



THE REMEDY

YOU ARE THE SOLUTION

By :Jeremy: Ayres

“A Lie Is A Lie, Even If Everyone Believes It.

The Truth Is The Truth Even If Nobody Believes It.”

We have ALL been lied too!!

For all my friends and family who have stuck by me and loved me, through the many highs and lows that this research and path brings.

For my boys, who I teach that, “life comes in cans”.

For Natalie, who truly sees me and still loves me.

For all those giants – sung and unsung – whose shoulders I stand upon, and whose courage and purpose to share the truth – as they understood it – lit the path for me to wonder from the dark.

And, for **you**. For the fact you read these words suggests our energies are entwined with a common purpose. Together we make the changes we want to see.

I thank you all.

FOREWORD

Before reading this book some points need to be clarified. The first being that I have no possible knowledge of your level of understanding or consciousness of the **causes** of the “issues/problems” we face on this planet we commonly call earth.

This may well be the first time you are exposed to such information, which – although more prevalent and accessible – is still, for the most part, absent from any main stream sources or publication, and deliberately so. This – I believe – will soon change though.

If this be the case, this book is still written for you and the seasoned researcher alike. It is deliberately simple, and straight to the key points as these are necessary to understand **Part Two**, which is **THE REMEDY**. After all, we must first understand the causes before we can possibly suggest the solutions right?

Many who read this book will be more than familiar with the information in **Part One**, and quite possibly far more informed in specific areas of research and knowledge than I am or ever care to be. However, it may still prove fruitful to read part one and see all the parts and how they link together.

For those that this information – either part or all – is new to them, we have our [“links & Reference”](#) page to help you research each topic more thoroughly. This will be prompted in the book with an,”*” followed by the reference “i.e. “* **ALDOUS HUXELY** “. You can click on this to take you to that section on our website and search out the specific link yourself.

These are – of course – not definitive, and frankly you could spend many years (as many of us have) researching ever deeper down the rabbit hole. What these [“links & References”](#) will give you is what I believe to be the best and most relevant

<http://the-remedy.weebly.com>

information on specific subject matters that will “quickly” bring you up to speed, and perhaps help plug huge gaping holes in your awareness of both the puppet masters, the puppets, their methods and the true shenanigans that have been nefariously been going on now for a very long time. We are also updating this page all the time.

As many researchers will tell you, there are many dead ends to our research that, we now know, have been deliberately placed there. These honey traps of dis-information (that being information with some truth sandwiched between lies to make it palatable and plausible, but deliberately designed to lead you slowly away from **THE TRUTH**) have all given us much and, at the same time, consumed much. That, mostly, being our time and energy. Which – by the way – is also one of the techniques that have been used against us all.

The “[links and References](#)” provided are designed to save you **years** of potentially wasted time, as, the clock is ticking my friends, and we all have much work to do. **NOW!**

I have commented, where possible, on both the relevance and the accuracy of the recommended material as much of it is now obsolete, but was critical at the time it was released. As said, this has been a journey of discovery for us all, and much of the pioneer’s works – though still worthy of praise – is now redundant or updated.

That said, it still provides a firm foundation for you to stand upon, certainly helps you see the bigger picture, and then truly understand this book better, and why it’s contents have the potential and power for massive and profound changes for the better.

After sharing the simple truths, as I currently understand them, I present – what I believe – is a blue print plan that all people can agree on, and cannot be argued.

This is **THE REMEDY**.

<http://the-remedy.weebly.com>

You may notice that I state that this body of work is “**my current understanding**”, as of mid 2012. As the truth is ever in motion, as well as ever unfolding. However, I whole-heartedly believe, based on many years experience, research and evidence that what I share with you all, is founded in undeniable truth.

Part One, of this book, may also seem to be “very negative”. I make no apologies for this. The truth is the truth and the mess we have allowed to manifest is not pleasant to say the least. However, in **Part Two**, I explain what I honestly believe to be the foundation solutions that frankly, are **so simple** that they will actually cause much annoyance to many who have vested much into more complex proposals. But, as Ghandi so eloquently stated, “***Even if you are a minority of one, the truth is the truth***”.

It has – in fact - been one of their main tactics to keep things, seemingly, ultra complex, as this, in itself, keeps the masses away from even contemplating it as well as them subservient to the “experts” to “solve” the problems.

I am not aware of any other body of work that strips this immense subject down to the bare bones so we can see clearly, as a people, see the simplicity of the scam perpetrated against us, and, how simple I believe the solutions truly are.

Simple? Yes. Easy.....well that is up to us now isn't it?

I ask of you one more thing. I am well aware that many will find this information very challenging. I am also aware that many of the seasoned researchers and activists – perhaps the so-called “Remedy” researchers – the most. I hope this book clearly shows those that have pursued Remedy (I myself have been one) that you will **NEVER** find Remedy in **THEIR SYSTEM**, as we are dealing with dishonourable criminals who cheat and lie for their very living.

I am also aware that it is still common practice to, “shoot the messenger”. Character assassination is, by far, more powerful and easy than actual assassination these days, and is still the preferred weapon of choice for the so-called “Elite”. Many have a vested interest in influencing others to never even consider the information offered to them, and use modern day social crucifixion in the kangaroo courts of the many forums and blogs on the web.

If you are particularly successful in the numbers who read your work you may even get on the mainstream media. If this ever happens you can be sure of one of two things. Either, what I have to share is correct and they have brought out the big guns to try stop the spread of such empowering information, or, two, we have already won, the world has found it’s sanity again, and I, and many of the other good bastions of truth, peace and abundance for all, are now being brought from the relative pockets of anonymity to well deserved public acknowledgement. From here we can then do the most good and start the massive job of healing this planet and all the life that lives upon it.

However, this method continues today – spuriously on the many forums and blogs etc – both by design with agent provocateurs, trouble makers and the like as well as pseudo-intellectuals who love the anonymity of the forums to slander those who have taken a stand in publishing their current (as the truth is always unveiling itself to us) understanding and opinions.

Even amongst the so-called “remedy rock stars” and the like, I have heard them and read them discuss the messenger – who ever that may be. For me, this is irrelevant. At least to a certain degree. Judge not me, nor who I may be or may not be; nor what I have or have not done. Judge not my presumed intent or objectives, but instead, take what I have to share with you and ask this simple, but fundamental question, “**is it true**”?

You are free – of course – to take and leave what you will from this, just as I am always open to being wrong. If you can share with me information that changes my mind, opinion or beliefs on any of the subject matter, I am ever open to any, and all, such information. This is all I have had asked of me, and all I ask of you.

I believe this book **can** and **will** help bring the change for the better many of us seek. It's intent is to do just that. It is a deliberately simple and condensed, yet profound sharing of information which has the power to bring peace, abundance and true prosperity to **ALL**. Regardless of your race, colour, creed, nationality, tribe, religion, education, or other beliefs or views.

Finally, let it be clear that I am not affiliated with any Group, Religion. Cult, or the like, nor am I of any political or ideological persuasion. I am just a man, of mankind. A simple Homo Sapiens Sapiens, born and from this Earth. I am "**anti**" only one thing, and that is **anti-lies**. Stated in the positive, I am pro truth, even if it upsets me or challenges me, for I can deal with the truth. Yes Jack, "I can handle the truth!"

I believe that this is common in all of us. Once we discover we have been lied to, deceived and manipulated – and in this case en-mass - a common emotion is experienced and trust is now either threatened or lost. Unfortunately, some of the greatest lies ever told (sold) are still today at the core of many peoples belief systems - even those who believe they are awake – and they will often become most defensive or aggressive if challenged on these beliefs they hold.

My understanding is that truth will stand on it's own two feet, especially if challenged. I also believe truth to be simple – at least in its nature. I also believe that even though we may hold a belief dearly to our hearts and especially if it is all we have ever known that we should still be open and willing to explore the validity of this belief if certain information is presented to us that challenges it.

I find – in fact – the best evidence that we are either programmed or still have programming in us is by the level of resistance we experience when challenged on a belief we hold as currently true. A strong resistance often followed by the feeling that we need to defend the belief (and very often aggressively) reveals much – in my experience.

I believe, whole-heartedly, in complete freedom of thought, choice and action, as long as it does no harm. This – I trust you will agree – is at the core of true freedom, and also the foundation of many ancient, tribal, spiritual and religious texts. But I also believe that – as a people – our beliefs ought be firmly rooted in truth, the whole truth and nothing but the truth. As from this position of strength we can truly grow.

As this is far from where we occupy currently, I believe it is time to be open for this reality. A time where we will look back and wonder how we let such deceit permeate us for so long. But first we must be clear on the issues in order to find the solutions and clear the way for such a promised time.

So, join me now – if you will – and let us look and find together

THE REMEDY

<http://the-remedy.weebly.com>

THE REMEDY

1. FOREWARD
2. CHAPTERS
3. INTRODUCTION

PART ONE:

4. THE LIES:
 - a. BE-LIE-FS – THE PROGRAMMING OF THE MIND:
 - i. WELCOME TO THE MATRIX
 - ii. BIRTH OF THE PERSON
 - iii. LANGUAGE
 - iv. EDUCATION
 - v. NATIONALITY
 - vi. RACE
 - vii. RELIGION
 - viii. MONEY
 - ix. WORK
 - x. BUSY-NESS
 - xi. GOVERNMENTS
 - xii. THE SPECIALISTS
 - xiii. THE ENFORCERS
 - xiv. JUST-US (JUSTICE)
 - xv. THE REPEATERS
 - xvi. THE ENTERTAINERS
 - xvii. THE SHEEPLE
 - xviii. PRYAMID STRUCTURES OF CONTROL
 - b. THE BODY – SICK AND TIRED
 - i. NEED VERSUS WANT
 - ii. DYING OF THIRST
 - iii. STARVING TO DEATH
 - iv. YOUR FULL OF SH..!
 - v. WHEN THE DRUGS DON'T WORK
 - vi. CUT, BURN & POISON
 - vii. KEEP THEM BUSY
 - viii. FRIGHTENED TO DEATH

- ix. USE IT OR LOSE IT
 - x. SLEEP ...PER CHANCE TO REST?
- c. RE-LEGION – MAN MADE TO KEEP YOU FROM GOD
 - i. RELIGIOUS TEXTS – WHY SO LONG?
 - ii. LOST IN TRANSLATION
 - iii. SHOW ME THE MONEY
 - iv. THE HOUSE OF GOD
 - v. LEAVE YOUR MIND AT THE DOOR
 - vi. YOU GOTTA HAVE FAITH!
 - vii. THE GOD FEARING MAN
 - viii. THE SAVIOUR
 - ix. WHAT ABOUT THE COMANDMENTS?
5. THE MATRIX – IT'S ALL JUST AN ILUSSION
- a. PHYSICAL EVIDENCE
 - b. GET REAL
 - c. THE MEANING OF LIFE
6. EARTH – A PLACE WE CALL HOME
- a. SHE'LL BE ALRIGHT
 - b. THE HUMAN VIRUS
 - c. IT'S ALL MINE!
 - d. DIRTY WATER
 - e. I CAN'T BREATH
 - f. PAVED PARADISE & PUT UP A PARKING LOT
7. DON'T MENTION THE ALIENS!
- a. BEAM ME UP SCOTTY
 - b. WE ARE ALL ALIENS
 - c. SOS OR INDEPENDENCE DAY?
 - d. GIVE ME THE DIMENSIONS?
 - e. WE ARE ALL BLIND – NO, REALLY!!

PART TWO:

8. THE REMEDY – A BLUE PRINT FOR MANKINDS R(EVOLUTION):
- a. THE SIMPLE TRUTHS:
 - i. YOU ARE A MAN OF MANKIND
 - ii. WE HAVE SIMPLE NEEDS
 - iii. WE ARE ALL CONNECTED

- iv. ALL OF EARTH IS OUR HOME
 - v. LIFE COMES IN CANS
 - vi. THERE ARE LAWS – UNIVERSAL & NATURAL LAWS
 - vii. EVERYTHING IS FREE
 - viii. EVERYTHING IS JUST EXPERIENCE
 - ix. EVERYTHING IS JUST ENERGY
 - x. DEATH IS JUST TRANSFORMATION OF ENERGY
- b. DE-PROGRAMMING THE MIND:
- i. TURN OFF YOUR TV
 - ii. BELIEVE NOTHING YOU HEAR
 - iii. BELIEVE NOTHING YOU SEE
 - iv. QUESTION **EVERYTHING**
 - v. FEEL THE FEAR & DO IT ANYWAY
 - vi. THE TRUTH IS ALWAYS SIMPLE
 - vii. LISTEN TO YOUR HEART
 - viii. DO WHAT IS RIGHT
 - ix. LIVE IN THE **NOW**
 - x. MEDIATATION, PRAYER AND QUIETNESS
 - xi. ASK FOR HELP
 - xii. FEEL THE TRUTH
 - xiii. THINK!
 - xiv. TALK
 - xv. RE-PROGRAM
 - xvi. NON-COMPLIANCE
 - xvii. SHARING
- c. THE BODY – AS IT THRIVES SO SHALL YOU
- i. GOOD VIBRATIONS
 - ii. WATER
 - iii. FOOD
 - iv. EXERCISE
 - v. WORK
 - vi. MEDIATATION
 - vii. REST
 - viii. SEX FOR LIFE
 - ix. LAUGH
 - x. CLEAN YOUR SEWERS
 - xi. UN-CLOG THE PIPES
- d. SPIRITUAL (R)EVOLUTION
- i. GOD IS OUR FRIEND
 - ii. FREE WILL

- iii. WE ARE ALL JUST LIGHT
 - iv. EN-LIGHTENMENT
 - v. BRINGING THE LIGHT INTO THE DARK
 - vi. ROUND AND AROUND WE GO.
-
- e. SUMMARY
 - f. LINKS & REFERENCES

INTRODUCTION

"The significant problems we face cannot be solved at the same level of thinking we were at when we created them" Albert Einstein

I believe that there is no greater work to accomplish, no greater subject matter to address, than resolving the myriad of problems we encounter on this planet today. To my understanding they are all man (or perhaps – as we may see - not of man) made.

Further, the culprits and causers of such woes are but a relative handful of men form a lesser handful of bloodlines manipulating their carefully programmed and chemically induced robots to do their nefarious deeds. Their tools to control us are now becoming well known, and their robots are revolting!

These many issues we face as a species may appear infinitely complex. These, being a deliberate tactic of the so-called "Powers That Were" (once know as the Powers That Be), but, in matter of fact, are so simple it boggles the mind that we have yet all to see it for what it is sooner? Perhaps never a truer phrase spoken than, "baffle them with bullshit". We're floating in the stuff!

Make no mistake about it my friends, every conceivable deception has been well thought out and actioned to keep the common man from the truth of such things. For if the common man, the average man, the simple man knew the simple truth they would have already stormed the bastion.

So, a clever and very effective system has been created for you to keep you from the very information that will set us all free. It has been designed to consume you at all levels of your being, and, if you should stumble upon these truths it matters not, for either the deep programming that is in us all clicks in, and we are left with a sense that this is too overwhelming for us to do anything about, or, pier pressure

<http://the-remedy.weebly.com>

from family, friends and our local community does a fine policing job by ridicule and social confinement. After all, who are you to think you can change anything right? And, if it was true the authorities would be doing something about it right? WRONG!!

As we will see, there is reason to their madness. There is reason why they have constructed a mental and toxic prison for our minds and bodies, where most still believe they are free. For, They know the truth will set you free. They know that the most dangerous thing for them is **YOU!** The thought of YOU, waking-up, seeing the lies and deceptions for what they are, and becoming a free-thinking and questioning human being is their worst nightmare.

The beautiful thing about all this is that it is so easy to see once you have the correct focus. You will wonder how you never saw it before? Further, as you de-program – yes, even those of you determined to find remedy in THEIR system still need to de-program – you will see the solutions have always been simple. They have always been there. And, all we have to do is follow them, each and every one of us, one by one.

This book is in no way attempting to be an extensive authority on the problems and the causes of said problems. Many other authors already exist that have written or spoken in great detail on these myriad of different subject areas.

Plus, I am still not convinced that many will prove to be dead ends, with deliberate dis-information and the like still prevalent. Much that will – in time – finally reveal itself either to be true, partially true or complete rubbish. After all, I am relying upon the work of others - as many of us are – to create my understanding, albeit that I have - to the best of my ability - researched the accuracy of such information.

Several things are for certain though. We have all been deliberately lied and deceived, the world is in a man made mess, and the very few are profiting from the

<http://the-remedy.weebly.com>

many, untold millions have died and suffered and continue to do so, and we, as a people, that live upon this earth need to wake up, change, and change for the better in every conceivable way that promotes well being, peace and prosperity for ALL!

This book is my considered, but suggested “blue print for mankind”, as arrogant as that - at this stage - may seem. After 22 years of experience and research I believe there are several key factors that, cannot be argued with that can help this transition at all levels of our being. I also believe that, if followed, the outcome is certain and not one drop of blood need ever be spilled, nor one document filed, nor any group be formed, followed or supported to achieve this.

Many – and perhaps including you, the reader – are already aware of this evolution of consciousness. We are witnessing a mass domino awakening effect of man and mankind. It has long begun and gaining critical mass to effect evolutionary change and propel us into the so-called Golden Age. In order to be part of the solution, and to help my fellow man, I have written **THE REMEDY**.

PART ONE:

1. THE LIES:

a. BE-LIE-FS – THE PROGRAMMING OF THE MIND:

“Repetition does not transform a lie into a truth.” Franklin d. Roosevelt

*“O, what a tangled web we weave, when first we practice to deceive!” Sir
Walter Scott*

“A lie has no legs, and cannot stand; but it has wings, and can fly far and wide”.
George and Eliot Warburton

“All warfare is based on deception”. San Tzu

From the moment you leave your mothers safe and nurturing waters. Delivered into this world you have entered into a web of deceit. These first few moments are the precious few you have before the conscious and unconscious programming begins. In fact, many may say that this has already begun from the moment of conception as

Your honesty is absolute at this moment. However short lived this is. For all you know is to express your truth in the now. Be it hunger, pain, or comfort you need. You care not your surroundings, whether it is appropriate or not to make such noise. You have not a single worry, nor care in the world. You know not the colour of your skin, your gender, nor where or what you have been delivered into. You know not if you are rich or poor, so-called well bread or peasant stock. You are not Christian, Moslem, Jewish, or Hindu; nor are you English, American, Israeli, Irish, Canadian or the like. You certainly are not Conservative or Republican; Capitalist,

Socialist or Communist. Nor are you born evil, violent, corrupt, and deceitful or the like. You certainly are not a liar right? But soon, that will all change! For soon the tentacles of the system and its mind controlled robots will begin your training. A training that will mean - for most of us so called civilised people – that you begin to live the lie.

Soon, every part of you mind, body and spirit will begin to be moulded, changed and transformed. For those that are not breast fed, instead fed upon formula milks or worse, the all important bowel flora will already be changing its delicate balance to the more putrefactive, die-ease forming colonies. This alone, setting the child and adult up for a life of mal nourishment, autointoxication and – for the most part – degenerative dis-ease in later life. The body, constantly challenged can never fully reach it's full potential, and thus nor can the man (we are all men of mankind).

Within weeks the assault on the immune system begins with cocktails of pathogenic substances, frequently laden with mercury based preservatives and the like, forcibly injected into the young and defenceless child whose honest response is always to scream and cry. “Oh, but this is to protect the child from disease”, your parents are told. Oh really? Are you quite sure?

With every chemical and physical element having it's own vibratory signature, these first assaults alone are challenging our very DNA, which is now known to be both receiver and transponder. Our cells, the trillions that make up our miraculous body have already begun to detrimentally change and the beginnings of a tox-sick picture have begun.

Already, just 6-12 weeks into life you are not what you ought to have been! Your very vibration is now corrupted and you are already out of sync with nature's song. Your aura has changed, and you have changed. You are about to be changed much more!!

And so, the control has begun. Insidious, by design, a control system has begun its all encompassing programming of mind, body and spirit. Created by beings whose intent is not in your best interests and have managed – for the most part – to allow us to forget the ancient and natural knowledge based in truth, and whose only intent was to produce the best possible chances for man to thrive. A system that has so infected every part of the world you have been born into that the very ones who love you the most may – and do - help carry out their deeds willingly.

You have been born into a prison. A prison with no bars. A prison for your mind. A prison where most still be-lie-ve they are free. A prison where you will be programmed and moulded into an obedient worker robot. Where you will come to know your place and accept authority and those above you. Where you will be-lie-ve that everyone can better them-selves if they just work harder or smarter, and where success is measured in assets. A God fearing life where guilt and fear have ruled and greed is good. A prison, that is in motion. An agenda in play. A goal, that at its core is evil.

Within the invisible walls of this prison, the reality you are about to learn is one where War is now Peace Keeping, Teachers destroy knowledge, Lawyers (liars) destroy Justice, Doctors destroy health and Religion destroys Spirituality. A prison where Peace Officers have been replaced with Police(y) Officers and enforce victimless crimes for their Corporate masters – all be-it unknowingly. A prison, where we are all be-lie-ve we are in debt to the few who have created the money out of thin air.

In short, you have been born into a prison that is really a topsy-turvy land. A land where doublespeak is the common language. Where lies flow like mountain rivers in the fall, and are called spin, marketing or news. Where everything is back to front and upside down, and most drink it in, day in, day out as part of their staple diet.

Aldous Huxely wrote about these very things in his book “Brave New World, and quotes Orwell’s “1984” book too. He gave a groundbreaking talk at UCLA-Berckley where he admits that these books were far from fiction, but where in-fact blueprints for two types of controlled and enslaved societies. He spoke of how terrorism and pharmaceuticals would be used to create “willing slaves” as well as saying:

“And it seems to me perfectly in the cards that there will be within the next generation or so a pharmacological method of making people love their servitude, and producing a kind of painless concentration camp for entire societies, so that people will in fact have their liberties taken away from them but will rather enjoy it, because they will be distracted from any desire to rebel by propaganda, brainwashing, or brainwashing enhanced by pharmacological methods.” ~ Aldous Huxley (Links & References)

One can only wonder at what Aldous would say today? But how did we get here? And by what tools and mechanisms have they used against us to take beings of unimaginable potential, and turn us into worker robots that expend their lives chasing money that does not even exist, and convincing us that we have to “pay our way” on this planet if we want to survive.

How have they made us fear each other so much that many believe that we are so different that only the shedding of blood can resolve this? And how have they hijacked paradise, a world of infinite possibilities and potential joy and slowly, but surely, raped and pillaged her. And, how have they managed to do all this, right in front of our very noses?

Well, let us see shall we?