bast for cranberries.

Eat at least one serving of cranberries per month, taking in account the season and local availability.

Cranberries should not be used often unless you need a strong diuretic.

Cranberry juice helps prevent urinary problems, especially bacterial infections.

According to Ayurveda, cranberries may be eaten occasionally during a diet reducing Vata, especially in the fall.

Cranberries have moderate levels of Vitamin C, dietary fiber, and manganese (an essential mineral), as well as other essential micronutrients.

Cranberries are a source of polyphenol antioxidants, beneficial to the cardiovascular system and immune system and having anti-cancer properties.

botanical information:

Botanical name: Primarily *Vaccinium macrocarpon*, but also *Vaccinium erythrocarpum*, *Vaccinium microcarpum*, and *Vaccinium oxycoccos*

Obsolete botanical names:

Oxycoccos erythrocarpus = *Vaccinium erythrocarpum*

Oxycoccos macrocarpus = *Vaccinium macrocarpon*

Oxycoccos microcarpus = *Vaccinium microcarpum*

Oxycoccos palustris = *Vaccinium oxycoccos*

Common name: cranberry

Vaccinium erythrocarpum: southern mountain cranberry

Vaccinium macrocarpus: American cranberry, bearberry, large cranberry

Vaccinium microcarpum: small cranberry

Vaccinium oxycoccos: common cranberry, northern cranberry

Canadian name: cranberry, mossberry

English name: fenberry (named for fens or marshes)

native American name: sassamanash

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

The word cranberry originally started as crane berry, because early European settlers to North America thought the flower and associated parts looked similar to the head and neck of a crane.

Family: Ericaceae (heath or heather family)

Kind: Evergreen Dwarf Shrub or Trailing Vines.

Habitat: acidic bogs in Northern hemisphere

Height: 5 to 20 centimeters tall

Spread: up to 2 meters long

Leaf: small evergreen leaf

Pollination: honey bees

Flower: dark pink with reflexed petals

Fruit: cranberry; starts as small white berry, but grows to a dark red berry that is larger than the leaves

Fruiting Time: late September to early October

origin:

Origin: Northern hemisphere, including northern North America, northern Europe, and northern Asia

Wisconsin produces more cranberries than any other U.S. state.

part used:

Part Used: Berry.

nutritional information:

Cranberries have moderate levels of Vitamin C, dietary fiber, and manganese (an essential mineral), as well as other essential micronutrients.

Cranberry juice helps prevent urinary problems, especially bacterial infections.

Cranberries are a source of polyphenol antioxidants, beneficial to the cardiovascular system and

immune system and having anti-cancer properties.

nutritional value per 100 grams (raw cranberries):

- **Energy:** 46 kcal
- **Fiber:** (total dietary) 4.6 g
- **Sugars:** 4.04 g
- **Calcium:** Ca 8 mg
- **Magnesium:** Mg 6 mg
- **Manganese:** Mn 0.15 mg
- **Phosphorus:** P 13 mg
- **Potassium:** K 85 mg
- **Sodium:** Na 2 mg
- **Vitamin C:** total ascorbic acid 13.3 mg
- **Vitamin A:** 60 IU
- **Vitamin K:** 5.1 mg
- **Beta Carotene:** 36 mg
- **Lutein and zeaxanthin:** 91 mg

storage:

Fresh cranberries can be frozen for up to nine months.

preparation:

Top oatmeal with dried cranberries. Helps gum health and detoxes kidneys. Helps protect against bladder infections. 1/4 cup of dried cranberries has 92 calories, 0 grams of fat, 20 grams of sugar, and 2 grams of fiber.

magickal correspondences and uses:

Western element (as juice): water

Western element (as berry): fire

Magickal uses of cranberry juice: protection

ritual uses:

Ritual uses of cranberry juice: Sacred to Marjatta

Ritual uses of cranberries and cranberry juice: Yule or Winter Solstice

deities associated with cranberry:

- Marjatta (Finnish Goddess)

cautions and contraindications:

Cautions and contraindications: Safe for use during pregnancy and breast-feeding. Those with family or individual history of calcium-oxalate kidney stones should avoid long term use of cranberry supplements.

planting and growing:

Plants in the ericaceae (heath or heather) family, such as the cranberry, are calcifuge, that is they don't like lime, and grow best in acidic soil.

Day 159: radish

Radish is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for radishes.

Eat at least one serving of radishes per month, taking in account the season and local availability.

The American Diabetes Association recommends radishes as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Radishes are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Radishes have indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Day 160: pumpkin seeds

Pumpkin seed is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for pumpkin seeds.

Eat at least one serving of pumpkin seeds per month, taking in account the season and local availability.

A serving of pumpkin seeds (about a half a cup) is an important part of prenatal diet care for pregnant women.

Pumpkin seeds are an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 161: agave

Agave is sacred to Bast. Honor and thank Bast for agave.

Use agave as a sweetener. You may use unsulfured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

Agave is typically used as a sweetener.

Day 162: wild rice

Wild rice, a pseudo-grain, is sacred to Bast. Honor and thank Bast for wild rice.

Eat at least one serving of wild rice per month, taking in account the season and local availability.

Wild rice is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 163: brown rice

Brown rice, a grain, is sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for brown rice.

Eat at least one serving of brown rice per month, taking in account the season and local availability.

Eat white rice only on rare occasions. White rice is strongly discouraged.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Brown rice is an acid-producing food (measured by the ash content resulting from laboratory titration).

Puffed rice, instant rice, and puffed rice cakes have a high glycemic index (greater than 100%). White rice and brown rice have a high glycemic index (between 80% and 100%).

Whole grain brown rice includes the endosperm (starch), bran (fiber), and whole germ (most nutrients). White rice has only the polished starchy interior endosperm.

Day 164: winter squash

Winter squash is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for winter squashes.

Eat at least one serving of organic winter squash per month, taking in account the season and local availability.

The American Diabetes Association recommends squash (including cushaw squash) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

The American Diabetes Association recommends acorn squash and butternut squash (both winter squashes) as a starchy vegetable.

Winter squash is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Caraway goes well with cooked winter squash.

Day 165: summer squash

Summer squash is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for summer squashes.

Eat at least one serving of summer squash per month during hot weather, taking in account the season and local availability.

The American Diabetes Association recommends summer squash (including crockneck and zucchini) as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Summer squash is an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 166: black pepper

Black pepper is sacred to Bast. Honor and thank Bast for black pepper.

Eat black pepper at least once per week. You may eat black pepper every day.

Black pepper is typically used as a spice or herb.

Pepper goes well with dried beans and chicken eggs.

White pepper is usually used as a substitute for black pepper when black pepper would discolor a light-colored or white dish..

Day 167: soybean

Soybean is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for soybeans.

Eat at least one serving of soybeans per week, taking in account the season and local availability. You

may eat soy or soy products every day.

Some people have a food reaction to soy and soy products. Do not eat soy or soy products if you are one of these people.

The American Diabetes Association recommends soy-based fake meat products (such as veggie burgers) as a protein source.

Soybeans an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Soy beans are healthier than soy bean products. Soy-based fake meat products are healthier than real meat. Soy-based meat products should be used to transition away from meat and may be used on rare occasions.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Soy beans are a good prebiotic.

Tofu ice cream has a high glycemic index (greater than 100%).

Day 168: soy cheese

Soy cheese is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for soy cheese.

Eat at least one serving of soy cheese per month, taking in account the season and local availability.

Some people have a food reaction to soy and soy products. Do not eat soy or soy products if you are one of these people.

Soy cheese is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 169: plant milk

Plant milk is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for plant milks.

Eat at least one serving of plant milk per week, taking in account the season and local availability.

The recommended plant milk is hemp seed milk. Other good alternatives are soy milk, almond milk, and rice milk.

Soy milk is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Some people have a food reaction to soy and soy products. Do not eat soy or soy products if you are one of these people.

Day 170: cherries

Cherry is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for cherries.

Eat at least one serving of organic cherries per month (daily during peak season), taking in account the season and local availability. Cherries should be eaten occasionally.

Eat cherries on days associated with Venus.

Cherry is an acid-producing food (measured by the ash content resulting from laboratory titration).

Cherries are a low Glycemic Index (low GI) food, appropriate for diabetics.

Cherries are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Cherries are a good prebiotic.

According to Ayurveda, cherries are a good food for reducing Vata, especially in the fall.

Reason to choose organic:

Cherries are the number ten (10) most important food to purchase organic because of the high level of chemical residues in non-organic cherries, according to the 2010 study by the [Environmental Working Group](#).

Day 171: sea bass

Sea bass is sacred to Aset (Isis). Honor and thank Aset for sea bass.

Eat at least one serving of sea bass per month, taking in account the season and local availability.

Sea bass should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel,

garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 172: turnips

Turnip roots are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for turnips.

Eat at least one serving of turnip root (better known as just turnips) per month, taking in account the season and local availability.

Turnips have indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Caraway goes well with cooked turnips.

Day 173: nutmeg

Nutmeg is sacred to Bast. Honor and thank Bast for nutmeg.

Eat nutmeg at least once per week. You may eat nutmeg every day.

Nutmeg is typically used as a spice or herb.

Day 174: pinto bean

Pinto beans is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for pinto beans.

Eat at least one serving of pinto bean per month, taking in account the season and local availability.

A serving of pinto beans (about half a cup, dried) is an important part of prenatal diet care for pregnant women.

The American Diabetes Association recommends pinto beans as a protein source.

Day 175: leeks

Leeks are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for leeks.

Eat at least one serving of leeks per month, taking in account the season and local availability.

A serving of leeks (one cup, raw) is an important part of prenatal diet care for pregnant women.

The American Diabetes Association recommends leeks as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Leeks are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Leeks are a good prebiotic.

Day 176: globe artichoke

Artichoke is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for globe artichokes.

Eat at least one serving of globe artichoke per month, taking in account the season and local availability.

The American Diabetes Association recommends artichoke and artichoke hearts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

A serving of artichokes (about one medium artichoke) is an important part of prenatal diet care for pregnant women.

Artichokes are a good source of fiber.

botanical information:

Botanical name: *Cynara cardunculus*, also called *Cynara scolymus*

Common name: artichoke, globe artichoke

French name: artichaut

Italian name: articiocco

Family: Asteraceae (aster, daisy, or sunflower family)

Kind: Perennial Thistle.

Height: 1-1/2 to 2 meters tall

origin:

Origin: southern Europe, Mediterranean, Sicily, Egypt, Canary Islands. Possibly originally from the Maghreb in North Africa (artichokes still grow wild there)

history:

History: The Greeks grew artichokes in Sicily. The Greeks called globe artichokes *kaktos*.

History: Globe artichoke seeds discovered in excavation of Mons Claudianus in Egypt, from the Roman period. The Romans called artichokes *carduus*.

History: Globe artichokes were grown in the Maghreb of North Africa by the Muslims. The Arabs called globe artichokes *Ardi-Shoki*, meaning “ground thorny”. The later Arabic name *al-kharshuf* was the source of the plant name in most European languages.

History: Globe artichokes were grown in Naples by the middle 9th century.

nutritional information:

Artichokes are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Artichokes are a source of protein.

Artichokes help keep the liver clean and healthy.

Artichokes are a food that increases sexual energy and enhances fertility.

nutritional value per 100 grams:

- **Calories:** 40-50 calories
- **Water:** 85%
- **Proteins:** 3 grams
- **Fat:** 0.29 grams
- high in Vitamin A
- high in Vitamin B
- high in phosphorus
- high in minerals

The American Diabetes Association recommends artichoke and artichoke hearts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

storage:

Storage: Eat artichokes within two days of purchase.

deities associated with artichoke:

- Jupiter (Roman God)
- Zeus (Greek God)

Myth: Jupiter (or Zeus) fell in love with Cynara, a beautiful girl with ash blonde hair. Cynaraa rejected Jupiter (or Zeus), so he turned her into the first artichoke (which had the Roman name Cynara, leading to the modern botanical name *Cynara scolymus*).

Day 177: albacore tuna

Albacore tuna is sacred to Aset (Isis). Honor and thank Aset for albacore tuna.

Eat at least one serving of troll- or pole-caught albacore tuna per month, taking in account the season and local availability.

Albacore tuna should be wild caught, never farm raised. Choose troll- or pole-caught albacore tuna from the United States or British Columbia.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 178: açai berry

Eat at least one serving açai berries at least once per week. You may eat açai berries every day. You may meet half of this requirement with açai berry juice.

Because açai is an extremely fragile fruit, outside of Brazil it is typically distributed as açai pulp.

Açai berry is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for açai berries.

[read the chapter on açai berry](#)

Day 179: molasses

Molasses is sacred to Bast. Honor and thank Bast for blackstrap molasses.

Eat at least three servings of blackstrap molasses per week.

Use black strap molasses as a sweetener. You may use unsulfured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

A serving of molasses (about one tablespoon) is an important part of prenatal diet care for pregnant women.

Day 180: sunflower seeds

Sunflower seeds are sacred to Bast. Honor and thank Bast for sunflower seeds.

Eat at least one serving of sunflower seeds per month, taking in account the season and local availability.

Sunflower seeds are an acid-producing food (measured by the ash content resulting from laboratory titration).

Sunflower seed kernels are an important source of dietary fiber.

Day 181: cocoa and dark chocolate

Cocoa (the source of chocolate) is sacred to Bast. Honor and thank Bast for cocoa and chocolate.

Eat cocoa or dark chocolate at least once per month. You may eat dark chocolate (at least 70%) often. Women may eat up to 100 calories of dark chocolate per day.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Dark chocolate is a good prebiotic.

Day 182: raw cacao

Raw cacao is sacred to Bast. Honor and thank Bast for cacao beans.

Eat raw cacao at least once per month. You may eat raw cacao more often.

Raw cacao beans are the source of cocoa powder, which is used to make chocolate. In the Dutch method, raw cacao beans are scorched at temperatures of up to 150°C and doused with solvents, resulting in cocoa.

Day 183: chili pepper

Chili pepper is sacred to Bast. Honor and thank Bast for chili pepper.

Eat Chili pepper at least once per week. You may eat chili pepper every day.

Powdered chili pepper is typically used as a spice or herb.

Chili goes well with dried beans and corn.

Day 184: kefir

Kefir is sacred to Aset (Isis). Honor and thank Aset for kefir.

Drink at least one serving of kefir at least once a month, taking in account the season and local availability.

If you do not currently eat dairy foods, do not start drinking kefir, unless you currently eat any animals, in which case it is important to drink at least one serving of kefir a week as long as you continue to eat land animals. You may consider drinking kefir to counterbalance eating fish and seafood.

Kefir is a good source of probiotics.

Day 185: blue-green algae

Wild blue-green algae (BGA) is sacred to Aset (Isis). Honor and thank Aset for wild blue-green algae.

Eat at least one serving of wild blue-green algae (BGA) at least once a week. You may eat wild blue-green algae every day.

Day 186: coconut water

Coconut water is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for coconut water.

Drink at least one serving of coconut water at least once a week, taking in account the season and local availability. You may drink coconut water every day.

Drink coconut water instead of commercial energy drinks during particularly heavy work-outs, exercise, or physical labor..

Day 187: hot peppers

Hot peppers are sacred to Bast. Honor and thank Bast for hot peppers.

Eat at least one serving of hot peppers at least once a week, taking in account the season and local availability. You may eat hot peppers every day.

Note that different people have different tolerances for hot peppers, and what may be a very mild pepper to one person may be an extremely hot pepper to another.

Make sure that you pick a hot pepper that is an appropriate range for your body. I personally find peppercini to be hot (don't laugh), while I know people who find the jalapeño pepper to be rather mild. The important thing is to find a hot pepper that gets your heart pumped up and that you can feel Goddess blessings pumping through your blood stream.

Both alcohol (beer) and fat (yogurt) produce a chemical reaction that helps dissolve the hotness in your mouth after eating hot peppers.

Day 188: spelt

Spelt, a grain, is sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for spelt.

Eat at least one serving of spelt at least once a month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Spelt is an ancient grain.

Day 189: brewer's yeast

Brewer's yeast is sacred to Bast. Honor and thank Bast for brewer's yeast.

Eat at least one serving of brewer's yeast at least once a month, taking in account the season and local availability.

Day 190: lentils

Lentils are sacred to Bast. Honor and thank Bast for lentils.

Eat at least one serving of lentils per month, taking in account the season and local availability.

The American Diabetes Association recommends lentils as a protein source.

Lentils are an acid-producing food (measured by the ash content resulting from laboratory titration).

Lentils are an important source of dietary fiber.

Day 191: arame

Arame is sacred to Aset (Isis). Honor and thank Aset for arame.

Eat at least one serving of arame seaweed per week, taking in account the season and local availability.

Arame is also called sea oak.

Many Americans aren't used to seaweeds as a normal part of their diet (other than as a wrapping for sushi). and think that seaweeds will taste yucky. Arame looks like little black threads (turns dark brown when cooked) and has a sweet, mild taste. Arame is great for adding raw to salads and soups, as well as sautéing with root vegetables or tofu.

Day 192: shitake mushroom

Shitake mushroom is sacred to Bast. Honor and thank Bast for shitake mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked shitake mushrooms per week, taking in account the season and local availability. You may eat shitake mushrooms daily.

Many Americans aren't used to eating a lot of mushrooms, other than white or brown "button" mushrooms. Shitake is one of the more popular mushrooms in Asian countries. Shitake is fairly large and available both fresh and dried. Soak dried Shitake before cooking. Cut off and discard the hard stems before cooking. Shitake can be sautéed for as a burger patty or stuffed with vegetables. Shitake can be cut into pieces and added to a salad, soup, or side dish.

Shitake mushrooms contain phytochemicals that enhance immune functions.

Day 193: almond oil

Almond oil is sacred to Bast, Aset (Isis), Het Heret (Hathor), Nwt, Satis, Seshat (Sothis), Amon-Ra, and Anket. Honor and thank Bast, Aset, Het Heret, Nwt, Satis, Seshat, Amon-Ra, and Anket for almond oil.

Use almond oil at least once a month. Keep almond oil refrigerated to prevent rancidity.

Day 194: dill leaf

Dill leaf is sacred to Bast and Djehuti. Honor and thank Bast and Djehuti for dill.

Eat fresh dill at least once per week, taking in account the season and local availability. You may eat fresh dill every day.

Eat dill leaf on days associated with Mercury.

Day 195: royal jelly

Royal jelly, a bee product, is sacred to Bast. Honor and thank Bast for royal jelly.

Eat at least one serving of royal jelly at least once a month, taking in account the season and local availability.

Royal jelly is a bee product.

Day 196: burdock root

Burdock root is sacred to Bast. Honor and thank Bast for burdock root.

Eat at least one serving of burdock root per week, taking in account the season and local availability.

Burdock root is highly recommended in the Macrobiotic Diet.

botanical information:

Botanical name: can be any of *Arctium* spp., but especially *Arctium lappa* (edible burdock, greater burdock, or lappa burdock)

Common name: burdock root, edible burdock, greater burdock, lappa burdock

Japanese name: gobo

Korean name: ueong

Portuguese name: bardana

Use the botanical name when ordering seeds (bulbs, etc.) or when looking up information in the library. Common names vary by nation, culture, and region, and sometimes the same common name is applied to different plants.

Family: Asteraceae [formerly called Compositae] (aster, daisy, or sunflower family)

origin:

Origin: most of Asia and Europe

nutritional information:

Burdock root is highly recommended in the Macrobiotic Diet.

[Burdock root] Is an excellent blood purifier and cleanser; aids in healing skin blemishes,

arthritis & rheumatism; promotes healthy kidney function.

—courtesy of [Austin Nutritional research](#)

magickal correspondences and uses:

Gender: feminine (traditional western European magickal gender)

Chinese herbalism:

Chinese gender: yin (cool)

Chinese flavor: pungent and bitter

Ayurvedic herbalism:

Ayurvedic Doshas: PK- V+ Pitta decreases; Kapha decreases; Vata increases.

cautions and contraindications:

Cautions and contraindications: Burdock is believed to be **safe**.

Day 197: chestnuts

Chestnuts are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for chestnuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of chestnuts per month, taking in account the season and local availability.

Chestnuts are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 198: broccoli sprouts

Broccoli sprouts are sacred to Bast. Honor and thank Bast for broccoli sprouts.

Eat at least one serving of broccoli sprouts at least twice a month, taking in account the season and local availability. You may eat broccoli sprouts almost every day.

Toss broccoli sprouts into salads. And, of course, eat them fresh and uncooked in a sprout salad.

Because broccoli sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling

of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 199: whey protein

Whey protein is sacred to Aset (Isis). Honor and thank Aset for whey protein.

Eat at least a few servings of whey protein at least once a week, taking in account the season and local availability.

Cut back or eliminate dairy products from your diet. If you do not currently eat milk or dairy products, do not start whey protein, but if you currently eat meat or dairy, use whey protein as part of your process of abandoning meat.

Day 200: green peas

Green peas are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for green peas.

Peas are associated with the Year of the Rat.

Eat at least one serving of green peas per month, taking in account the season and local availability.

The American Diabetes Association recommends dried green peas (including split peas) as a protein source. The American Diabetes Association recommends pea pods as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

The American Diabetes Association recommends green peas as a starchy vegetable.

Peas are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Peas and split peas are a good source of fiber.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Peas are a good prebiotic.

Day 201: boysenberry

Boysenberry is sacred to Bast. Honor and thank Bast for boysenberries.

Eat at least one serving of boysenberries at least once a month, taking in account the season and local availability.

Day 202: scallops

Scallops is sacred to Aset (Isis). Honor and thank Aset for scallops.

Eat at least one serving of scallops per month, taking in account the season and local availability.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Day 203: hijiki

Hijiki is sacred to Aset (Isis). Honor and thank Aset for hijiki.

Eat at least one serving of hijiki seaweed per month, taking in account the season and local availability.

You can marinate hijiki in sesame seed oil to create a quick salad.

Day 204: brown mushroom

Brown mushroom is sacred to Bast. Honor and thank Bast for brown mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked brown mushrooms per month, taking in account the season and local availability.

Day 205: sunflower oil

Sunflower oil is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for sunflower oil.

Use organic, expeller pressed, high-oleic sunflower oil at least once a month. Keep sunflower oil refrigerated to prevent rancidity.

Day 206: rose

Rose is sacred to Bast. Honor and thank Bast for rose.

Scientific and botanical name: *Rosa rugosa* or *Rosa gallica officinalis*

Eat rose at least once per week. You may eat rose every day.

Rose is an edible flower. Consider using rose in salads and as a garnish. Rose is often used as an herb or garnish or to make rose water. Always remove the bitter white portions of the petals. The stronger the fragrance, the stronger the flavor.

Day 207: buckwheat or kasha

Buckwheat (also known as kasha), a grain, is sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for buckwheat.

Eat at least one serving of buckwheat per month, taking in account the season and local availability.

Hulled buckwheat kernels are called groats.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Buckwheat is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 208: bee pollen

Bee pollen is sacred to Bast. Honor and thank Bast for bee pollen.

Eat at least one serving of bee pollen at least once a week, taking in account the season and local availability. You may eat bee pollen every day.

Day 209: garbanzo beans or chickpeas

Garbanzo beans (also known as chickpeas) are sacred to Bast. Honor and thank Bast for chickpeas.

Eat at least one serving of garbanzo beans (chickpeas) at least once a week, taking in account the season and local availability.

Day 210: macadamia nuts

Macadamia, a nut, is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for macadamia nuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of macadamia nuts at least once a week. Eat some kind of nut every day.

Day 211: mustard sprouts

Mustard sprouts are sacred to Bast. Honor and thank Bast for mustard sprouts.

Eat at least one serving of mustard sprouts at least twice a month, taking in account the season and local availability.

Toss mustard sprouts into salads. And, of course, eat them fresh and uncooked in a sprout salad.

Because mustard sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you’ve eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this “Chinese food syndrome”.

Day 212: watermelon

Watermelon is sacred to Bast. Honor and thank Bast for watermelons.

Eat at least one serving of watermelon per month, taking in account the season and local availability.

Watermelon is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Watermelon is recommended by the American Diabetes Association because it has a medium glycemic index (G.I.).

According to Ayurveda, melons may be eaten occasionally during a diet reducing Vata, especially in the fall.

Day 213: crustacea

Crustacea are sacred to Aset (Isis). Honor and thank Aset for crustacea.

Eat at least two servings of crustacea per month, taking in account the season and local availability. The recommended crustacea are crawfish, lobster, prawns, and shrimp.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Day 214: kombu

Kombu is sacred to Aset (Isis). Honor and thank Aset for kombu.

Eat at least one serving of kombu seaweed per month, taking in account the season and local availability.

Day 215: white mushroom

White mushroom is sacred to Bast. Honor and thank Bast for white mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked white mushrooms per month, taking in account the season and local availability.

Day 216: safflower oil

Safflower oil is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for safflower oil.

Use organic, expeller pressed, high-oleic safflower oil at least once a month. Keep safflower oil refrigerated to prevent rancidity.

Day 217: paprika

Paprika is sacred to Bast. Honor and thank Bast for paprika.

Eat paprika at least once per week. You may eat paprika every day.

Paprika is typically used as a spice or herb.

Paprika goes well with chicken eggs and potato.

Day 218: propolis

Propolis, a bee product, is sacred to Bast. Honor and thank Bast for propolis.

Eat at least one serving of propolis at least once a month, taking in account the season and local availability.

Propolis is a bee product.

Day 219: couscous

Couscous, a grain, is sacred to Bast, Aset, Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for couscous.

Eat at least one serving of couscous at least twice a month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Couscous is a grain.

Day 220: radish sprouts

Radish sprouts are sacred to Bast. Honor and thank Bast for radish sprouts.

Eat at least one serving of radish sprouts at least once a month, taking in account the season and local availability.

Radish sprouts are spicy.

Toss radish sprouts into salads. Radish sprouts can be used in coleslaw. Radish sprouts can be used in wraps and roll-ups. Stir-fry radish sprouts with other vegetables. Mix radish sprouts with soft cheeses, tofu, yogurt, or kefir to make a dip. Place radish sprouts on top of omelets or scrambled eggs. Add radish sprouts to sushi. Sauté radish sprouts with onions. And, of course, eat them fresh and uncooked in a sprout salad.

Because radish sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food

syndrome”.

Day 221: noni fruit

Noni fruit is sacred to Bast. Honor and thank Bast for noni.

Eat at least one serving of noni at least once a month, taking in account the season and local availability.

Noni juice is one of the better options for your fruit juice requirements.

Day 222: mollusks

Mollusks are sacred to Aset (Isis). Honor and thank Aset for mollusks.

Eat at least two servings of mollusks per month, taking in account the season and local availability.

Some of the mollusks to eat include clams, mussels, scallops, and oysters..

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Day 223: nekombu

Nekombu is sacred to Aset (Isis). Honor and thank Aset for nekombu.

Eat at least one serving of nekombu seaweed per month, taking in account the season and local availability.

Nekombu is the root of kombu.

Day 224: enoki mushroom

Enoki mushroom (also known as enokitake mushroom or enokidake mushroom) is sacred to Bast. Honor and thank Bast for enoki mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked enoki mushrooms per week, taking in account the season and local availability. You may eat enoki mushrooms daily.

Enoki mushrooms contain phytochemicals that enhance immune functions.

Day 225: hazelnut oil

Hazelnut oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra for hazelnut oil.

Use hazelnut oil at least once a month. Keep hazelnut oil refrigerated to prevent rancidity.

Day 226: marjoram

Marjoram is sacred to Bast. Honor and thank Bast for marjoram.

Eat fresh marjoram at least once per week. You may eat marjoram every day.

Marjoram is typically used as a spice or herb.

Marjoram goes well with corn, fish, potato.

Day 227: Brazil nuts

Brazil nuts are sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for Brazil nuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of Brazil nuts at least once a week. Eat some kind of nut every day.

Day 228: onion sprouts

Onion sprouts are sacred to Bast. Honor and thank Bast for onion sprouts.

Eat at least one serving of onion sprouts at least once a month, taking in account the season and local availability.

Onion sprouts are spicy.

Toss onion sprouts into salads. And, of course, eat them fresh and uncooked in a sprout salad.

Because onion sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 229: olive

Olive is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for olives.

Eat at least one serving of olives per month, taking in account the season and local availability.

Olives are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 230: dates

Date is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for dates.

Eat at least one serving of madjool dates per month, taking in account the season and local availability.

Dates are recommended by the American Diabetes Association because they have a medium glycemic index (medium G.I.).

According to Ayurveda, raw or soaked dates are an excellent food for reducing Vata, especially in the fall.

Day 231: white fleshed fish

White fleshed fish are sacred to Aset (Isis). Honor and thank Aset for white fleshed fish.

Eat at least one serving of white fleshed fish per week, taking in account the season and local availability.

Some recommended white fleshed fish are cod, flounder, halibut, orange roughy, pollack, and rockfish.

White fleshed-fish should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 232: kelp

Kelp is sacred to Aset (Isis). Honor and thank Aset for kelp.

Eat at least one serving of kelp seaweed per month, taking in account the season and local availability.

Kelp helps regulate the thyroid, which helps in losing weight.

Day 233: oyster mushroom

Oyster mushroom is sacred to Bast. Honor and thank Bast for oyster mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked oyster mushrooms per week, taking in account the season and local availability. You may eat oyster mushrooms daily.

Oyster mushrooms contain phytochemicals that enhance immune functions.

Day 234: dried red pepper

Dried red peppers are sacred to Bast. Honor and thank Bast for red peppers.

Eat at least one serving of dried red pepper at least once a week, taking in account the season and local availability. You may eat dried red pepper every day.

Dried red pepper is typically used as a spice or herb.

Day 235: sauerkraut

Sauerkraut is sacred to Bast. Honor and thank Bast for sauerkraut.

Cabbage is associated with the Year of the Rat.

Eat at least one serving of sauerkraut at least once a week, taking in account the season and local availability. You may eat a little sauerkraut daily.

Sauerkraut and kimchi are forms of fermented cabbage.

Sauerkraut is Germanic origin.

Day 236: cabbage sprouts

Cabbage sprouts are sacred to Bast. Honor and thank Bast for cabbage sprouts.

Cabbage is associated with the Year of the Rat.

Eat at least one serving of cabbage sprouts at least once a month, taking in account the season and local availability.

Toss cabbage sprouts into salads. Cabbage sprouts can be used in coleslaw. Blend cabbage sprouts with vegetable juices. And, of course, eat them fresh and uncooked in a sprout salad.

Because cabbage sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 237: goji or wolfberry

Goji berry (or wolfberry) is sacred to Bast. Honor and thank Bast for goji.

Eat at least one serving of goji per week, taking in account the season and local availability. Goji berries are usually eaten as a dried fruit.

Day 238: mackerel

Mackerel is sacred to Aset (Isis). Honor and thank Aset for mackerel.

Eat at least one serving of mackerel per month, taking in account the season and local availability.

Mackerel should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 239: wakame

Wakame is sacred to Aset (Isis). Honor and thank Aset for wakame.

Eat at least one serving of wakame seaweed per month, taking in account the season and local availability.

You can add wakame to soups.

Day 240: tree ear mushroom

Tree ear mushroom is sacred to Bast. Honor and thank Bast for tree ear mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked tree ear mushrooms per week, taking in account the season and local availability. You may eat tree ear mushrooms daily.

Day 241: lemon balm

Lemon balm is sacred to Bast. Honor and thank Bast for lemon balm.

Eat fresh lemon balm at least twice per month. You may eat lemon balm every day.

Lemon balm is typically used as a spice or herb.

Lemon balm is a traditional remedy for stress and anxiety.

Day 242: clover sprouts

Clover sprouts are sacred to Bast. Honor and thank Bast for clover sprouts.

Eat at least one serving of clover sprouts at least once a month, taking in account the season and local availability.

Toss clover sprouts into salads. Clover sprouts can be used in coleslaw. Stir-fry clover sprouts with other vegetables. Place clover sprouts on top of omelets or scrambled eggs. Sauté clover sprouts with onions. And, of course, eat them fresh and uncooked in a sprout salad.

Because clover sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 243: honeydew melon

Honeydew melon is sacred to Bast. Honor and thank Bast for honeydew melons.

Eat at least one serving of honeydew melon per month, taking in account the season and local availability.

Honeydew melons are recommended by the American Diabetes Association because they have a medium glycemic index (G.I.).

According to Ayurveda, melons may be eaten occasionally during a diet reducing Vata, especially in the fall.

Day 244: sardine

Sardine is sacred to Aset (Isis). Honor and thank Aset for sardines.

Eat at least one serving of sardines per month, taking in account the season and local availability.

Sardine should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 245: mekabu

Mekabu is sacred to Aset (Isis). Honor and thank Aset for mekabu.

Eat at least one serving of mekabu seaweed per month, taking in account the season and local

availability.

Mekabu is the flowering sprout of wakame.

Day 246: portobello mushroom

Portobello mushroom is sacred to Bast. Honor and thank Bast for portobello mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked portobello mushrooms per month, taking in account the season and local availability. Eat portobello mushrooms less often than other mushrooms.

You can cut calories and cholesterol in a tasty manner by substituting portobello mushrooms for beef.

Day 247: sage

Culinary sage (not to be confused with ceremonial sage) is sacred to Bast and Artemis. Honor and thank Bast for sage.

Eat fresh culinary sage at least once per month. Sage should not be eaten in large amounts over a long period of time.

Culinary sage is typically used as a spice or herb.

Culinary sage goes well with dried beans, bread, chicken eggs, and fish.

Day 248: hazelnuts

Hazelnuts are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for hazelnuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of hazelnuts per month, taking in account the season and local availability.

Day 249: sunflower sprouts

Sunflower sprouts are sacred to Bast. Honor and thank Bast for sunflower sprouts.

Eat at least one serving of sunflower sprouts at least once a month, taking in account the season and local availability.

Toss sunflower sprouts into salads. Sunflower sprouts can be used in wraps and roll-ups. Add

sunflower sprouts to sushi. And, of course, eat them fresh and uncooked in a sprout salad.

Because sunflower sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 250: turnip greens

Turnip greens are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for turnips.

Eat at least one serving of turnip greens per month, taking in account the season and local availability.

The American Diabetes Association recommends turnip greens as a non-starchy vegetable. The American Diabetes Association recommends turnip as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Turnips have indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Turnip greens have vitamin D, an essential nutrient in fighting cancer.

Turnip greens are an important source of dietary fiber.

Day 251: papaya

Papaya is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for papaya.

Eat at least one serving of papaya per month, taking in account the season and local availability. Red-fleshed papaya is preferred.

Papaya is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Papaya is recommended by the American Diabetes Association because it has a low glycemic index (low G.I.).

Papaya has vitamin C, an essential nutrient in fighting cancer.

According to Ayurveda, papaya is an excellent food for reducing Vata, especially in the fall.

Day 252: alaria

Alaria is sacred to Aset (Isis). Honor and thank Aset for alaria.

Eat at least one serving of alaria seaweed per month, taking in account the season and local availability.

Day 253: crimini mushroom

Crimini mushroom is sacred to Bast. Honor and thank Bast for crimini mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked crimini mushrooms per month, taking in account the season and local availability. Eat crimini mushrooms less often than other mushrooms.

Day 254: cane sugar

Unsulphured organic cane sugar is sacred to Bast. Honor and thank Bast for cane sugar.

Use unsulphured organic cane sugar as a sweetener. You may use unsulphured organic cane sugar, black strap molasses, local organic honey, pure maple syrup, and stevia as your regular daily sweeteners.

Unsulphured organic cane sugar is typically used as a sweetener.

Day 255: pine nut

Pine nuts are sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for pine nuts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of pine nuts per month, taking in account the season and local availability.

Pine nuts are also known as pinons.

Day 256: lentil sprouts

Lentil sprouts are sacred to Bast. Honor and thank Bast for lentil sprouts.

Eat at least one serving of lentil sprouts at least once a month, taking in account the season and local availability.

Toss lentil sprouts into salads. Stir-fry lentil sprouts with other vegetables. Blend lentil sprouts with vegetable juices. Stir lentil sprouts into soups or stews when serving (after cooking). Combine lentil sprouts in oat, barley, or buckwheat dishes. Puree lentil sprouts with dried peas or beans. Add lentil sprouts to baked beans. And, of course, eat them fresh and uncooked in a sprout salad.

Because lentil sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 257: coconut

Coconut is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for coconuts.

Eat at least one serving of coconut at least once a month, taking in account the season and local availability.

Day 258: pineapple

Pineapple is sacred to Bast. Honor and thank Bast for pineapples.

Eat at least one serving of pineapple per month, taking in account the season and local availability.

Pineapple is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Pineapple is recommended by the American Diabetes Association because it has a medium glycemic index (G.I.).

According to Ayurveda, pineapple is an excellent food for reducing Vata, especially in the fall.

Day 259: nori

Nori is sacred to Aset (Isis). Honor and thank Aset for nori.

Eat at least one serving of nori seaweed per month, taking in account the season and local availability.

Nori is also called sloke or laver.

You can grate nori on popcorn and eggs.

Day 260: maitake mushroom

Maitake mushroom is sacred to Bast. Honor and thank Bast for maitake mushrooms.

Another mushroom Goddess is Brigid (Celtic).

Eat at least one serving of cooked maitake mushrooms per week, taking in account the season and local

availability. You may eat maitake mushrooms daily.

Grifola frondosa Maitake is Japanese for dancing mushroom, because those who found it often danced for joy. This mushroom was once worth its weight in silver.

There is aa possibility that maitake mushrooms may help fight cancer.

Maitake mushrooms contain phytochemicals that enhance immune functions.

Day 261: dill seed

Dill seed is sacred to Bast and Djehuti. Honor and thank Bast and Djehuti for dill.

Eat dill seed at least once per week, taking in account the season and local availability. You may eat dill every day.

Eat dill seed on days associated with Mercury.

Dill goes well with bread, corn, fish, and potato.

Day 262: kale

Kale is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for kale.

Eat at least one serving of kale per month, taking in account the season and local availability.

Kale is a [cruciferous vegetable](#).

While kale is generally considered a garnish (and you can continue to use it that way), in the Goddess Diet Plan you include kale (cooked or raw) as a green leafy vegetable, such as in salads.

The American Diabetes Association recommends kale greens as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Kale is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Kale has vitamin D, an essential nutrient in fighting cancer.

Kale is an important source of dietary fiber.

Reason to choose organic:

Kale is the number nine (9) most important food to purchase organic because of the high level of chemical residues in non-organic kale, according to the 2010 study by the [Environmental Working Group](#).

Day 263: fenugreek sprouts

Fenugreek sprouts are sacred to Bast. Honor and thank Bast for fenugreek sprouts.

Eat at least one serving of fenugreek sprouts at least once a month, taking in account the season and local availability.

Combine fenugreek sprouts in oat, barley, or buckwheat dishes. And, of course, eat them fresh and uncooked in a sprout salad.

Because fenugreek sprouts are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 264: blackberries

Blackberries are sacred to Bast. Honor and thank Bast for blackberries.

Eat at least one serving of blackberries per month (daily during peak of fresh season), taking in account the season and local availability.

Eat at least one serving of fresh organic blackberries, blueberries, or raspberries per day, when locally in season.

Blackberries are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Blackberries are a good source of fiber.

Day 265: dulse

Dulse is sacred to Aset (Isis). Honor and thank Aset for dulse.

Eat at least one serving of dulse seaweed per month, taking in account the season and local availability.

Day 266: cardamom

Cardamom is sacred to Bast. Honor and thank Bast for cardamom.

Eat cardamom at least once per week. You may eat cardamom every day.

Cardamom is typically used as a spice or herb.

Cardamom is available in either brown cardamom or green cardamom.

Cardamom goes well with bread and fruit.

Day 267: rocket

Rocket is sacred to Bast. Honor and thank Bast for rocket.

Eat at least one serving of rocket at least once a month, taking in account the season and local availability.

Rocket is a green leafy vegetable, good raw in salads.

Day 268: raspberry

Raspberry is sacred to Bast. Honor and thank Bast for raspberries.

Eat at least one serving of raspberry per month, taking in account the season and local availability.

Eat at least one serving of fresh organic blackberries, blueberries, or raspberries per day, when locally in season.

Raspberries are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Raspberries a good source of fiber.

According to Ayurveda, raspberries are a good food for reducing Vata, especially in the fall.

Day 269: agar-agar

Agar-agar is sacred to Aset (Isis). Honor and thank Aset for agar-agar.

Eat at least one serving of agar-agar seaweed per month, taking in account the season and local availability.

Day 270: cumin

Cumin seeds are sacred to Bast. Honor and thank Bast for cumin.

Eat cumin at least twice per month. You may eat cumin every day.

Cumin seed is typically used as a spice or herb.

Cumin goes well with dried beans and bread.

Day 271: pomegranate

Pomegranate is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for pomegranate.

Eat at least one serving of pomegranates or drink a glass of pomegranate juice per week, taking in account the season and local availability. You may drink pomegranate juice almost every day.

Eat pomegranate or drink pomegranate juice on days associated with Saturn.

According to Ayurveda, pomegranates are a good food for reducing Vata, especially in the fall.

Day 272: peanut

Peanut is sacred to Bast. Honor and thank Bast for peanuts.

Eat at least one serving of peanuts at least once a week, taking in account the season and local availability.. Eat some kind of nut every day. In addition to peanuts, also eat peanut butter.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Peanuts are a good prebiotic.

Day 273: string beans

String bean is sacred to Bast. Honor and thank Bast for string beans.

Eat at least one serving of string beans at least once a month, taking in account the season and local availability.

Day 274: plums

Plum is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for plums.

Eat at least one serving of plums per month, taking in account the season and local availability.

Plums are an acid-producing food (measured by the ash content resulting from laboratory titration).

Plums are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

According to Ayurveda, plums are a good food for reducing Vata, especially in the fall.

Day 275: rye

Rye, a grain, is sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for rye.

Eat at least one serving of rye per month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Persons with celiac disease (gluten-intolerant) should avoid wheat, rye, and barley.

Rye is an acid-producing food (measured by the ash content resulting from laboratory titration).

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Whole rye is a good prebiotic.

Day 276: Irish moss

Irish moss is sacred to Aset (Isis). Honor and thank Aset for Irish moss.

Eat at least one serving of Irish moss seaweed per month, taking in account the season and local availability.

Day 277: coriander

The coriander seed comes from the cilantro plant.

Coriander is sacred to Bast. Honor and thank Bast for coriander.

Eat coriander at least once per week, taking in account the season and local availability.

Coriander is typically used as a spice or herb.

Eat coriander on days associated with Mars.

Coriander goes well with bread, fruit, and potato.

Day 278: wheat grass

Wheat grass (or wheatgrass) is sacred to Bast, Aset (Isis), Aset's husband Asar, and Nepit's husband Neper. Honor and thank Bast, Aset, Asar, Nepit, and Neper for wheatgrass.

Wheatgrass is associated with the Year of the Dragon.

Eat at least one serving of wheat grass per month, taking in account the season and local availability.

Wheat grass is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 279: strawberry

Strawberry is sacred to Bast. Honor and thank Bast for strawberries.

Eat at least one serving of organic strawberries per month (daily during peak season), taking in account the season and local availability. Only eat organic strawberries.

The more colorful a strawberry is, the more antioxidants it has produced (as well as other phytonutrients that can help your body heal itself). These antioxidants help prevent cancer and help your body fight off any disease that is forming or has formed in your body.

A bright red strawberry is healthier than a pale red strawberry.

Strawberry is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Strawberries are recommended by the American Diabetes Association because they have a low glycemic index (low G.I.).

Strawberries have vitamin C, an essential nutrient in fighting cancer.

According to Ayurveda, strawberries are a good food for reducing Vata, especially in the fall.

Reason to choose organic:

Strawberries are the number three (3) most important food to purchase organic because of the high level of chemical residues in non-organic strawberries, according to the 2010 study by the [Environmental Working Group](#).

Day 280: Corsican seaweed

Corsican seaweed is sacred to Aset (Isis). Honor and thank Aset for Corsican seaweed.

Eat at least one serving of Corsican seaweed per month, taking in account the season and local availability.

Corsican seaweed is also known as makuri in Japan.

Day 281: allspice

Allspice is sacred to Bast. Honor and thank Bast for allspice.

Eat allspice at least twice per month. You may eat allspice every day.

Allspice is typically used as a spice or herb.

Allspice goes well with fruit.

Day 282: arugula

Arugula is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for arugula.

Eat at least one serving of arugula per month, taking in account the season and local availability.

The American Diabetes Association recommends arugula as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 283: pistachio nut

Pistachio nut is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for pistachio nut.

“The nut doesn't reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of pistachio nut at least once a week. Eat some kind of nut every day.

Day 284: currants

Currant is sacred to Bast. Honor and thank Bast for currants.

Eat at least two servings of currants at least once a month (at least one serving of red currant and at least one serving of black currant), taking in account the season and local availability.

Day 285: tofu

Tofu is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for

tofu.

Eat at least one serving of tofu per month, taking in account the season and local availability.

Tofu is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Tofu is a good source of probiotics.

Day 286: sea palm

Sea Palm is sacred to Aset (Isis). Honor and thank Aset for sea palm.

Eat at least one serving of sea palm seaweed per month, taking in account the season and local availability.

Day 287: fennel seed

Fennel seed is sacred to Bast. Honor and thank Bast for fennel seed.

Eat fennel seed at least twice per month. You may eat fennel seed every day.

Fennel seed is typically used as a spice or herb.

Fennel goes well with fish.

Day 288: millet

Millet, a grain, is sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for millet.

Eat at least one serving of millet per month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Millet is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Millet has a high glycemic index (greater than 100%).

Day 289: tempeh

Tempeh is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for tempeh.

Eat at least one serving of tempeh per month, taking in account the season and local availability.

Tempeh is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Tempeh is a good source of probiotics.

Day 290: cashew

Cashew, a nut, is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for cashews.

“The nut doesn't reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of cashews per month, taking in account the season and local availability.

Day 291: barley grass

Barley grass (or barleygrass) is sacred to Bast, Aset (Isis), Aset's husband Asar, and Nepit. Honor and thank Bast, Aset, Asar, and Nepit for barleygrass.

Eat at least one serving of barley grass per month, taking in account the season and local availability.

Day 292: kumquat

Kumquat is sacred to Bast. Honor and thank Bast for kumquats.

Eat at least one serving of kumquats at least once a month, taking in account the season and local availability.

Day 293: ocean ribbons

Ocean ribbons are sacred to Aset (Isis). Honor and thank Aset for ocena ribbons.

Eat at least one serving of ocean ribbons seaweed per month, taking in account the season and local availability.

Day 294: fenugreek

Fenugreek is sacred to Bast. Honor and thank Bast for fenugreek.

Eat fenugreek at least twice per month. You may eat fenugreek every day.

Fenugreek is typically used as a spice or herb.

Day 295: cod

Cod is sacred to Aset (Isis). Honor and thank Aset for cod.

Eat at least one serving of cod (particularly black cod or sablefish) per month, taking in account the season and local availability.

Cod should be wild caught, never farm raised.

If you do not currently eat fish and other seafood, do not start eating fish or seafood. The exception is that if you currently eat any mammals (including red or white meat) or birds, then add the recommended fish and seafood to your diet. If you currently eat fish or seafood, switch to the recommended fish and seafood.

If you eat fish, soak the fish in a mixture of apple cider vinegar and water before cooking. This will give the fish a sweeter taste and make the fish more tender.

Basil goes well with fish and shellfish.

Spices that go well with fish include .anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, and marjoram.

Day 296: squash seeds

Squash seeds are sacred to Bast. Honor and thank Bast for squash seeds.

Eat at least one serving of squash seeds per month, taking in account the season and local availability.

Day 297: chia seeds

Chia seeds, a grain, are sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for chia seeds.

Eat chia seeds at least once a month, taking in account the season and local availability.

Chia is a grain from Mexico. In America it is best known from the television ads for Chia Pets.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Chia seeds are a flavorless source of fiber, with more fiber per gram than any other whole food.

During times when you need more fiber, consider eating a tablespoon or two of chia seeds a day. Make sure to take with plenty of liquids. Chia seeds can be added to salads, smoothies, or nut butter sandwiches. Because chia seeds have a soft seed coat, you do not need to grind them before eating.

One or two tablespoons of chia seed and plenty of water can be useful if you have constipation.

Day 298: rapini or broccoli rabe

Rapini or broccoli rabe is sacred to Bast. Honor and thank Bast for rapini.

Eat at least one serving of rapini at least once a month, taking in account the season and local availability.

Rapini is also known as broccoli rabe, broccoli raap, broccoli raab, broccoletti, broccoli di rape, cime di rapa, rape, rappi, or friarielli.

Day 299: pecan

Pecans, a nut, are sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for pecans.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of pecans at least once a week. Eat some kind of nut every day.

Day 300: spirulina

Spirulina is sacred to Aset (Isis). Honor and thank Aset for spirulina.

Eat at least one serving of spirulina at least once a week, taking in account the season and local availability. You may eat spirulina every day.

Day 301: vanilla

Vanilla is sacred to Bast. Honor and thank Bast for vanilla.

Eat vanilla at least once per month. You may eat vanilla every day.

Vanilla is typically used as a spice or herb.

Day 302: maca powder

Maca is sacred to Bast. Honor and thank Bast for maca root and maca powder.

Eat at least one serving of maca powder (made from the maca root of Peru) at least once a month, taking in account the season and local availability.

Day 303: filberts

Filberts, a nut, are sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for filberts.

“The nut doesn’t reveal the tree it contains.” —Proverb of the Inner Temple of ancient Egypt

Eat at least one serving of filberts at least once a week. Eat some kind of nut every day.

Day 304: chlorella

Chlorella is sacred to Aset (Isis). Honor and thank Aset for chlorella.

Eat at least one serving of chlorella at least once a week, taking in account the season and local availability. You may eat chlorella every day.

Day 305: sugar snap peas

Sugar snap peas are sacred to Bast, Aset (Isis), and Aset’s husband Asar. Honor and thank Bast, Aset, and Asar for sugar snap peas.

Peas are associated with the Year of the Rat.

Eat at least one serving of sugar snap peas per month, taking in account the season and local availability.

The American Diabetes Association recommends sugar snap peas as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 306: kidney beans

Kidney beans are sacred to Bast. Honor and thank Bast for kidney beans.

Eat at least one serving of kidney beans at least twice per month, taking in account the season and local availability.

Kidney beans are an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 307: Brussels sprouts

Brussels sprouts are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Brussels sprouts.

Eat at least one serving of Brussels sprouts per month, taking in account the season and local availability.

Brussels sprouts are a [cruciferous vegetable](#).

The American Diabetes Association recommends Brussels sprouts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Brussels sprouts are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Brussels sprouts have indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Day 308: umeboshi plums

Umeboshi plums are sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for umeboshi plums.

Eat at least one serving of umeboshi plums at least once a month.

Day 309: cauliflower

Cauliflower is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for cauliflower.

Eat at least one serving of cauliflower per month, taking in account the season and local availability.

Cauliflower is a [cruciferous vegetable](#).

Cauliflower, a white vegetable, is an interesting exception to the general rule that the more colorful a plant, the more nutritious it is, because cauliflower is actually a very nutritious vegetable.

The American Diabetes Association recommends cauliflower as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Cauliflower is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Cauliflower has indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Cauliflower has vitamin C, an essential nutrient in fighting cancer.

Day 310: saffron

Saffron is sacred to Bast. Honor and thank Bast for saffron.

Eat saffron at least once per month. You may eat saffron every day.

Saffron is typically used as a spice or herb.

Saffron goes well with bread and fish.

Day 311: collard

Collard is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for collard.

Eat at least one serving of collard greens per month, taking in account the season and local availability.

The American Diabetes Association recommends collard greens as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Collard greens have vitamin D, an essential nutrient in fighting cancer.

Collard greens are an important source of dietary fiber.

Day 312: scallions

Scallion is sacred to Bast. Honor and thank Bast for scallions.

Eat at least one serving of scallions at least once a month, taking in account the season and local availability.

Day 313: shallot

Shallot is sacred to Bast. Honor and thank Bast for shallots.

Eat at least one serving of shallots at least once a month, taking in account the season and local availability.

Day 314: guava

Guava is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for guava.

Eat at least one serving of guavas per month, taking in account the season and local availability. Strawberry guava is particularly beneficial.

Guavas have vitamin C, an essential nutrient in fighting cancer.

Day 315: Swiss chard

Swiss chard is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Swiss chard.

Eat at least one serving of Swiss chard per month, taking in account the season and local availability.

The American Diabetes Association recommends Swiss chard as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 316: bulghar wheat or bulgur wheat

Bulghar wheat or bulgur wheat, a grain, is sacred to Bast, Aset, Aste's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for bulghar wheat.

Eat at least one serving of bulgur wheat at least once a month, taking in account the season and local availability.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Day 317: tarragon

Tarragon is sacred to Bast. Honor and thank Bast for tarragon.

Eat tarragon at least once per month. You may eat tarragon every day.

Tarragon is typically used as a spice or herb.

Tarragon is sometimes called “little dragon”.

Tarragon goes well with chicken eggs, fish, and potato.

Day 318: edamame

Edamame is sacred to Bast. Honor and thank Bast for edamame.

Eat at least one serving of edamame at least once a month, taking in account the season and local availability.

Day 319: dandelion greens

Dandelion greens are sacred to Bast. Honor and thank Bast for dandelion greens.

Eat at least one serving of dandelion greens at least once a month, taking in account the season and local availability.

Day 320: triticale

Triticale, a grain, is sacred to Bast, Aset, Aset’s husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for triticale.

Eat at least one serving of triticale at least once a month, taking in account the season and local availability.

Triticale is a grain.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Day 321: butternut squash

Butternut squash is sacred to Bast. Honor and thank Bast for butternut squash.

Eat at least one serving of butternut squash at least once a month, taking in account the season and local availability.

Day 322: endive

Endive is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for endive.

Eat at least one serving of endive per month, taking in account the season and local availability.

The American Diabetes Association recommends endive as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Endive is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Endive has vitamin D, an essential nutrient in fighting cancer.

Day 323: jicama

Jicama is sacred to Bast. Honor and thank Bast for jicama.

Eat at least one serving of jicama per month, taking in account the season and local availability. You may eat jicama every day.

The American Diabetes Association recommends jicama as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Jicama is a good source of fiber.

Day 324: fennel

Fennel is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for fennel.

Eat at least one serving of fennel per month, taking in account the season and local availability.

Eat fennel on days associated with Mercury.

Fennel is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 325: cereal grasses

Cereal grasses are sacred to Bast. Honor and thank Bast for cereal grass.

Eat at least two servings of cereal grass at least once a week, taking in account the season and local availability.

The most famous cereal grasses are wheatgrass and barleygrass, which have separate listings. While both wheatgrass and barleygrass count for the cereal grass requirement, the cereal grass requirement also includes eating a variety of other cereal grasses.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Day 326: kamut or Khorasan wheat

Kamut (also known as Khorasan wheat), a grain, is sacred to Bast and Renenutet. Honor and thank Bast and Renenutet for kamut.

Eat at least one serving of kamut at least once a month, taking in account the season and local availability.

Kamut is a grain.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Day 327: mangoes

Mango is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for mangoes.

In late October decorate the entrance of your home with fresh mango leaves to invite in Goddess.

Eat at least one serving of mango per month, taking in account the season and local availability.

Mangoes are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Mango is recommended by the American Diabetes Association because it has a low glycemic index (low G.I.).

Mangoes have vitamin A and carotenes, essential nutrients in fighting cancer.

According to Ayurveda, mango is an excellent food for reducing Vata, especially in the fall.

Day 328: kohlrabi

Kohlrabi is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for kohlrabi.

Eat at least one serving of kohlrabi per month, taking in account the season and local availability.

The American Diabetes Association recommends kohlrabi as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 329: rutabaga

Rutabaga is sacred to Bast. Honor and thank Bast for rutabaga.

Eat at least one serving of rutabaga per month, taking in account the season and local availability.

The American Diabetes Association recommends rutabaga as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 330: lemon verbena

Lemon verbena is sacred to Bast. Honor and thank Bast for lemon verbena.

Eat lemon verbena at least once per month. You may eat lemon verbena every day.

Lemon verbena is typically used as a spice or herb.

Day 331: crisp breads

Crisp breads are sacred to Bast, Aset, and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for crispbread.

Bread is associated with the Year of the Tiger.

Eat at least one serving of crispbread at least once a month, taking in account the season and local availability.

Day 332: okra

Okra is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for okra.

Eat at least one serving of okra per month, taking in account the season and local availability.

The American Diabetes Association recommends okra as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Okra is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 333: Jerusalem artichoke

Jerusalem artichoke is sacred to Bast. Honor and thank Bast for Jerusalem artichokes.

Eat at least one serving of Jerusalem artichoke at least once a month, taking in account the season and local availability.

Probiotics require prebiotics (including oligosaccharides, inulin, and phenols) to effectively work. Jerusalem artichoke is a good prebiotic.

Day 334: purslane

Purslane is sacred to Bast. Honor and thank Bast for purslane.

Eat at least one serving of purslane at least once a month, taking in account the season and local availability. You may eat purslane every day.

Day 335: watercress

Watercress is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for watercress.

Eat at least one serving of watercress per month, taking in account the season and local availability.

The American Diabetes Association recommends watercress as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Watercress is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Watercress has indole-3-carbinol, glucosinolates, and vitamin C that help prevent cancer by enhancing detoxification, protecting DNA, and inhibiting tumor formation.

Day 336: snow peas

Snow peas are sacred to Bast. Honor and thank Bast for snow peas.

Peas are associated with the Year of the Rat.

Eat at least one serving of snow peas at least once a month, taking in account the season and local availability.

Day 337: bitter melon

Bitter melon is sacred to Bast. Honor and thank Bast for bitter melon.

Eat at least one serving of bitter melon at least once a month, taking in account the season and local availability.

Day 338: microalgae

Microalgae is sacred to Bast. Honor and thank Bast for microalgae.

Eat at least one serving of microalgae at least once a month, taking in account the season and local availability.

Day 339: natto

Natto is sacred to Bast. Honor and thank Bast for natto.

Eat at least one serving of natto at least once a month, taking in account the season and local availability.

Day 340: persimmon

Persimmon is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for persimmons.

Eat at least one serving of persimmon per month, taking in account the season and local availability.

According to Ayurveda, persimmons are a good food for reducing Vata, especially in the fall.

Day 341: quince

Quince is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for quince.

Eat at least one serving of quince at least once a month, taking in account the season and local

availability.

Day 342: kimchi

Kimchi is sacred to Bast. Honor and thank Bast for kimchi.

Cabbage is associated with the Year of the Rat.

Eat at least one serving of kimchi at least once a month, taking in account the season and local availability. You may eat a little kimchi daily.

Sauerkraut and kimchi are forms of fermented cabbage.

Sauerkraut is Germanic origin, while kimchi is of Korean origin. You may for cultural reasons eat kimchi at least once a week and eat sauerkraut only once every other week.

Day 343: star fruit

Star fruit is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for star fruit.

Eat at least one serving of star fruit at least once a month, taking in account the season and local availability.

Day 344: canola oil

Canola oil is sacred to Bast. Honor and thank Bast for canola oil.

Use cold-pressed canola oil as an occasional cooking oil. Keep canola oil refrigerated to prevent rancidity.

Canola oil is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 345: carob

Carob is sacred to Bast. Honor and thank Bast for carob.

Eat at least one serving of carob per month, taking in account the season and local availability.

Carob is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 346: cucumber

Cucumber is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for cucumber.

Eat at least one serving of organic cucumber per month, taking in account the season and local availability.

The American Diabetes Association recommends cucumber as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Cucumber is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 347: lettuce

Lettuce is sacred to Bast, Aset (Isis), Aset's husband Asar, Min, and Unnefer. Honor and thank Bast, Aset, Asar, Min, and Unnefer for lettuce.

Eat at least two servings of lettuce per month, taking in account the season and local availability.

The preferred forms of lettuce are Romaine lettuce and red leaf lettuce.

The ancient Egyptians used wild lettuce for medical purposes.

The American Diabetes Association recommends lettuce and Romaine as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Lettuce is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 348: parsnips

Parsnips are sacred to Bast. Honor and thank Bast for parsnips.

Eat at least one serving of parsnips per month, taking in account the season and local availability.

The American Diabetes Association recommends parsnip as a starchy vegetable.

Parsnips are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Parsnips have a high glycemic index (between 80% and 100%).

Day 349: sorrel

Sorrel is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for sorrel.

Eat at least one serving of sorrel per month, taking in account the season and local availability. You may eat sorrel every day.

Sorrel is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 350: sweet corn

Corn is sacred to Nepit. Honor and thank Nepit for sweet corn.

Eat at least one serving of sweet corn per month, taking in account the season and local availability. Do *not* eat genetically modified (GMO) corn.

The American Diabetes Association recommends baby corn as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

The American Diabetes Association recommends corn as a starchy vegetable.

Corn is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Corn flakes have a high glycemic index (greater than 100%). Corn has a high glycemic index (between 80% and 100%).

Spices that go well with corn include .chili, curry, dill, marjoram, parsley, savory, and thyme.

Day 351: tamarind

Tamarind is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for tamarind.

Eat at least one serving of tamarind per month, taking in account the season and local availability.

Tamarind is an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 352: lima beans

Lima beans are sacred to Bast. Honor and thank Bast for lima beans.

Eat at least one serving of lima beans per month, taking in account the season and local availability.

The American Diabetes Association recommends lima beans as a protein source.

Lima beans are an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 353: tortillas

Tortillas are sacred to Bast, Nepit, and Aset (Isis). Honor and thank Bast, Nepit, and Aset for tortillas.

Eat at least one serving of tortillas per month, taking in account the season and local availability.

Tortillas are an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 354: zucchini

Zucchini is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for zucchinis.

Eat at least one serving of zucchini (Italian squash) per month during hot weather, taking in account the season and local availability.

The American Diabetes Association recommends zucchini as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Zucchini is an acid-producing food (measured by the ash content resulting from laboratory titration).

Day 355: black bean

Black bean is sacred to Bast. Honor and thank Bast for black beans.

Eat at least one serving of black bean at least twice per month, taking in account the season and local availability.

The American Diabetes Association recommends black beans as a protein source.

Day 356: black-eyed peas

Black-eyed peas sacred to Bast. Honor and thank Bast for black-eyed peas.

Eat at least one serving of black eyed pea at least twice per month, taking in account the season and local availability.

The American Diabetes Association recommends black-eyed peas as a protein source.

Day 357: baby bok choy

Baby bok choy is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for baby bok choy.

Eat at least one serving of baby bok choy per month, taking in account the season and local availability.

Day 358: red palm oil

Red palm oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for red palm oil.

Eat at least one serving of red palm oil at least once a month. Keep red palm oil refrigerated to prevent rancidity.

Day 359: angelica

Angelica is sacred to Bast. Honor and thank Bast for angelica.

Scientific and botanical name: *Angelica archangelica*

Eat angelica at least once per month. You may eat angelica every day.

Angelica is typically used as a spice or herb.

Angelica is an edible flower. Consider using angelica in salads and as a garnish. Angelica has a flavor similar to celery and is good with fish. Angelica stems are popular candied.

Angelica is a skin allergen to some humans (as distinguished from corporations as supposedly illegal persons). I do not know the effect of angelica on the skin of corporations and I strongly believe that they are fictional persons who don't actually exist and that only insane lawyers and government officials believe that corporations are actual persons. Both humans and corporations should not eat angelica if they have an allergy to angelica.

Day 360: elderberries

Elderberry is sacred to Bast and Bes. Honor and thank Bast and Bes for elderberries.

Eat at least one serving of elder berries at least once a month, taking in account the season and local availability.

The ancient Egyptians used elderberries for medical purposes.

Day 361: ajowan

Ajowan is sacred to Bast. Honor and thank Bast for ajowan.

Eat ajowan at least once per month. You may eat ajowan every day.

Ajowan is typically used as a spice or herb.

Day 362: macadamia oil

Macadamia oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for macadamia oil.

Use macadamia oil as an occasional cooking oil. Keep macadamia oil refrigerated to prevent rancidity.

Day 363: coconut milk

Coconut milk is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for coconut milk.

Drink at least one serving of coconut milk at least once a week, taking in account the season and local availability.

Day 364: bamboo shoots

Bamboo shoots are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for bamboo shoots.

Eat at least one serving of bamboo shoots per month, taking in account the season and local availability.

The American Diabetes Association recommends bamboo shoots as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Because bamboo shoots are a high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 365: anise hyssop

Anise hyssop is sacred to Bast. Honor and thank Bast for anise hyssop.

Scientific and botanical name: *Agastache foeniculum*

Eat at least one serving of anise hyssop at least once a month, taking in account the season and local availability.

Anise hyssop is an edible flower. Consider using anise hyssop in salads and as a garnish. Anise hyssop is sweet and has a flavor similar to anise or licorice.

Day 366: gooseberry

Gooseberry is sacred to Bast. Honor and thank Bast for gooseberries.

Eat at least one serving of gooseberries per month, taking in account the season and local availability.

Day 367: walnut oil

Walnut oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for walnut oil.

Eat at least one serving of walnut oil at least once a month. Keep walnut oil refrigerated to prevent rancidity.

Walnut oil is too fragile for cooking. The oil's delicate omega-3 essential fatty acids will oxidize under exposure to heat, air, or light. Use for salad dressings, drizzles on prepared foods, herbal/seasoned oil dips, and similar cold oil uses.

Walnut oil has a full rich flavor.

Day 368: akudjura

Akudhura is sacred to Bast. Honor and thank Bast for akudjura.

Eat akudjura at least once per month. You may eat akudjura every day.

Akudhura is typically used as a spice or herb.

Day 369: wax beans

Wax beans are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for wax beans.

Eat at least one serving of wax beans per month, taking in account the season and local availability.

The American Diabetes Association recommends wax beans as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 370: apple flower

Apple flower is sacred to Bast. Honor and thank Bast for apple flower.

Scientific and botanical name: *Malus* Spp.

Eat at least one serving of apple flower at least once a month, taking in account the season and local availability. Eat apple flower in moderation because it may contain precursors of cyanide.

Apple flower is an edible flower. Consider using apple flower in salads and as a garnish. Apple flower has a delicate floral flavor.

Day 371: sesame oil

Sesame oil is sacred to Bast. Honor and thank Bast for sesame oil.

Use sesame oil as a regular cooking oil. Sesame oil can be used for high temperature cooking. Keep sesame seed oil refrigerated to prevent rancidity.

Use dark roasted hazelnut oil as a flavoring in soup or stir-fries.

Day 372: alexanders

Alexanders is sacred to Bast. Honor and thank Bast for alexanders.

Eat alexanders at least once per month. You may eat alexanders every day.

Alexanders is typically used as a spice or herb.

Day 373: Italian beans

Italian beans are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Italian beans.

Eat at least one serving of Italian beans per month, taking in account the season and local availability.

The American Diabetes Association recommends Italian beans as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 374: Arabian jasmine

Arabian jasmine is sacred to Bast. Honor and thank Bast for Arabian jasmine.

Scientific and botanical name: *Jasminum sambac*

Eat at least one serving of Arabian jasmine at least once a month, taking in account the season and local availability.

Arabian jasmine is an edible flower. Consider using Arabian jasmine in salads and as a garnish. Used for jasmine tea.

Day 375: avocado oil

Avocado oil is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for avocado oil.

Eat at least one serving of avocado oil at least once a month. Keep avocado oil refrigerated to prevent rancidity. Do not heat or cook with avocado oil.

Avocado oil has a full rich flavor.

Day 376: amchur

Amchur is sacred to Bast. Honor and thank Bast for amchur.

Eat amchur at least once per month. You may eat amchur every day.

Amchur is typically used as a spice or herb.

Day 377: Chinese cabbage

Chinese cabbage is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Chinese cabbage.

Chinese cabbage is associated with the Year of the Rat.

Eat at least one serving of Chinese cabbage per month, taking in account the season and local availability.

The American Diabetes Association recommends Chinese cabbage as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Because Chinese cabbage is a high fiber food, it can distend the stomach, giving an artificial feeling of

being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 378: arugula flower

Arugula flower is sacred to Bast. Honor and thank Bast for arugula flower.

Scientific and botanical name: *Eruca vesicaria*

Eat at least one serving of arugula flower at least once a month, taking in account the season and local availability.

Arugula flower is an edible flower. Consider using arugula flower in salads and as a garnish. Arugula flower has a nutty, spicy, peppery flavor.

Day 379: anise

Anise was sacred to Bast and Seshat (Sothis). Honor and thank Bast and Seshat for anise.

Eat anise at least once per month. You may eat anise every day.

Anise is typically used as a spice or herb.

Anise goes well with bread, fish, and fruit.

Day 380: peanut oil

Peanut oil is sacred to Bast. Honor and thank Bast for peanut oil.

Use peanut oil as an occasional cooking oil. Keep peanut oil refrigerated to prevent rancidity.

Note that peanut oil imparts a strong penut flavor, best used for Asian meals.

Day 381: chayote

Chayote is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for chayote.

Eat at least one serving of chayote per month, taking in account the season and local availability.

The American Diabetes Association recommends chayote as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 382: basil flower

Basil flower is sacred to Bast. Honor and thank Bast for basil flower.

Scientific and botanical name: *Ocimum basilicum*

Eat at least one serving of basil flower at least once a month, taking in account the season and local availability.

Basil flower is an edible flower. Consider using basil flower in salads and as a garnish. The basil flower has a similar taste to the basil leaf, but milder.

Day 383: annatto

Annatto seed is sacred to Bast. Honor and thank Bast for annatto.

Eat annatto at least once per month. You may eat annatto every day.

Annatto is typically used as a spice or herb.

Day 384: daikon

Daikon is sacred to Bast. Honor and thank Bast for daikon root and greens.

Eat at least one serving of daikon greens per month and at least one serving of daikon root per month, taking in account the season and local availability.

The American Diabetes Association recommends daikon as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Daikon greens have vitamin D, an essential nutrient in fighting cancer.

Day 385: bee balm

Bee balm is sacred to Bast. Honor and thank Bast for bee balm.

Scientific and botanical name: *Monarda* Spp.

Eat at least one serving of bee balm at least once a month, taking in account the season and local availability.

Bee balm is an edible flower. Consider using bee balm in salads and as a garnish.

Bee balm is used to make tea. Bee balm tea tastes similar to Earl Gray tea and may be used in the place

of bergamot tea.

Day 386: asa foetida or asafetida

Asa foetida (or asafetida) is sacred to Bast. Honor and thank Bast for asafetida.

Eat asafetida at least once per month. You may eat asafetida every day.

Asa foetida is typically used as a spice or herb.

Day 387: mustard greens

Mustard greens are sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for mustard greens.

Eat at least one serving of mustard greens per month, taking in account the season and local availability.

The American Diabetes Association recommends mustard greens as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Mustard greens have vitamin D, an essential nutrient in fighting cancer.

Mustard greens are an important source of dietary fiber.

Day 388: borage

Borage is sacred to Bast. Honor and thank Bast for borage.

Scientific and botanical name: *Borago officinalis*

Eat borage at least once per month. You may eat borage every day.

Borage leaf is typically used as a spice or herb.

Borage flower is an edible flower. Consider using borage in salads and as a garnish. Borage flower has a taste similar to cucumber.

Day 389: barberry

Barberry is sacred to Bast. Honor and thank Bast for barberry.

Eat barberry at least once per month. You may eat barberry every day.

Barberry is typically used as a spice or herb.

Day 390: heart of palm

Heart of palm is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for heart of palm.

Eat at least one serving of heart of palm per month, taking in account the season and local availability.

The American Diabetes Association recommends heart of palm as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 391: burnet

Burnet is sacred to Bast. Honor and thank Bast for burnet.

Scientific and botanical name: *Sanguisorba minor*

Eat at least one serving of burnet at least once a month, taking in account the season and local availability.

Burnet is an edible flower. Consider using burnet in salads and as a garnish. Burnet has a very mild, faint cucumber taste.

Day 392: bay leaf

Bay leaf is sacred to Bast. Honor and thank Bast for bay leaf.

Eat bay leaf at least once per month. You may eat bay leaf every day.

Bay leaf is typically used as a spice or herb.

Bay leaf goes well with beans and soups. Bay goes well with fish.

Day 393: escarole

Escarole is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for escarole.

Eat at least one serving of escarole per month, taking in account the season and local availability.

The American Diabetes Association recommends escarole as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Escarole has vitamin D, an essential nutrient in fighting cancer.

Day 394: calendula

Calendula flower is sacred to Bast. Honor and thank Bast for calendula.

Scientific and botanical name: *Calendula officinalis*

Eat at least one serving of calendula flower at least once a month, taking in account the season and local availability.

Calendula flower is an edible flower. Consider using calendula flower in salads and as a garnish. Calendula flower has a flavor similar to saffron and adds a golden hue to food.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 395: bear's garlic

Bear's garlic is sacred to Bast. Honor and thank Bast for bear's garlic.

Eat bear's garlic at least once per month. You may eat bear's garlic every day.

Bear's garlic is typically used as a spice or herb.

Day 396: radicchio

Radicchio is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for radicchios.

Eat at least one serving of radicchio per month, taking in account the season and local availability.

The American Diabetes Association recommends radicchio as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Day 397: carnation

Carnation is sacred to Bast. Honor and thank Bast for carnation.

Scientific and botanical name: *Dianthus caryophyllus*

Eat at least one serving of carnation at least once a month, taking in account the season and local

availability.

Carnation is an edible flower. Consider using carnation in salads and as a garnish. Carnation flower has a peppery, clove-like flavor.

Day 398: bergamot

Bergamot is sacred to Bast. Honor and thank Bast for bergamot.

Eat bergamot at least once per month. You may eat bergamot every day.

Bergamot is typically used as a spice or herb.

Day 399: water chestnuts

Water chestnut is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for water chestnuts.

Eat at least one serving of water chestnuts per month, taking in account the season and local availability.

The American Diabetes Association recommends water chestnuts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Because water-chestnuts are high fiber food, they can distend the stomach, giving an artificial feeling of being full. An hour later, you may feel hungry again, even though you've eaten enough food. Eating your food slowly and balancing high fiber foods with protein and fat will solve this "Chinese food syndrome".

Day 400: garden chives flowers

Garden chive flower is sacred to Bast. Honor and thank Bast for chives.

Scientific and botanical name: *Allium schoenoprasum*

Eat at least one serving of garden chives flowers at least once a month, taking in account the season and local availability.

Garden chives flower is an edible flower. Consider using garden chives flowers in salads and as a garnish. Garden chive flowers have a mild onion flavor.

Day 401: black cardamom

Black cardamom is sacred to Bast. Honor and thank Bast for black cardamom.

Eat black cardamom at least once per month. You may eat black cardamom every day.

Black cardamom is typically used as a spice or herb.

Day 402: plantain

Plantain is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for plantains.

Eat at least one serving of plantain per month, taking in account the season and local availability.

The American Diabetes Association recommends plantain as a starchy vegetable.

Day 403: garlic chives flowers

Garlic chive flower is sacred to Bast. Honor and thank Bast for chives.

Scientific and botanical name: *Allium tuberosum*

Eat at least one serving of garlic chives flowers at least once a month, taking in account the season and local availability.

Garlic chive is an edible flower. Consider using garlic chives flowers in salads and as a garnish. Garlic chive flowers have a garlic taste.

Day 404: black cohosh

Black cohosh is sacred to Bast. Honor and thank Bast for black cohosh.

Black cohosh should be taken during PMS and menstrual cramping.

Day 405: celeriac

Celeriac is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for celeriac.

Eat at least one serving of celeriac per month, taking in account the season and local availability.

Day 406: garland chrysanthemum

Garland chrysanthemum is sacred to Bast. Honor and thank Bast for chrysanthemum.

Scientific and botanical name: *Chrysanthemum coronarium*

Eat at least one serving of garland chrysanthemum at least once a month, taking in account the season and local availability.

Chrysanthemum is an edible flower. Consider using chrysanthemum in salads and as a garnish. Chrysanthemum has a pungent, bitter taste.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 407: black cumin

Black cumin is sacred to Bast. Honor and thank Bast for black cumin.

Eat black cumin at least once per month. You may eat black cumin every day.

Black cumin is typically used as a spice or herb.

Day 408: mung beans

Mung beans is sacred to Bast. Honor and thank Bast for mung beans.

Eat at least one serving of mung beans per month, taking in account the season and local availability.

Mung beans are a food that helps nourish the kidneys.

Mung beans are a food that increases sexual energy and enhances fertility.

botanical information:

Botanical name: *Vigna radiata*; Obsolete names: *Phaseolus aureus* and *Phaseolus radiatus*

Common name: mung bean

Family: Fabaceae (bean)

origin:

Origin: Bangladesh, India, and Pakistan

nutritional information:

The American Diabetes Association recommends bean sprouts as a non-starchy vegetable. Diabetics are encouraged to eat lots of non-starchy vegetables.

Mung bean sprouts are an alkaline-producing food (measured by the ash content resulting from laboratory titration).

Day 409: clover

Clover is sacred to Bast. Honor and thank Bast for clover.

Scientific and botanical name: *Trifolium* Spp.

Eat at least one serving of clover at least once a month, taking in account the season and local availability.

Clover is an edible flower. Consider using clover in salads and as a garnish. The raw flowerheads can be difficult to digest.

Day 410: black lime

Black lime is sacred to Bast. Honor and thank Bast for black lime.

Eat black lime at least once per month. You may eat black lime every day.

Black lime is typically used as a spice or herb.

Day 411: navy beans

Navy beans are sacred to Bast. Honor and thank Bast for navy beans.

Eat at least one serving of navy beans at least once a month, taking in account the season and local availability.

Day 412: cornflower

Cornflower (also known as bachelor's buttons) is sacred to Bast. Honor and thank Bast for cornflower.

Scientific and botanical name: *Centaurea cyneus*

Eat at least one serving of cornflower at least once a month, taking in account the season and local availability.

Cornflower is an edible flower. Consider using cornflower in salads and as a garnish. Range of taste from sweet to a spicy, clove-like flavor.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may

cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 413: black mustard

Black mustard is sacred to Bast. Honor and thank Bast for black mustard.

Eat black mustard at least once per month. You may eat black mustard every day.

Black mustard is typically used as a spice or herb.

Day 414: sacha inchi seed

Sacha inchi seed is sacred to Bast. Honor and thank Bast for sacha inchi seeds.

Eat at least one serving of sacha inchi seed at least once a month, taking in account the season and local availability.

Sacha inchi seed looks and tastes much like nuts and contains five grams of fiber, five to eight grams pf protein, and 13 times more omega-3 essential fatty acids per serving than wild salmon.

Day 415: dandelion flower

Dandelion flower is sacred to Bast. Honor and thank Bast for dandelion flower.

Scientific and botanical name: *Taraxacum officinalis*

Eat at least one serving of dandelion flower at least once a month, taking in account the season and local availability.

Dandelion flower is an edible flower. Consider using dandelion flower in salads and as a garnish. Young dandelion buds have a taste similar to mushrooms when cooked. Dandelion flower can be used to make dandelion wine.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 416: blue fenugreek

Blue fenugreek is sacred to Bast. Honor and thank Bast for blue fenugreek.

Eat blue fenugreek at least once per month. You may eat blue fenugreek every day.

Blue fenugreek is typically used as a spice or herb.

Day 417: tatsoi

Tatsoi (also known as spinach mustard, spoon mustard, or rosette bok choy) is sacred to Bast. Honor and thank Bast for tatsoi.

Eat at least one serving of tatsoi at least once a month, taking in account the season and local availability.

Day 418: day lily

Day lily is sacred to Bast. Honor and thank Bast for day lily.

Scientific and botanical name: *Hemerocallis* Spp.

Eat at least one serving of day lily at least once a month, taking in account the season and local availability.

Day lily is an edible flower. Consider using day lily in salads and as a garnish. Day lily has a sweet, crunchy flavor, somewhat similar to chestnuts and lettuce. Note that most true lilies (*Lillium* Spp.) contain alkaloids and are *not* edible. Day lillies might have a laxative effect on some human persons. Not all human persons have the rights of legal persons such as a corporation. The U.S. Supreme Court, in its most famous decision, *Dred Scott v. Sandford*, 60 U.S. 393 (1857), ruled that Black African-Americans are “beings of an inferior order, and altogether unfit to associate with the white race, either in social or political relations, and so far inferior that they had no rights which the white man was bound to respect.”

Day 419: boldo

Boldo is sacred to Bast. Honor and thank Bast for boldo.

Eat boldo at least once per month. You may eat boldo every day.

Boldo is typically used as a spice or herb.

Day 420: mizunz

Mizunz (also known as xiu cai, kyona, Japanese mustard, potherb mustard, Japanese greens, California peppergrass, or spider mustard) is sacred to Bast. Honor and thank Bast for mizunz.

Eat at least one serving of mizunz at least once a month, taking in account the season and local availability.

Day 421: dill flower

Dill flower is sacred to Bast. Honor and thank Bast for dill.

Scientific and botanical name: *Anthemum graveolens*

Eat at least one serving of dill flower at least once a month, taking in account the season and local availability.

Dill flower is an edible flower. Consider using dill flower in salads and as a garnish.

Day 422: Buddha's hand

Buddha's hand is sacred to Bast. Honor and thank Bast for Buddha's hand.

Eat Buddha's hand at least once per month. You may eat Buddha's hand often.

Buddha's hand is a fruit with no flesh, only peel and pith, that is typically used as a spice or herb.

In addition to use in citron candy making, you can mince Buddha's hand and sauté in olive oil with shallots to sprinkle over fish or vegetables.

Day 423: huckleberry

Huckleberry is sacred to Bast. Honor and thank Bast for huckleberries.

Eat at least one serving of huckleberries per month, taking in account the season and local availability.

Day 424: English daisy

English daisy is sacred to Bast. Honor and thank Bast for English daisy.

Scientific and botanical name: *Bellis perennis*

Eat at least one serving of English daisy at least once a month, taking in account the season and local availability.

English daisy is an edible flower. Consider using English daisy in salads and as a garnish. English daisy has a tangy flavor.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 425: calamus

Calamus is sacred to Bast. Honor and thank Bast for calamus.

Eat calamus at least once per month. You may eat calamus every day.

Calamus is typically used as a spice or herb.

Day 426: loganberry

Loganberry is sacred to Bast. Honor and thank Bast for loganberries.

Eat at least one serving of loganberries per month, taking in account the season and local availability.

Day 427: fennel flower

Fennel flower is sacred to Bast. Honor and thank Bast for fennel flower.

Scientific and botanical name: *Foeniculum vulgare*

Eat at least one serving of fennel flower at least once a month, taking in account the season and local availability.

Fennel flower is an edible flower. Consider using fennel flower in salads and as a garnish. Fennel flower has a sweet, licorice flavor

Day 428: candlenut

Candlenut is sacred to Bast. Honor and thank Bast for candlenut.

Eat candlenut at least once per month. You may eat candlenut every day.

Candlenut is typically used as a spice or herb.

Day 429: yam

Yam is sacred to Bast. Honor and thank Bast for yam.

Eat at least one serving of yam at least once a month, taking in account the season and local availability.

Day 430: fuchsia

Fuchsia is sacred to Bast. Honor and thank Bast for fuchsia.

Scientific and botanical name: *Fuchsia X hybrida*

Eat at least one serving of fuchsia at least once a month, taking in account the season and local availability.

Fuchsia is an edible flower. Consider using fuchsia in salads and as a garnish. Fuchsia has a slightly acidic taste.

Day 431: capers

Capers are sacred to Bast. Honor and thank Bast for caper.

Eat capers at least once per month. You may eat capers every day.

Caper is typically used as a spice or herb.

Day 432: brambleberry

Brambleberry is sacred to Bast. Honor and thank Bast for brambleberries.

Eat at least one serving of brambleberries per month, taking in account the season and local availability.

Day 433: gardenia

Gardenia is sacred to Bast. Honor and thank Bast for gardenia.

Scientific and botanical name: *Gardenia jasminoides*

Eat at least one serving of gardenia at least once a month, taking in account the season and local availability.

Gardenia is an edible flower. Consider using gardenia in salads and as a garnish. Gardenia has a sweet flavor.

Day 434: caraway

Caraway is sacred to Bast and Djehuti. Honor and thank Bast and Djehuti for caraway.

Eat caraway at least once per month, taking in account the season and local availability. You may eat

caraway every day.

Eat caraway on days associated with Mercury.

Caraway goes well with cooked vegetables, including beets, cabbage, carrots, potatoes, turnips, and winter squash. Caraway also goes well with bread.

Day 435: boysenberry

Boysenberry is sacred to Bast. Honor and thank Bast for boysenberries.

Eat at least one serving of boysenberries per month, taking in account the season and local availability.

Day 436: scented geranium

Scented geranium is sacred to Bast. Honor and thank Bast for geranium.

Scientific and botanical name: *Pelargonium* Spp.

Eat at least one serving of scented geranium at least once a month, taking in account the season and local availability.

Scented geranium is an edible flower. Consider using geranium in salads and as a garnish. Has a mint or lemon flavor, depending on variety.

Warning: Citronella variety is *not* edible.

Day 437: cassia

Cassia or Chinese cinnamon is a plant in the same genus as cinnamon, but a much lower grade spice. Avoid cassia. The vast majority of powdered cinnamon is actually lower cost cassia. Get cinnamon in stick form to know you are getting the right plant.

Day 438: camu camu berry

Camu camu berry is sacred to Bast. Honor and thank Bast for camu camu berries.

Eat at least one serving of camu camu berries at least once a month, taking in account the season and local availability.

Camu camu berries have 30 to 60 times the vitamin C than an orange.

Day 439: gladiolus

Gladiolus is sacred to Bast. Honor and thank Bast for gladiolus.

Scientific and botanical name: *Gladiolus* Spp.

Eat at least one serving of gladiolus at least once a month, taking in account the season and local availability.

Gladiolus is an edible flower. Consider using gladiolus in salads and as a garnish. Gladiolus has a flavor similar to lettuce.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 440: celery seed

Celery seed is sacred to Bast. Honor and thank Bast for celery seed.

Eat celery seed at least once per month. You may eat celery seed every day.

Celery seed is typically used as a spice or herb.

Celery seed goes well with fish and potato.

Day 441: lion's mane mushroom

Lion's mane mushrooms are sacred to Bast and Brigid (Celtic). Honor and thank Bast for mushrooms.

Lion's mane mushrooms are also called sheep's head mushroom or bear's head mushroom. The Japanese name is yamabushitake. The Latin name is *Hericium erinaceus*.

Lion's mane mushrooms have nerve-regenerative properties. Two novel classes of Nerve Growth Factors (NGFs) — molecules stimulating the differentiation and re-myelination of neurons — have been discovered in this mushroom so far. These cyathane derivatives are termed “hericenones” and “erinacines.”

Lion's mane can taste very bitter unless cooked until crispy along the edges. Gourmet cooks caamelize lion's mane mushroom in olive oil, deglaze with saké wine, and then finish with butter to taste.

Eat lion's mane mushroom at least once per month. You may eat lion's mane mushroom every day.

Day 442: hibiscus

Hibiscus is sacred to Bast. Honor and thank Bast for hibiscus.

Scientific and botanical name: *Hibiscus rosa-sinensis*

Eat at least one serving of hibiscus at least once a month, taking in account the season and local availability. Hibiscus has a slightly acidic taste. Boil hibiscus flowers for hibiscus tea.

Hibiscus is an edible flower. Consider using hibiscus in salads and as a garnish.

Day 443: chameleon plant

Chameleon plant is sacred to Bast. Honor and thank Bast for chameleon plant.

Eat chameleon plant at least once per month. You may eat chameleon plant every day.

Chameleon plant is typically used as a spice or herb.

Day 444: maqui berry

Maqui berry is sacred to Bast. Honor and thank Bast for maqui berries.

Eat at least one serving of maqui berries at least once a month, taking in account the season and local availability.

The maqui berry is from Chili and is also known as the Chilean wineberry.

Maqui berries have more antioxidants than acai and pomegranate combined.

Maqui berries are native to Patagonia.

Day 445: hollyhock

Hollyhock is sacred to Bast. Honor and thank Bast for hollyhock.

Scientific and botanical name: *Alcea rosea*

Eat at least one serving of hollyhock at least once a month, taking in account the season and local availability.

Hollyhock is an edible flower. Consider using hollyhock in salads and as a garnish. Hollyhock has a very bland flavor.

Day 446: chaste tree

Chaste tree is sacred to Bast. Honor and thank Bast for chaste tree.

Eat chaste tree at least once per month. You may eat chaste tree every day.

Chaste tree is typically used as a spice or herb.

Day 447: freekeh

Freekeh is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for freekeh.

Eat at least one serving of freekeh at least once a month, taking in account the season and local availability.

Freekeh is a grain.

Day 448: hyssop flower

Hyssop flower is sacred to Bast. Honor and thank Bast for hyssop flower.

Scientific and botanical name: *Hyssopus officinalis*

Eat at least one serving of hyssop flower at least once a month, taking in account the season and local availability.

Hyssop flower is an edible flower. Consider using hyssop flowers in salads and as a garnish.

Warning: Pregnant women, as well as those with hypertension or epilepsy, should avoid hyssop flower.

Day 449: chervil

Chervil is sacred to Bast. Honor and thank Bast for chervil.

Eat chervil at least once per month. You may eat chervil every day.

Chervil is typically used as a spice or herb.

Chervil goes well with chicken eggs and potato.

Day 450: coffee fruit

Coffee fruit is sacred to Bast. Honor and thank Bast for coffee fruit.

Eat at least one serving of coffee fruit at least once a month, taking in account the season and local availability.

Although from the same plant, the coffee fruit should not be confused with the coffee bean. Coffee fruit is a good source of antioxidants and phenolic acids.

Day 451: Japanese persimmon

Japanese persimmon is sacred to Bast, Aset (Isis), Nwt, Het Heret (Hathor), and Amon-Ra. Honor and thank Bast, Aset, Nwt, Het Heret, and Amon-Ra for Japanese persimmon.

Eat at least one serving of Japanese persimmon at least once a month, taking in account the season and local availability.

Day 452: sweet cicely

Sweet cicely is sacred to Bast. Honor and thank Bast for cicely.

Eat sweet cicely at least once per month. You may eat cicely every day.

Sweet cicely is typically used as a spice or herb.

Day 453: farro

Farro, a grain, is sacred to Bast, Aset (Isis), Aset's husband Asar, and Renenutet. Honor and thank Bast, Aset, Asar, and Renenutet for farro.

Eat at least one serving of farro at least once a month, taking in account the season and local availability.

Farro is a grain from Egypt.

Cereal and cereal grains are named for Ceres, the Roman Goddess of harvest and agriculture.

Ancient Egyptians left a little grain on their kitchen flour as an offering to satisfy the *afarit* or underworld spirits. Grains were associated with Renenutet, the Cobra Goddess, who was also the guardian of the infant Heru Sa Aset (or Horus). With just Her gaze, She could mesmerize the enemies of Heru Sa Aset (Horus).

Day 454: Johnny jump up

Johnny jump up is sacred to Bast. Honor and thank Bast for Johnny jump up.

Scientific and botanical name: *Viola tricolor*

Eat at least one serving of Johnny jump up at least once a month, taking in account the season and local availability.

Johnny jump up is an edible flower. Consider using Johnny jump up in salads and as a garnish. Johnny jump up has a bland, sweet flavor.

Warning: Johnny jump up contains saponins and may be toxic in large amounts.

Day 455: cress

Cresses are sacred to Bast. Honor and thank Bast for cress.

Eat cress at least once per month. You may eat cress every day.

Cress is typically used as a spice or herb.

Day 456: baobab

Baobab fruit is sacred to Bast. Honor and thank Bast for baobab fruit.

Eat at least one serving of baobab fruit powder at least once a month, taking in account the season and local availability.

The baobab fruit is surrounded by an edible powder that is filled with antioxidants, calcium, iron, and potassium.

The baobab fruit powder is approximately 50% total fiber, has more calcium (gram for gram) than milk, more vitamin C than orange juice, more iron than red meat, more potassium than bananas and sweet potatoes, is full of antioxidants, and has one of the highest levels of magnesium of any fruit.

Day 457: lavender

Lavender is sacred to Bast. Honor and thank Bast for lavender.

Scientific and botanical name: *Lavendula*

Eat lavender at least once per month. You may eat lavender every day.

Lavender is typically used as a spice or herb.

Lavender is an edible flower. Consider using lavender in salads and as a garnish. lavender has a floral, slightly perfumy flavor.

Warning: Lavender oil is poisonous.

Day 458: cubeb powder

Cubeb powder is sacred to Bast. Honor and thank Bast for cubeb powder.

Eat cubeb powder at least once per month. You may eat cubeb powder every day.

Cubeb powder is typically used as a spice or herb.

Day 459: lycii berry

Lycii berry is sacred to Bast. Honor and thank Bast for lycii berries.

Eat at least one serving of lycii berries at least once a month, taking in account the season and local availability.

Lycii berries are very closely related to goji berries, and sometimes the two berries are confused with each other.

Day 460: lemon flower

Lemon is sacred to Bast, Aset (Isis), Nwt, and Het Heret (Hathor). Honor and thank Bast, Aset, Nwt, and Het Heret for lemons.

Scientific and botanical name: *Citrus limon*

Eat at least one serving of lemon flower at least once a month, taking in account the season and local availability.

Lemon flower is an edible flower. Lemon flower has a very powerful lemon flavor. Use sparingly as a garnish or use to make citrus water.

Day 461: curry

Curry is sacred to Bast. Honor and thank Bast for curry.

Eat curry at least once per month. You may eat curry every day.

Curry is typically used as a spice or herb.

Curry is made from tumeric.

Curry goes well with corn and fish.

Day 462: seabuckthorn

Seabuckthorn is sacred to Bast. Honor and thank Bast for seabuckthorn.

Eat seabuckthorn (also known as sanddorn) at least once a month, taking in account the season and local availability.

Day 463: lemon verbena flower

Lemon verbena flowers are sacred to Bast. Honor and thank Bast for lemon verbena.

Scientific and botanical name: *Aloysia triphylla*

Eat at least one serving of lemon verbena flowers at least once a month, taking in account the season and local availability.

Lemon verbena is an edible flower. Consider using lemon verbena flowers in salads and as a garnish. Lemon verbena flowers have a lemon flavor. Lemon verbena flowers are used for herbal tea.

Day 464: curry leaf

Curry leaf is sacred to Bast. Honor and thank Bast for curry leaf.

Eat curry leaf at least once per month. You may eat curry leaf every day.

Curry leaf is typically used as a spice or herb.

Day 465: ginger greens

Ginger greens are sacred to Bast. Honor and thank Bast for ginger greens.

Eat at least one serving of ginger greens at least once a month, taking in account the season and local availability.

Stir chopped fresh ginger greens into sautéed kale, spinach, or bok choy, along with garlic and crushed red pepper flakes. Cook until fragrant.

Day 466: lilac

Lilac is sacred to Bast. Honor and thank Bast for lilac.

Scientific and botanical name: *Syringa vulgaris*

Eat at least one serving of lilac at least once a month, taking in account the season and local availability.

Lilac is an edible flower. Consider using lilac in salads and as a garnish. Lilac has a pungent, floral, lemon flavor.

Day 467: echinacea

Echinacea is sacred to Bast. Honor and thank Bast for echinacea.

Eat echinacea every day when you have a cold or flu or during cold and flu season.

Echinacea is typically used as an herb.

Day 468: Meyer lemon

Meyer lemon is sacred to Bast. Honor and thank Bast for Meyer lemon.

Eat at least one serving of Meyer lemon at least once a month, taking in account the season and local availability.

Day 469: mallow

Common mallow is sacred to Bast. Honor and thank Bast for mallow.

Scientific and botanical name: *Malva sylvestris*

Eat at least one serving of common mallow at least once a month, taking in account the season and local availability.

Mallow is an edible flower. Consider using mallow in salads and as a garnish. Mallow has a sweet, delicate taste.

Day 470: elder

Elder is sacred to Bast. Honor and thank Bast for elder.

Eat elder at least once per month. You may eat elder every day.

Elder is typically used as a spice or herb.

Day 471: blood orange

Blood orange is sacred to Bast. Honor and thank Bast for blood oranges.

Eat at least one serving of blood orange at least once a month, taking in account the season and local availability.

Day 472: marigold

Signet marigold is sacred to Bast. Honor and thank Bast for marigold.

Scientific and botanical name: *Tagetes tenuifolia*

Eat at least one serving of signet marigold at least once a month, taking in account the season and local availability.

Marigold is an edible flower. Consider using marigold in salads and as a garnish. Signet marigold has a spicy to bitter taste.

Day 473: epazote

Epazote is sacred to Bast. Honor and thank Bast for epazote.

Eat epazote at least once per month. You may eat epazote every day.

Epazote is typically used as a spice or herb.

Day 474: ugli fruit

Ugli fruit is sacred to Bast. Honor and thank Bast for ugli fruit.

Eat at least one serving of ugli fruit at least once a month, taking in account the season and local availability.

Day 475: marjoram flower

Marjoram flower is sacred to Bast. Honor and thank Bast for marjoram flower.

Scientific and botanical name: *Origanum majorana*

Eat at least one serving of marjoram flower at least once a month, taking in account the season and local availability.

Marjoram flower is an edible flower. Consider using marjoram flower in salads and as a garnish.

Day 476: filé powder

Filé powder is sacred to Bast. Honor and thank Bast for filé powder.

Eat filé powder at least once per month. You may eat filé powder every day.

Filé powder is typically used as a spice or herb.

Day 477: Japanese honeysuckle

Japanese honeysuckle is sacred to Bast. Honor and thank Bast for Japanese honeysuckle.

Scientific and botanical name: *Lonicera japonica*

Eat at least one serving of Japanese honeysuckle at least once a month, taking in account the season and local availability.

Japanese honeysuckle is an edible flower. Consider using Japanese honeysuckle in salads and as a garnish.

Warning: The berries of Japanese honeysuckle are highly poisonous.

Day 478: mint flower

Mint flower is sacred to Bast. Honor and thank Bast for mint flower.

Scientific and botanical name: *Mentha* Spp.

Eat at least one serving of mint flower at least once a month, taking in account the season and local availability.

Mint has an edible flower. Consider using mint flower in salads and as a garnish.

Day 479: fingerroot

Fingerroot is sacred to Bast. Honor and thank Bast for fingerroot.

Eat fingerroot at least once per month. You may eat fingerroot every day.

Fingerroot is typically used as a spice or herb.

Day 480: water spinach

Water spinach is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for water spinach.

Eat at least one serving of water spinach per month, taking in account the season and local availability.

Day 481: galangal

Galangal is sacred to Bast. Honor and thank Bast for galangal.

Eat galangal at least once per month. You may eat galangal every day.

Galangal is typically used as a spice or herb.

Day 482: mustard flower

Mustard flower is sacred to Bast. Honor and thank Bast for mustard flower.

Scientific and botanical name: *Brassica* Spp.

Eat at least one serving of mustard flower at least once a month, taking in account the season and local availability.

Mustard has an edible flower. Consider using mustard flower in salads and as a garnish. Eating mustard flowers in large quantities can cause red blotches on the skin. This applies to humans, who unlike legal person corporations that can spend unlimited amounts of money on political campaigns. I don't think that corporations actually eat mustard flwoers or have skin, but clearly lawyers and government officials think they do.

Day 483: Ceylon spinach

Ceylon spinach is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Ceylon spinach.

Eat at least one serving of Ceylon spinach per month, taking in account the season and local availability.

Day 484: nasturtium

Nasturtium is sacred to Bast. Honor and thank Bast for nasturtium.

Scientific and botanical name: *Tropaeolum majus*

Eat at least one serving of nasturtium at least once a month, taking in account the season and local availability.

Nasturtium is an edible flower. Consider using nasturtium in salads and as a garnish. nasturtium has a sweet, mildly pungent, peppery flavor. Nasturtium buds can be pickled and used like capers.

Day 485: gale

Gale is sacred to Bast. Honor and thank Bast for gale.

Eat gale at least once per month. You may eat gale every day.

Gale is typically used as a spice or herb.

Day 486: Chinese broccoli

Chinese broccoli is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Chinese broccoli.

Eat at least one serving of Chinese broccoli per month, taking in account the season and local availability.

Day 487: okra flower

Okra flower is sacred to Bast. Honor and thank Bast for okra.

Scientific and botanical name: *Abelmoschus esculentus*

Eat at least one serving of okra flower at least once a month, taking in account the season and local availability. Okra flower has a taste similar to squash blossoms.

Okra has an edible flower. Consider using okra flower in salads and as a garnish.

Day 488: ginseng

Ginseng is sacred to Bast. Honor and thank Bast for ginseng.

Eat ginseng at least once per week. You may eat ginseng every day.

Ginseng is typically used as an herb.

Day 489: crown daisy

Crown daisy is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for crown daisy.

Eat at least one serving of crown daisy per month, taking in account the season and local availability.

Day 490: pansy

Pansy is sacred to Bast. Honor and thank Bast for pansy.

Scientific and botanical name: *Viola X wittrockiana*

Eat at least one serving of pansy at least once a month, taking in account the season and local availability.

Pansy is an edible flower. Consider using pansy in salads and as a garnish. Pansy has a sweet to tart flavor.

Day 491: grains of paradise

Grains of paradise is sacred to Bast. Honor and thank Bast for grains of paradise.

Eat grains of paradise at least once per month. You may eat grains of paradise every day.

Grains of paradise is typically used as a spice or herb.

Day 492: katuk

Katuk is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for katuk.

Eat at least one serving of katuk per month, taking in account the season and local availability.

Day 445: pea flower

493

Pea flower is sacred to Bast. Honor and thank Bast for pea flower.

Scientific and botanical name: *Pisum* Spp.

Eat at least one serving of pea flower at least once a month, taking in account the season and local

availability.

Pea has an edible flower. Consider using pea flower in salads and as a garnish.

Warning: Flowering ornamental sweet peas are poisonous.

Day 494: holy basil

Holy basil is sacred to Bast. Honor and thank Bast for holy basil.

Eat holy basil at least once per month, taking in account the season and local availability. You may eat holy basil every day.

Holy basil is used as an herb or spice.

Holy basil helps reduce stress. Holy basil helps the body fight free radicals that cause inflammation.

Day 495: Joseph's coat

Joseph's coat is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Joseph's coat.

Eat at least one serving of Joseph's coat per month, taking in account the season and local availability.

Day 496: pineapple flower

Pineapple flower is sacred to Bast. Honor and thank Bast for pineapple flower.

Scientific and botanical name: *Feijoa sellowiana*

Eat at least one serving of pineapple flower at least once a month, taking in account the season and local availability.

Pineapple has an edible flower. Consider using pineapple flower in salads and as a garnish. Pineapple flower has a similar taste to the fruit.

Day 497: hyssop

Hyssop is sacred to Bast. Honor and thank Bast for hyssop.

Eat hyssop at least once per month. You may eat hyssop every day.

Hyssop is typically used as a spice or herb.

Day 498: Tonkin jasmine

Tonkin jasmine is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Tonkin jasmine.

Eat at least one serving of Tonkin jasmine per month, taking in account the season and local availability.

Day 499: primrose

Primrose is sacred to Bast. Honor and thank Bast for primrose.

Scientific and botanical name: *Primula vulgaris*

Eat at least one serving of primrose at least once a month, taking in account the season and local availability.

Primrose is an edible flower. Consider using primrose in salads and as a garnish. primrose has a bland to sweet flavor.

Warning: Birdseye primrose *Primula farinosa* causes contact dermatitis.

Day 500: juniper

Juniper is sacred to Bast. Honor and thank Bast for juniper.

Eat juniper at least once per month. You may eat juniper every day.

Juniper is typically used as a spice or herb.

Day 501: dragon fruit

Dragon fruit (pitaya) is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for dragon fruit.

Eat at least one serving of dragon fruit per month, taking in account the season and local availability.

Day 502: radish flower

Radish flower is sacred to Bast. Honor and thank Bast for radish flower.

Scientific and botanical name: *Raphanus sativus*

Eat at least one serving of radish flower at least once a month, taking in account the season and local availability.

Radish has an edible flower. Consider using radish flower in salads and as a garnish. Radish flower has a milder verwsion of the radish taste.

Day 503: kaffir lime leaves

Kaffir lime leaves are sacred to Bast. Honor and thank Bast for kaffir lime leaves.

Eat kaffir lime leaves at least once per month. You may eat kaffir lime leaves every day.

Kaffir lime leaves is typically used as a spice or herb.

Day 504: yu choy

Yu choy is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for yu choy.

Eat at least one serving of yu choy per month, taking in account the season and local availability.

Day 505: redbud

Redbud is sacred to Bast. Honor and thank Bast for redbud.

Scientific and botanical name: *Cercis canadensis*

Eat at least one serving of redbud at least once a month, taking in account the season and local availability.

Redbud is an edible flower. Consider using redbud in salads and as a garnish. redbud has a slightly sweet flavor.

Day 506: kokam

Kokam is sacred to Bast. Honor and thank Bast for kokam.

Eat kokam at least once per month. You may eat kokam every day.

Kokam is typically used as a spice or herb.

Day 507: long beans

Long beans is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for long beans.

Eat at least one serving of long beans per month, taking in account the season and local availability.

Day 508: rosemary flower

Rosemary flower is sacred to Bast. Honor and thank Bast for rosemary.

Scientific and botanical name: *Rosmarinus officinalis*

Eat at least one serving of rosemary flower at least once a month, taking in account the season and local availability.

Rosemary has an edible flower. Consider using rosemary flower in salads and as a garnish. Rosemary flower has a pine-like, sweet and savory taste.

Day 509: lemongrass

Lemongrass is sacred to Bast and Djehuti. Honor and thank Bast and Djehuti for lemongrass.

Eat lemongrass at least once per month, taking in account the season and local availability. You may eat lemongrass every day.

Eat lemongrass on days associated with Mercury.

Day 508: sinqua

Sinqua is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for sinqua.

Eat at least one serving of sinqua per month, taking in account the season and local availability.

Day 511: runner bean flower

Runner bean flower is sacred to Bast. Honor and thank Bast for runner bean flower.

Scientific and botanical name: *Phaseolus coccineus*

Eat at least one serving of runner bean flower at least once a month, taking in account the season and local availability.

Runner bean flower is an edible flower. Consider using runner bean flower in salads and as a garnish. Runner bean flower has a bean-like flavor.

Day 512: lemon myrtle

Lemon myrtle is sacred to Bast. Honor and thank Bast for lemon myrtle.

Eat lemon myrtle at least once per month. You may eat lemon myrtle every day.

Lemon myrtle is typically used as a spice or herb.

Day 513: moqua

Moqua is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for moqua.

Eat at least one serving of moqua per month, taking in account the season and local availability.

Day 514: sage flower

Sage flower is sacred to Bast and Artemis. Honor and thank Bast and Artemis for sage.

Scientific and botanical name: *Salvia officinalis*

Eat at least one serving of sage flower at least once a month, taking in account the season and local availability.

Sage has an edible flower. Consider using sage flower in salads and as a garnish. Do not eat sage flower in large amounts over a long period of time.

Day 515: lovage

Lovage is sacred to Bast. Honor and thank Bast for lovage.

Eat lovage at least once per month. You may eat lovage every day.

Lovage is typically used as a spice or herb.

Day 516: opo

Opo is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for

opo.

Eat at least one serving of opo per month, taking in account the season and local availability.

Day 517: savory flower

Summer savory flower is sacred to Bast. Honor and thank Bast for savory.

Scientific and botanical name: *Satureja hortensis*

Eat at least one serving of summer savory flower at least once a month, taking in account the season and local availability.

Savory has an edible flower. Consider using savory flower in salads and as a garnish.

Day 518: mace

Mace is sacred to Bast. Honor and thank Bast for mace.

Eat mace at least once per month. You may eat mace every day.

Mace is typically used as a spice or herb.

Day 519: Napa cabbage

Napa cabbage is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Napa cabbage.

Eat at least one serving of Napa cabbage per month, taking in account the season and local availability.

Day 520: snapdragon

Snapdragon is sacred to Bast. Honor and thank Bast for snapdragon.

Scientific and botanical name: *Antirrhinum majus*

Eat at least one serving of snapdragon at least once a month, taking in account the season and local availability.

Snapdragon is an edible flower. Consider using snapdragon in salads and as a garnish. Snapdragon has a bland to bitter taste.

Day 521: mahlab or mahaleb cherry

Mahlab is sacred to Bast. Honor and thank Bast for mahlab.

Eat mahlab at least once per month. You may eat mahlab every day.

Mahlab is typically used as a spice or herb.

Day 522: rapeseed leaves

Rapeseed leaves is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for rapeseed leaves.

Rapeseed is now often called canola (for Canadian oil) because many people find the old traditional name offensive.

Eat at least one serving of rapeseed leaves per month, taking in account the season and local availability.

Day 523: society garlic

Society garlic is sacred to Bast. Honor and thank Bast for society garlic.

Scientific and botanical name: *Tulbaghia violacea*

Eat at least one serving of society garlic at least once a month, taking in account the season and local availability.

Society garlic is an edible flower. Consider using society garlic in salads and as a garnish. Society garlic flower has a very mild garlic flavor.

Day 524: marshmallow

Marshmallow is sacred to Bast. Honor and thank Bast for marshmallow.

Not to be confused with artificial marshmallow, often made from corn syrup. This is a reference to the actual real plant.

Eat marshmallow at least once per month. You may eat marshmallow every day.

Marshmallow is typically used as a spice or herb.

Day 525: Chinese lettuce

Chinese lettuce is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for Chinese lettuce.

Eat at least one serving of Chinese lettuce per month, taking in account the season and local availability.

Day 526: squash blossom

Squash blossom (also known as zucchini blossom) is sacred to Bast. Honor and thank Bast for squash blossom.

Scientific and botanical name: *Cucurbita pepo* Spp.

Eat at least one serving of squash blossom at least once a month, taking in account the season and local availability.

Squash blossom is an edible flower. Consider using squash blossom in salads and as a garnish. Squash blossom has a sweet, nectar flavor.

Day 527: mastic

Mastic is sacred to Bast. Honor and thank Bast for mastic.

Eat mastic at least once per month. You may eat mastic every day.

Mastic is typically used as a spice or herb.

Day 528: kudzu root

Kudzu root is sacred to Bast, Aset (Isis), and Aset's husband Asar. Honor and thank Bast, Aset, and Asar for kudzu root.

Eat at least one serving of kudzu root per month, taking in account the season and local availability.

Day 529: sunflower

Sunflower is sacred to Bast. Honor and thank Bast for sunflower.

Scientific and botanical name: *Helianthus annuus*

Eat at least one serving of sunflower at least once a month, taking in account the season and local availability.

Sunflower has an edible flower. Consider using sunflower in salads and as a garnish. Sunflower has a leafy, slightly bitter taste. Lessen the bitter taste by lightly steaming the petals. Unopened flower buds can be steamed like artichokes.

Day 530: mugwort

Mugwort is sacred to Bast. Honor and thank Bast for mugwort.

Eat mugwort at least once per month. You may eat mugwort every day.

Mugwort is typically used as a spice or herb.

Day 531: thyme flower

Thyme flower is sacred to Bast. Honor and thank Bast for thyme.

Scientific and botanical name: *Thymus vulgaris*

Eat at least one serving of thyme flower at least once a month, taking in account the season and local availability.

Thyme has an edible flower. Consider using thyme flower in salads and as a garnish. Thyme flower has a lemon flavor.

Day 532: myrtle

Myrtle is sacred to Bast. Honor and thank Bast for myrtle.

Eat myrtle at least once per month. You may eat myrtle every day.

Myrtle is typically used as a spice or herb.

Day 533: violet

Violet is sacred to Bast. Honor and thank Bast for violet.

Scientific and botanical name: *Viola*

Eat at least one serving of violet at least once a month, taking in account the season and local availability.

Violet is an edible flower. Consider using violet in salads and as a garnish. Violet has a sweet, nectar-like flavor.

Day 534: nettle

Nettle is sacred to Bast. Honor and thank Bast for nettle.

Eat nettle at least once per month. You may eat nettle every day.

Nettle is typically used as a spice or herb.

In its raw form, nettle is known as stinging nettle and is poisonous plant. Dried and then boiled nettle leaves help clean the bowels.

Day 535: yucca

Banana yucca is sacred to Bast. Honor and thank Bast for banana yucca.

Scientific and botanical name: *Yucca baccata*

Eat at least one serving of banana yucca (petals and fruit only) at least once a month, taking in account the season and local availability.

Banana yucca is an edible flower. Consider using banana yucca in salads and as a garnish. banana yucca has a crunchy, fresh flavor.

Warning: Eat only the petals and the fruit of the banana yucca. Other parts of the plant have saponin, a poison.

Day 536: nigella

Nigella is sacred to Bast. Honor and thank Bast for nigella.

Eat nigella at least once per month. You may eat nigella every day.

Nigella is typically used as a spice or herb.

Day 536: olida

Olida is sacred to Bast. Honor and thank Bast for olida.

Eat olida at least once per month. You may eat olida every day.

Olida is typically used as a spice or herb.

Day 538: pandanus flower

Pandanus flower is sacred to Bast. Honor and thank Bast for pandanus flower.

Eat pandanus flower at least once per month. You may eat pandanus flower every day.

Pandanus flower is typically used as a spice or herb.

Day 539: pandan leaf

Pandan leaf is sacred to Bast. Honor and thank Bast for pandan leaf.

Eat pandan leaf at least once per month. You may eat pandan leaf every day.

Pandan leaf is typically used as a spice or herb.

Day 540: paracress

Paracress is sacred to Bast. Honor and thank Bast for paracress.

Eat paracress at least once per month. You may eat paracress every day.

Paracress is typically used as a spice or herb.

Day 541: pepper rosé

Pepper rosé is sacred to Bast. Honor and thank Bast for pepper rosé.

Eat pepper rosé at least once per month. You may eat pepper rosé every day.

Pepper rosé is typically used as a spice or herb.

Day 542: perilla

Perilla is sacred to Bast. Honor and thank Bast for perilla.

Eat perilla at least once per month. You may eat perilla every day.

Perilla is typically used as a spice or herb.

Day 543: poppy seed

Poppy seed is sacred to Bast. Honor and thank Bast for poppy seed.

Eat poppy seed at least once per month. You may eat poppy seed every day.

Poppy seed is typically used as a spice or herb.

Poppy seed goes well with bread and potato.

Day 544: rue

Rue is sacred to Bast. Honor and thank Bast for rue.

Eat rue at least once per month. You may eat rue every day.

Rue is typically used as a spice or herb.

Day 545: safflower

Safflower is sacred to Bast. Honor and thank Bast for safflower.

Scientific and botanical name: *Carthamus tinctorius*

Eat safflower at least once per month. You may eat safflower every day.

Safflower is typically used as a spice or herb.

Safflower is an edible flower. Consider using safflower in salads and as a garnish. Safflower has a very mild saffron-like flavor.

Warning: Only the petals of this composite flower is edible. The pollen is highly allergenic and may cause reactions. Those with asthma, hayfever, or ragweed allergy should not consume or touch composite flowers.

Day 546: salad burnet

Salad burnet is sacred to Bast. Honor and thank Bast for salad burnet.

Eat salad burnet at least once per month. You may eat salad burnet every day.

Salad burnet is typically used as a spice or herb.

Day 547: sea salt

Sea salt is sacred to Aset (Isis) and rock salt is sacred to Seth. Honor and thank Aset for sea salt.

Eat sea salt or rock salt at least once per week. You may eat sea salt or rock salt every day.

Day 548: sassafras

Sassafras is sacred to Bast. Honor and thank Bast for sassafras.

Eat sassafras at least once per month. You may eat sassafras every day.

Sassafras is typically used as a spice or herb.

Day 549: savory

Savory is sacred to Bast. Honor and thank Bast for savory.

Eat savory at least once per month. You may eat savory every day.

Savory is typically used as a spice or herb.

Savory goes well with dried beans, corn, and fish.

Day 550: sichuan pepper

Sichuan pepper is sacred to Bast. Honor and thank Bast for sichuan pepper.

Eat sichuan pepper at least once per month. You may eat sichuan pepper every day.

Sichuan pepper is typically used as a spice or herb.

Day 551: silphion

Silphion is sacred to Bast. Honor and thank Bast for silphion.

Eat silphion at least once per month. You may eat silphion every day.

Silphion is typically used as a spice or herb.

Day 552: southernwood

Southernwood is sacred to Bast. Honor and thank Bast for southernwood.

Eat southernwood at least once per month. You may eat southernwood every day.

Southernwood is typically used as a spice or herb.

Day 553: star anise

Star anise is sacred to Bast and Seshat (Sothis). Honor and thank Bast and Seshat for star anise.

Eat star anise at least once per month. You may eat star anise every day.

Star anise is typically used as a spice or herb.

Day 554: sumac

Sumac is sacred to Bast. Honor and thank Bast for sumac.

Eat sumac at least once per month. You may eat sumac every day.

Sumac is typically used as a spice or herb.

Day 555: taramind

Taramind is sacred to Bast. Honor and thank Bast for taramind.

Eat taramind at least once per month. You may eat taramind every day.

Taramind is typically used as a spice or herb.

Day 556: tonka bean

Tonka bean is sacred to Bast. Honor and thank Bast for tonka bean.

Eat tonka bean at least once per month. You may eat tonka bean every day.

Tonka bean is typically used as a spice or herb.

Day 557: Vietnamese mint

Vietnamese mint is sacred to Bast. Honor and thank Bast for Vietnamese mint.

Eat Vietnamese mint at least once per month. You may eat Vietnamese mint every day.

Vietnamese mint is typically used as a spice or herb.

Day 558: wasabi

Wasabi is sacred to Bast. Honor and thank Bast for wasabi.

Eat wasabi at least once per month. You may eat wasabi every day.

Wasabi is typically used as a spice or herb.

Day 559: wattleseed

Wattleseed is sacred to Bast. Honor and thank Bast for wattleseed.

Eat wattleseed at least once per month. You may eat wattleseed every day.

Wattleseed is typically used as a spice or herb.

Day 560: white mustard

White mustard is sacred to Bast. Honor and thank Bast for white mustard.

Eat white mustard at least once per month. You may eat white mustard every day.

White mustard is typically used as a spice or herb.

Day 561: white pepper

White pepper is sacred to Bast. Honor and thank Bast for white pepper.

Eat white pepper at least once per month. You may eat white pepper every day.

White pepper is typically used as a spice or herb.

White pepper is usually used as a substitute for black pepper when black pepper would discolor a light-colored or white dish..

Day 562: zedoary

Zedoary (white tumeric) is sacred to Bast. Honor and thank Bast for zedoary.

Eat zedoary at least once per month. You may eat zedoary every day.

Zedoary is typically used as a spice or herb.

stop eating meat

For those raised on eating meats, switching to a meatless diet will be difficult. It can best be handled in stages, eliminating first red meats, then all mammals, and then birds.

In July 2009, after an exhaustive study review, the American Dietetic Association concluded that well-planned vegetarian diets are safe for all people at every stage of life, including pregnant women, nursing mothers, babies, children, teenagers, adults, and seniors.

The American Dietetic Association emphasized that a meat-free meal plan may lower rates of obesity, Type 2 adult onset diabetes, heart disease, and some cancers.

“Oh, my fellow men, do not defile your bodies with sinful foods. We have corn, we have apples bending down the branches with their weight, and grapes swelling on the vines. There are sweet-flavored herbs, and vegetables which can be cooked and softened over the fire, nor are you denied milk or thyme-scented honey. The earth affords a lavish supply of riches, of innocent foods, and offers you banquets that involve no bloodshed or slaughter; only beasts satisfy their hunger with flesh, and not even all of those, because horses, cattle, and sheep live on grass.”, Pythagoras (Greek mathematician). Pythagoras ate bread and honey for breakfast and raw vegetables for supper. He also paid fishermen to throw their catch back into the sea.

“Can you really ask what reason Pythagoras had for abstinence from flesh? For my part I rather wonder both by what accident and in what state of mind the first man touched his mouth to gore and brought his lips to the flesh of a dead creature, set forth tables of dead, stale bodies, and ventured to call food and nourishment the parts that had a little before bellowed and cried, moved and lived. How could eyes endure the slaughter when throats were slit and hides flayed and limbs torn from limb? How could his nose endure the stench? How was it that the pollution did not turn away his taste, which made contact with sores of others and sucked juices and serums from mortal wounds? It is certainly not lions or wolves that we eat out of self-defense; on the contrary, we ignore these and slaughter harmless, tame creatures without stings or teeth to harm us. For the sake of a little flesh we deprive them of sun, of light, of the duration of life to which they are entitled by birth and being. ... If you declare that you are naturally designed for such a diet, then first kill for yourself what you want to eat. Do it, however, only through your own resources, unaided by cleaver or cudgel or any kind of ax.”, Plutarch (Roman historian).

“It may indeed be doubted whether butchers’ meat is anywhere a necessary of life. Grain and other vegetables, with the help of milk, cheese, and butter, or oil, where butter is not to be had, afford the most plentiful, the most wholesome, the most nourishing, and the most invigorating diet. Decency nowhere requires that any man should eat butchers’ meat.”, Adam Smith (British economist).

“Let the advocate of animal food force himself to a decisive experiment on its fitness, and as Plutarch recommends, tear a living lamb with his teeth and, plunging his head into its vitals, slake his thirst with the steaming blood ... then, and then only, would he be consistent.”, Percy Bysshe Shelley (poet).

“Is it not a reproach that man is a carnivorous animal? True, he can and does live, in a great measure, by preying on other animals; but this is a miserable way—as any one who will go to snaring rabbits, or slaughtering lambs, may learn—and he will be regarded as a benefactor of his race who shall teach man to

confine himself to a more innocent and wholesome diet. Whatever my own practice may be, I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other when they came in contact with the more civilized.”, Henry David Thoreau, *Walden*.

“Various philosophers and religious leaders tried to convince their disciples and followers that animals are nothing more than machines without a soul, without feelings. However, anyone who has ever lived with an animal—be it a dog, a bird, or even a mouse—knows that this theory is a brazen lie, invented to justify cruelty.”, Isaac Bashevis Singer (Nobel literature prize winner).



nutrition

This is the chapter on nutrition.



food and recipes

This is the chapter on food and recipes.



avocado toast

Avocado toast is nutritious, tasty, and easy to make. This is a great breakfast item for beginning cooks, including children. **#avotoast**

Avocado toast is one of the items in the recommended breakfast foods list and is easy to prepare.

Making avocado toast requires minimal cooking skills:

1. the ability to make toast
2. the ability to cut open and slice an avocado
3. the ability to put the avocado on to the toast (and optionally mash it with a fork)

Avocado toast is among the healthiest approaches to bread or toast for breakfast.

Avocado, one of two signature ingredients, is about 75% healthy monounsaturated fats, along with fiber, vitamin C, vitamin B-6, potassium, magnesium, and protein.

And the vast majority of the world's young in industrialized nations happen to thoroughly enjoy the taste, which will make this a popular breakfast item for at least the next several decades (unless humans break down the agricultural infrastructure, through things like nuclear winter or global climate change).

The classic avocado toast is simply toast (usually thick and/or hearty bread, most often whole grain bread) topped with either slices of avocado or mashed avocado, with a dash of extra virgin olive oil and sea salt. If mashed, it is usually laid out in slices and then mashed on the toast with a fork. The toast might be buttered instead of oiled. Fresh squeezed lemon, fresh cracked black pepper, or red pepper flakes are common additions.



Avocado toast in Stockholm, Sweden.jpg by Jami430 of Stockholm, Sweden
(see license section, Creative Commons Attribution-Share Alike 4.0 International license)

Avocado toast has been named **the most annoying food on Instagram** by Kat Stoeffel of *The Cut* in 2014 (June 20).

All license information is at the end.

history

The earliest archaeological evidence for flour *used to make bread) is from about 30,000 years ago, it is likely that they made flat breads.

Avocados have been grown by humans in what is now the state of Puebla, Mexico, since at least 6,000 B.C.E. The native name was *ahuacatl*, which means testicle.

Modern bread first developed in ancient Egypt about 6,000 years ago. The Egyptians found that leaving dough out in the desert sun would cause it to rise (from yeast spores floating in the air). When baked, the dough would retain its shape. The Egyptians figured out that toasting bread would extend its useful life. Toasting was done by holding the bread over an open fire (using a wooden or metallic stick or a wire frame) or by laying the bread on a hot stone.

The oven was invented by the Egyptians around 3,000 B.C.E. and was originally used for baking leavened bread.

The Romans spread the idea of toasting bread to Europe. The word toast comes from the Latin word *tostum*, which meant scorch or burn, from the Latin word *torrere*, meaning to burn.

Spanish conquistadors of the 16th century depended on avocados while exploring and conquering Mexico. They were the first Europeans recorded to have eaten avocados. They spread avocado into Central America and South America.

Irishman Sir Hans Sloane sold avocado in his 1696 Jamaican plants catalog, calling it an alligator pear tree.

The first toast served in Japan may have been in 1890 at Tokyo's Imperial Hotel, where a breakfast buffet of both Western and Japanese dishes was served in its Viking Sal restaurant.

The first electric toaster (called the Eclipse Toaster) was invented in 1893 by Alan MacMasters of Scotland. The iron wiring would often melt, sometimes causing a fire. In 1905 Albert Marsh created a nickel-chromium alloy that made a safer filament wire. Several other toasters were invented in the early 1900s. The first commercially successful toaster was introduced by General Electric in 1909 (the model D-12, invented by Frank Shailor). These early toasters toasted one side of the bread at a time. In 1913, the Copeman Electric Stove Company created "toaster that turns toast". In 1919, Minnesota mechanic Charles Strite invented the first automatic pop-up toaster.

California postal worker Rudolph Hass spent his life savings on a small avocado grove in 1925. He started grafting to increase his tree supply, eventually developing the Hass avocado, which grew faster and produced more flavor than previous varieties.

A 1937 article in *New Yorker* mentions an "avocado sandwich on whole wheat and a lime rickey" being served in Los Angeles.

Bread and toast started to become popular in Japan during the post-World War II Occupation Era.

Avocados didn't become popular in the United States until the 1950s, starting with California, Florida, and Hawaii.

Tom Selleck, Dean Martin, and Jamie Foxx owned avocado ranches.

Avocado toast was invented in Australia. In 1993, Sydney, Australia, chef Bill Granger introduced a version of avocado toast with a twist of lime, salt, and chilli at Bills in Sarlinghurst (near Sydney).

Australian chef Chloe Osborne, consulting chef at Cafe Gitane in Greenwich Village, brought avocado toast to New York. Her version was pebble-grained bread diamond-cut from a square loaf, toasted and covered with mashed avocado and crushed chile.

Chloe Osborne told *The Washington Post* in 2016, "The thing of putting things on toast is very Australian. It stems from the British breakfast. Fresh tomatoes on toast has been an Australian breakfast for a long time."

Because of the popularity of avocado toast New Zealand experienced more than 40 large scale avocado thefts in 2016.

the controversy

Elderly Australian newspaper columnist Bernard Salt claimed in *The Australian*, “I have seen young people order smashed avocado with crumbled feta on five-grain toasted bread at \$22 a pop and more. ... How can young people afford to eat like this? Twenty-two dolalrs several times a week could go towards a deposit on a house.”

Millennial critics pointed out that at average Australian house prices it would take 175 years to save up a down-payment.

Australian multi-millionaire real estate mogul Tim Gurner told Australian 60 Minutes, “When I was trying to buy my first home, I wasn’t buying smashed avocado for \$19 and four coffees at \$4 each.”

Gurner criticized young people, continuing, “They want to eat out every day, they want to travel to Europe every year. The people that own homes today worked very, very hard for it [and] saved every dolalr, did everything they could to get up the property investment ladder.”

Gurner failed to mention that wages have stagnated for decades while housing prices have skyrocketed.

If someone purchased \$19 of avocado every day (even though you can purchase an avocado for less than \$2 each, so Gurner’s descibing a 10 avocado a day habit), they would have to pass up a very healthy food for seven years just to come up with the 20% downpayment for the median cost house in the United States.

botanical

This section will provide botanical information on avocado.

Avocado is a fruit, not a vegetable. More specific, the avocado is a berry (a fleshy fruit produced from a single ovary). The avocado tree is in the Lauraceae family.

nutrition

Torey Armul, registered dietitian and spokesperson for the Acadmy of Nutrition and Dietetics, said, “Avocados are a good source of fiber and various vitamins and minerals, like vitamin C, vitamin K, folate, and potassium.”

Nutritionist Lisa Goldberg told ABC News, “I love it [avocado toast] for breakfast because avocado has protein and healthy monounsaturated fat, and its also high in fiber so combined with the Ezekial toast it keeps me full for a good three to four hours. Plus it’s high in other nutrients like Viamins B, C, E, K, and potassium.”

A single avocado averages 975 milligrams of potassium, about double the average of 487 milligrams in a typical banana.

Amount Per	100 grams	Amount Per	one avocado (201 g)
Calories	160	Calories	322
	% Daily Value*		% Daily Value*
Total Fat 15 g	23%	Total Fat 29 g	44%
Saturated fat 2.1 g	10%	Saturated fat 4.3 g	21%
Polyunsaturated fat 1.8 g		Polyunsaturated fat 3.7 g	
Monounsaturated fat 10 g		Monounsaturated fat 20 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 7 mg	0%	Sodium 14 mg	0%
Potassium 485 mg	13%	Potassium 975 mg	27%
Total Carbohydrate 9 g	3%	Total Carbohydrate 17 g	5%
Dietary fiber 7 g	28%	Dietary fiber 13 g	52%
Sugar 0.7 g		Sugar 1.3 g	
Protein 2 g	4%	Protein 4 g	8%
Vitamin A	2%	Vitamin A	5%
Vitamin C	16%	Vitamin C	33%
Calcium	1%	Calcium	2%
Iron	3%	Iron	6%
Vitamin D	0%	Vitamin D	0%
Vitamin B-6	15%	Vitamin B-6	25%
Vitamin B-12	0%	Vitamin B-12	0%
Magnesium	7%	Magnesium	14%

Amount Per	1 cup, sliced (146 g)
Calories	234
	% Daily Value*
Total Fat 21 g	32%
Saturated fat 3.1 g	15%
Polyunsaturated fat 2.7 g	
Monounsaturated fat 14 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 708 mg	20%
Total Carbohydrate 17 g	5%
Dietary fiber 10 g	40%
Sugar 1 g	
Protein 2.9 g	5%
Vitamin A	4%
Vitamin C	24%
Calcium	1%
Iron	4%
Vitamin D	0%
Vitamin B-6	20%
Vitamin B-12	0%
Magnesium	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

A 2015 study published in the *Journal of the American Heart Association* showed that eating one avocado a day lowered LDL cholesterol levels (bad cholesterol) by approximately 14 points, helping those who are obese or overweight.

An October 2016 study by the Washington University School of Medicine found that certain green-hued foods, including cucumber, broccoli, edamame, cabbage, and avocado, have a natural compound that helps reduce some of the effects of aging. The compound helps aging cells produce energy, improves bone density, liver, and eyes, as well as increasing metabolism.

selecting ripe avocado

Lucy Jessop writes in *The Goodness of Avocado: 40 Delicious Health-Boosting Recipes*, “Choose

avocados which are firm, and look for those which are undamaged and free from bruises. Hass avocados should be dark brown rather than green; this indicates ripeness. Hold the avocado in the palm of your hand, and gently squeeze, it should yield slightly. Never prod an avocado as they bruise easily.”

Most avocados are grown in south central Mexico, where the climate provides a year-round growing season. In the United States, the primary growing regions are Florida and California.

The Mexican Hass avocado, also common in California, is preferred for avocado toast. Florida avocados are firmer and have less fat.

Some other avocado varieties include Lamb Hass, Pinkerton, Gwen, and Zutano.

The California avocado season peaks from April to July.

You can ripen an avocado by placing it in a brown paper bag with a banana or bananas. The ethylene gas released by bananas will speed up the ripening of the avocado.

This section will describe how to select ripe avocado.

cutting avocado

This section will describe how to cut and slice avocado.

storing avocado

This section will describe how to store avocado.

pets

Both the skin and the seed are harmful and potentially toxic to both dogs and cats. That is, the skin or seed might kill your pet.

The fruit is harmful to birds, but safe for most household pets.

basic recipe



Avocado Toast (12565663524).jpg by Luca Nebuloni of Milan, Italy
(see license section, Creative Commons Attribution-Share Alike 4.0 International license)

The basic recipe is to slice up an avocado and place the slices on a single piece of toast.

Some prefer the avocado to be mashed and seasoned. The mashed avocado should still be somewhat chunky.

The order of ingredients is: toast (on the bottom), spread (optional), seasoning (optional), avocado (sliced or mashed), seasoning (optional), additional ingredients (optional), seasoning (optional). If you use seasoning, cut back on the seasoning per location if you choose more than one location.

There are numerous additional ingredients that might be added. In general, it is best to limit the additional ingredients to no more than one to three. Too many ingredients ruins that balance of flavors. Some of the most common additional ingredients include egg (usually poached), tomato, or onion.

toast

Toast the bread until browned and crisp.

Avocado toast works best with heartier breads, such as:

- whole grain bread
- whole wheat bread
- multi-grain bread
- whole grain seeded bread
- thick artisan bread
- sourdough bread
- sourdough rye bread
- muesli

Whole grain bread is popular because it is more nutritious than ordinary bread. Breads with the Whole Grain stamp from the Whole Grain Council have at least 8 grams of whole grains per serving. Organic bread is typically more than twice as likely to be nutritious when compared to conventional bread and

more than twice as likely to have whole food ingredients.

The process of toasting bread may create Benzo[a]pyrene and acrylamide, carcinogens generated during the browning process. The darker the surface color of the toast, the higher the concentration of acrylamide. The British Food Standards Agency recommends toasting bread to the lightest colour acceptable.

spread

Usually some kind of spread is placed on the toast before the avocado. The following are some of the common possibilities:

Butter: Softened, unsalted butter.

Olive oil: Lightly brush or drizzle extra virgin olive oil. While olive oil has lots of healthy fat, it should be used sparingly.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, cautions, “**Olive oil**, cheese, cream cheese, and bacon should be used in moderation.”

Garlic and oil: Peel and cut a clove of garlic. Lightly rub the cut side of the garlic on the toast until fragrant. Lightly brush extra virgin olive oil.

Tahini: Lightly spread with tahini.

Humus: Lightly spread with humus.

Veganaise: Lightly spread with veganaise. One combination is whole wheat toast, veganaise, sliced avocado, sprinkle of lime juice, and red pepper flakes.

Gwenyth Paltrow writes in her cookbook *It's All Good* (for a gluten free avocado toast recipe) “the holy trinity of Veganaise, avocado, and salt that makes this [avocado toast] like a favorite pair of jeans.”

Pesto: Lightly spread with pesto.

seasoning

The following are some of the common possibilities for seasoning:

Salt and pepper: Layered on top of the spread: fine salt and freshly ground black pepper. Layered on top of everything: flaky sea salt, freshly ground black pepper, and crushed red pepper flakes.

Red pepper: Top with red pepper.

Sesame seeds: Top with sesame seeds. Pairs well with tahini.

Paprika: Top with paprika or smoked paprika.

Chili flakes: Top with chili flakes.

Cilantro: Top with fresh cilantro.

Tumeric: Top with tumeric.

Seasonings are healthy in moderation.

avocado



Avocado_with_cross_section_edit.jpg by Muhammad Mahdi Karim of Dar es Salaam, Tanzania
(see license section, GNU Free Documentation License, Version 1.2 only)

Typically use one half (1/2) of an avocado per slice of avocado toast.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, said, “They’re nutrient-dense, but also calorie-dense—so portion control is important. An average-sized avocado has over 300 calories. It’s easy to consume hundreds of calories, especially if you’re mashing it up and eating it guacamole-style.”

While most recipes recommend half an avocado per piece of toast, Armul recommends one third to one half an avocado over two slices of bread.

Place avocado slices on the toast above the optional spread and seasoning.

You may optionally mash the avocado with a fork.

Some people make their avocado toast with guacamole.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, said, “Avocados are a good source of fiber and various vitamins and minerals, like vitamin C, vitamin K, folate, and potassium.”

guacamole

Some people make their avocado toast with guacamole.

classic avocado toast

The following are variations on the classic avocado toast:

- whole wheat toast, butter, mashed or sliced avocado, sea salt to taste, and fresh cracked black pepper to taste
- whole grain seeded toast, extra virgin olive oil, mashed or sliced avocado, sea salt to taste, and fresh cracked black pepper to taste
- toast, extra virgin olive oil, mashed or sliced avocado, salt, and crushed red pepper
- whole grain toast, mashed or sliced avocado, drizzle olive oil and fresh squeezed lemon juice, sprinkle with Kosher salt and red pepper flakes

additional toppings



Avocado Toast with toppings (17347159772).jpg by Arnold Gatilao of Oakland, California, USA
(see license section, Creative Commons Attribution 2.0 Generic)

There are numerous additional toppings that might be added. In general, it is best to limit the additional ingredients to no more than one to three. Too many ingredients ruins that balance of flavors. Some of the most common additional toppings include egg (usually poached), tomato, or onion.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, recommends adding additional protein beyond the average of 10 grams per avocado, saying, “Just like smoothies, you can go overboard with toppings on your toast and make a healthy food not-so-healthy.”

Armul recommends herbs, spices, seeds, tomatoes, spinach, and other fruit. She cautions, “Olive oil,

cheese, cream cheese, and bacon should be used in moderation.”

Some of the common additional toppings are listed in the following chapters. Sorted by popularity.

tomato



Bright red tomato and cross section02.jpg by fir0002 | flagstaffotos.com.au of Australia
(see license section, Under the GFDL v1.2 (only option))

Tomato. Usually sliced.

Common groupings:

- multi-grain toast, mashed or sliced avocado, sliced heirloom or beefsteak tomato (two slices), sea salt to taste, and fresh cracked black pepper to taste
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), and pesto tomatoes (halved cherry tomatoes mixed with basil vinaigrette)
- whole wheat toast, mashed or sliced avocado, sliced tomato, crumbled feta cheese, sea salt to taste, and fresh cracked black pepper to taste
- whole wheat toast, mashed or sliced avocado, diced tomato, diced onion, dash of sea salt, and dash of fresh cracked black pepper
- multi-grain toast, mashed or sliced avocado, sliced heirloom tomato, one fried egg, tumeric, fresh cracked black pepper, and sea salt
- **Greek** toast, extra virgin olive oil, mashed or sliced avocado, sliced cucumber, sliced tomato, and feta cheese

egg

Egg.

Egg makes avocado toast more hearty, increases the protein, but adds significant unhealthy fats. Eggs are neither vegetarian nor vegan, but are eaten by ovo-vegetarians.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, recommends adding additional protein beyond the average of 10 grams per avocado, saying, “I like to see closer to 15 to 20 grams of protein at breakfast.”

Armul recommended one or two eggs, a glass of milk, or Greek yogurt. The last two are dairy items.

Common groupings:

- toast, mashed or sliced avocado, one fried egg, and fresh cracked black pepper
- multi-grain toast, mashed or sliced avocado, one fried egg, sea salt to taste, fresh cracked black pepper to taste
- rye toast, butter, mashed or sliced avocado, one egg fried in butter, turmeric, fresh cracked black pepper, and sea salt
- whole grain toast, mashed avocado, fresh grated Parmesan cheese, one egg (poached, fried, or scrambled), and Tabasco sauce
- multi-grain toast, mashed or sliced avocado, sliced heirloom tomato, one fried egg, turmeric, fresh cracked black pepper, and sea salt
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), one scrambled egg, and one piece of cooked bacon

onion

Onion.

Common groupings:

- whole grain toast, mashed avocado, chopped onion, and lemon juice
- whole wheat toast, mashed or sliced avocado, diced tomato, diced onion, dash of sea salt, and dash of fresh cracked black pepper
- toast, butter or extra virgin olive oil, avocado, smoked salmon, sliced red onion, and lemon juice
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), sliced red onions, and smoked salmon

cheese

Parmesan or vegan parmesan cheese.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, cautions, “Olive oil, **cheese**, cream cheese, and bacon should be used in moderation.”

Common groupings:

- whole grain seeded toast, mashed avocado, Parmesan cheese, and red pepper flakes (possible cayenne as well)
- whole grain toast, mashed avocado, fresh grated Parmesan cheese, egg, and Tabasco sauce

- whole grain toast, slice of vegan cheese, sliced avocado, sprinkle of black pepper, and another slice of vegan cheese -- toast until cheese melts
- **Buffalo** toast, mashed or sliced avocado, buffalo sauce, and blue cheese
- **Pesto** toast, pesto, mashed or sliced avocado, and Parmesan cheese
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), crumbled goat cheese, and chives
- whole wheat toast, avocado, feta cheese, mint, and lime
- whole wheat toast, mashed or sliced avocado, sliced tomato, crumbled feta cheese, sea salt to taste, and fresh cracked black pepper to taste
- **Greek** toast, extra virgin olive oil, mashed or sliced avocado, sliced cucumber, sliced tomato, and feta cheese

spinach

Spinach.

Common groupings:

- whole grain toast, mashed avocado, scrambled tofu, spinach, chili flakes, and tumeric

salmon

Salmon.

Salmon adds lean protein. A single serving of smoked salmon or lox contains almost the entire daily recommended sodium. Salmon is neither vegan nor vegetarian, but is eaten by pesco-vegetarians.

Common groupings:

- toast, butter or extra virgin olive oil, avocado, smoked salmon, sliced red onion, and lemon juice
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), sliced red onions, and smoked salmon

tofu

Tofu.

Common groupings:

- whole grain toast, mashed avocado, fried sliced tofu, sriracha sauce
- whole grain toast, mashed avocado, scrambled tofu, spinach, chili flakes, and tumeric

salsa/pico de gallo

Salsa or pico de gallo.

Common groupings:

- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), and pico de gallo
- whole grain toast, guacamole, salsa, bit of lime juice, and a bit of cilantro
- whole grain toast, guacamole, salsa, bit of lemon juice, and black pepper

cucumber

Cucumber.

Common groupings:

- **Greek** toast, extra virgin olive oil, mashed or sliced avocado, sliced cucumber, sliced tomato, and feta cheese

black beans

Black beans.

Common groupings:

- **Tex-Mex** toast, mashed or sliced avocado, black beans, lime juice, and hot sauce

nuts

Nuts.

Common groupings:

- whole grain seeded toast, mashed avocado, cashew and pistachio nuts, and red pepper flakes

cilantro

Cilantro.

Common groupings:

- whole grain toast, guacamole, salsa, bit of lime juice, and a bit of cilantro
- whole grain toast, guacamole, salsa, bit of lemon juice, and black pepper

chives

Chives.

Common groupings:

- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), crumbled goat cheese, and chives

strawberries

Strawberries.

Common groupings:

- toast, sliced or mashed avocado, sliced strawberries, and fresh cracked black pepper

nutritional yeast

Nutritional yeast.

Nutritional yeast is from the fungi kingdom and therefore acceptable to vegetarians and vegans.

Common groupings:

- whole grain toast, mashed avocado, nutritional yeast, salt, and red pepper flakes
- whole grain toast, mashed avocado, nutritional yeast, salt, and chili flakes

bacon

Bacon. This is a very unhealthy choice and is included only for completeness

Bacon is filled with bad fats, sodium, and dangerous chemicals. I am guessing everyone knows that neither vegans nor vegetarians eat bacon.

Torey Armul, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, cautions, “Olive oil, cheese, cream cheese, and **bacon** should be used in moderation.”

Common groupings:

- wheat toast, mashed or sliced avocado, and two slices of cooked bacon
- **B.A.T.** toast, mashed or sliced avocado, two slices of beefsteak tomato, and two slices of cooked bacon
- wheat toast, butter, mashed or sliced avocado, one fried over easy egg, two slice of beefsteak tomato, and two slices of cooked bacon
- thick cut bread toasted golden brown, avocado mixture (mashed avocado, fresh squeezed lemon juice, Kosher salt to taste, and fresh cracked black pepper to taste), one scrambled egg, and one piece of cooked bacon

growing avocado

A common biology experiment is to grow an avocado seed over a jar of water. The large size of the seed and the slow growth make the experiment easy to observe.

Unfortunately, avocado trees grown from store bought fruit rarely produce fruit.

It takes five to seven years for a an avocado tree to start producing fruit. You must have the matching variety of avocado nearby to pollinate your tree. And growing the tree takes the proper climate, the proper soil, and lots of water.

You can certainly grow an avocado tree from seed as an ornamental, but don't expect it to produce fruit.

licenses

The original writing is Copyright © 2018 Milo.

This work includes photographs and illustrations released to Wikipedia under various licenses. The following is the explanation on Wikipedia regarding licenses:

Many images on Wikipedia are licensed under the GFDL. In these cases, according to the aggregation interpretation, each image and its image description page (and possibly its upload history and the "page history" of its image description page — see History Section in this essay) form an Article. You can therefore make verbatim copies of this image and use it in a similar way to Wikipedia. In other words, there must be an easy way to view the image description information of each image that you use. In an HTML copy, you might display this if the user clicks on the image. In a printed copy, you might attach the image description information in a separate appendix. Note that if you use GFDL images to illustrate your own written work, according to the aggregation interpretation, you do not need to license your written work under the GFDL.

Other images on Wikipedia licensed under other licenses, such as Creative Commons licenses, are also treated as aggregated. For information on how to reuse these images, check the details of the appropriate license. Again, according to the aggregation interpretation, you do not need to license your written work under the same license to use these images.

Avocado toast in Stockholm, Sweden.jpg

Photographer: Jami430 of Stockholm, Sweden

This file is licensed under the Creative Commons Attribution-Share Alike 4.0 International license.

You are free:

- to share — to copy, distribute and transmit the work
- to remix — to adapt the work

Under the following conditions:

- attribution — You must attribute the work in the manner specified by the author or licensor (but not in any way that suggests that they endorse you or your use of the work).
- share alike — If you alter, transform, or build upon this work, you may distribute the resulting work only under the same or similar license to this one.

Avocado Toast (12565663524).jpg

Photographer: Luca Nebuloni of Milan, Italy

This file is licensed under the Creative Commons Attribution 2.0 Generic license.

You are free:

- to share — to copy, distribute and transmit the work
- to remix — to adapt the work

Under the following conditions:

- attribution — You must attribute the work in the manner specified by the author or licensor (but not in any way that suggests that they endorse you or your use of the work).

Avocado with cross section edit.jpg

Photographer: Muhammad Mahdi Karim of Dar es Salaam, Tanzania

In using this image or any subsequent derivatives of it, you are required to release the image under the same license. As such, any reproduction of this image, in any medium, must appear with a copy of the license.

Attribution of this image to the author (Muhammad Mahdi Karim) is required in a prominent location near to the image.

No other conditions may be added to, or removed from this license without the permission of the author and copyright holder.

Permission is granted to copy, distribute and/or modify this document under the terms of the GNU Free Documentation License, Version 1.2 only as published by the Free Software Foundation; with no Invariant Sections, no Front-Cover Texts, and no Back-Cover Texts. A copy of the license is included in the section entitled GNU Free Documentation License.

Avocado Toast with toppings (17347159772).jpg

Photographer: Arnold Gatilao of Oakland, California, USA

This file is licensed under the Creative Commons Attribution 2.0 Generic license.

You are free:

- to share — to copy, distribute and transmit the work
- to remix — to adapt the work

Under the following conditions:

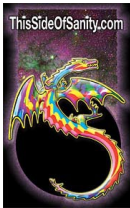
- attribution — You must attribute the work in the manner specified by the author or licensor (but not in any way that suggests that they endorse you or your use of the work).

Bright red tomato and cross section02.jpg

Photographer: fir0002 | flagstaffotos.com.au of Australia

This file is licensed under the GFDL v1.2 (only option) license.

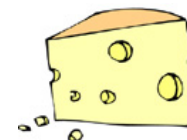
Under the GFDL v1.2 (only option): any reproduction of this image, in any medium, must appear with a copy of, or full (hyperlinked) URL of the GFDL license. In addition, attribution of this image to "Fir0002/Flagstaffotos" is required and you are required to release the image (or any subsequent derivatives of it) under the GFDL v1.2. No other conditions may be added to, or removed from this license without the permission of the author and copyright holder.



cheese

Cheese is an animal product.

Wisconsin is the largest producer of cheese in the U.S., producing about 25% of America's cheese.



nutritional information:

Cheese is a source of [calcium](#), [chromium](#), [iodine](#), and [protein](#).

The Japanese (and many other Asian cultures) avoid using cheese in cooking because they find the smell highly offensive. The Japanese view cheese as rotten milk (which it is).

One ounce of Swiss cheese has 1.1 milligrams of [zinc](#), which is 8% of the U.S. Recommended Daily Value, according to [the U.S. National Institutes of Health](#).

One ounce of cheddar cheese has 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to [the U.S. National Institutes of Health](#).

One ounce of low moisture part skim mozzarella cheese has 0.9 milligrams of zinc, which is 6% of the U.S. Recommended Daily Value, according to [the U.S. National Institutes of Health](#).

Cholesterol: Cheddar cheese has 70 mg cholesterol per 100 g.

“It may indeed be doubted whether butchers’ meat is anywhere a necessary of life. Grain and other vegetables, with the help of milk, **cheese**, and butter, or oil, where butter is not to be had, afford the most plentiful, the most wholesome, the most nourishing, and the most invigorating diet. Decency nowhere requires that any man should eat butchers’ meat.”, Adam Smith (British economist).

Chinese herbalism:

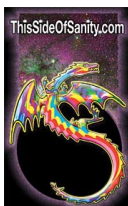
Chinese: strongly [yang](#)

cautions and contraindications:

Cautions and contraindications: You want to reduce or eliminate cheese from your diet.

Animal cautions and contraindications: Cheese should never be fed to cats or dogs.

See also: [dairy foods](#).



tabouli

Tabouli is a traditional Middle Eastern vegetable dish based on bulghar wheat, mint, cucumber, and olive oil.

nutritional information:

No cholesterol.

High in dietary fiber and manganese.

Very high in vitamin A and vitamin C.

Excellent source of protein (essential amino acids), especially in quinoa version or with added hemp seed meal.

Excellent source of essential fatty acids.

Eat tabouli at every lunation (Full Moon, New Moon, and Quarter Moons) and major Goddess holy days throughout the summer. Optional any day in the summer.

cookware:

- Cooking pot with cover
- Sauce pan with cover
- Large or medium mixing bowl(s)
- Glass jar [optional]
- Wooden mixing spoon
- Sharp cutting knife

ingredients:

There is quite a bit of flexibility in both choice of ingredients and in quantites (proportions) of ingredients.

Please read through recipe instructions and notes before choosing quantities of ingredients.

- 1/2 to 2 cups of dry bulghar wheat (also called cracked wheat or burghur wheat)
- optional: 1/2 to 2 cups whole grain quinoa (not a traditional ingredient)
- optional: 1/2 to 1 cup hemp seed meal (not a traditional ingredient)
- optional: 1 cup of cooked and drained garbanzo beans (also called chick peas) or lentils (neither is a traditional ingredient)
- boiling water: twice as many cups of water as quinoa, equal number of cups of water as bughar
- 1 cucumber: peeled and seeded, then diced or finely chopped
- 1 to 4 tomatoes: firm, chopped or diced (left out of some traditional recipes)
- 2 tablespoons to 1 cup fresh mint (typically 1/2 to 1 cup): chopped

- optional substitute: lemon balm for some or all of the mint
- 1 to 2 cups or 1 to 3 bunches fresh flat leaf parsley: finely chopped
- optional: 1/2 to 1 tablespoon fresh basil
- optional: 1 bunch coriander (also called cilantro): chopped
- optional: 2-3 bunches green onions or scallions: sliced (both white and green parts); this is a common traditional addition to the recipe
- optional: 1 to 3 cloves garlic: minced (note reduce or eliminate green onion when adding garlic)
- optional: 1 red onion: chopped (spicier substitute for green onions); somewhat changes the character of the taste
- optional: 2-3 carrots: grated finely (drastically changes character of flavor, but adds nutrition)
- optional: 1 red chili: finely chopped (spicier version); drastically changes the character of the taste
- 1/2 cup fresh squeezed lemon juice
- 1/4 to 3/4 cups cold pressed extra virgin olive oil
- 1 to 2 tablesppons hemp seed oil per person eating tabouli
- optional: 1 tablespoon flax seed oil per person eating tabouli
- optional: 1 tablespoon freshly ground black pepper (most recipes call for ppper to taste)
- optional: 1/2 teaspoon raw sea salt (most recipes call for ordinary salt to taste)
- optional: 1/2 teaspoon cayenne pepper
- optional: 1/2 teaspoon ground cumin
- optional: 1/2 orange, zest and juice (reduce lemon juice by half); drastically changes the character of the taste
- optional: pistachios, finely chopped
- Romaine lettuce

preparation:

Traditional tabouli is made with bulghar wheat. The quinoa version is popular in health food circles (unlike bulghar wheat, quinoa is a complete protein). The lentil and garbanzo bean version makes a composite protein. The hemp seed meal is also a complete protein. A recommended version has equal portions bulghar wheat and quinoa with half portion of hemp seed meal.

Cooking bulghur wheat: Put bulghur wheat in a bowl. Boil the water in a pot. Pour the boiling water over the bulghur wheat. Let the bulghur wheat soak in the hot water for 30 minutes to 2 hours. The wheat should absorb all of the water. If not, drain off the excess with a colander. The bulghur wheat should be light and fluffy.

Cooking quinoa: Thoroughly soak the quinoa in cold water for five minutes using medium size bowl. Drain and rinse under cold running water. Note that you can purchase pre-rinsed quinoa. Pour rinsed quinoa into a sauce pan. Lightly toast the quinoa in 1/2 to 2 tablespoons oilve oil (this is in addition to the amount used as part of the dressing). Add water and bring to a full boil. Cover with a tight fitting lid and reduce heat to a low simmer. Cook for about 15 to 20 minutes (until water is absorbed). Optionally drain excess water and save to add back to finished mixture if needed to make a nice tabouli consistency. Let quinoa cool before mixing with other ingredients.

Prepare dressing: Mix lemon juice, olive oil, hemp seed oil, flax seed oil (if used), garlic (if used), black pepper (if used), sea salt (if used), cayenne pepper (if used), orange zest and juice (if used), and cumin (if used) in a bowl or glass container. Let dressing sit

Preparing salad: Chop the mint, parsley, cucumber and tomatoes. Also chop any optional ingredients used, such as lemon balm, basil, green onions, scallions, red onion, carrot, and/or red chili. Optionally use a blender or food processor to mince parsley. Mix salad parts in bowl.

Optionally mix the sea salt and freshly ground black pepper with the chopped green onions or scallions first. This lets the salt and pepper bring out the sweetness of the onion juice. In this case, mix mint, parsley, and basil, then tomatoes, cucumber and other optional vegetables, finally mixing in the green onion mixture.

Combine all of the bulghur wheat, quinoa, hemp seed meal with the vegetable ingredients in a mixing bowl. Combine well.

Thoroughly mix in the dressing.

Put the mixing bowl in the refrigerator for at least one hour. A full night is even better.

Serve cold or at room temperature.

Place the tabouli salad on a bed of Romaine lettuce or use hearts of Romaine lettuce to scoop up the tabouli salad.

Optionally sprinle with chopped pistachios. In the spicier version, serve with a spoonful of yoghurt and sprinkle with pistachios.



appearance

The courts often consider the existence of appearance in determining if a religion is legally valid.

legal standards

“5. i. Appearance and Clothing: Some religions prescribe the manner in which believers should maintain their physical appearance, and other religions prescribe the type of clothing that believers should wear.” —*United States of America v David Meyers*



clothing

The courts often consider the existence of clothing in determining if a religion is legally valid.

legal standards

“5. i. Appearance and Clothing: Some religions prescribe the manner in which believers should maintain their physical appearance, and other religions prescribe the type of clothing that believers should wear.” —*United States of America v David Meyers*

Kemetic or ancient Egyptian religion

white clothing

Throughout the Roman Empire there were large, well-attended processions dedicated to Isis. Participants wore all white clothing.

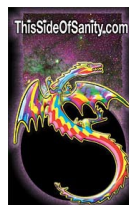
Most of the Egyptian priesthood, but especially the web priestesses, were required to wear all white clothing.

belly dancing

Belly dancing came to the Nile Valley from the Pygmies and was originally intended to honor the Pygmy deity Bes. Bes became one of the most important of Kemetic (ancient Egyptian) deities and belly dancing spread throughout the Middle East.

The main myth told in belly dancing was the myth of the Garden of Eden. The reason the garden was tropically rich and jungle-like was because the myth originally came from the Pygmy people living in the jungles of the Congo River valley.

Which is superior clothing: the flowing clothes of a beautiful belly dancer or the garish robes of dour Roman Catholic priests



propagation

The courts often consider the existence of propagation in determining if a religion is legally valid.

legal standards

“5. j. Propagation: Most religious groups, thinking that they have something worthwhile or essential to offer non-believers, attempt to propagate their views and persuade others of their correctness. This is sometimes called “mission work,” “witnessing,” “converting,” or proselytizing.” —*United States of America v David Meyers*

“Sunday schools for religious instruction of the young,” —IRS definition of a church

Kemetic or ancient Egyptian religion

Unlike the Christian and Islamic religions, the Kemetic (ancient Egyptian) religion does *not* evangelize or recruit. Never had to. People come to the religion to join out of their own personal interest.



distinct and separate existence

The courts often consider the existence of a distinct and separate existence in determining if a religion is legally valid.

legal standards

“a distinct legal existence,” —IRS definition of a church

“a definite and distinct ecclesiastical government,” —IRS definition of a church

“a distinct religious history,” —IRS definition of a church

“a membership not associated with any other church or denomination,” —IRS definition of a church

“a literature of its own,” —IRS definition of a church

religious freedom reply to IRS standards

As to the first criterion, a religious organization should not be required to have a distinct legal existence, since a “church” may decide not to incorporate for reasons of its own. In addition, a denomination may have no formal organization. For example, the Plymouth Brethren believe that “such denominational structures are unscriptural and divisive. Locally, some are incorporated, some are not.” This requirement “poses a special threat to ministers who serve the poor. Many such ministers lack the legal sophistication and resources to incorporate their churches even if such formal structure were consistent with their theology.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

The problem with the fifth criterion is that a new religion, by definition, cannot have “a distinct religious history.” “American civilization from the beginning and in each passing century has been continuously marked by extraordinary religious fertility and continues to exhibit this propensity to the present day.” The emergence of new religions is a common occurrence in American history. “The first Amendment serves to protect all religions, old and new, against government harassment, intrusion, injury and discrimination.” Baptists, Quakers, Mormons and Jehovah’s Witnesses each experienced persecution in America when their churches were new. Although no one would dispute that this history is unfortunate, a similar dynamic is at work in the present attitude of many in government toward new religions. Moreover, even established religious groups might not have a distinct history. “Due to the informal nature of the Plymouth Brethren, their religious history is indistinct.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)

The sixth criterion, that a church must have a membership not associated with any other church or denomination, stems from confessional Christianity. It does not apply among Japanese, Chinese, or Asian Indians, for instance, who find it quite common to be members of and attend various religious services.

One of the best-known features of Chinese universalism is that the three religions - Confucianism, Buddhism and Taoism - are virtually treated as one. The religious allegiance of the average man is not related to one the three religions. He does not belong to a confession or creed. He participates unconcerned as to any apparent lack of consistency, alternatively in Buddhist, Taoist or Confucian rites. He is, by nature, a religious pragmatist.

One of the goals of the ecumenical movement is increased interaction and “association” between denominations and churches and their members. Religions such as the Bahai and Theosophy aim at unity of all religions.

Gandhi said that “[m]ore than all, people of all religions should learn to worship together on occasion.” The Plymouth Brethren do not practice formal church membership because “they believe church membership has no basis in Scripture, divides Christians from one another and can be a crutch which leads to a false sense of salvation.” The American tendency toward exclusive religious affiliation is by no means universal. A Japanese, for instance, may be married as a Shintoist and buried as Buddhist. “The Japanese never developed the idea, so prevalent in South and West Asia as well as the West, that a person had to adhere exclusively to one religion or another . . . Japanese were usually both Buddhists and Shintoists at the same time and often enough Confucianists as well.” — “Defining Religion in American Law” by Bruce J. Casino, [International Coalition for Religious Freedom](#)



general applicability

The U.S. allows for religious exemptions to laws of general applicability. Not all nations share this standard.

cases

From the book *Religion and Law: An Introduction* by Peter W. Edge, pages 85 and 86:

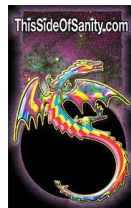
These cases contrast sharply with the decision of a closely-related Constitutional Court of South Africa in *Prince v The President of the Law Society of the Cape of Good Hope and Others* 2002(2) SA 794 (SA) (see also *Prince v President of the Cape Law Society and Others* 2001 (2) SA 388 (SA)). In this case, Prince wished to become an attorney. He satisfied the requirements for entry into the profession, but had a number of convictions for possession of cannabis. During the application process he expressed his intention to continue using cannabis, such use being inspired by his Rastafari religion. The Law Society concluded that he was not a fit and proper person to become an attorney, and refused to allow him to proceed in the qualification process. Prince did not seek to challenge the constitutionality of the prohibition on cannabis use generally, but instead argued that the prohibition went too far by including use required by the Rastafari religion. Evidence was heard from Professor Carole Dianna Yawney on the cultural and religious practices of Rastafari.

A large minority of the court agreed. Ngcobo J, with the support of Mokgoro and Sachs JJ and Madlange AJ (four justices in all) found that the status of Rastafarianism as a religion under the South African Constitution was not disputed; that the use of cannabis was an essential element of individual meditation and collective reasoning; that cannabis had particular medical effects, including harmful psychological dependence if smoked. Ngcobo J stressed that Rastafari made use of cannabis in different ways, including many which did not involve smoking. Officials opposing Prince's case argued that, while prohibition was a restriction on his right to freedom of religion, it was justifiable under s.36 of the Constitution as essential to the war on drugs, and to ensure South Africa met its international obligations. Additionally, a religious exemption for Rastafari alone would be difficult to administer. Ngcobo J stressed the importance of religious rights, particularly in a diverse democracy based on human dignity, equality, and freedom. In this case 'the existence of the law which effectively punishes the practice of the Rastafari religion degrades and devalues the followers of the Rastafari religion in our society. It is a palpable invasion of their dignity. It strikes at the very core of their human dignity. It says that their religion is not worthy of protection. The impact of the limitation is profound indeed' (para. 51). Accordingly, while recognizing the significance of the war on drugs, a properly crafted religious exemption could allow the State to achieve its legitimate aims without restricting the religious rights of Rastafari to the extent the absolute prohibition did. Ngcobo J was not concerned with the content of such an exemption — that was a matter for the legislature — but was prepared to hold that the current law, lacking any exemption, was unconstitutionally broad.

A bare majority of the court reached the opposite conclusion. Chaskalson CJ gave a joint judgement [*British spelling*] with Ackerman and Kriegler JJ, which was concurred in by

Goldstone and Yacoob JJ (for a total of five justices). Chaskalson interpreted the factual context of the case differently, placing more stress on the prevalence of cannabis use in Rastafari life, and its lack of regulation by doctrines or organisational structures. While in agreement with Ngcoo J that the prohibition limited the religious rights of Rastafari, the makers of this judgement considered it to be a justifiable limitation under section 36 of the Constitution. A blanket ban on drug use, regardless of the harm caused by a particular use, facilitated enforcement of legislation aimed at dealing with harmful drugs. In particular, in contrast with the structured use of peyote discussed by the minority judgement in the US case of *Smith*, there ‘is no objective way in which a law enforcement official could distinguish between the use of cannabis for religious purposes and the use of cannabis for recreation’ (para. 130). The practical problems of administering a religious exemption would be exacerbated by the organisational structure of Rastafarianism, and the need to encompass religious claims by non-Rastafarians. Accordingly, the legislation was a constitutionally valid limitation on Prince’s religious rights.

...The Constitutional Court in *Prince* undertook a serious, detailed, consideration of the case, and its religious context, before concluding that the restriction was justifiable.



strictscrutiny

There are three additional ways to defend against unjust laws that won't apply to all religions but may apply to my own religion.

The government tends to assume that a law is **neutral** regarding religion. It is my claim that the anti-drug laws in general were all created specifically for religious reasons and that they specifically target my religion on the basis of religious verses from the Jewish Torah and Christian Bible.

There is **strict scrutiny** to protect groups that have traditionally been discriminated against. This would include my own religion.

There is **no rational basis** which was recently used to strike down California's Proposition 8. This may apply to any religion.

legal standards

U.S. District Chief Judge Vaughn R. Walker struck down Proposition 8 using two standards of the law.

One standard Judge Walker used was that the law was based on so many unfounded claims that there was no rational basis for the law. This could be used against the federal law placing cannabis as a Schedule I drug. Francis Young, a DEA administrative law judge, ruled in 1988 that cannabis had no known danger (Docket # 86-22).

The other standard that Judge Walker used to strike down Proposition 8 was strict scrutiny.

Strict scrutiny is a test in discrimination cases holding laws to a higher standard when they adversely affect certain minority groups.

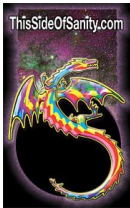
To meet strict scrutiny a law must be justified by a "compelling government interest" and must be "narrowly tailored" to meet that interest.

The tests for whether a minority is within a "suspect classification" are: (1) been historically targeted by discrimination; (2) a "discrete" and "insular" community; (3) be a minority for an unchangeable characteristic; and (4) lack the power to protect themselves using the political process. A qualifying group does not have to meet all four standards and other factors may be considered.

This obviously doesn't apply to Christian medical marijuana ministers, but it certainly applies to Pagan and Witch medical marijuana ministers (including my own religion).

Kemetic or ancient Egyptian religion

There is a large section that discusses how my religion (Kemetic Witchcraft) should deserve strict scrutiny.



legal defense

This page is a defense of my own personal religious beliefs and there may be no other human being in any universe of any time that agrees with me.

two opposites

I am defending my religion against two polar opposites: atheists and Abrahamic religions.

The ancient Egyptian (Kemetic) religion has lasted for a long time (exact length is subject to debate) and attempts to address questions common to most religions.

Of primary concern here are (1) the social and cultural aspects of the Kemetic religion, (2) the search for how to live, and (3) the nature of the aspect.

brief history

As a background, I am going to give a brief history of the ancient Egyptian (Kemetic) religion.

In the recent past there have been several brief periods of North Africa being a green verdant landscape, surrounded by longer periods of desert, on a 41,000 year cycle. This cycle may have been responsible for major waves of human migration out of Africa, including *Homo erectus* (ssp. *ergaster*), *Homo heidelbergensis*, and *Homo sapiens sapiens* out of Africa (at least twice).

The most recent verdant period was the African Humid Period between 11,000 and 5,000 years ago. North Africa had a large system of at least 127 major rivers, at least two major lakes, and inland deltas.

Throughout both the wet and dry periods, the Nile River continued to flow.

The ancient Egyptian religion is a subset of an older, more widely spread religion. Many of the artifacts of the older religion continued in the ancient Egyptian religion.

Prior to the most recent desertification the religion(s) of North Africa had the concept of totemic divine Goddess, some form of an afterlife, ritual worship of the divine, some form of attempts to understand nature, and some form of shamanic magic as an attempt to control nature.

During the time of the most recent desertification of the Sahara, shamans across North Africa used the local shamanic totem or religious symbol in an attempt to stop the spreading drought and bring back water.

All of these attempts failed other than the use of the Ankh in the Nile River valley. The ancient Egyptians viewed this as verification that their particular totem was real.

The ancient Egyptian religion continued through the pre-Pharaonic period as a tribal/shamanic religion and started to develop early versions of archetypal religion.

During the Pharaonic era the ancient Egyptian religion continued to develop new religious ideas (some borrowed from other surrounding religions and cultures), including elements of both modern Eastern and Western religion.

The ancient Egyptian religion also developed the earliest versions of both mathematics (certainly geometry and possibly trigonometry) and the earliest versions of science (the modern English word “chemistry” is derived from the name of the Kemetic deity Khem.).

change in religion

Members of Abrahamic religions tend to claim that any “true” religion is unchanging.

The fact is that all religions, including all Abrahamic religions, do in fact change over time. This is historical fact.

The Kemetic religion is comfortable with change. There is a sense of tradition, which has kept alive elements going back deep into prehistory, but there is also a willing acceptance of change and evolution.

The Kemetic religion has a long history of integrating new ideas, both borrowing from other religions and cultures and developing new ideas internally.

nature of the divine

The Kemetic concept of the nature of the divine has changed over time.

The Kemetic religion does have animistic, archetypal, and transcendental deities, but viewed these as subsets of a greater definition of the divine.

The Kemetic word translated as the divine is “ntr”.

The concept of ntr is pantheistic. In the Kemetic religion, all of nature is the ultimate divine.

Atheists will question why have a duplicate word for nature and why not just use the secular terminology.

This dichotomy is an artifact of English. The English word “God” comes from the ancient Germanic word “Gott” and was introduced into the English language when the British people were converted to Christianity. The English language lacked a distinct word that matched the Christian conception of the divine.

The ancient Egyptian religion lacks a word for nature and lacks a word for the Kemetic religion.

Because the ancient Egyptians equated all of nature with the ultimate divine, there were not two separate words.

the nature of the divine

Like pretty much any people of any time, the ancient Egyptians struggled to understand how nature

worked and how they could control (or at least survive) nature.

The earliest understandings were animistic and used shamanic/totemic approaches to dealing with nature.

The religion developed intricate systems of religious magic, including prayer and other ritual.

The religion also developed mathematics and science. Geometry was the first formal system of mathematics in the world. Additional advances in mathematics were developed by many societies, especially the ancient Egyptian, Sumerian/Babylonian, Indian, and later Phoenician, Chinese, and Greek.

Imhotep, who may have developed trigonometry, proposed that mathematics were the rules by which ntr (the divine) interacted with humans.

The ancient Egyptian priesthood realized that only mathematics can be proven. All of science uses scientific induction and is therefore always probabilistic rather than proven.

From a practical point of view, highly verified scientific knowledge can be very very useful, but it is not proven.

Because science is never proven, it is always open to change.

While some members of the Kemetic religion were highly conservative and traditional, most members of the Kemetic religion were open to new information and willing to change their religious and worldviews based on new information. This approach will upset members of the Abrahamic religions.

The Kemetic two primary views for understanding ntr (the divine) are reason (especially mathematics and science) and non-reason (especially feelings, intuition, and magic).

the two methods

The ancient Egyptians viewed the two primary methods of viewing and understanding of ntr (which is both the divine and all of nature) as Ma'at and Sekhem.

Ma'at is a complex idea, but for now let's just define Ma'at as order and reason.

Sekhem is also a complex idea, but for now let's just define Sekhem as intuition, feelings, and creativity.

The Kemetic religion viewed the balance between Ma'at and Sekhem as the central question for living a positive life.

The ancient Egyptians believed that too much Ma'at resulted in a stilted and regimented life.

The ancient Egyptians believed too much Sekhem resulted in a chaotic and undisciplined life.

Most modern religions believe that the major struggle in living a positive life is the struggle between good and evil, typically with good and evil represented or personified by a divine or semi-divine being (such as Jesus and Satan).

The idea of good and evil did enter into the Kemetic religion by the New Kingdom, but was not the focus of the religion.

science and mathematics as religious ideas

The Abrahamic religions have a dogmatic claim that science and mathematics are inherently not religious concepts.

This religious dogma was introduced into Christianity in the 500s because the Christian authorities realized they wanted to make use of the engineering, scientific, and mathematical ideas of not just the Kemetic religion but of a variety of pagan religions.

Even today you will find that the U.S. federal court system uses the Meyers' Test, created by a Roman Catholic federal judge, asserts that it is impossible for any science or mathematics to be part of any religion. Yes, the Christians have incorporated into the U.S. law Christian dogma and outlawed ancient religions and sent people to prison for violating that Christian dogma.

The Kemetic religion firmly includes science and mathematics as central religious beliefs. The two most famous members of the Kemetic priesthood were Imhotep, a priest of Ptah, and Hypatia, a priestess of Aset (Isis). Both Imhotep and Hypatia used science, mathematics, and reason as central tools in their religious practice. Imhotep probably created trigonometry. Hypatia probably created calculus.

afterlife

Most of the ideas about the afterlife in any religion come from the Kemetic religion. The Kemetic religion had both the heaven version of the afterlife and the reincarnation version of repeated life, with the heaven version being far more common.

The common view was that the soul went to Tuat after death. If the soul travelled through Tuat, the soul could be judged. At judgement the soul is either allowed into heaven or permanently destroyed. There was no version of hell or eternal punishment. Judgement was based on how the soul lived his or her life, not on the basis of faith.

In the Kemetic religion, the ability to live the afterlife in heaven was typically dependent upon the continued existence of the body (hence, mummification) and the continued memory of the person's name (hence, the mortuaries).

The idea of a choice between heaven and hell was introduced by the Zoroastrianism (an ancient Persian religion).

Most of the ideas about heaven and afterlife in the Abrahamic religions came from the Kemetic religion.

Over time, the Kemetic descriptions of the afterlife became more and more complex.

It is my personal opinion that there is no independent evidence of any afterlife of any kind. I personally hope there is a positive afterlife, but there is no proof. The increasingly intricate Kemetic descriptions of

the afterlife seem to me to be a human invention out of fear of lack of continued existence (note that the ultimate punishment for those who were evil is the permanent end of existence).

There were many members of the Kemetic religion, including members of the priesthood, who believed that these descriptions of the afterlife were unsubstantiated and possibly false.

religious stories

The Kemetic religion had many religious stories, some of which appear in other religions, including Judaism, Christianity, Islam, Zoroastrianism, Hellenism, Hinduism, Celtic Druidism, Norse Asatru, and other world religions, often with the exact same names as the Kemetic original.

Certainly there were many members of the Kemetic religion who believed these stories as being literal history, but many members of the Kemetic religion viewed these stories as carrying religious meanings.

As just one example, while Judaism, Christianity, and Islam have only two creation myths (one from the Pygmies and one from the Mesopotamians), the Kemetic religion had more than 100 creation myths (including a version of the Pygmy creation myth closer to the Pygmy original). Most of the Kemetic creation myths include the Cosmic Lotus and the Cosmic Egg, but many of the creation myths are irreconcilably different. Members of the Kemetic religion had no problem with these different creation myths because they recognized these religious stories as carriers of deeper religious truths.

ka or ki or soul

The ancient Egyptians developed a seven-fold version of the human. In comparison, many Western religions have a three-fold human, body, mind, and soul.

One view is the ka, which is usually translated as soul, is part of the seven-fold human. There is no proof that the ka physically exists.

There is another view that the ka is an emergent force. The Chinese idea of the ki is a similar idea and there are claims that the Chinese ki is derived from the Egyptian ka, although the evidence of that claim seems to be very flimsy.

sin

Sin is a separation between a human and the divine. This is a concept originally developed in the Sumerian religion to explain why bad things happened to good people during the widespread wars between city states.

The Kemetic religion has no concept of sin. As with any pantheistic religion, there is no way for anything, including humans, to become separated from all of nature and all of nature (including humans) is divine.

slavery

The Kemetic religion did *not* practice human slavery. The ancient Egyptians were one of the few cultures in antiquity to reject human slavery. Human slavery was banned by the Kemetic religion.

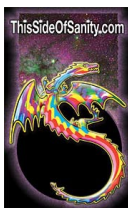
Zahi Hawass, former Minister of State for Antiquities Affairs, talking about the 1990 discovery of the graves of the pyramid builders said, “No way would they have been buried so honorably if they were slaves.”

Amihai Mazar, professor at the Institute of Archaeology at the Hebrew University of Jerusalem, points out, “No Jews built the pyramids because Jews didn’t exist at the period when the pyramids were built.”

Zahi Hawass adds, “Then who built the Pyramids? It was the Egyptians who built the Pyramids. The Great Pyramid is dated with all the evidence, I’m telling you now, to 4,600 years, the reign of Khufu. The Great Pyramid of Khufu is one of 104 Pyramids in Egypt with superstructure, and there are 54 Pyramids with substructure. There is support that the builders of the Pyramids were Egyptians. They are not the Jews as has been said. They were not people from a lost civilization. They were not from outer space. They are Egyptian, and their skeletons are here and were examined by scholars and doctors. The race of all the people we found are completely supporting that they are Egyptians.”

Zahi Hawass stated, “Building a pyramid was a national project involving the entire country. Every household in Egypt sent workers, grain, and food to contribute to this project, which enabled the king to become a god in the afterlife.”

Dieter Wildung, a former director of Berlin’s Egyptian Museum, said, “The myth of the slaves building pyramids is only the stuff of tabloids and Hollywood. The world simply could not believe the pyramids were built without oppression and forced labor, but out of loyalty to the pharaohs.”



witch hunt

Most people think that the phrase “Cannabis Witch Hunt” is metaphor, not realizing that the laws against cannabis are religious laws against Witchcraft and that the methods and the laws against cannabis are all based on the church laws and procedures for carrying out a Witch Hunt.

This series of articles is *not* legal advice, but rather an objective history of the nature of the Cannabis Witch Hunt to help prepare those who use, possess, distribute, and grow cannabis for the depravity of the persecution they will face.

The Witch Hunt against cannabis is an actual literal Witch Hunt, even though many people think the term is mere metaphor.

Growing, processing, transporting, distributing, possessing, and using cannabis is an essential act of Witchcraft. The Christian Bible, Jewish Torah, and Islamic Koran all specifically and unambiguously outlaw Witchcraft with the death penalty. All U.S. federal judges are Christian or Jewish. A six person majority of the U.S. Supreme Court is Roman Catholic (John Roberts, Anthony M. Kennedy, Antonin Scalia, Clarence Thomas, Samuel Alito, and Sonia Sotomayor).

Very few Americans realize that the persecution of cannabis is Christian (especially Roman Catholic) persecution of Witchcraft. Very few American cannabis users have any idea that they are engaging in Witchcraft, much less that they are being targetted for Witchcraft.

This series of articles explains how the cannabis Witch Hunt actually works and your possible defenses under federal law.

You will be shocked at how unfairly the system is stacked against innocent Witches. Many of the rights you were taught in school simply don’t exist in the courtrooms. The Witch must establish innocence beyond the unreasonable doubts of Christian judges and must do so following highly biased rules and procedures intended to make it nearly impossible to obtain a fair Witch Trial.

This series of articles explains a kind of Witchcraft known as Am Khent Kemeticism, but includes additional materials that may be useful for tthose who practice some other form of Witchcraft or cannabis religion.

Under the federal Religious Freedom Restoration Act (RFRA) an innocent Witch must prove in court that the law is unambiguously an establishment of religion, that the law is unambiguously directed at limiting free exercise of religion, that the law serves no possible legitimate government purpose, that cannabis has absolutely no danger, that the Am Khent Witchcraft religion is a religion, that the practitioner is sincere in his or her beliefs, that Am Khent Kemeticism requires the use, possession, transportation, distribution, growing, and preparation of cannabis, and that there are less restrictive ways that the government can take action against cannabis.

blood libel
timeline

illegal bias

what is religion?

pharmacy and sorcery

potions

false claims

false claims of non-existence

Satanic claims

supposed danger

disease

bad weather

agricultural failure

crop failure

chicken eggs failure

milk cow failure

racism

laughter

laws against cannabis Witchcraft

Exodus 22:18

other verses against Witches

Witch of Endor

Papal Bull of 1484

Malleus Maleficarum

Martin Luther

separation of Church and State

Controlled Substance Act (CSA)

conspiracy

Borders and Customs

arrest

fabricated evidence

torture

bruloirs
pressing
Elizabeth Bathory
 mobs
death penalty
hanging
drawn and quartered
beheading
burning
burning at the stake
burning in Hell
sealed records
Goddess of cannabis
Diana

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Chrsitianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penatlies for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.



blood libel

The Blood Libel is the false claim made by the Inquisitions, Witch Hunts, and Witch Trials that supposedly Witches (the Inquisitions, Witch Hunts, and Witch Trials) and Jews (the Inquisitions) who supposedly were extremely ugly with large noses supposedly kidnapped Christian babies and children (supposedly Witches lured them with offers of herbal candies), supposedly raped Christian babies and children (including oral and anal sodomy), supposedly tortured Christian babies and children, supposedly murdered Christian babies and children by baking or cooking them, and then supposedly committed cannibalism by eating the cooked bodies of Christian babies and children.

The Blood Libel was used as the official legal justification for beating, gang raping, torturing, sexually mutilating, strangling, drawing and quartering, beheading, baking, and burning Witches and Jews at the stake.

The Blood Libel is the most conscious shocking false charge humanly possible.



There are official government and/or Church paperwork confirming at least 30,000 persons in Germany being put to death by 150 years of German Inquisition and historical documents confirming at least 60,000 persons in Europe (mostly Poland and Germany) for the same period. Cecil Williamson put up a memorial in 1952 dedicated to “the estimated nine million people killed during the witch persecutions in Europe”. None of these estimates include the 1-1/2 million Roma murdered in the Nazi Holocaust for Gypsy Witchcraft (six million killed: 3 million Jews, 1.5 million Gypsies, 0.8 million homosexuals, and 0.7 million others).

In 1999 a group of Christian pastors attempted to force the U.S. Army to forbid Wiccans from practicing their religion on the Army base at Fort Hood, Texas. Rev. Jack Harvey, pastor of Tabernacle Independent Baptist Church in Killeen, Texas, allegedly arranged for at least one member of his church to carry a handgun during religious services, “in case a warlock tries to grab one of our kids...I’ve heard they drink blood, eat babies. They have fires, they probably cook them...”

In 2009 the previous Roman Catholic Pope called on Catholics to take action against African Witches (see timeline).

To this day thousands of accused Witches are murdered world-wide. Many of the accused are not actually Witches.

cartoons

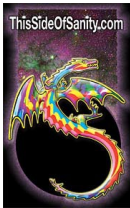
The *Sunday Times* ran an editorial cartoon on Holocaust Memorial Day (January 27, 2013) depicting Israeli Prime Minister Benjamin Netanyahu looming over a wall built with Palestinians caught between blood-splattered bricks. The cartoon was created by Gerald Scarfe.

Martin Ivens, acting editor, said that the last thing he or “anyone connected with the Sunday Times would countenance would be insulting the memory of the Shoah or invoking the blood libel.”



movies

A new movie has been released entitled *Hansel & Gretel: Witch Hunters* that uses the blood libel as the entire basis of the movie and encourages people to kill Witches world-wide.



timeline

A time line on the persecution and history of cannabis Witchcraft.

approx 3100 B.C.E. Probable date of the writing of the original of the famous Eber's Papyrus, which discusses Cannabis Witchcraft.

approx 2000 B.C.E. Earliest surviving written documentation of cannabis use in Witchcraft. Discusses using cannabis for treating sore eyes and cataracts.

approx 1700 B.C.E. Cannabis Witchcraft mentioned in the Ramesseum III Papyrus medical text.

approx 1600 B.C.E. Cannabis Witchcraft mentioned in the Eber's Papyrus medical text. The Eber's Papyrus is the oldest known complete medical textbook in existence. Most scholars believe that it is copy of a much earlier text, probably from around 3100 B.C.E.

1574 B.C.E. Pharaoh Seqenenre-Taa II's mummy buried with cannabis pollen.

1546 B.C.E. Pharaoh Amosis's mummy buried with cannabis pollen.

1524 B.C.E. Pharaoh Amenhotep I's mummy buried with cannabis pollen.

1518 B.C.E. Pharaoh Tuthmosis I's mummy buried with cannabis pollen.

1504 B.C.E. Pharaoh Tuthmosis II's mummy buried with cannabis pollen.

1491 B.C.E. Hebrew priests write [Exodus 22:18](#) in their Torah, requiring the death penalty for all Witches. **Jewish death penalty for Witchcraft.**

1450 B.C.E. Pharaoh Tuthmosis III's mummy buried with cannabis pollen. Pharaoh Tuthmosis III calls Seshat "Sefkhet-Abwy" or "She of the seven points". Spell 10 of the Coffin text states "Seshat opens the door of heaven for you".

1419 B.C.E. Pharaoh Amenhotep II's mummy buried with cannabis pollen.

1386 B.C.E. Pharaoh Tuthmosis IV's mummy buried with cannabis pollen.

1349 B.C.E. Pharaoh Amenhotep III's mummy buried with cannabis pollen.

1334 B.C.E. Amenophis IV buried with three ply hemp cord in the hole of a stone and a large mat bound with hemp cords.

1325 B.C.E. Pharaoh Tutankhamen's mummy buried with cannabis pollen. This is the famous King Tut.

approx 1300 B.C.E. Cannabis Witchcraft mentioned in the Berlin Papyrus medical text.

approx 1300 B.C.E. Cannabis Witchcraft mentioned in the Chester Beatty VI Papyrus medical text.

1294 B.C.E. Pharaoh Ramesses I's mummy buried with cannabis pollen.

1279 B.C.E. Pharaoh Seti I's mummy buried with cannabis pollen.

1213 B.C.E. Pharaoh Ramesses II's mummy buried with cannabis pollen. This is Ramses the Great.

1202 B.C.E. Pharaoh Merenptah's mummy buried with cannabis pollen.

1193 B.C.E. Pharaoh Seti II's mummy buried with cannabis pollen.

1151 B.C.E. Pharaoh Ramesses III's mummy buried with cannabis pollen.

1145 B.C.E. Pharaoh Ramsesses IV's mummy buried with cannabis pollen.

1141 B.C.E. Pharaoh Ramesses V's mummy buried with cannabis pollen.

1133 B.C.E. Pharaoh Ramesses VI's mummy buried with cannabis pollen.

1108 B.C.E. Pharaoh Ramesses IX's mummy buried with cannabis pollen.

1032 B.C.E. Pharaoh Pinudjem I's mummy buried with cannabis pollen.

approx 50 B.C.E. Diodorus Siculus (Sicilian Greek historian) reports that Egyptian women use cannabis witchcraft to relieve sorrow and bring good cheer.

270-275 Roman emperor Aurelian imposed a tax on Egyptian cannabis.

383 Priscillian of Avila executed for witchcraft. Burned to death.

550 Byzantine emperor Justinian sends an army to Philae to murder the worshippers at the Great Temple of isis. Christian soldiers destroy statues and deface reliefs with Christian crosses. Bishop Theodorus leaves an inscription taking credit for this "good work". Centuries later Muslims deface Chrsitian artwork at the site.

906 *Canon Eposcopi*, a collection of church laws, declared that belief in Witchcraft is heresy.

1233 Pope Gregory IX authorizes the Roman Catholic Inquisition.

1320 Pope John XXII officially declares Witchcraft and the Old religion of the Pagans as a "heretical movement " and a "hostile threat " to Christianity.

1324 Petronilla de Meath flogged, excommunicated, and burned at the stake for Witchcraft at Kilkenny, Ireland, the first Witch murdered in Ireland.

1484 Pope Innocent VIII issued an edict entitled *Summis desiderantes affectibus* alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

1486 Dominican monks Jacob Sprenger and Heinrich Kramer publish *Malleus Maleficarum* or "the

Witch's Hammer", codifying the charges, interrogation procedures, and judicial resolutions for Witchcraft trials.

25 August 1538 [Martin Luther](#) calls for the murder of all Witches.

1541 Witchcraft made illegal in England.

1563-1603 At least 17,000 Witches killed in Scotland.

1573-1700 At least 70,000 Witches killed in England.

1600-1680 At least 40,000 Witches killed in Great Britain.

1604 England passes law decreeing capital punishment for Witches and Pagans.

1610-1840 At least 22,000 Witches killed in Bamberg, Germany.

1644 New England colonies made death the penalty for suspicion of Witchcraft.

1970 U.S. Congress passes the [Controlled Substances Act \(CSA\)](#) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970, outlawing cannabis witchcraft and establishing Christianity as the official U.S. religion.

1986-1996 At least 300 Witches killed in South Africa.

1998 At least 100 Witches killed in Indonesia.

the Pope in Angola

2009 On March 21, 2009, Pope Benedict XVI gave a speech at the São Paulo Church in Luanda, the capital city of Angola, Africa, condemning Witchcraft, the fastest growing religion in Africa, and called on Christians to stop tolerating Witches. The Pope, who was an active member of the Hitler Youth as a young man in nazi Germany, said that Africans "are living in fear of spirits, of malign and threatening powers. In their bewilderment, they even get to the point of condemning street children and even the elderly as alleged sorcerers, they say that they are witches." He called on Christians "to proclaim that Christ has triumphed over death and all those occult powers."



The Pope continued "Someone may object: 'Why not leave them in peace? They have their truth, and we have ours,' If we are convinced that, without Christ, life lacks something, that something real — indeed, the most real thing of all — is missing, we must also be convinced that we do no injustice to anyone if we present Christ to them. Indeed, we must do this. It is our duty to offer everyone this possibility of attaining eternal life. Who can go to them to proclaim that Christ has triumphed over death and all those occult powers?"

The 2009 U.S. State Department report on human rights in Angola states children accused of Witchcraft suffer abuses such as "the denial of food and water, or ritualistic cuttings and the placing of various caustic oils or peppers on their eyes or ears."

Thousands of children accused of Witchcraft in Angola, Congo, and the Congo Republic are cast out of their homes and often blinded or murdered.

Children in Angola who suffer from malaria and AIDS are often murdered as Witches. In 2006, a three-year-old HIV-positive child in Angola was suspected of cursing his parents and was abandoned in a chicken coop where the chickens pecked out one of his eyes.

In 2007, an elderly woman in Nigeria was beheaded after being accused of placing a curse on a member of another tribe. Her murder led to a series of inter-ethnic killings that left 80 dead.

In 2007, an 81-year-old man was beaten to death by a gang of villagers after being accused of using Witchcraft to kill three of his grandsons.

In February 2007, the Catholic University of East Africa in Nairobi, Kenya, held a three-day symposium on Witchcraft. The Catholics accused Witchcraft of “destroying” the Catholic Church in Africa.

Michael Katola, a lecturer in pastoral theology, stated “It is important for the Church to understand the fears of the people, and not to attribute them to superstition. Witchcraft is a reality; it is not a superstition. Many communities know these powers exist. Many of our Christians seek deliverance, healing and exorcism from other denominations because priests do not realize they have redemptive powers. If we don’t believe in the existence of witchcraft as Satanism, then we cannot deal with it.”

Sr. Bibiana Munini Ngundo stated “Since Christ in the gospels encountered the devil, it is proper for Christians to accept the reality of witchcraft ”



illegal bias

The government has an illegal bias against Witchcraft that violates the U.S. Constitution.

All government officials, including all judges, prosecutors, and police, are officially paid in money that includes the officially established written religious oath of office “In God We Trust”, even though the U.S. Constitution specifically prohibits religious oaths of office.

All federal judges are either Christian or Jew. There are ZERO Buddhist federal judges. There are ZERO Hindu federal judges. There are ZERO Witch federal judges. There are ZERO Islamic federal judges. Statistically it is unambiguously clear that the appointments of federal judges have involved an illegal prohibition against federal judges of any religion other than Christianity or Judaism.

The majority of the U.S. Supreme Court are Roman Catholic and have exercised their majority to vote according to requirements set down by the Roman Catholic Pope under threat of being excommunicated by the Pope.

In the case U.S. v. David Meyers, No. 95-8079, United States Court of Appeals for the Tenth District, September 6, 1996, the judges ruled that Meyer’s Church of Marijuana was not legally a religion and used a set of highly biased tests that were specifically designed to establish Christianity as the only legal religion in the U.S. and specifically prohibit the free exercise of all other religions.

- [what is religion?](#)
- Ultimate Ideas
- Metaphysical Beliefs
- Moral or Ethical System
- Comprehensiveness of Beliefs
- Accoutrements of Religion
 - a. Founder, Propther, or Teacher
 - b. Important Writings
 - c. Gathering Places
 - d. Keepers of Knowledge
 - e. Ceremonies and Rituals
 - f. Structure or Organization
 - g. Holidays
 - h. Diet or Fasting
 - i. Appearance and Clothing
 - j. Propagation



what is religion?

In the case *U.S. v. David Meyers*, No. 95-8079, United States Court of Appeals for the Tenth District, September 6, 1996, the judges ruled that Meyer's Church of Marijuana was not legally a religion and used a set of highly biased tests that were specifically designed to establish Christianity as the only legal religion in the U.S. and specifically prohibit the free exercise of all other religions.

The judges stated in their decision:

“There is no dispute that Meyers' beliefs are sincerely held and that they are substantially burdened by 21 U.S.C. 841 and 846 and 18 U.S.C. 2. The issue is whether his sincerely held beliefs are “religious beliefs,” rather than a philosophy or way of life.”

There is substantial agreement throughout the archaeological, historical, and religious communities that Am Khent Kemeticism and other forms of ancient Egyptian belief are in fact religion, possibly the oldest religion still being practiced.

From **The Handy Religion Answer Book**, by John Renard (a Roman Catholic), 2002, Visible Ink Press:

“Religion was the very core of ancient Egyptian culture (3500 BCE—950 BCE). It permeated every aspect of life, including art, medicine, and science. Egyptians believed that the gods [sic] had created Egypt as an oasis of order and inherent good amidst the forces of chaos that constantly threatened to overwhelm them. Justice, morality, and beauty — called Ma'at by the Egyptians — consisted of behavior in accordance with that tradition.”

“The Egyptian religion featured many deities, some strange but with human features, others clearly non-human, but all responsible for every aspect of life, from birth to death.”

The judges continued in their decision to outline a list of tests:

“Keeping in mind that the threshold for establishing the religious nature of his beliefs is low, the court considered the following factors:”

1. Ultimate Ideas
2. Metaphysical Beliefs
3. Moral or Ethical System
4. Comprehensiveness of Beliefs
5. Accoutrements of Religion
 - a. Founder, Propher, or Teacher
 - b. Important Writings
 - c. Gathering Places
 - d. Keepers of Knowledge
 - e. Ceremonies and Rituals
 - f. Structure or Organization
 - g. Holidays

- h. Diet or Fasting
- i. Appearance and Clothing
- j. Propagation



pharmacy and sorcery

The Greek word for sorcery or witchcraft is **Pharmakia**, from which we get the modern English word **pharmacy**.

Christians have for centuries been pointing out that the use of drugs is witchcraft and the use of drugs to cast spells is sorcery.

It is no secret to any Christian who knows their own religion and has extensively studied the Christian Bible that the U.S. [Controlled Substance Act](#) is an anti-Witchcraft or anti-sorcery statute.

“Gal 5:20 Sorcery/witchcraft, is from the Greek word, “**Pharmakia**” the same word we get **pharmacy** from. it means the general illicit use of drugs (same application as today) and the use of drugs to cast spells etc.” ... “Ask for discussion: “Who are the two drug dealers of the Bible?” Elymas and Simon: Acts 13:6 ; Acts 8:9” ... “Notice this is illustrative of what Gal 5:20 condemns. These men, called sorcerers, magicians, witchcraft.” — Steve Rudd, author of [Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana](#)

Harper’s Bible Dictionary: “On the lowest level were the ‘imposters’ (2 Tim. 3:13) who played their tricks as do circus magicians today. Between these were the sorcerers, enchanters, and charmers who could cast spells and knew how to use herbs, potions, and drugs.” — quoted by Steve Rudd, author of [Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana](#)

W. E. Vine’s Bible Dictionary: “In sorcery, the use of drugs, whether simple or potent, was generally accompanied by incantations and appeals to occult powers, with the provision of various charms, amulets, etc., professedly designed to keep the applicant or patient from the attention and power of demons, but actually **to impress the applicant with the mysterious resources and powers of the sorcerer.**” — quoted by Steve Rudd, author of [Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana](#)

“We see the high death rate among young people, the threat of violence, the deplorable proliferation of drugs which strike at the deepest roots of youth today. For these reasons, we hear talk of a ‘lost youth’.” — Pope Benedict XVI, Papal Address to Youth, Pacaembu, Brazil, May 10, 2007



potions

Witches are famous for their potions, which are herbal medications made from natural plants, especially cannabis.

“Since the beginning of time, shamans and priest/esses in every human culture have used sacred substances -- hallucinogenic mushrooms, hashish, peyote, wine, to name a few -- to achieve altered states of consciousness, the “divine frenzy” that opens a magician’s mind to the realm beyond the ordinary. When Xtianity imposed on Western culture its puritanical fear of ecstasy, the lore of sacred substances was kept alive by the hidden children of the Old Religion. Don’t believe the rote anti-drug disclaimers printed in popular books on the Craft -- Witches really do mutter enchantments over our cauldrons (or at least our cooking pots) as we stir handfuls of strange herbs into magic potions and flying ointments. The use of mind-altering substances for ritual purposes is as integral to Wicca -- and as historically well attested -- as it is to any other indigenous religion, and we consider the outlawing and persecution of traditional sacred plants such as cannabis (marijuana) and Amanita Muscaria (the “fairy mushroom”) to be a direct violation of Wiccans’ First Amendment right to freedom of religion.” — Lady Passion, author of [General Information about Witchcraft](#)

Christian Bible scholars are well aware that Witchcraft potions are against the laws of Christianity.

“So like a witch that stirs her pot of secret brewing herbs, who then takes a small bottle of the potion and gives it to someone, so too with Elymas and Simon [Acts 13:6 and 8:9]. The witch was a drug dealer. Simon would give hallucinogen drugs like “THC” (cannabis) “Psylocibin” or “Cybelcyblin” (magic mushroom) “Cocaine”, “Heroin” (poppy plant) to someone, wait a few minutes then as the drug starts to set in, start waving his hands around giving the impression that HIS POWER is causing all the pink elephants to fly ” — Steve Rudd, author of [Drugs and the Bible: E, Shrooms, Cocaine, Crack, Marijuana](#)

“Witches are perhaps the most varied of the supernaturals, although The Possessed may rival them. The paradigm by which a Witch does his or her hell-black magic is always different. Sometimes it is readings from cards or the sky, sometimes it is needles in the skin or re-arranging of furniture to tap sick “dragon energy,” sometimes it is chanting and fire, sometimes psychic powers, sometimes it is taking drops of sinister potions and rolling around giggling. Whatever it may be, Witch magic always takes a dire and ironic cost. Witches were responsible for the Vietnam War, for example.” — [the hunter](#), 2007



false claims

Cannabis Witchcraft has been persecuted on the basis of many false claims.

Christians claim that Cannabis Witchcraft is supposedly associated with [Satan](#).

One false claim is that Cannabis Witchcraft is supposedly [dangerous](#).

Another common false claim is that Cannabis Witchcraft is supposedly the cause of [bad weather](#) and [crop failure](#).



false claims of non-existence

With all the persecution of Witchcraft, Witch Hunts, and Witch Trials, ironically many Christians make the claim that Witches supposedly don't exist and that Witchcraft religion doesn't exist.

According to *Wesley's Notes*: "Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God's government, puts his work into the devil's hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. **We believe, no witch ever did live!** At least, not for these thousand years."



The Devil is frequently depicted as a male animal figure.

Satanic claims

Cannabis Witchcraft has been persecuted on the basis of many false claims.

One false claim is the Cannabis Witchcraft is supposedly Satanic, worshipping the Christian Satan or Devil.

No Christian police officer or prosecutor has *ever* proven the existence of Satan or the Devil in *any* American court of law.

Christian chroniclers recording the proceedings of Witch Trials would automatically write in the word “Devil” whenever a defendant referred to his or her God. This led to huge number of trial transcripts where accused Witches speak of their worship of the Devil when they were actually speaking of worship of God or Goddess.

As recently as April 20, 2007, the *Los Angeles Times* ran a front page article (California section) entitled “The case of the missing remains: a real witch hunt” in which Times Staff Writer Garrett Therolf quotes Detective Jim Geist of the Santa Ana Police Department’s robbery unit falsely claiming that witches were robbing graves in Santa Ana.

Buried deep in the article on the next to last page of the section was the information that Det. Geist discovered through fingerprint evidence and a confession that the robbery wasn’t done by witches, but instead done by mentally ill 42-year-old woman named Maria Isabel Foster, who had been arrested for writing bad checks.

Det. Geist is quoted by the *Los Angeles Times* as saying that interviews with neighbors “confirmed his suspicions” when unnamed sources supposedly told the detective that “she lived with a human skeleton and spoke of an interest in witchcraft”. The Santa Ana robbery detective said that when he interviewed Foster on January 4th that she was “shy and distant” and “didn’t want to talk about witchcraft” but the detective said “I told her I was into it and I wanted to understand” and she replied “She wanted to be understood.”

Yes, the detective admitted to the newspaper that he lied to a mentally ill woman and was able to bully her into admitting that she wanted to be understood!

The front page portion of the *Los Angeles Times* article claims that Det. Geist “calls believers in witchcraft creeps” and that his investigation into the stolen cremation remains involved “tapping ‘Orange County witchcraft’ and ‘Orange County satanic worship’ into the Yahoo search engine.”

The newspaper also reports that Det. Geist claimed to have numerous times, as a patrolman, “enter[ed] the fenced-in cemetery at night without a flashlight” to investigate “seances and strange rituals”, but the police officer was never able to catch anyone in the act because “black-caped figures would run away when he drew near.”



The Devil is frequently depicted as a male animal figure.

Every member of the Santa Ana Police Department, including Detective Jim Geist, is officially paid in money that includes the written religious oath of office “In God We Trust”.

In 1484 Pope Innocent VIII issued an edict entitled *Summis desiderantes affectibus* alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.

In 1595 Nicholas Remy of France write in *Daemonolatreia* “Whatever is not normal is due to the Devil.”

In 1851 the Roman Catholic Church (RCC) accused Eugene Vintras of the Church of Carmel in France of conducting Black Masses and engaging in homosexual acts as part of his rituals.

According to *Wesley's Notes*: Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God's government, puts his work into the devil's hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. We believe, no witch ever did live! At least, not for these thousand years.



supposed danger

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly dangerous.

“Marihuana is the most frightening and vicious drug ever to hit New Orleans.” — New Orleans Public Safety Commission, 1910

“Hasheesh goads users to blood lust.” — Hearst Newspapers, 1932

“Marihuana is the most violent drug in the history of mankind.” — H.J. Anslinger, Federal Bureau of narcotics, quoted in Hearst Newspapers, 1938

“If the hideous monster of Frankenstein came face to face with marihuana, he would drop dead of fright.” — H.J. Anslinger, Federal Bureau of narcotics, testimony before Congress, 1937

“Marihuana is more harmful than habit-forming opium, inducing fits of temporary insanity.” — Newsweek magazine, January 15, 1945

“Marihuana leads to pacifism and Communist brainwashing.” — H. J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1948



disease

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of disease.

In 1484 Pope Innocent VIII issued an edict entitled *[Summis desiderantes affectibus](#)* alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.

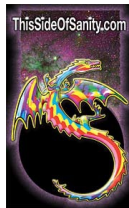


bad weather

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of bad weather.

In 1456 and 1457 there was unusually bad weather in Metz, France, harming many of the local crops. This was attributed to Witchcraft and major Witch Hunts resulted in numerous deaths.

In 1488, in Metz, France, an unusually cold summer (the result of the European mini-Ice Age) was blamed on Witchcraft and twenty-eight (28) persons were burned alive for Witchcraft.



agricultural failure

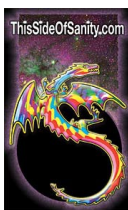
One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of agricultural failures.

Some of the forms of agricultural failures attributed to Witches include:

crop failure
chicken eggs failure
milk cow failure

In 1456 and 1457 there was unusually bad weather in Metz, France, harming many of the local crops. This was attributed to Witchcraft and major Witch Hunts resulted in numerous deaths.

In 1484 Pope Innocent VIII issued an edict entitled *[Summis desiderantes affectibus](#)* alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.



crop failure

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of crop failure.

In 1456 and 1457 there was unusually bad weather in Metz, France, harming many of the local crops. This was attributed to Witchcraft and major Witch Hunts resulted in numerous deaths.

In 1484 Pope Innocent VIII issued an edict entitled *[Summis desiderantes affectibus](#)* alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.



chicken eggs failure

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of hens not laying chicken eggs.

Martin Luther, when interpreting [Exodus 22:18](#), claimed that with the help of the Devil, Witches could steal milk simply by thinking of a cow.

In his Small Catechism, Martin Luther taught that Witchcraft was a sin against the second commandment and prescribed the Biblical death penalty for it in a “table talk”.

On 25 August 1538 there was much discussion about witches and sorceresses who steal chicken eggs out of nests, or steal milk and butter. Doctor Luther said “One should so no mercy to these [women]; I would burn them myself, for we read in the Law that the priests were the ones to begin the stoning of criminals.”

The original Latin and German text:

25, Augusti multa dicebant de veneficis et incantatricibus, quae ova ex gallinis et lac et butyrum furarentur. Respondit Lutherus: Cum illis nulla habenda est misericordia. Ich wolte sie selber verprennen, more legis, ubi sacerdotes reos lapidare incipiebant.”



milk cow failure

One of the false claims against Cannabis Witchcraft has been the claim that cannabis and Witchcraft in general are supposedly the cause of milk cows going dry and failing to produce milk.

In 1484 Pope Innocent VIII issued an edict entitled [*Summis desiderantes affectibus*](#) alleging that many men and women in collusion with the Devil supposedly caused disease and pestilence, harmed harvests and cattle, and perpetuated other heinous crimes.

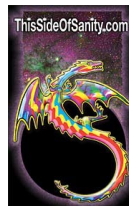
Martin Luther, when interpreting [Exodus 22:18](#), claimed that with the help of the Devil, Witches could steal milk simply by thinking of a cow.

In his Small Catechism, Martin Luther taught that Witchcraft was a sin against the second commandment and prescribed the Biblical death penalty for it in a “table talk”.

On 25 August 1538 there was much discussion about witches and sorceresses who steal chicken eggs out of nests, or steal milk and butter. Doctor Luther said “One should so no mercy to these [women]; I would burn them myself, for we read in the Law that the priests were the ones to begin the stoning of criminals.”

The original Latin and German text:

25, Augusti multa dicebant de veneficis et incantatricibus, quae ova ex gallinis et lac et butyrum furarentur. Respondit Lutherus: Cum illis nulla habenda est misericordia. Ich wolte sie selber verprennen, more legis, ubi sacerdotes reos lapidare incipiebant.”



racism

Racism is at the very heart of the Cannabis Witch Hunt.

“Marihuana makes darkies think they’re as good as white men.” — H.J. Anslinger, Federal Bureau of Narcotics, 1920s

“Marihuana is responsible for the raping of white women by crazed negroes.” — Hearst Newspapers, 1930

“Marihuana influenced negroes to look at white people in the eye, step on white men’s shadows, and look at a white woman twice.” — Hearst Newspapers, 1935

“Negro entertainers with their jazz and swing music are declared an outgrowth of marihuana use which possesses white women to tap their feet.” — H.J. Anslinger, Federal Bureau of Narcotics, testimony before Congress, 1937



laughter

Laughter is one of the signs of Cannabis Witchcraft.

Christians hunting Witches would look for laughter and giggling because this was proof that a person had practiced Witchcraft by smoking cannabis.

The laughter was proof that the spirit of [Diana](#), the Wild One, had entered the person as a result of Witchcraft Sorcery. The Goddess Diana was viewed as the source of magick. The cannabis smoke was how the Goddess Diana gave magickal power to Witches. The incense smoke was the Ba en Aset (soul of the Goddess) of the Bast plant (cannabis hemp or marijuana). The ancient Egyptian phrase was Ntr Sentra, literally meaning the Breath of the Goddess. The exhaled smoke empowers the words of the Witch, turning ordinary words into powerful magick spells.

Every person (of any religion, including Christians) who giggles or laughs as the result of cannabis intoxication is unambiguously engaging in Cannabis Witchcraft.

“Witches are perhaps the most varied of the supernaturals, although The Possessed may rival them. The paradigm by which a Witch does his or her hell-black magic is always different. Sometimes it is readings from cards or the sky, sometimes it is needles in the skin or re-arranging of furniture to tap sick “dragon energy,” sometimes it is chanting and fire, sometimes psychic powers, sometimes it is taking drops of sinister potions and rolling around giggling. Whatever it may be, Witch magic always takes a dire and ironic cost. Witches were responsible for the Vietnam War, for example.” — [the hunter](#), 2007



laws against cannabis Witchcraft

The law against cannabis Witchcraft all goes back to early Judaism. The Jewish Torah, Christian Bible, and Islamic Koran (Quran) all specifically call for the death penalty for Witchcraft. This is the basis for all U.S. federal and state laws against cannabis Witchcraft.

verses

The main verse against Cannabis Witchcraft is [Exodus 22:18](#).

[Additional verses](#) against Cannabis Witchcraft are found throughout the Bible and Torah.

church law

Canon Episcopii passed in 906 C.E. This collection of church laws declared that belief in Witchcraft was heresy.

[Summis desiderantes affectibus](#) is a 1484 edict issued by Pope Innocent VIII alleging that many men and women were in collusion with the [Devil](#). All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

French law

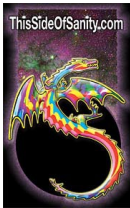
In 500 C.E., the French government passed a Witchcraft law requiring proof that an act of evil had been committed. Otherwise the accuser had to pay damages. Under modern U.S. law, DEA agents and other Christian police are immune from having to pay damages for false accusations.

In 1390, the Parlement de Paris encouraged secular courts to take over from the Inquisition. The first French secular Witch Trial was held that year and over the next few hundred years cases moved from Church Inquisitions to secular Witch Trials.

In 1579, the French government extended the death penalty to everyone who practiced any form of divination.

United States law

In 1970 the U.S. Congress passed the [Controlled Substances Act](#) (CSA) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970.



Exodus 22:18

The law against cannabis Witchcraft all goes back to early Judaism. The Jewish Torah, Christian Bible, and Islamic Koran (Quran) all specifically call for the death penalty for Witchcraft. This is the basis for all U.S. federal and state laws against cannabis Witchcraft.

The basic law on the matter appears in the verse Exodus 22:18 of the Jewish Torah and the Christian Bible.

Exodus 22:18

Exodus 22:18 “Thou shalt not suffer a **witch** to live. 21st Century King James Version (KJ21)

Exodus 22:18 Thou shalt not suffer a sorceress to live. American Standard Version (ASV)

Exodus 22:18 You shall not allow a woman to live who practices sorcery. Amplified Bible

Exodus 22:18 Put to death any woman who does evil magic. The Answer

Exodus 22:18 Any woman using unnatural powers or secret arts is to be put to death. Bible in Basic English (BBE)

Exodus 22:18 Death is the punishment for **witchcraft**. Contemporary English Version (CEV)

Exodus 22:18 Thou shalt not suffer a **witch** to live. Darby Translation (DBY)

2 Mosebok 22:18 En trollkvinne skal du ikke la leve Det Norsk Bibelselskap 1930 Norse

2 Mosebog 22:18 En Troldkvinde må du ikke lade leve. Dette er Biblen på dansk Danish

2 Mose 22:18 Jeder, der bei einem Tier liegt, muß getötet werden. Elberfelder German

Exodus 22:18 “You shall not permit a sorceress to live. English Standard Version (ESV)

Exodus 22:18 Never let a **witch** live. God’s Word Translation (GWT)

Exodus 22:18 Put to death any woman who practices magic. Good News Version

Egzòd Se pou nou touye tout fanm k’ap fè maji. Haitian Creole Version Creole

Exodus 22:18 Een tovenares moet worden gedood. Het Boek Dutch

Exodus 22:18 “You must not allow a sorceress to live. Holman Christian Standard Bible (HCSB)

2 Mózes 22:18 Varázsló asszonyt ne hagyj életben. Hungarian Károli Hungarian

Önnur bók Móse 22:18 Eigi skalt þú láta galdrakonu lífi halda. Icelandic Bible Icelandic

Exodus 22:18 You shall not allow a sorceress to live. Jerusalem Bible

Éxodo 22:18 Não permitirás que viva uma feiticeira. João Ferreira de Almeida Atualizada Portuguese

Exodus 22:18 Thou shalt not suffer a sorceress to live. JPS Tanakh

Exodus 22:18 Thou shalt not suffer a **witch** to live. King James Version/Authorized Version (KJV)

Exode 22:18 Quiconque s'accouple à une bête sera puni de mort. La Bible du Semeur French

Éxodo 22:18 No dejarás con vida a la hechicera. La Biblia de las Américas Spanish

Esodo 22:18 Non lascerai vivere la strega. La Nuova Diodati (LND) Italian

Exodus 22:18 A sorceress shall be put to death. Living Bible

Exode 22:18 Tu ne laisseras point vivre la magicienne. Louis Segond French

2 Mose 22:18 Die Zauberinnen sollst du nicht leben lassen. Luther Bibel 1545 German

Exodus 22:18 Kei tukua e koe te wahine makutu kia ora. Maori Bible Maori

Exodus 22:18 “Don’t let a sorceress live. The Message

Exodus 22:18 Allow no sorceress to live. Modern Language Bible

Exodus 22:18 You shall not allow any sorceress to live. James Moffatt Translation

Exodus 22:18 You shall not let a sorceress live. New American Bible

Exodus 22:18 “You shall not allow a sorceress to live. New American Standard Bible (NASB)

Exodus 22:18 Put to death any woman who does evil magic. New Century Version

Exodus 22:18 “Do not let a woman who does evil magic stay alive. Put her to death. New International Reader’s Version (NIRV)

Exodus 22:18 “Do not allow a soceress to live. New International Version (NIV)

Exodus 22:18 Do not allow a sorceress to live. New International Version - UK (NIVUK)

Exodus 22:18 “You shall not permit a sorceress to live. New King James Version (NKJV)

Exodus 22:18 “Do not allow a woman to live who does **witchcraft**. New Life Version (NLV)

Exodus 22:18 “You must not allow a sorceress to live. New Living Translation (NLT)

Exodus 22:18 You shall not permit a female sorcerer to live. New Revised Standard version

Exodus 22:18 You must not preserve a sorceress alive. New World Translation

Éxodo 22:18 »No dejes con vida a ninguna hechicera. Nueva Versión Internacional Spanish

Éxodo 22:18 Os feiticeiros terão de morrer. O Livro Portuguese

Exodus 22:18 Death is the punishment for **witchcraft**. The Promise: Contemporary English Version

Éxodo 22:18 A la hechicera no dejarás que viva. Reina-Valera Antigua Spanish

Éxodo 22:18 A la hechicera no dejarás que viva. Reina-Valera 1960 Spanish

Éxodo 22:18 »A la hechicera no dejarás que viva. Reina-Valera 1995 Spanish

Exodus 22:18 You must not allow a **witch** to live. Revised English Bible

Exodus 22:18 You shall not permit a sorceress to live. Revised Standard Version

Exod 22:18 Pe vra ÷ jitoare sa n'o las ũ i sa ÷ tra ÷ iasca ÷. Romanian Romanian

Exodus 22:18 “Do not allow a sorceress to live. Today’s New International Version (TNIV)

Exodus 22:18 Thou shalt not suffer a **witch** to live. Webster’s Bible Translation (WBS)

Exodus 22:18 You shall not allow a sorceress to live. World English Bible (WEB)

Exodus 22:18 A **witch** thou dost not keep alive. Young’s Literal translation

According to the *Scofield Reference Bible* this Hebrew verse was originally written in the year 1491 B.C.E.

According to *Wesley’s Notes*: Witchcraft not only gives that honour to the devil which is due to God alone, but bids defiance to the divine providence, wages war with God’s government, puts his work into the devil’s hand expecting him to do good and evil. By our law, consulting, covenanting with, invoking or employing any evil spirit to any intent whatever, and exercising any enchantment, charm, or sorcery, whereby hurt shall be done to any person, is made felony, without benefit of clergy; also pretending to tell where goods lost or stolen may be found, is an iniquity punishable by the judge, and the second offence with death. This was the case in former times. But we are wiser than our fore - fathers. We believe, no witch ever did live! At least, not for these thousand years.



other verses against Witches

The main verse against Cannabis Witchcraft is [Exodus 22:18](#).

related prohibitions

Leviticus 19:26 “You shall not eat anything with the blood, nor practice divination or soothsaying. New American Standard Bible (NASB)

Leviticus 19:31 “Do not turn to mediums or spiritists; do not seek them out to be defiled by them. I am the LORD your God. New American Standard Bible (NASB)

Leviticus 19:31 “Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the LORD your God. New International Version (NIV)

Leviticus 20:6 As for the person who turns to mediums and to spiritists, to play the harlot after them, I will also set My face against that person and will cut him off from among his people. New American Standard Bible (NASB)

Leviticus 20:6 “I will set my face against the person who turns to mediums and spiritists to prostitute himself by following them, and I will cut him off from his people. New International Version (NIV)

Leviticus 20:27 “No a man or a woman who is a medium or a spiritist shall surely be put to death. They shall be stoned with stones, their bloodguiltiness is upon them.” New American Standard Bible (NASB)

Leviticus 20:27 “A man or woman who is a medium or spiritist among you must be put to death. You are to stone them; their blood will be on their own heads.” New International Version (NIV)

Deuteronomy 18:10 “There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, New American Standard Bible (NASB)

Deuteronomy 18:11 or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead.” New American Standard Bible (NASB)

I Samuel 15:23 “For rebellion is as the sin of divination, And insubordination is as iniquity and idolatry Because you have rejected the word of the LORD, He has also rejected you from being king.” New American Standard Bible (NASB)

I Samuel 28:3 Now Samuel was dead, and all Israel had lamented him and buried him in Ramah, his own city And Saul had removed from the land those who were mediums and spiritists. New American Standard Bible (NASB)

Jeremiah 27:9 “But as for you, do not listen to your prophets, your diviners, your dreamers,

your soothsayers or your soocerers who speak to you, saying, ‘You will not server the king of Babylon.’ New American Standard Bible (NASB)

Jeremiah 27:10 “For they prophesy a lie to you in order to remove you far from your land; and I will drive you out and you will perish. New American Standard Bible (NASB)

Malachi 3:5 “Then I will draw near you for judgment; and I wwill be a swift witness against the sorcerers and against the adulterers and against those who swear falsely, and against those who oppress the wage earner in his wages, the widow and the orphan, and those who turn aside the alien and do not fear Me,” says the LORD of hosts. New American Standard Bible (NASB)



Witch of Endor

The main verse against Cannabis Witchcraft is [Exodus 22:18](#).

The story of the Witch of Endor highlights the dangers to the lives of Witches in ancient Israel.

Witch of Endor

I Samuel 28:3 Now Samuel was dead, and all Isreal had mourned for him and buried him in his own town of Ramah. Saul had expelled the mediums and spiritists from the land. New International Version (NIV)

I Samuel 28:7 Saul then said to his attendants, “Find me a woman who is a medium, so I may go and inquire of her.”

“There is one in Endor,” they said. New International Version (NIV)

I Samuel 28:8 So Saul disguised himself, putting on other clothes, and at night he and two men went to the woman. “Consult a spirit for me,” he said, “and bring up for me the one I name.” New International Version (NIV)

I Samuel 28:9 But the woman said to him, “Surely you know what Saul has done. He has cut off the mediums and spiritists from the land. Why have you set a trap for my life to bring about my death?” New International Version (NIV)

I Samuel 28:10 Saul swore to her by the LORD, “As surely as the LORD lives, you will not be punished for this.” New International Version (NIV)

I Samuel 28:11 Then the woman asked, “Whom shall I bring up for you?”

“Bring up Samuel,” he said. New International Version (NIV)

I Samuel 28:12 When the woman saw Samuel, she cried out at the top of her voice and said to Saul, “Why have you deceived me? You are Saul!” New International Version (NIV)

I Samuel 28:13 The king said to her, “Don’t be afraid. What do you see?”

The woman said, “I see a spirit coming up out of the ground.” New International Version (NIV)

I Samuel 28:14 “What does he look like?” he asked.

“An old man wearing a robe is coming up,” she said.

Then Saul knew it was Samuel, and he bowed down and prostrated himself with his face to the ground. New International Version (NIV)

I Samuel 28:15 Samuel said to Saul, “Why have you disturbed me by bringing me up?”

“I am in great distress,” Saul said. “The Philistines are fighting against me, and God has turned away from me. He no longer answers me, either by prophets or by dreams. So I have called on you to tell me what to do.” New International Version (NIV)

I Samuel 28:16 Samuel said, “Why do you consult me, now that the LORD has turned away from you and become your enemy? New International Version (NIV)

I Samuel 28:17 “The LORD has done what he predicted through me. The LORD has torn the kingdom out of your hands and given it to one of your neighbors — to David. New International Version (NIV)

I Samuel 28:18 “Because you did not obey the LORD or carry out his fierce wrath against the Amalekites, the LORD has done this to you today. New International Version (NIV)

I Samuel 28:19 “The LORD will hand over both Israel and you to the Philistines, and tomorrow you and your sons will be with me. The LORD will also hand over the army of Israel to the Philistines.” New International Version (NIV)

I Samuel 28:20 Immediately Saul fell full length on the ground, filled with fear because of Samuel’s words. His strength was gone, for he had eaten nothing all that day and night. New International Version (NIV)

I Samuel 28:21 When the woman came to Saul and saw that he was greatly shaken, she said, “Look, your maidservant has obeyed you. I took my life in my hands and did what you told me to do. New International Version (NIV)

I Samuel 28:22 “Now please listen to your servant and let me give you some food so you may eat and have the strength to go on your way.” New International Version (NIV)

I Samuel 28:23 He refused and said, “I will not eat.”

But his men joined the woman in urging him, and he listened to them. He got up from the ground and sat on the couch. New International Version (NIV)

I Samuel 28:24 The woman had a fattened calf at the house, which she butchered at once. She took some flour, kneaded it and baked bread without yeast. New International Version (NIV)

I Samuel 28:25 Then she set it before Saul and his men, and they ate. That same night they got up and left. New International Version (NIV)



Papal Bull of 1484

On December 5th, 1484, Pope Innocent VIII issued an edict (Bull) entitled *Summis desiderantes affectibus* alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

Pope Innocent VIII put Sprenger and Kramer in charge of seeking out and fighting people who supposedly in association with [Satan](#) to cause disease and pestilence, harm harvests and cattle, and perpetuate other heinous crimes.

full text of the Papal Bull of 1484:

Innocent VIII: BULL *Summis desiderantes*, Dec. 5th, 1484

Bullarium Romanum (Taurinensis editio), sub, anno 1484.

Innocent, bishop, servant of the servants of God, *Ad futuram rei memoriam*

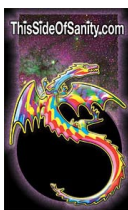
Desiring with supreme ardor, as pastoral solicitude requires, that the catholic faith in our days everywhere grow and flourish as much as possible, and that all heretical depravity be put far from the territories of the faithful, we freely declare and anew decree this by which our pious desire may be fulfilled, and, all errors being rooted out by our toil as with the hoe of a wise laborer, zeal and devotion to this faith may take deeper hold on the hearts of the faithful themselves.

It has recently come to our ears, not without great pain to us, that in some parts of upper Germany, as well as in the provinces, cities, territories, regions, and dioceses of Mainz, Köln, Trier, Salzburg, and Bremen, many persons of both sexes, heedless of their own salvation and forsaking the catholic faith, give themselves over to devils male and female, and by their incantations, charms, and conjurings, and by other abominable superstitions and sortileges, offences, crimes, and misdeeds, ruin and cause to perish the offspring of women, the foal of animals, the products of the earth, the grapes of vines, and the fruits of trees, as well as men and women, cattle and flocks and herds and animals of every kind, vineyards also and orchards, meadows, pastures, harvests, grains and other fruits of the earth; that they afflict and torture with dire pains and anguish, both internal and external, these men, women, cattle, flocks, herds, and animals, and hinder men from begetting and women from conceiving, and prevent all consummation of marriage; that, moreover, they deny with sacrilegious lips the faith they received in holy baptism; and that, at the instigation of the enemy of mankind, they do not fear to commit and perpetrate many other abominable offences and crimes, at the risk of their own souls, to the insult of the divine majesty and to the pernicious example and scandal of multitudes. And, although our beloved sons Henricus Institoris and Jacobus Sprenger, of the order of Friars Preachers, professors of theology, have been and still are deputed by our apostolic letters as inquisitors of heretical pravity, the former in the aforesaid parts of upper Germany, including the provinces, cities, territories, dioceses, and other places as above, and the latter throughout certain parts of the course of the Rhine; nevertheless certain of the clergy and of the laity of those parts, seeking to be wise above what is fitting, because in the said letter of deputation the aforesaid provinces, cities, dioceses, territories, and other places, and the persons and offences in question were not

individually and specifically named, do not blush obstinately to assert that these are not at all included in the said parts and that therefore it is illicit for the aforesaid inquisitors to exercise their office of inquisition in the provinces, cities, dioceses, territories, and other places aforesaid, and that they ought not to be permitted to proceed to the punishment, imprisonment, and correction of the aforesaid persons for the offences and crimes above named. Wherefore in the provinces, cities, dioceses territories, and places aforesaid such offences and crimes, not without evident damage to their souls and risk of eternal salvation, go unpunished.

We therefore, desiring, as is our duty, to remove all impediments by which in any way the said inquisitors are hindered in the exercise of their office, and to prevent the taint of heretical pravity and of other like evils from spreading their infection to the ruin of others who are innocent, the zeal of religion especially impelling us, in order that the provinces, cities, dioceses, territories, and places aforesaid in the said parts of upper Germany may not be deprived of the office of inquisition which is their due, do hereby decree, by virtue of our apostolic authority, that it shall be permitted to the said inquisitors in these regions to exercise their office of inquisition and to proceed to the correction, imprisonment, and punishment of the aforesaid persons for their said offences and crimes, in all respects and altogether precisely as if the provinces, cities, territories, places, persons, and offences aforesaid were expressly named in the said letter. And, for the greater sureness, extending the said letter and deputation to the provinces, cities, dioceses, territories, places, persons, and crimes aforesaid, we grant to the said inquisitors that they or either of them joining with them our beloved son Johannes Gremper, cleric of the diocese of Coonstance, master of arts, their present notary, or any other notary public who by them or by either of them shall have been temporarily delegated in the provinces, cities, dioceses, territories, and places aforesaid, may exercise against all persons, of whatsoever condition and rank, the said office of inquisition, correcting, imprisoning, punishing and chastising, according to their deserts, those persons whom they shall find guilty as aforesaid.

And they shall also have full and entire liberty to propound and preach to the faithful word of God, as often as it shall seem to them fitting and proper, in each and all of the parosh churches in the said provinces, and to do all things necessary and suitable under the aforesaid circumstances, and likewise freely and fully to carry them out.



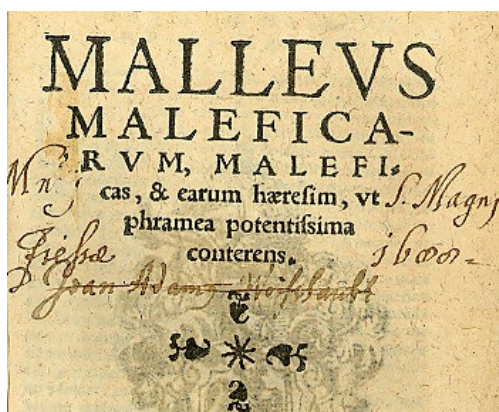
Malleus Maleficarum

Malleus Maleficarum or “the Witch’s Hammer” was the primary Roman Catholic document about how to persecute Witches. It was written by Jacob Sprenger and Heinrich Kramer, Dominican monks working on orders from Pope Innocent VIII.

In 1484 Pope Innocent VIII issued an edict entitled *Summis desiderantes affectibus* alleging that many men and women were in collusion with the Devil. All Christians were required to assist the two Dominican monks, Jacob Sprenger and Heinrich Kramer, placed in charge of handling this supposed Witchcraft problem.

Pope Innocent VIII put Sprenger and Kramer in charge of seeking out and fighting people who supposedly in association with *Satan* to cause disease and pestilence, harm harvests and cattle, and perpetuate other heinous crimes.

In 1486 Sprenger and Kramer published *Malleus Maleficarum* or “the Witch’s Hammer”, codifying the charges, interrogation procedures, and judicial resolutions for Witchcraft trials.



cover of the seventh Cologne edition, 1520

Latin Text: “MALLEVVS MALEFICARVM, Maleficas, & earum h³/₄resim, ut phramea potentissima conterens”

English Translation: “The Hammer of Witches, smashing the Witches and their heresies with a mighty spear.”



Martin Luther

Martin Luther, the founder of Lutherism and Protestantism, was an active persecutor of Witches.

In 1517 Martin Luther posted his theses, resulting in large scale wars and other extremes of violence between Protestants and Roman Catholics.

The followers of Luther believed that the Roman Catholics were inspired by the [Devil](#), resulting in a major increase of Witch Trials. The Roman Catholics responded with the same charges of Satanic inspiration against the Protestants.

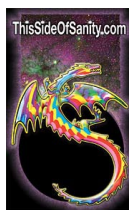
Martin Luther, when interpreting [Exodus 22:18](#), claimed that with the help of the Devil, Witches could steal milk simply by thinking of a cow.

In his Small Catechism, Martin Luther taught that Witchcraft was a sin against the second commandment and prescribed the Biblical death penalty for it in a “table talk”.

On 25 August 1538 there was much discussion about witches and sorceresses who steal chicken eggs out of nests, or steal milk and butter. Doctor Luther said “One should so no mercy to these [women]; I would burn them myself, for we read in the Law that the priests were the ones to begin the stoning of criminals.”

The original Latin and German text:

25, Augusti multa dicebant de veneficis et incantatricibus, quae ova ex gallinis et lac et butyrum furarentur. Respondit Lutherus: Cum illis nulla habenda est misericordia. Ich wolte sie selber verprennen, more legis, ubi sacerdotes reos lapidare incipiebant.”



separation of Church and State

The primary purpose of the separation of Church and State was to put an end to the horrors of the Witch Trials and Witch Hunts.

The American Revolution (1776) and French Revolution (1789) marked the end to the widespread use of the Witch Trials in Western society by confirming the separation of secular and ecclesiastic powers.

U.S. laws against Cannabis Witchcraft, such as the [Controlled Substance Act \(CSA\)](#), mark a return to secular trials for religious “crimes”.

“We see the high death rate among young people, the threat of violence, the deplorable proliferation of drugs which strike at the deepest roots of youth today. For these reasons, we hear talk of a ‘lost youth’.” — Pope Benedict XVI, Papal Address to Youth, Pacaembu, Brazil, May 10, 2007



Controlled Substance Act (CSA)

In 1970 the U.S. Congress passed the Controlled Substances Act (CSA) as Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970.

Under the CSA, cannabis tetrahydrocannabinols (including marijuana, hashish, and hashish oil) is designated by Congress as a Schedule I substance, supposedly “having no medical value” and therefore illegal to “manufacture, distribute, or dispense; or possess with intent to manufacture, distribute, or dispense.”

Severe penalties include a mandatory minimum of 10 year prison sentence a maximum of life in prison for more than 1,000 kilograms or 1,000 plants. The mandatory minimum for 100 to 1,000 kilograms or 100 to 1,000 plants is five years in prison and a maximum of 40 years in prison.

The sentence for less than 50 kilograms (unless there are more than 50 plants) is a maximum of five years in federal prison.

For “simple possession” of “small amounts”, the first offense has a maximum sentence of one year in federal prison. On a second offense there is a minimum of 90 days in prison. On a third or subsequent offense there is a maximum of three years in prison. Distribution of “small amounts” of cannabis “for no financial remuneration” (note that means no payment of any kind) has the same penalties.

Under CSA Section 859, if a person 18 years old or older sells more than five grams of cannabis to a person under the age of 21 (even if the person purchasing is older than the person selling), the maximum sentence is doubled. On the second offense, the maximum penalty is tripled.

Under CSA Section 860, manufacturing (growing) or sale of cannabis within 1,000 feet of a school (including any university or college campus) or public housing facility or within 100 feet of a public youth center, pool, or arcade, results in the maximum sentence being doubled. On the second offense, the maximum penalty is tripled. If found guilty under this section, a person is *not* eligible for probation, suspension of the sentence, or early parole.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The Controlled Substances Act imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.



conspiracy

A favorite tactic used by Christian law enforcement officers in their Cannabis Witch Hunt is to bring charges of “conspiracy” against innocent people. The charge of conspiracy doesn’t require any proof other than the unsubstantiated word of a law enforcement officer and can be used to put pressure on defendants by arresting friends and family and can just be used out of malicious cruelty.

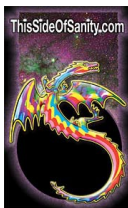
Walter Cronkite, famous as long time anchor of CBS Evening News and in the 1970s called “the most trusted man in America”, wrote on February 23, 2006:

“Nicole Richardson was 18-years-old when her boyfriend, Jeff, sold nine grams of LSD to undercover federal agents. She had nothing to do with the sale. There was no reason to believe she was involved in drug dealing in any way.”

“But then an agent posing as another dealer called and asked to speak with Jeff. Nicole replied that he wasn’t home, but gave the man a number where she thought Jeff could be reached.”

“An innocent gesture? It sounds that way to me. But to federal prosecutors, simply giving out a phone number made Nicole Richardson part of a drug dealing conspiracy. Under draconian mandatory minimum sentences, she was sent to federal prison for ten years without possibility of parole.”

“To pile irony on top of injustice, her boyfriend - who actually knew something about dealing drugs - was able to trade information for a reduced sentence of five years. Precisely because she knew nothing, Nicole had nothing with which to barter.”



Borders and Customs

Customs officials do *not* need a search warrant. They can initiate a search on pure whim at any time.

Searches can be initiated because the Customs officials don't like your looks or think you look like a Witch.

Customs officials can initiate searches because you have recently crossed the border several times.

Customs officials can initiate a search because your name or a name similar to yours appears in their secret computer lists.

Customs officials, border patrols, and the police can initiate a search if you are a male in a rented vehicle near the border at night.

Customs officials can search your vehicle with a dog, search your vehicle's contents (including locked luggage) with a dog, and physically search your person.

The U.S. government places remote wireless sensors near the border to detect persons attempting to cross the border at unmanned locations. Border patrol officers are stationed along the border and respond to these sensors very quickly.

Border Patrol and other police can search anyone who has crossed the border and not yet stopped and let someone in or out of their vehicle.



arrest

Arrest for cannabis Witchcraft can be a harrowing experience.

If you are in a public place with lots of people around, then the arrest will probably be somewhat professional, especially if anyone pulls out a video camera or cellphone with camera.

But if you are arrested someplace outside of public view, the arrest will be very brutal. The police will beat you up and may engage in serious torture. The police might even shoot to kill.

Try to be as polite and as cooperative as humanly possible, no matter how ridiculous or humiliating or violent the police actions. There is a chance (especially in public) that the police might go lightly on you.

While it will be tempting to defend yourself against the police brutality, resist the temptation.

Any resistance to police brutality is an additional criminal offense.

Even entering a defensive posture, such as the fetal position, is an additional crime (resisting arrest). You are required by law to do everything in your power to make your vital organs clear and unblocked targets for police aggression.

Going limp or becoming unconscious is an additional crime (resisting arrest). Do everything in your power to stay conscious throughout your beating.



fabricated evidence

One of the most important tools used by Christian law enforcement officers (LEO) in their Cannabis Witch Hunts is the fabrication of evidence.

Courts (whose judges pledge the official U.S. government oath of office “In God We Trust”) rarely allow defense attorneys to challenge fabricated evidence because when it is proven that a police officer is fabricating evidence it can call into question hundreds or thousands of convictions in previous Witch Trials

Even when it is proven that the police fabricated evidence, the judges, prosecutors, and law enforcement officers who participated in the Witch Trial are completely immune from civil lawsuits for damages because of the doctrine that those acting in the interest of the Church have sovereign immunity against any consequences for their illegal actions.

Walter Cronkite, famous as long time anchor of CBS Evening News and in the 1970s called “the most trusted man in America”, wrote on February 23, 2006:

“In Tulia, Texas, an investigator fabricated evidence that sent more than one out of every ten of the town’s African American residents to jail on trumped-up drug charges in one of the most despicable travesties of justice this reporter has ever seen.”



torture

In 1604 King James I of England issued his statute against Witchcraft, in which the king wrote that Witches are “loathe to confess without torture.”

In Germany confessions were usually obtained under torture, following a format established by Roman Emperors Constantine, Valentine, and Valens in the fourth century. As a result, the vast majority of records from German Witch Trials in the 1500s and 1600s are repetitive and monotonous.

The [Malleus Maleficarum](#) states: “He must not be too quick to subject a witch to examination, but must pay attention to certain signs which will follow. And he must not be too quick for this reason: unless God, through a holy Angel, compels the devil to withhold his help from the witch, she will be so insensible to the pains of torture that she will sooner be torn limb from limb than confess any of the truth. But the torture is not to be neglected for this reason, for they are not equally endowed with this power, and also the devil sometimes of his own will permits them to confess their crimes without being compelled by a holy Angel.”

kinds of Christian torture:

bruloir
burning alive
burning stakes
pressing

November 4, 1660 Elizabeth Brose tortured to death for Witchcraft in the castle at Gommern, Germany.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including torture and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.



bruloirs

Bruloirs are large ovens used to kill Witches in probably the most painful manner possible. In Spain these Christian torture devices are called quemadero or brassero.



abstract painting of a bruloir

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

The use of bruloirs increased the efficiency of the Christian campaign of death in the exact same way as the infamous Nazi gas chambers, by allowing authorities to kill larger numbers of innocent Witches.

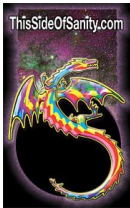
Christian authorities used bruloirs to kill entire families, including the children of Witches.

In 1812, Jacob and Wilhelm Grimm published a collection of fairy tales drawn from German folk sources, including such famous fairy tales as Rapunzel, Rumpelstiltskin, and Hansel and Gretel. In *Kinder und Hausmarchen* (page 68) the Brothers Grimm describe the burning of a witch in an oven:

Hu! da fing sie an zu heulen, ganz grauslich;
 aber Gretel lief fort, und
 die gottlose Hexe musste elendiglich verbrennen.

Which translates into English as: “Oh! How the (old witch) did howl, it was quite horrible to hear her; but Gretel ran away, and the irreligious witch had to burn miserably.”

One writer reports: “In a study on the agony of dying based on judgments of forensic pathologists (Rhyne, et.al., 1995), the most excruciating way to die is by fire, followed by pain of death resulting from cutting the throat and by stabbing the abdomen. The bruloirs intensified the pain of death by fire by slowing down the process and increasing its psychological impact by the horror of being enclosed in a small, dark place where the temperature was steadily raising. This method of execution is salient among the cruelest methods designed to intensify the agony of death.”



pressing

Pressing was a method of torture used to attempt to get a person to confess to Witchcraft, but it often ended up killing the person. In some cases the killing would be deliberate after the confession.

A large wooden board would be placed on the Witch's chest and then heavy stones would be piled on the board, slowly increasing the pressure on the rib cage to make breathing difficult. Sometimes the weight of the stones broke the ribs, crushing the Witch to death.

September 19, 1692 Giles Corey pressed to death for Witchcraft at Salem, New England.



Elizabeth Bathory

Elizabeth Bathory is a perfect example of how Christians make up false charges and hold fake trials in order to seize the property of innocent humans, especially powerful and independent women.



portrait painted in 1585 and stolen in the 1990s

Elizabeth Bathory (Erzsébet Báthory in her native language) was born in 1560, the second child of George (Gyorgy) and Anna Báthory. Her family was one of the richest and most powerful in Transylvania. She grew up on the Báthory estate at Ecsed in Transylvania. She spent much of her adult life at the Castle Cachtrice, near the town of Vishine in the current day Slovak Republic.

Elizabeth Báthory grew up in a time when the Hapsburg Austrian armies were fighting the Ottoman Empire over much of what is present day Hungary.

In 1571 her cousin Stephen became the Prince of Transylvania and in 1581 he became the king of Poland .

In 1571 eleven-year-old Elizabeth was engaged to marry 16-year-old Count Ferencz Nadasdy. On May 8, 1575, Elizabeth married Count Ferencz Nadasdy. Her family sided with the Protestants against the Roman Catholic Church.

After her husband's death on January 4, 1604, Elizabeth moved to Vienna. She also spent time at the family estates in Blindoc (Beckov) and Csejthe, both in modern Slovakia. Anna Darvulia, later accused of Witchcraft, started working for Elizabeth.



Nadasdy family crest

For years Countess Báthory kept pestering King Matthias II of Hungary repay the debt of 17,408 gulden owed her late husband. She sold her castle at Theben in 1607 and her castle at Blindoc in 1610.

In 1610 Imre Megyery (Megyery the Red) presented a formal complaint before the Hungarian Parliament. An inquiry was conducted.

On December 29, 1610, the Hungarian King Matthias II ordered Lord Palatine, Elizabeth's cousin Count Cuyorgy Thurzo and governor of the province, to raid Castle Csejthe and place Elizabeth under house arrest. The official charge was Witchcraft on the false claim that Elizabeth had killed more than 600 women to drain their blood. Supposedly the Countess had bathed in the blood to keep her youthful and beautiful appearance.

A trial was conducted a few days later by Count Thurzo, an agent for the king. No testimony was presented to support any of the charges. There is no independent contemporary evidence of any kind that Elizabeth Báthory engaged in any of these activities.

A second trial was held on January 7, 1611, at Bitscse. This time a mysterious register was introduced that supposedly was a list of 650 names of victims in Elizabeth Báthory's own handwriting (even though the handwriting didn't match any of her other handwriting).

The first trial was held in Hungarian and the second trial was held in Latin. The purpose was not just conviction, but also confiscation of her extensive land holdings.

After being tortured, Elizabeth's manservant Thorko claimed to have introduced the Countess to the occult.

Supposed accomplices, all testifying after extremes of Christian torture, included János Ujvary, Thorko, a forest witch named Anna Darvula, and a witch named Dorottya Szentes. The supposed accomplices were beheaded and cremated.

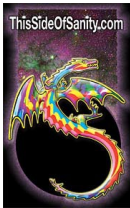
Despite repeated requests to speak in her own defense, Count Thurzo refused to allow her to appear or testify at her trial, claiming that allowing her to testify in her own defense would disgrace the Báthory family name.

Transcripts of the trial were sealed on orders from King Matthias II. A hundred years later a Jesuit priest named Laszlo Turoczy located copies of the original trial documents and gathered additional evidence.

Elizabeth Báthory was sentenced to be sealed into a room in Castle Cachtice without windows or doors and only a small opening for food and air. She died three years later on August 21, 1614.

The real reason for the trial was to steal her lands and cancel debts owed to her. After the trial, the crown seized the ample lands she owned and cancelled the debt from when the crown had borrowed large sums of money from her husband.

Even to this day, seizing property of accused Witches is a central and vital part of the DEA's Cannabis Witch Hunt.



mobs

In addition to organized religious activity, Christians often act in mobs.

1704 Janet Corset killed by a mob for Witchcraft at Pittenweem, Scotland.



death penalty

The traditional punishment for Cannabis Witchcraft is the death penalty. This is especially true for the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

The law against cannabis Witchcraft all goes back to early Judaism. The Jewish Torah, Christian Bible, and Islamic Koran (Quran) all specifically call for the death penalty for Witchcraft. This is the basis for all U.S. federal and state laws against cannabis Witchcraft. See [Exodus 22:18](#) and [other verses](#).

In 1579, the French government extended the death penalty to everyone who practiced any form of divination.

methods of death penalty

beheading
burning
hanging
hanged, drawn and quartered
mob
pressing

witches who died in prison

1310 Peter of Albano died in prison for Witchcraft.

August 21, 1614 [Elizabeth Báthory](#) died for Witchcraft in a sealed room in Castle Cachitice in Slovakia.

witches killed where the method wasn't recorded

December 1, 1595 Helen Calles executed for Witchcraft at Braynford, England.

October 21, 1596 Sieur de Beaumont accused of Witchcraft.

1597 Jean Belon executed in France for Witchcraft.

July 22, 1612 Mary Barber executed for Witchcraft in Northhampton, England.

July 22, 1612 Arthur Bill executed at Northhampton, England, for Witchcraft.

July 22, 1612 Agnes Browne executed at Northhampton, England, for Witchcraft.

July 22, 1612 Joan Browne executed at Northhampton, England, for Witchcraft.

1612 Jane Bulcock executed at Lancaster, England, for Witchcraft.

1612 John Bulcock executed at Lancaster, England, for Witchcraft.

March 20, 1619 Etienne Audibert condemned for Witchcraft in France.

1619 Anne Baker executed for Witchcraft in Leicester, England.

1652 Francis Adamson executed at Durham, England, for Witchcraft.

August 19, 1692 Martha Carrier executed at Salem, New England, for Witchcraft.

September 22, 1692 Martha Corey executed at Salem, New England, for Witchcraft.

1751 Anna Bayerin executed at Salzburg, Austria, for Witchcraft.

William Barton executed for Witchcraft in Scotland (year unknown).

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the death penalty. The [Controlled Substances Act](#) imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.



hanging

The traditional punishment for Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

A common method of carrying out the Christian death penalty against Witches was hanging.

November 18, 1441 Roger Bolingbroke was hanged, [drawn and quartered](#) at Tyburn, England, for Witchcraft.

1574 Arnold (first name unknown) hanged at Barking, England, for Witchcraft.

1616 Agnes Berrye hanged at Enfield, England, for Witchcraft.

1631 Edmund Bull hanged at Taunton, England, for Witchcraft.

1649 Matthew Bulmer hanged at Newcastle, England, for Witchcraft.

1650 Joan Allen hanged at Old Bailey, London, England, for Witchcraft.

July 1652 Anne Ashby hanged at Maidstone, England, for Witchcraft.

July 1652 Mary Browne hanged at Maidstone, England, for Witchcraft.

1653 Anne Bodenham hanged at Salisbury, England, for Witchcraft.

1655 mother Boram (first name unknown) hung at Bury St. Edmunds, England, for Witchcraft.

1655 daughter Boram (first name unknown) hung at Bury St. Edmunds, England, for Witchcraft.

March 26, 1658 Jane Brooks hanged in England for Witchcraft.

June 10, 1692 Briget Bishop hanged at Salem, New England, for Witchcraft.



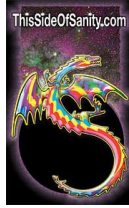
the hanging of George Burroughs

August 19, 1692 George Burroughs executed at Salem, New England, for Witchcraft.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penalties for cannabis than for rape,

murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

See also: [hanged](#), [drawn and quartered](#), and [death penalty](#)



drawn and quartered

The traditional punishment for Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

A method of carrying out the Christian death penalty against Witches was being hanged, drawn and quartered.

This punishment was first imposed on William Maurice for piracy in 1241 under King Henry III of England.

The punishment of hanged, drawn and quartered was carried out as follows:

1. Dragged on a hurdle to the place of execution. A hurdle was a wooden frame.
2. Hanged by the neck for a short time, until almost dead.
3. Disembowelled. The genitalia of the condemned Witch would be cut off and burned before the condemned's eyes. The entrails (intestines and other soft organs) of the condemned Witch would be drawn out of the body and then burned before the condemned's eyes.
4. Quartered. Beheaded and the body divided into four parts.

Typically the five parts of the Witch (the four quarters of the body and the head) would be gibbeted (placed on public display).

The drawing and quartering carried special religious significance for the Christians of Western Europe. They believed that mutilating a human body was contrary to proper dignity and thereby punished the person beyond the grave.

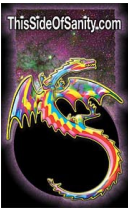
One trial transcript from the Old Bailey, London, England, on July 12, 1683 states (*The Proceedings of the Old Bailey* Ref. t16830712-4):

Then Sentence was passed, as followeth, viz. That they should return to the place from whence they came, from thence be drawn to the Common place of Execution upon Hurdles, and there to be Hanged by the Necks, then cut down alive, their Privy-Members cut off, and Bowels taken out to be burnt before their Faces, their Heads to be severed from their Bodies, and their Bodies divided into four parts, to be disposed of as the King should think fit.

November 18, 1441 Roger Bolingbroke was hanged, drawn and quartered at Tyburn, England, for Witchcraft.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Christianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penalties for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

See also: [death penalty](#)



beheading

The traditional punishment for Cannabis Witchcraft is the death penalty. This is especially true of the Roman Catholic Church (RCC), the official religion of the majority of the U.S. Supreme Court.

A common method of carrying out the Christian death penalty against Witches was beheading.

1500s Mark Antony Bragadini beheaded for Witchcraft in Italy.

1628 or 1629 Ancker (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Zuickel Babel beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Babel (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 husband Bannach (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 wife Bannach (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Fredrick Basser beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Batsch (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Gabriel Bebelin beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Viertel Beck beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Beck (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Christopher Berger beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 mother Bentz (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 daughter Bentz (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Beutler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Brickmann (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Bugler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Bursten-Binderin (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

1628 or 1629 Canzler (first name unknown) beheaded for Witchcraft at Wurzburg, Germany.

April 14, 1647 Catterina Baroni beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Domenica Camelli beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Lucia Caveden beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Zinevra Cemola beheaded and burned for Witchcraft at Castelnovo, Italy.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Chrsitianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penatlies for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

See also: [death penalty](#)



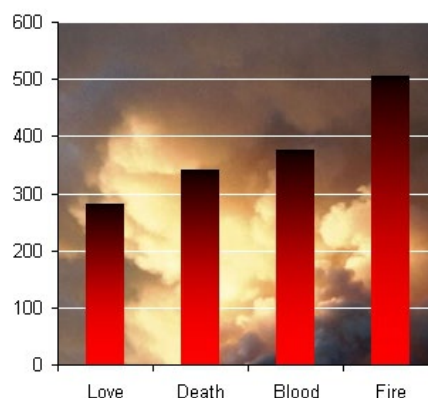
burning

While some Witches were burned to death, most commonly the dead body of the Witch was burned after execution by some other means, usually [hanging](#).



One writer reports: “In a study on the agony of dying based on judgments of forensic pathologists (Rhyne, et.al., 1995), the most excruciating way to die is by fire, followed by pain of death resulting from cutting the throat and by stabbing the abdomen. The [bruloirs](#) intensified the pain of death by fire by slowing down the process and increasing its psychological impact by the horror of being enclosed in a small, dark place where the temperature was steadily raising. This method of execution is salient among the cruelest methods designed to intensify the agony of death.”

Christians have a long standing fascination with burning people to death.



The word “fire” is one of the most frequent words in the Christian Bible. The words “fire” (506 occurrences), “blood” (375), and “death” (342) outnumber the word “love” (only 281 occurrences). the word “fire” appears 79 times in the “New Testament” and 427 times in the “Old Testament”.

John 15:6 “Unless any one abide in me he is cast out as the branch, and is dried up; and they gather them and cast them into the fire, and they are burned.” Darby Translation

John 15:6 “If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, can cast them into the fire, and they are burned.” King James Version (KJV)

John 15:6 “If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned.” New American Standard Bible (NASB)

John 15:6 “If any man dwelleth not in me, he shall be cast out as a branch, and shall wax dry; and they shall gather him, and they shall cast him into the fire, and he shall burn [and he burneth]”. Wycliffe New Testament

John 15:6 “If any ne may not remain in me, he was cast forth without as the branch, and was withered, and they gather them, and cast to fire, and they are burned;” Young’s Literal Translation

In 383 C.E., Priscillian of Avila was burned to death. Although originally accused of Manichaeism, the

official reason he was executed was for Witchcraft.

In 1488, in Metz, France, an unusually cold summer (the result of the European mini-Ice Age) was blamed on Witchcraft and twenty-eight (28) persons were burned alive for Witchcraft.

In 1580 C.E., Jean Bodin wrote in *De la Démonomani des Sorciers* that “burning over a slow fire” was “not punishment enough for Witches” because it only took “about half an hour”.

In 1590, so many wooden stakes had been erected for burning Witches in Wolfenbüttel, Germany, that the site looked like a small forest.

In 1631, most of the villages and towns near Cologne, Germany, featured numerous stakes outside the walls with women bound to them and burned for Witchcraft.

In 1812, Jacob and Wilhelm Grimm published a collection of fairy tales drawn from German folk sources, including such famous fairy tales as Rapunzel, Rumpelstiltskin, and Hansel and Gretel. In *Kinder und Hausmärchen* (page 68) the Brothers Grimm describe the burning of a witch in an oven:

Hu! da fing sie an zu heulen, ganz grauslich;
aber Gretel lief fort, und
die gottlose Hexe musste elendiglich verbrennen.

Which translates into English as: “Oh! How the (old witch) did howl, it was quite horrible to hear her; but Gretel ran away, and the irreligious witch had to burn miserably.”

Numerous engravings from Medieval Europe show people being burned as Witches, their bodies surrounded by flames, their hair singed, their eyes dilated by fear. When Christians preach “love” they mean such horrible tortures as burning innocent Witches to death.

383 Priscillian of Avila burned for Witchcraft.

1275 Angela de la Barthe burned for Witchcraft at Toulouse, France.

1324 Petronilla de Meath flogged, excommunicated, and burned at the stake for Witchcraft at Kilkenny, Ireland, the first Witch murdered in Ireland.

1330 Barthelémy Andrius burned for Witchcraft at Carcassonne, France.

1330 Jean Andrius burned for Witchcraft at Carcassonne, France.

1330 Phillippe Andrius burned for Witchcraft at Carcassonne, France.

May 30, 1431 Joan d’Arc burned for Witchcraft at Rouen, France.

1546 Anne Askew burned for Witchcraft.

mid-1500s Madeline Amalaric burned for Witchcraft in France.

reign of Henry IV (December 13, 1553 - May 14, 1610) Marie Balcoin burned for Witchcraft in France.

1572 Janet Bowman burned for Witchcraft in Scotland.

1581 Anna Beuchel burned for Witchcraft at Waldsee, Germany.

1581 Appollonia Buckh burned for Witchcraft at Waldsee, Germany.

1583 Jean Bonnet burned alive for Witchcraft at Boissy-en-Ferez, France.

June 25, 1594 Agata Birenseng burned for Witchcraft at Waldsee, Germany.

December 16, 1594 Alison Balfour burned for Witchcraft at Edinburgh, Scotland.

1598 Pierre Aupetit burned for Witchcraft at Bordeaux, France.

1620 Anne Boulay burned for Witchcraft at Nancy, France.

1643 Janet Barker burned for Witchcraft in Scotland.

1643 Janet Brown burned for Witchcraft in Scotland.

1643 John Brugh burned for Witchcraft in Scotland.

April 14, 1647 Catterina Baroni beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Domenica Camelli beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Lucia Caveden beheaded and burned for Witchcraft at Castelnovo, Italy.

April 14, 1647 Zinevra Cemola beheaded and burned for Witchcraft at Castelnovo, Italy.

August 21, 1647 Thomas Boulle burned alive for Witchcraft at Rouen, France.

1661 Jonet Allen burned for Witchcraft in Scotland.

What possible reason could the U.S. government have for such Draconian penalties for cannabis? It is because Chrsitianity has always imposed Draconian penalties for Witchcraft, including [torture](#) and the [death penalty](#). The [Controlled Substances Act](#) imposes harsher penatlies for cannabis than for rape, murder, and torture because the Christian judges and Congresspersons consider Cannabis Witchcraft to be a more serious religious offense than violent crimes.

See also: [burning stakes](#) and [death penalty](#)



burning at the stake

Burning stakes are the primary method that Christians use for burning Witch's bodies.

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

In 1590, so many wooden stakes had been erected for burning Witches in Wolfenbüttel, Germany, that the site looked like a small forest.

In 1631, most of the villages and towns near Cologne, Germany, featured numerous stakes outside the walls with women bound to them and burned for Witchcraft.



burning in Hell

Christians claim that Witches are burned in the Christian Hell.

Saint Augustine claimed that burning stakes and bruloirs were justified because hell is a cruel place and cruelty that lasts for less than an hour is preferable to cruelty that lasts for eternity.

Saint Augustine wrote in his 69th address “*Ad Fratres in Eremitate Sermo LXIX*” a description of Hell in which Satan seizes a woman’s damned soul and commands his fellow devils to:

“pierce her eyes with forks as she enjoyed looking at unclean things, pierce her mouth as she used them for blasphemy, pierce her heart, as she did not harbor piety, compassion, clemency, and forgiveness there, pierce her hands with the heavy fork forged in Hell since she reached with them at things unclean and did not use them to distribute alms and help her neighbors, use the feiry forks to pierce her legs she used to dance and meet her lovers.”

According to Saint Augustine, after the devils performed these tasks, the devils spread their black wings and transported the stabbed woman’s soul to hell. When the gates of Hell open:

“out steps a hideous, horrible dragon, always ready to devour souls. The dragon inserts the soul into his mouth, full of stench. After chewing and digesting the soul, the ddragon vomits the soul into a fiery lake, where millions of other sinful souls wait for their trial by our Lord.”

Saint Augustine continued with a description of women fried for eternity in oil and men burned in their own sperm.



sealed records

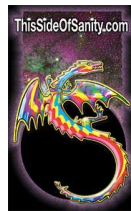
It is common for Christians and other Witch Hunters to seal the records of their trials and executions.

To this day the Roman Catholic Church refuses to open its archives of Witchcraft trials, forbidding access even to academic scholars.

The Roman Catholic church does this to make it impossible to accurately tabulate the number of victims of Witchcraft Trials. Estimates run into millions more than the number of Jews lost in the Nazi Christian Holocaust.

In 1611 King Matthias II of Hungary ordered the transcripts of the trial of [Elizabeth Bathory](#) to prevent embarrassment to the crown.

While few Christian theologians and Bible scholars deny the existence of Witch Trials, they use the lack of access to church records to try to minimize the extent of the persecution and reduce the number of reported victims.



anarchy

Notes on anarchy.

Basic Principles of Anarchism



Basic Principles of Anarchism

Text is from [The Anarchist Library](#)

Title: Basic Principles of Anarchism

Author: [Morpheus](#)

Topics: [introductory](#), [principles](#)

Date: 25th June 2003

Source: Retrieved on 2nd August 2020 from
https://web.archive.org/web/20070303054259fw_/http://question-everything.mahost.org/Socio-Politics/BasicAnarchy.html

Common Myths About Anarchism:

Anarchists advocate complete chaos

This is a complete myth with no basis in reality. Anarchists do not advocate chaos and anarchy does not mean chaos. Similar slander used to be said about the ideas of democracy and republics. In places where a Monarchy was thought necessary the idea of elected governments was often equated with complete chaos. This association is the result of slander by the powerful (the state, corporations, etc.) that control the media and is, unfortunately, not a surprise. Since anarchists seek to overthrow them it is not surprising that they would slander anarchism with all sorts of absurd nonsense.

Anarchists believe in mindless violence

Another common stereotype is that of the mad bomb-throwing anarchist who advocates carnage and destruction for the sake of it. This too is a myth. Anarchists do not normally go around throwing bombs at everyone nor do we consider beating up old ladies a virtue. It is true that there have been anarchists who have used violence to advance their cause but this is true of every political philosophy. Republicans and democrats have used much more violence throughout history than anarchists, yet they are never demonized as crazed bomb throwers. Indeed, the state is not only inherently violent but the most violent organization in human history. It uses violence on a systemic level (in the form of police & militaries) and is responsible for numerous genocides. The state is vastly more violent than the most violent of anarchists.

Anarchists, by definition, are opposed to organization

The vast majority of anarchists are not opposed to organization. What anarchists are opposed to is hierarchical organization — organizations in which one group of people tells the other members what to do. Instead anarchists advocate organization without authority, where all members have an equal say in group decisions.

What Anarchism Really Stands For

Anarchy comes from the Greek and literally means “no rulers.” Anarchists are anti-authoritarians who seek to abolish domination. It is important to differentiate between different two types of authority:

legitimate (or rational) authority and illegitimate (or irrational) authority. In other words, there's a difference between being an authority and having authority. Being an authority means that a person is recognized as competent for any particular task based on her or his knowledge and individual skills. It is socially acknowledged expertise. Legitimate authorities are experts who are particularly knowledgeable, skillful or wise in any particular area. It may be in our best interests to follow their recommendations, but they have no power to force us to do so, nor should they. Legitimate authority is this kind of authority, the authority of an expert.

Having authority is a social relationship based on status and power derived from a hierarchical position within a group. It means dividing society/the group into the order givers and the order takers. The order givers, the authorities, tell the order takers what to do and they must obey. This is illegitimate authority. A boss, for example, is an illegitimate authority because employees must obey his orders. When something is described as "authoritarian" it usually means that it uses illegitimate authority.

Hierarchy is essentially institutionalized authority. It is a pyramidally structured organization consisting of a series of grades, ranks or offices of increasing power, prestige, and/or remuneration. Those with lower ranks must obey those with higher ranks. Hierarchies maintain control by coercion — the threat of negative sanctions (physical, economic, social, etc.) against those who don't obey. Hierarchical organizations are, by definition, organizations that are run by elites. Those on the top, the elite, have more power than those on the bottom. Hierarchical authority is the authority that is inherent in any hierarchy. This is the same thing as illegitimate (or irrational) authority — that is, relations of command and obedience. Another name for this is domination.

Anarchism is extreme skepticism of authority. The basic idea is to abolish domination in favor of a society based on voluntary cooperation. As the anarchist Noam Chomsky said:

"I think it only makes sense to seek out and identify structures of authority, hierarchy, and domination in every aspect of life, and to challenge them; unless a justification for them can be given, they are illegitimate, and should be dismantled, to increase the scope of human freedom. That includes political power, ownership and management, relations among men and women, parents and children, our control over the fate of future generations (the basic moral imperative behind the environmental movement, in my view), and much else. Naturally this means a challenge to the huge institutions of coercion and control: the state, the unaccountable private tyrannies that control most of the domestic and international economy, and so on. But not only these. That is what I have always understood to be the essence of anarchism: the conviction that the burden of proof has to be placed on authority, and that it should be dismantled if that burden cannot be met. Sometimes the burden can be met. If I'm taking a walk with my grandchildren and they dart out into a busy street, I will use not only authority but also physical coercion to stop them. The act should be challenged, but I think it can readily meet the challenge. And there are other cases; life is a complex affair, we understand very little about humans and society, and grand pronouncements are generally more a source of harm than of benefit. But the perspective is a valid one, I think, and can lead us quite a long way." ^[1]

Following Chomsky's logic, anarchists argue that hierarchy, bodies of people having authority over others, is unjustified and should be abolished. Some anarchists take this a step further and oppose other forms of authority; a few argue that "legitimate authority" (expertise) is also unjustified, but most do not. Unless a good justification can be given for any form of authority it should be abolished. In the case of hierarchical authority anarchists believe there is no valid justification for it; all major hierarchical

institutions should be abolished. Instead of dividing society into a hierarchy of order givers and order takers everyone should have control over their own life and an equal say in group decisions.

What Anarchists Oppose

Hierarchy

As explained above, anarchists are opposed to domination. Relations of command and obedience are not only unnecessary but also inherently detrimental to humanity. Everyone should have control of their own life instead of being bossed around by others.

Capitalism

Capitalism is an economic system based upon wage labor. Under capitalism a small group of people, the capitalist class, owns the means of production (land, factories, mines, etc.) and the working class (the majority of the population) must sell their labor to the capitalist class in order to survive. If the workers do not sell their labor they will starve because they do not have access to the means of production — the capitalist class monopolizes them. The ownership of the means of production by the capitalists does not have to be direct but can be through an organization they control, such as corporations. Anarchists are also opposed to all other class systems but focus on capitalism because it is the dominant economic system today. Class is economic hierarchy. Other class systems include feudalism, soviet-style “socialism” (which many anarchists consider to be a form of state-capitalism) and slavery.

The State

Sociologists define the state (also called government) as an organization with a monopoly (or near monopoly) on the legitimate use of violence. It is a centralized rule making body with a pyramidal, hierarchical structure that uses its monopoly of force to boss around all those within its territory. It maintains various armed bodies of people (police, military) and coercive institutions (courts, prisons) with which it coerces the population into obeying its dictates. Because of its hierarchical structure and monopoly of force the state always acts to enforce the rule of a small elite. It exists not to “enforce order” or anything like that but to enforce the will of the ruling class. Anarchists are opposed to all states, including:

Representative “Democracy”

Elected governments are run by and for a small elite, just like all other states. Elected representatives are not tied in any substantial way to particular policies, regardless of the preferences of the electorate. Ordinary people have no real control over the decisions of the politicians — once elected they can make what ever decisions they want regardless of what most people want. Representatives are separated from the population but exposed to powerful pressure groups including state bureaucracies, corporations, lobbyists and political party power brokers.

“Socialist” States

Attempts to overthrow the capitalist class and implement a socialist “workers’ state” inevitably lead to

the replacement of the old ruling class with a new, bureaucratic ruling class that exploits the working class just as the old ruling class did. There is no effective way for the working class as a whole to control the state. It has a monopoly of force and will simply use that monopoly to establish itself as a new ruling class. Decision making power lies with the leaders, not with the masses of ordinary workers. When the politburo or parliament or council of people's commissars or other leaders are making the decisions the workers are not.

Patriarchy

Patriarchy is male domination — a social relation in which men have power over women; gender hierarchy. In every society men and women are expected to behave in certain ways and if they do not they are subjected to various forms of coercion ranging from being made fun of to violence to exile. How a man or woman is expected to behave in a given society is called their gender. This is different from sex, which refers to the biological characteristics that distinguish male from female. Gender varies greatly from society to society. Under patriarchy gender is constructed so that, on average, men have more power than women. The results of this are quite negative — in addition to diminishing women's freedom it also results in sexual harassment, reduced opportunities for women, rape and various other forms of sexual violence. Anarchists advocate equality of the sexes.

Heterosexism

Heterosexism is a natural outcome of the form of patriarchy that exists in the west and many other parts of the world. Gender in most modern patriarchal societies is constructed so that heterosexual behavior is the norm. Homosexuals deviate from how men and women are expected to behave and so are subjected to various forms of coercion as a result. There is thus a hierarchy between hetero and homosexuals. Anarchists are opposed to any sort of oppression on the basis of one's sexuality.

White Supremacy

Race is a social construction. It divides a population into a hierarchical set of "races" with those on top — the white race — having privileges and power over those in other "lower" races. Race is hereditary. Usually people are assigned to their race based on some meaningless characteristic, such as skin color. Race is not at all biological but is a pure social construction. Looking at different societies that have different constructions of race easily proves this. What Americans call blacks are actually broken into several different races in most Latin American countries (blacks, mulattos, etc). In the US Irish, Italians and East Europeans were considered non-white a hundred years ago but today are considered whites. In Rwanda two groups most Americans would consider black, Hutus and Tutsis, are regarded as two different races. White supremacy first arose with the Atlantic Slave Trade as a way of justifying it and of splitting the working class to insure that poor whites did not ally with rebellious blacks.

Imperialism

Imperialism is a social relationship in which the rulers of one country dominate the population of another country or territory. At present the United States is the main imperialist nation, dominating most other countries in the world. Past imperialist powers have included the Soviet Union, Rome, Germany, England and the Aztecs.

Basic Principles of Anarchism

Anti-Authoritarianism

Anarchists are extremely skeptical about the need for any kind of authority. At minimum all anarchists believe that hierarchy should be abolished and some take this further and oppose other forms of authority. Instead of hierarchy, everyone should have control over their own life and an equal say in group decisions.

Free Association

Everyone should be allowed to associate freely with those they choose and to disassociate themselves when they choose. Individuals should not be forced into social relations against their will. Society should be based upon free agreement, rather than coercion.

Mutual Aid

Instead of attempting to dominate each other social relations should be based on solidarity and voluntary cooperation. When individuals come together to help each other they can accomplish more than when they work against each other.

Freedom

Freedom means the ability to control one's own life instead of being controlled by others, as is the case with hierarchy. This is sometimes called liberty or autonomy. Controlling other people's lives is not freedom but a restriction of freedom.

Self-Management

In groups decisions should be made in a manner so that everyone has an equal say. People should govern themselves, rather than dividing people into some who give orders and some who obey as in hierarchical organizations.

Radical Egalitarianism

Anarchists believe in an egalitarian society. This does not mean some totalitarian society where everyone is identical or lives identical lives. It does not mean denying individual diversity or uniqueness. Rather anarchists believe in equality of both wealth and power — a natural consequence of the abolition of hierarchy.

Feminism

Anarchists favor social, economic and political equality for men and women. The domination of men over women should be abolished and all people given control of their own lives.

What An Anarchist Society Would Look Like

There have been many different visions of what an anarchist society would look like. Any vision that abolishes the things anarchists are opposed to and is consistent with the earlier stated principles of anarchism is compatible with anarchy. There are, however, many institutions that have been proposed by anarchists to run a non-hierarchical society. Most of these are not based on idle speculation but by looking at how actually existing anarchist societies have worked. Some of them are:

Popular Assemblies

Also called general assemblies or mass assemblies. In any organization people can come together to meet and discuss whatever common problems or activities they face. At these assemblies everyone should have an equal opportunity to participate in both the discussion/debate and the final decisions. These can be formed in workplaces where they would take over the running of all workplaces. Worker assemblies would then meet regularly to plan production, divvy up the tasks that need to be accomplished, etc. They can be formed in each neighborhood in order to deal with whatever particular issues confront that neighborhood and organize to deal with them. These are based on free association so whenever a group of people wants to get together to accomplish some goal they can simply form a general assembly to organize it. Free association also means that no one would have to participate in an assembly if they did not want to. Such assemblies can be formed to organize around anything — not only around workplace and neighborhood issues but potentially also universities, clubs, space exploration, etc. Worker assemblies, neighborhood assemblies, university assemblies, community assemblies and the like can all be formed to run society without hierarchy, based on self-management.

Councils

The different assemblies can coordinate their activities through the use of a council system. This is done by each assembly assigning a contact person(s) (sometimes called a spoke or delegate) to meet with other contact people from other assemblies which they want to coordinate things with. The meeting of contact people is called a council or spokescouncil. Position of contact person should rotate frequently. Each contact person is mandated, meaning that they are instructed by the assembly that they come from on how to deal with any issue. The contact people would be given binding instructions, committing them to a framework of policies, developed by their assembly, within which they would have to act. If at any time they violate their mandate their assembly would instantly recall them and their decisions revoked. Decision making power stays in the assemblies; contact people simply convey and implement those positions. Contact people do not have any authority or special privileges. Councils are organized from the bottom up, with control staying in the assemblies. They are not hierarchical organizations but simply coordinate the activities of the assemblies without authority. Instead of hierarchy there are decentralized confederations and networks. This differs from representative institutions in that decision making power stays in the assemblies whereas representatives can make whatever decisions they want and have authority over others. These councils can be formed to coordinate the activities of assemblies on whatever level needed. Worker councils can coordinate the activities of the worker assemblies; neighborhood councils can coordinate the activities of different neighborhood assemblies, etc. They can also do this on a regional scale — forming regional worker councils, etc — and those regional confederations can use the same method to coordinate with each other. In all cases decision making power stays with the assemblies upon which the councils are based — the assemblies would be the core of any organization.

Decision Making Processes

Any decision making process in which everyone has control over their own life and all members have an equal say, rather than dividing people into order givers and order takers, is theoretically compatible with anarchism. Although there are many different ways in which this can be done, there are two main methods of non-hierarchical decision making which are advocated by most anarchists:

Consensus

In consensus everyone in the group must agree to a decision before it can be put into action. All contributions are valued and participation is encouraged. Any member can block consensus, stopping a decision they strongly object to. Members may also “stand aside,” allowing a decision they do not like to be made without blocking or supporting it.

Direct Democracy

Decisions would be made by directly voting on the options — the option with a majority of votes is implemented. Anarchists who advocate direct democracy do not believe in a mechanical process whereby the majority just votes away the minority and ignores them. It is intended to be a dynamic discussion process where different people listen to each other and exchange ideas. Direct Democracy is combined with free association as well — meaning that anyone who is out-voted does not absolutely have to abide by the decision. They can simply leave the group.

These decision making processes would be used in the popular assemblies, councils, etc. There are many variations on them and it is also possible to synthesize consensus and direct democracy. Some groups could use direct democracy but require the majority be of a certain size (such as 2/3rds or 3/4ths) instead of a simple majority. Another variation is to attempt to achieve the largest majority possible.

Economics

There have been many different economic systems envisioned by anarchists. These different visions are not necessarily incompatible with each other and could probably co-exist within the same society. The main ones are:

Mutualism

In mutualism people would be either self-employed or part of a worker-controlled cooperative (individual cooperatives would be run by worker assemblies as described above). They would produce goods and trade them on a market. Although mutualism uses markets to coordinate production it is not capitalist because wage labor would be abolished. No one would sell their labor to others but would instead work in cooperatives or for themselves.

Collectivism

In Collectivism markets would be abolished. Instead of using markets to coordinate production they would set up workers councils, as described above, to coordinate production. Each workplace would be run by its own worker assembly and each assembly would federate with other workplace assemblies in the area, forming a local workers council. The workers councils would federate with each other (forming

more councils) as needed on many levels. Money would be kept and people paid on the basis of how much they work. Most collectivists believe that collectivism would eventually evolve into a gift economy.

Participatory Economics

Also called Parecon. This is similar to collectivism; the biggest difference is that there are consumer assemblies in addition to worker assemblies. The underlying values parecon seeks to implement are equity, solidarity, diversity, and participatory self management. The main institutions to attain these ends are council self management, balanced job complexes, remuneration according to effort and sacrifice, and participatory planning. Consumers and workers directly democratically and cooperatively negotiate their production and consumption on an individual basis and via worker and consumer councils and federations of councils. Balanced job complexes share quality of work and empowering work equitably throughout the workplace and the entire economy. Workers are remunerated for effort and sacrifice, so in tandem with balanced job complexes consumption bundles are roughly equal, with minor discrepancies due to people's chosen working hours and intensity.

Gift Economy

Also called anarcho-communism or libertarian communism. A gift economy would abolish money and trading all together. Production and distribution would be done purely on the basis of need through a confederation of free communes. The economy would be organized along the lines of "from each according to ability, to each according to need." The "communism" in anarcho-communism has nothing to do with the countries which some erroneously call "Communist" (USSR, China, etc.). None of those countries actually claimed to be communist; they claimed to be in a transition to communism. Anarcho-communists opposed these dictatorships from the very beginning and have participated in many rebellions against them. Anarcho-communists would do away with money, central planning and the state — all of which were present in the USSR, China, etc.

Primitivism

Primitivists would abolish industry, civilization and most forms of technology. Instead anarcho-primitivists advocate a low-tech green society. This would be either an agrarian or hunter-gatherer society. Primitivists are split on the question of agriculture: some want to do away with it all together and others would keep some forms of primitive agriculture.

How Might An Anarchist Society Be Created

Self-Liberation

Anarchists believe in self-liberation. The liberation of the oppressed can only come about through the actions of the oppressed themselves (either individually or collectively). Those on the bottom of society have to rebel against those on the top and refuse to obey them. People cannot be forced to be free. Anarchy cannot be created by some vanguard seizing power but only by the self-liberation of the oppressed.

Direct Action

Direct action means that instead of relying on someone else to act for you (such as a politician) act for yourself. It is any action which people themselves decide upon and organize themselves that is based on their own collective strength and does not rely on getting intermediates to act for them. Examples of direct action include strikes, boycotts, sabotage, insurrections and civil disobedience. Direct action can also be liberatory because it puts power in the hands of ordinary people; instead of relying on someone else to do something we do it ourselves.

Building the New Society within the Shell of the Old

The means you use will greatly affect the ends you get. As such anarchists organize along the same principles in which we advocate organizing society: non-hierarchically. For this reason anarchist organizations are often based around general assemblies and spokescouncils. Many anarchists see the initial framework of anarchy being created within the old society, before capitalism and the state are abolished. Popular organs of self-management would be formed before the overthrow of the old society. This includes neighborhood assemblies, workers' councils, syndicalist unions and the like. These non-hierarchical organizations would fight against the institutions of the old society (government, capitalism, patriarchy, etc.) and as the old society is destroyed they take over the running of society.

Different Kinds of Anarchists

Differences of Focus

In addition to differences over what an anarchist society should look like, different anarchists also focus more on different issues. Anarcha-Feminists focus on women's liberation and the struggle against patriarchy. Eco-Anarchists focus on ecology and the destruction of the environment. Anarcho-syndicalists focus on unions and the labor movement. The divisions between the various kinds of anarchists overlap and are not absolute. Most different kinds of anarchists are willing to co-exist and work together.

Evolution vs. Revolution

The majority of anarchists are revolutionaries who believe that an anarchist society will come about as the result of a social revolution. The government would be overthrown and abolished, the means of production expropriated and placed under self-management and a rapid transition to anarchy made. Others believe in an evolutionary approach — that anarchy will come about as a result of a lengthy centuries-long evolution.

Violence

Some anarchists are also pacifists who believe all forms of violence are immoral. True pacifism logically implies anarchism. The state is inherently violent and the most violent organization in human history; other forms of hierarchy are usually violent as well. The majority of anarchists are not pacifists, however. Although non-pacifist anarchists do not glorify violence most believe that the use of violence in self-defense and/or to overthrow hierarchy is justified.

Religion and Philosophy

Anarchists come from many different religions and philosophical backgrounds — from atheistic materialism to postmodernism to egoism to Taoism to Christianity and everything in between. Although most anarchists are atheists/agnostics there are religious anarchists including Pagans, Christians, Muslims and Jews. Any religion or philosophy is theoretically compatible with anarchism so long as it does not advocate things (such as a god-king) that contradict the basic ideas above.

Anarchy In Action

Everyday Life

There are many examples of anarchist principles in real life. Some of them come from the daily lives of ordinary people living in contemporary hierarchical societies. One example is “a group of friends going on a camping trip. They plan their trip, and each person brings useful skills and tools to share. They work together to set up tents, fish, cook, clean up, with no one in a position of authority over anyone else. The group organizes itself, chores are done, and everyone passes the time as they please, alone or in groups with others. People discuss their concerns and possible solutions are proposed. No one is bound to go along with the group, but choosing to spend time together implies a willingness to at least try to work out constructive solutions to the problems and frictions that will inevitably arise. If no resolution is possible, the dissenting individuals can form another grouping or leave without fear of persecution by the rest of the group.” ^[2] Similar non-hierarchical forms of organization happen all the time even in the most authoritarian of societies. They’re informal and small scale but it is an example of anarchy in action. In an anarchist society non-hierarchical forms of organization would be the dominant form of organization.

Primitivist Societies

There have been many examples of anarchist societies throughout history; most of them have been agrarian or hunter-gatherer societies. The immense majority of human history was lived in primitive anarchy. The human race has been around between 50,000 and 500,000 years (depending on how you define human and what estimates you use). The first states came around about 7,000 years ago in Mesopotamia. For a long time after states and classes were created they were limited to certain parts of the world while much of the globe lived in anarchy. It is only in the last couple of centuries that states came to rule the entire world, primarily as a result of conquest. Although far from perfect, most primitivist societies were not the Hobbesian hellholes they are often portrayed as (see *Stone Age Economics* by Marshall Sahlins). Well known indigenous anarcho-primitivist societies include the !Kung and the Igbo (prior to western imperialism).

Ukrainian Revolution

In early 1918 the new Bolshevik government of Russia made peace with Germany and agreed to give up the Ukraine, formerly part of the Russian Empire, to Germany. The inhabitants of the Ukraine had little say in this and were opposed to it. A rebellion against German rule erupted which turned into an anarchist revolution. The revolution was rooted primarily among peasants although it included cities at its height. Village assemblies and communes were formed throughout much of the Ukraine. When it included cities factories were taken over by the workers. They formed decentralized democratic militias, which fought guerilla warfare against numerous statist armies that invaded the Ukraine during this time period. The Anarcho-Communist Nestor Makhno played a major role in organizing these militias. They successfully defeated the Germans, Austrians, Ukrainian Nationalists, and two white invasions led by General Denikin

and then General Wrangel (the Whites were ultra-reactionary armies fighting the Bolsheviks in Russia). In 1921 the Bolsheviks, having recently won the civil war against the Whites, invaded the Ukraine. They used their vastly superior resources to conquer the Ukraine and implement a reign of terror.

Spanish Revolution

On July 19, 1936 General Francisco Franco launched a Fascist coup against the Spanish Republic. In response the CNT, an anarcho-syndicalist union, and the UGT, a union affiliation with the Spanish Socialist Party, called a general strike. The Republic refused to release arms to the workers so they broke into the barracks and distributed arms to the people. They fought and defeated the Fascist coup in two-thirds of Spain. The state was effectively destroyed; the military was in rebellion and the police forces had dissolved during the fighting. The workers and peasants proceeded to take over the land and factories. Collectives were formed throughout anti-fascist Spain. Collectivism was the main economic system, although a few villages abolished money and implemented anarcho-communism. There were also elements of mutualism implemented in some places. Decentralized militias were formed to fight against the Fascists. After three years of civil war the fascists won. The victory of fascism was due not only to their superior arms and assistance from Hitler & Mussolini but also strategic errors made by the anarcho-syndicalists and backstabbing by Marxist and Republican “allies” in the fight against fascism.

Common Questions and Objections

What Would You Replace The State With?

Nothing. Would you replace a tumor?

What About Human Nature

If human nature is bad then hierarchy should be abolished because those on the top will inevitably abuse their power. If human nature is good then there is no need for hierarchy because people will do good things without being dominated by others. Either way, we should have anarchy. If people are too evil to rule themselves then they are far too evil to rule other people. The immense majority of human history has been lived in hunter-gatherer societies, a form of primitivist anarchy. If human nature favors any particular social system it favors hunter-gatherer anarchy because that is what the majority of human history has been lived in. Given the immense diversity of social systems humans have created over the eons it is unlikely that human nature, if it even exists, plays a great role in determining social structure.

What Would Happen To Former Politicians and Capitalists?

Individual politicians and members of the capitalist class from the old society would be allowed to become part of the new society as equals. They would lose all their former powers and privileges and live alongside everyone else as equals. Those who do not want to are free to become hermits or leave. Anyone who does not want to participate in the various collective organizations would be free to leave and would be given access to a portion of the means of production so that they could support themselves on their own. During the Spanish Revolution “if you didn’t want to join the collective you were given some land but only as much as you could work yourself. You were not allowed to employ” wage-laborers.” ^[3] They could attempt to set up alternative systems so long as they are completely voluntary. They could attempt to reestablish capitalism (or some other form of oppression) so long as it was completely non-violent and

voluntary but doing so would be extremely difficult because few people would volunteer to be poor and work in their sweatshops. Few people will volunteer to be oppressed, especially in an anarchist society where hierarchy would be viewed quite negatively. Reestablishing some form of domination through purely voluntary and non-violent means would therefore be almost impossible.

How Could An Anarchist Society Defend Itself From Foreign Aggression and Statist Armies?

The same tactics used to overthrow hierarchy, direct action, could be used against counter-revolutionary armies. This includes, but is not limited to, civil disobedience, strikes, insurrections, street fighting, etc. If necessary the population could be armed and a decentralized network of democratic militias formed to wage guerilla warfare against the statist forces. This can be done against both foreign invaders (if one part of the world is in anarchy and the other is authoritarian) and against domestic counter-revolutionaries who attempt to use violence to force everyone back into an authoritarian society.

How Would Anarchists Deal With anti-Social Crimes?

Crime is the result of hierarchy; the abolition of hierarchy will cause it to disappear. 95% of crime is caused by patriarchy, private property and capitalism (stealing, etc.); its abolition will result in the end of 95% of crime. What little is left over could be better dealt with by the community than by any police force. Many historical pre-capitalist societies had little or no crime; a few weeks after the Spanish Revolution began crime plummeted. The state has proven completely incapable of combating crime — it has been trying to prevent crime for years yet has been a complete failure. At best it merely punishes people after the fact. “Prisons fail to improve or reform anyone. Local people aware of each others’ circumstances would be able to apply more suitable solutions, in keeping with the needs of the victim and the offender. The present penal system, on the other hand, *creates* criminal behaviour. Long term prisoners are often rendered incapable of surviving outside an institution that makes all their decisions for them. How is locking people up with others of an anti-social turn of mind ... supposed to develop responsibility and reasonable behaviour? Of course it does just the opposite. The majority of prisoners re-offend.”^[4] The state and capitalism are far worse than crime; they kill and rob on a scale far greater than any ordinary criminal. Under the present system petty criminals go to prison but the big criminals run the country.

But We Need Coordination and Administration

It is possible to coordinate activities without hierarchy. Any group of people can get together and hold a general assembly where they can divvy up the tasks they need to do and decide who will do what. If needed they can assign one or more people to act as coordinators. Such coordinators would simply implement the plans developed by the general assembly and would have no authority themselves. In the Ukrainian and Spanish Revolutions when workers took over factories the worker assemblies often created factory committees that performed administrative and coordination tasks. Decision making power stayed with the worker assemblies, the factory committees simply implemented what the workers decided in their assemblies. Coordination between multiple assemblies can be done through the council system.

^[1] “Chomsky on Anarchism, Marxism and Hope for the Future” Interview in Red & Black Magazine 1995

^[2] “Consent or Coercion” by Affinity Group of Evolutionary Anarchists

^[3] “The Spanish Civil War: Anarchism In Action” by Eddie Conlon, Chapter 2

[4] “Everything You Ever Wanted To Know About Anarchy” by Anarchist Media Group, Cardiff (UK)

Text is from [The Anarchist Library](#)



conclusion

I hope you enjoy this. I would greatly appreciate feedback. At the time of writing this edition, the best place is at the Twitter account [@TSOStheband](#) (which includes a lot of different subjects, including political views you may despise).

I keep finding spelling, punctuation, grammar, and syntax mistakes. In version 0.8 I found several spelling mistakes that have been here since version 0.0. Even if you don't want to provide feedback and criticism of the content, you can at least point out the writing mistakes.

