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In
the NEWS

“Organ transplan-
tation to save life
is a scientific and
social triumph. But
killing the donor is
criminal.”

London-based lawyer
Hamid Sabi on forced organ
harvesting from prisoners of
conscience in China

WORLD | A3

Indonesia is returning

OVER 500

shipping containers of
contaminated recyclables
back to their countries
of origin, including one
hundred containers to
Australia.

WORLD | A3

Despite
CHINA'S BAN

on cryptocurrencies,
the country's state-run
central bank is planning
to release a digital cur-
rency of its own this year,
reports say.

CHINA | A5

“Biden admitted
to pressuring
Ukraine to fire a
prosecutor who
happened be
investigating his
son. Trump re-
quested that the
Ukrainian justice
system be allowed
to continue that
investigation.”

Retired CIA senior opera-
tions officer Brad Johnson
on a recent impeachment
inquiry against U.S. Presi-
dent Donald Trump

OPINION | A9

INSIDE

AU..... A2
World..... A3
China..... A4
US..... A6
Opinion..... A9

FEATURES

Mind & Body..... B1
Arts & Tradition..... B4

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DON EMMERT/AFP/GETTY IMAGES

U.S. President Donald Trump addresses the U.N. General Assembly at U.N. headquarters in New York on Sept. 24, 2019.

UNITED NATIONS

‘Spectre of Socialism’ a Serious Global Threat, Says Trump at UN

U.S. president warns world leaders about socialism and communism, saying it’s ‘the wrecker of nations and destroyer of societies.’

EMEL AKAN

NEW YORK—President Donald Trump warned world leaders about the “spectre of socialism,” calling it one of the most serious challenges facing the nations.

“It’s the wrecker of nations and destroyer of societies,” Trump said on Sept. 24 in his address to the United Nations General Assembly (UNGA) in New York.

“Events in Venezuela remind us all that socialism and communism are not about justice, they are not about equality, they are not about lifting up the poor. And they are certainly not about the good of the nation,” he said.

“Socialism and communism are about one thing only: power for the ruling class.”

Leaders of countries around the world have gathered this week in New York for the 74th session of the

UNGA. In his address, Trump repeated his pledge that the United States would “never be a socialist country.”

Trump has repeatedly criticised Democrats for embracing “radical socialism” in the United States. He denounced a wide range of proposals by Democrats, such as open borders, Medicare for All, and the Green New Deal, calling them an “extreme, destructive, and dangerous agenda.”

At a closed-door Republican annual conference on Sept. 12, Trump urged GOP lawmakers “to fight like hell” to win the 2020 election and defeat rising socialism in the United States.

Trump said in his speech to the UNGA that socialism and communism killed 100 million people in the last century, and he condemned the “brutal oppression” of people in Cuba, *Continued on A7*

GLENN HUNT/GETTY IMAGES



Members of the Socialist Alternative at the University of Queensland join anti-Adani protesters in Brisbane on July 5, 2019.

Socialism and communism are about one thing only: power for the ruling class.

U.S. President Donald Trump

US AID

Bill Bars Use of US Aid to Pay Families of Palestinian Terrorists

MARK TAPSCOTT

WASHINGTON—Millions of U.S. foreign aid dollars would be re-directed to Israel’s Iron Dome missile defence system if the Palestinian Authority (PA) resumes using the funds to support families of terrorists killed in attacks on America’s strongest ally in the Mideast, under legislation proposed on Sept. 19.

The Iron Dome Reinforcement Act of 2019 was introduced in the House of Representatives by Rep. Ted Budd (R-N.C.).

“The U.S. gives millions of dollars to the Palestinian Authority (PA) every year, and it’s *Continued on A7*



Mark Tapscott, US Congressional Correspondent for The Epoch Times, FOIA Hall of Fame, Reaganaut, HillFaith Founding Editor

CHINA

In China, Thousands Exposed to ‘Mind Control’ Technology

NICOLE HAO

The secretive technology is kept under wraps, but tens of thousands in China say they have suffered from its deleterious effects.

Through online forums, many have shared about how they suddenly experienced mind-altering symptoms, such as hearing voices or seeing images that others can’t. *Continued on A4*

SOCIAL MEDIA

Facebook ‘Oversight Board’ to Monitor Content Decisions

MATTHEW VADUM

Facebook’s 2.4 billion monthly active users will soon be able to appeal take-down decisions to a new “oversight board” that its CEO once likened to a “Supreme Court” that will have the power to override the company’s own content-moderation decisions, Facebook announced Sept. 17.

“If someone disagrees with a decision we’ve made, they can appeal to us first, and soon, they will be able to further appeal this to the independent *Continued on A6*

DAN KITWOOD/GETTY IMAGES



The social networking site Facebook is displayed on a laptop screen in London, England, on March 25, 2009.

CHINA-US

US Bill Seeks to Ban Federal Government From Buying, Using Chinese Drones

FRANK FANG

A bipartisan group of senators is seeking to prevent national security risks associated with drones made in China by prohibiting the U.S. government from procuring them.

Named the American Security Drone Act of 2019 (S.2502), the bill introduced on Sept. 18 would ban federal departments and agencies from *Continued on A6*

CLIMATE CHANGE

In Letter to UN, 500 Scientists Say There Is No Climate Emergency

IVAN PENTCHOUKOV

A group of scientists and professionals in climate and related fields sent a letter to the United Nations on Sept. 23 declaring that “there is no climate emergency.”

“The general-circulation models of climate on which international policy is at present founded are unfit for their purpose,” the letter, sent to Secretary-General António Guterres, states. “Therefore, it is cruel as well as imprudent to advocate the squandering of trillions of dollars on the basis of results from such immature models.” *Continued on A3*



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Accuracy
& Integrity

The Epoch Times was founded in 2000 to provide honest and uncensored news coverage of China. Based in New York City, our newsroom is dedicated to restoring accuracy and integrity in media. We stand outside political interests and the pursuit of profit. And we stand against the systematic destruction of traditional culture by destructive ideologies such as communism.

University Lecturer Offers Assessment Marks for Students Who Attend Climate Strike

ALAN CHEUNG

A social media post to a private Facebook group for Royal Melbourne Institute of Technology (RMIT) students revealed a university lecturer offering his students full marks for an assessment if they “attend the climate Strike” on Sept. 20.

An RMIT student made a post on RMIT StalkerSpace—an online community for RMIT students that isn’t officially connected with the university—that showed a screenshot of an email he received from his engineering lecturer.

“Hope you are well,” senior lecturer Dr. Hormoz Marzbani wrote. “Yes, you could get full marks (5% of the project mark) if you attend the climate Strike today in Melbourne.”

The lecturer then stated what the students would need to do to gain the assessment marks.

“All you need to do is to email me a group selfie while in the crowd for the strike with one condition,” Marzbani stated.

He added that any photo with “less than half of the group members” would be unacceptable.

Anyone unable to meet these conditions was encouraged to attend the lecture instead.

“In case you do not have enough people for the photo, I suggest you attend the lecture and the group meeting. I will be available in the lecture room,” he wrote.

Marzbani did not comment on the email when approached by The Epoch Times. He forwarded the enquiry to RMIT’s communications office.

An RMIT spokesperson responded to The Epoch Times with an email statement confirming that the student’s in Marzbani’s class had been offered full assessment marks to go towards their project.

“Students in this course are currently completing a design project, and a component of this project relates to environmental impact and ethics.

“While the teacher has determined that the conversation at today’s global climate strike is educational and relevant to the learning for this project, RMIT will of course be looking at the decision to ensure that assessment integrity is maintained,” the spokesperson said.

The spokesperson emphasised that the “assessment figure in question is 5%.”

Responses from Facebook Users

Reactions to the Facebook post showing the email ranged from excitement to disappointment.

“Stunning and brave,” one user said.

“He’s always being a legend,” said another.



ASANKA RATNAYAKE/GETTY IMAGES

A general view of protesters holding placards as they march in Melbourne as part of the Greta Thunberg-inspired ‘Global Strike 4 Climate’ on Sept. 20, 2019.

While the teacher has determined that the conversation at today’s global climate strike is educational and relevant to the learning for this project, RMIT will of course be looking at the decision to ensure that assessment integrity is maintained.

Royal Melbourne Institute of Technology spokesperson

“Someone organise one of these during exams,” one student joked.

Other commenters weren’t as impressed.

“Dude it’s bribing students to go to the climate change rally. That [expletive] is illegal surely,” one person commented.

“This makes us RMIT Alumni look terrible,” an alumnus said.

“I definitely support the cause but isn’t this academically undermining the value of the grade?” another asked.

One of his students from the previous semester commented, “He’s one of the best professors out there.”

‘Global Strike 4 Climate’

RMIT said that the university has “a long-standing commitment to sustainability and we’re proud of the progress we’re making against our sustainability goals” in a public statement regarding the ‘Global Strike 4 Climate’ on Sept. 20.

“Climate change is a serious issue for us all and we know that many of our students and staff are passionate about how they can make a change,” the statement read.

“With RMIT’s responsibility to the broader community front of mind, our goal of positive sustainable outcomes and practices is, and always will be, integral to how we operate.

“While we will continue to listen to feedback, we must balance the experience of our students, which is why

university operations are continuing today.

“We acknowledge there are a number of students who wish to participate in the strike and our staff have been working to ensure they would not be disadvantaged in doing so.”

Climate strike Organisers estimated 100,000 people at the Melbourne ‘Global Strike 4 Climate’ rally. The number of participants was revised down from 150,000 in initial estimates. Victorian police did not provide an estimate.

Organisers cited smaller but sizable crowds in other states, with 80,000 participants estimated for Sydney, and more than 35,000 for Brisbane. Queensland Police gave an estimate of 12,000 for the Brisbane rally.

One 10-year-old student, Parker Renshaw, who attended the rally in Brisbane told the ABC that he and his classmates were fearful for their future.

“I would love to be in school at the moment but it’s not much choice to be here, the government is forcing us to come,” he said. “My education is important but the world is even more important and we need to help it.”

In Darwin, 11-year-old high school student Argus Gurry told AAP his fears. “The standard of living up here will decrease dramatically. It will be hot and the population here will decrease. Less people are going to want to actually emigrate here and stay here,” he said.

In a press release on the day of the

strike, RMIT’s Dr. Blanche Verlie said, “Young people are enduring the pain of the end of the world once known to them and are struggling to generate promising alternatives for themselves due to obstructions from the people in power.” Verlie is researching the emotional impact of the dire climate change warnings from the IPCC on young people.

The worldwide strike movement started in August 2018 when 16-year-old Swedish climate activist Greta Thunberg began protesting outside Sweden’s parliament on school days.

Thunberg arrived in New York mid-September and made her first formal appearance on Sept. 13 in front of the White House. She did not mention President Donald Trump, who many see as a climate change sceptic following his withdrawal of the United States from the Paris Climate Change Agreement, in her remarks.

Neither Trump or Prime Minister Scott Morrison spoke at the UN secretary-general’s climate summit on Sept. 23 as they had no announcements regarding additional emissions reduction targets or financial commitments to the UN Green Climate Fund.

“Australia has already outlined our policies to tackle climate change including cutting our emissions by 26-28 percent and investing directly into climate resilience projects through our regional partners,” a spokesman for Morrison said.

US–Australia Space Project Brings Investment to South Australia

South Australian Premier Steven Marshall is over the moon that Australia will support the U.S. space project, saying it will be a great investment for the state.

He told reporters on Saturday he “couldn’t be more excited” that the Australian and American space agencies signed the joint statement of intent.

“It’s a pretty exciting project to be involved in—assisting NASA getting to the moon,” Marshall said.

“We’re the home of the headquarters Mission Control and Space Discovery Centre for the Australian Space Agency and I think it’s going to get even more investment into our state.”

The federal government will spend \$150 million helping Australian businesses and researchers position themselves to take advantage of the new deal with NASA.

“The Morrison Government is positioning Australia for lift-off with a \$150 million investment into our

local businesses and new technologies that will support NASA on its inspirational campaign to return to the Moon and travel to Mars,” Prime Minister Scott Morrison said.

“The five year investment will see the Australian Space Agency foster the new ideas and hi-tech skilled jobs that will make Australian businesses a partner of choice to fit out NASA missions.

“It will also support Australian businesses to become more competitive in international space supply chains and to increase Australia’s share in a growing US\$350 billion global space market.

“We’re backing Australian businesses to the moon—and even Mars—and back,” Prime Minister Scott Morrison said.

He announced the funding and details of the new cooperation at NASA’s headquarters on Sept. 21 while on his state visit to the United States.

“We’re getting behind Australian businesses so they can take advan-

U.S. Secretary of Commerce Wilbur Ross, top left, and Australian Prime Minister Scott Morrison, top right, witness the signing of a letter of intent between NASA and the Australian Space Agency by NASA Deputy Administrator Jim Morhard, left, and Dr. Megan Clark, Head of the Australian Space Agency, right, at NASA Headquarters in Washington on Sept. 21, 2019.



JOEL KOWSKY/NASA VIA GETTY IMAGES

tage of the pipeline of work NASA has committed to.

“There is enormous opportunity for Australia’s space sector which is why we want to triple its size to \$12 billion to create around 20,000 extra jobs by 2030.

“We’ve partnered with the U.S. in almost all of their missions to space for the last 60 years and this investment paves the way for the next 60,” he said.

“The growing amount of space sector work and innovation will also inspire the next generation to see the future of a career in these fields for the long term.”

Marshall said the biggest benefit

would be raising the Australian Space Agency’s profile.

“That will lead to more investment and, being based in SA that means that investment will come to SA, so it will lead to more jobs.

“I know there are already a lot of young people getting super excited about the opportunities for jobs in the space sector.”

The premier believes the two space agencies will have a strong working relationship.

By Katina Curtis and Emily Cosenza

From AAP

UN Human Rights Council Told It Has ‘Legal Obligation’ to Confront China on Forced Organ Harvesting

FRANK FANG

The United Nations Human Rights Council and U.N. member states have been told that they have a “legal obligation” to confront China over its practice of forced organ harvesting of Falun Gong adherents.

Addressing the council in Geneva on Sept. 24, London-based lawyer Hamid Sabi presented the findings from a report released in June by the China Tribunal, or the Independent Tribunal Into Forced Organ Harvesting from Prisoners of Conscience in China.

The tribunal, chaired by Sir Geoffrey Nice QC, who previously led the prosecution of former Yugoslavian President Slobodan Milosevic at the International Criminal Tribunal, concluded beyond reasonable doubt that, “in China forced organ harvesting from prisoners of conscience has been practiced for a substantial period of time involving a very substantial number of victims.”

Sabi said that given the evidence, the council and U.N. member states now have a “legal obligation” to address China’s “criminal conduct.”

“Forced organ harvesting from prisoners of conscience, including the religious and ethnic minorities of Falun Gong and Uyghurs, has been committed for years throughout China on a significant scale, and it continues today. This involves hundreds of thousands of victims,” Sabi explained.

Sabi pointed out that the tribunal’s conclusion of China’s crimes against humanity targeting the two groups has been “proven beyond a reasonable doubt.”

Main Source For China’s Transplant Industry
Falun Gong, also known as Falun

Dafa, is a spiritual practice of the Buddha-school, with meditative exercises and moral teachings based on truthfulness, compassion, and tolerance. It became hugely popular in China by the late 1990s, with official estimates of 70 to 100 million adherents in China alone by 1999.

The practice’s popularity drew the ire of then-Chinese Communist Party leader Jiang Zemin, who believed the moral teachings were a threat to Communist rule. Jiang mobilised the state’s security, prosecutorial, and judicial systems to persecute the group beginning in July 1999.

Since then, millions of adherents have been subjected to torture, detention, brainwashing, and forced labor. They are also the principal source of organs for the Chinese regime’s extensive transplantation industry.

“Victim for victim and death for death, cutting out the hearts and other organs from living, blameless, harmless, peaceable people constitutes one of the worst mass atrocities of this century,” Sabi said.

“Organ transplantation to save life is a scientific and social triumph. But killing the donor is criminal. Governments and international bodies must do their duty not only in regard to the possible charge of genocide but also in regard to crimes against humanity, which the tribunal does not consider to be less heinous.”

Nice explained in June that doctors in China promised extraordinarily short timeframes for people seeking an organ transplant—something not possible under normal voluntary organ donation systems.

There was also consistent evidence that those incarcerated by the Chi-



The United Nations Human Rights Council in Geneva on June 18, 2018.

The time of convenient ‘uncertainty,’ when all these entities could say the case against (China) was not proved, is past.

Sir Geoffrey Nice QC, former prosecutor at the international criminal tribunal for the former Yugoslavian President Slobodan and China Tribunal chair

nese Communist Party were being tested to determine the state of their organs, according to Nice.

Nice said the tribunal also received direct evidence of organ harvesting, including testimony from a surgeon who was instructed to perform such organ extractions.

At a separate U.N. event on Sept. 24, Nice said their findings required immediate action.

“The time of convenient ‘uncertainty,’ when all these entities could say the case against (China) was not proved, is past,” Nice said, according to Reuters.

Also speaking at the event was Feng Hollis, a Falun Gong adher-

ent, who was arrested in China in 2015, and later given two years of forced labor without trial.

She spoke of the unusual circumstance when she was “tested” every three to five months while being incarcerated, according to The Telegraph.

She recounted how she and other adherents were once taken to a hospital belonging to China’s re-education system. She was then subjected to a blood test, kidney ultrasound examination, electrocardiogram, urine test, and chest x-ray.

She called on the United Nations and the Translation Society to confront the tribunal’s findings.

In Letter to UN, Scientists Say There Is No Climate Emergency

CONTINUED FROM A1

The letter is signed by a number of prominent scientists and professionals from related fields, including atmospheric physicist Richard Lindzen and applied geology professor Alberto Prestininzi. The effort is led by professor Guus Berkhout, a Dutch engineer who served as professor of acoustics, geophysics, and innovation management at Delft University of Technology.

Berkhout intends to release the full list of 500 signatories in Oslo on Oct. 18.

The letter states that current climate policies undermine the economic system and put lives at risk by denying countries affordable energy.

“We urge you to follow a climate policy based on sound science, realistic economics, and genuine concern for those harmed by costly but unnecessary attempts at mitigation,” the letter states.

The letter’s release coincided with the U.N. climate summit in New York. Exemplifying some of the alarmism that prompted the letter, teenage climate activist Greta Thunberg told the summit that the planet is in the beginning stage of a “mass extinction.”

At a press briefing accompanying the letter, the scientists point out that the warming projected by the UN’s Intergovernmental Panel on Climate Change (IPCC) show temperature increases four times higher than the warming that was actually observed.

The IPCC has previously said its climate models can’t be used to accurately predict long-term changes in the climate.

“In sum, a strategy must recognise what is possible. In climate research and modeling, we should recognise that we are dealing with a coupled non-linear chaotic system, and therefore that the long-term prediction of future climate states



The United Nations summit on climate change in New York on Sept. 23, 2019.

is not possible,” the IPCC’s 2018 report states.

The letter to the U.N. states that the earth’s climate has always varied. The recent increase in global average temperature is no surprise, it says in the letter, considering that the Little Ice Age ended in 1850. The letter also says that global warming hasn’t led to more natural disasters.

The Berkhout-led letter follows a petition by more than 90 Italian scientists, publicised in June, which challenges the assertion that humans cause global warming as a theory based on models that have failed to adequately predict climate changes.

“It is scientifically unrealistic to attribute to humans the responsibility for the warming observed from the past century to today,” the Italian petition states.

“The advanced alarmist forecasts, therefore, are not credible, since they are based on models whose results contradict the experimental data. All the evidence suggests that these models overestimate the [human] contribution and underestimate the natural climatic variability, especially that induced by the sun, the moon, and ocean oscillations.”

The general-circulation models of climate on which international policy is at present founded are unfit for their purpose. Therefore, it is cruel as well as imprudent to advocate the squandering of trillions of dollars on the basis of results from such immature models.

Letter to United Nations

Indonesia Sending Back 547 Containers of Waste From West

JAKARTA, Indonesia—Indonesia is sending 547 containers of waste back to wealthy nations after discovering the receptacles were contaminated with used plastic and hazardous materials, amid a growing backlash in Southeast Asia against being a dumping ground for the developed world’s trash.

Nine containers with at least 135 tons of waste were sent back to Australia on Sept. 18, customs director Heru Pambudi said at a news conference in Jakarta.

“Some food still remains there, with liquid flowing,” Pambudi said, as he showed the contents of several containers.

He said 91 other containers will be returned to Australia after administrative processes are complete. They were among 156 containers held in Tangerang port near Jakarta that will be returned soon to other countries, including the U.S., New Zealand, Spain, Belgium, and the UK, he said.

Pambudi said the government has stopped more than 2,000 containers this year at several ports in East Java, Jakarta, Tangerang, and Batam near Singapore. So far, it has sent back 331, which will be followed by 216 others to France, Germany, Greece, Netherlands. Slovenia, Canada, Japan, and Hong Kong. Authorities are still investigating the rest.

The government announced in July that it had sent back almost 60 containers of waste to Australia; they were supposed to contain only paper, but included household waste, used cans, plastic bottles, oil packaging, used electronics, used baby diapers, and used footwear.

Pambudi said several Indonesian-owned companies that imported the waste must return it to the countries of origin within 90 days. No other sanctions were declared, although importing hazardous waste is a criminal offense with penalties

Some food still remains there, with liquid flowing.

Heru Pambudi, customs director, Indonesia

of up to 12 years in prison and a fine of as much as 12 billion rupiahs (\$850,000).

China banned the import of plastic waste at the end of 2017, resulting in more used plastic being sent to developing Southeast Asian nations.

A study published in June last year in the journal Science Advances, which used United Nations data, found that other nations will need to find a home for more than 110 million tons of plastic waste by 2030 because of the Chinese ban.

Indonesia and China themselves are among the world’s biggest producers of plastic waste, which is increasingly fouling their land, seas, and beaches.

By Achmad Ibrahim & Niniek Karmini
From The Associated Press



A worker shows plastic waste at Tanjung Priok port in Jakarta, Indonesia, on Sept. 18, 2019.

Thousands in China Experience Mysterious Symptoms Similar to US Consulate Sonic Attacks

CONTINUED FROM A1

They believe they have been targeted by authorities as unwitting “mind control technology” test subjects.

The symptoms are similar to those reported by several U.S. diplomats working at the U.S. consulate in Guangzhou City, in China’s Guangdong Province. They said they heard “abnormal” sounds and felt sensations of air pressure. Afterward, they showed signs of “mild traumatic brain injury.”

Jinnie Lee, a spokeswoman for the U.S. Embassy in Beijing, told The Associated Press at the time that a U.S. government employee first reported a variety of physical symptoms between late 2017 and April 2018.

At the time, the U.S. State Department said it would investigate the incident, noting that it was similar to an incident in 2017, when about 40 diplomats at the U.S. Embassy in Havana, Cuba, also reported falling ill after hearing an unusual sound. That led to speculation that they were attacked by a sonic or electromagnetic weapon.

Brain scans of affected U.S. embassy staff in Cuba revealed abnormalities in their brain tissue, The Guardian reported in July.

Attacks

A China-based NGO, whose name translates to “Against Concealed Technical Control” in English, was established to assist victims of such attacks to file lawsuits against local authorities.

The Chinese-language Epoch Times interviewed several victims as well as the NGO’s representative, who recounted their experiences.

A man using the surname of Zhong—to protect himself from reprisals by the Chinese regime—has organised victims to file joint lawsuits against 24 provincial governments since 2016, as well as six national-level suits since 2017.

Zhong said that the victims come from different age, social, educational, and working backgrounds, and are from places all across China. That’s led him to believe that provincial governments are each involved in their own “mind control” testing.

Victims have reported experiencing similar symptoms since the 1980s. For decades, victims felt mental and physical distress, with some choosing to take their own lives as a result of the torment, but local courts have refused to hear the victims’ cases. Many are confined at psychiatric hospitals as a result.

Zhong said that in an attempt to silence him, authorities have also forced him into a psychiatric hospital.

Li Da, an engineer and former deputy general manager at the Shanghai Taidao Control Engineering Company, said he was a victim of “mind control technology.” He told the Chinese-language Epoch Times that beginning in 2015, many victims joined an online message board, called “Global Mind Control Forum,” to share their experiences.

By the time the forum was shut by censors in 2017, it had more than



FRED DUFOUR/AFP/GETTY IMAGES

70,000 members who registered with their real names, valid contact information, and their reported symptoms.

Symptoms

A man from Beijing surnamed Wang, a former director of the sports division at a large Chinese media group, told the Chinese-language Epoch Times that around 2016, he began hearing extraneous noises whenever he picked up his phone, including during phone calls with his mother in the United States.

“I kept hearing a third person talking to me [during phone calls],” Wang said.

At first, Wang thought his hearing was failing him. He went to see the doctor, who told him his hearing was fine.

Eventually, Wang began hearing voices. “Whatever I had on my mind, that voice was able to verbalise it. Moreover, only I could hear it, and others couldn’t.”

The situation became worse and worse.

“It follows you all the time, like your shadow. ... the voice could get to know your private thoughts and memories, including your weaknesses, shortcomings, past wrongdoings. Then, he [the voice] would take advantage of this knowledge to humiliate, scorn, and berate you, and go to the extreme in verbal attacks.”

Wang tried to figure out the source.

People cross a street in Beijing on May 10, 2019.

Whatever I had on my mind, that voice was able to verbalise it. ... It follows you all the time, like your shadow.

Wang, a Chinese citizen who experienced “mind control” effects

“In one experiment, I stayed inside a room and used newspaper printing metal plates [which can block electromagnetic waves] to cover the walls, ceiling, and floor. In this closed room, I found that ... the disturbing voice could not read my mind anymore.”

The voice also interfered with his daily living.

“I would inevitably fall asleep when driving for longer than 10 minutes. It was not a deep sleep, but a state of quasi-sleep, and I had absolutely no control over it,” Wang said. He was involved in four car crashes in less than a year.

That convinced Wang that the voice was controlled by someone conducting a “mind control” experiment.

Wang said that he sought out a friend who is a senior official within the Chinese Communist Party. This friend confirmed to him: “There is mind control technology, and our government treats it very seriously.”

He believes he’s been targeted by authorities because his sister is a technology expert in the United States; he had refused to submit to pressure from the government to convince his sister to supply trade secrets to Beijing, he said.

Others who sought help with the NGO recounted similar experiences.

Yao Duojie, a former manager at a five-star hotel in Shenzhen City, told the Chinese-language Epoch Times that since 2007, he had been disturbed by strange voices, as well as irritating and terrifying messages that would appear before his eyes.

“Whatever I think about, whatever I do, whatever I see, the voice will verbalise it. Some time later, there were also intimidating messages, saying that someone will kill me or arrest me. At a later stage, as soon as I closed my eyes, unpleasant images would appear [in my mind]. I lived in terror day in and day out. I felt that my situation was like that of a mental patient,” Yao said.

Beijing’s Words

Chinese authorities have admitted to the existence of such technology, but only to explain that other governments have conducted related experiments.

“Whether the secretly selected test subjects are in a private residence, public space, industrial setting, or on public and private transportation, they can be affected by the chemi-

cal and biological stimuli emitted by the mysterious weapon,” state broadcaster China Central Television reported in 2008. “After a long period of time, the test subjects will become socially isolated and their immunity will go down, leading to various diseases and even death.”

The Chinese Communist Party’s mouthpiece newspaper People’s Daily reported in May 2012: “Soldiers who were attacked by such weapons have altered behaviour, and become like ‘zombies’ who can be easily controlled. They can be ordered to turn off the engine of a tank.”

The report added that “mind control” technology can cause soldiers to kill each other.

The Technology

There’s little scientific research into this type of technology. But satellite imagery confirms that the Chinese regime has developed electromagnetic pulse (EMP) weapons-testing facilities.

In January, a U.S. congressional study on “nuclear EMP” weapons developed by China, Russia, Iran, and North Korea was declassified and published, offering more insight into EMP weapons that can cripple infrastructure.

A Chinese NGO published a report in February about “mind control” technology, after affected individuals conducted their own research.

A military official based in Xuzhou City, Jiangsu Province, who was involved in developing “mind control” technology told the NGO in June that the Chinese regime has a machine “that can interfere or attack a person’s brain from thousands of kilometres away. It can connect the person’s brain, monitor his or her intention, control his or her autonomic nervous system, and can even stop the beating of his or her heart,” the official said.

The NGO study concluded that the machine mentioned by the official likely had the ability to emit electromagnetic waves at the same frequencies as a human brain.

The device can emit an electromagnetic wave that mimics real human frequencies to the target person, creating a fake feeling or hallucination, or controlling the subject’s bodily functions, according to the study.

Yi Ru contributed to this report.



COURTESY OF YAO DUOJIE

Yao Duojie, a former manager at a five-star hotel in Shenzhen City in southern China, has experienced mysterious mind-altering symptoms. He believes he is a victim of “mind control” testing by Chinese authorities.

China Prepares State-Controlled Digital Currency

FAN YU

News Analysis

As much as Beijing heaves vitriol on cryptocurrencies—having banned all exchanges, issuers, and miners—it has no qualms about introducing its own.

The People's Bank of China has been secretly working on its own version of digital currency for years, and reports indicate that its state-controlled central bank digital currency (CBDC) could be released as early as this year. Citing insiders, a Forbes report gives a launch date of Nov. 11, which also happens to be “Singles Day,” China's biggest online shopping day of the year.

In essence, Beijing has thrown down the gauntlet in its bid to end the U.S. dollar hegemony in global payments, and that poses a huge threat to the financial security and privacy of users.

Chinese state-owned newspaper Global Times said earlier this month that companies within the Shenzhen Special Economic Zone have been leading research to support the development and distribution of the CBDC.

The central bank recently appointed Mu Changchun, deputy director of its payments and settlement group, to lead its digital currency department.

While China's CBDC is a digital currency, it will behave vastly different than bitcoin. Unlike most cryptocurrencies, transacting in the CBDC won't give users any degree of anonymity, and its value will be pegged to one yuan.

The CBDC also doesn't completely rely on blockchain technology. It has a two-tier structure, with a central bank layer and a separate commercial bank layer, presumably in order to deal with the volume and size of transactions used in such applications.

First Major Central Bank Digital Currency

Beijing's plans to distribute its digital currency marks the first major CBDC to be introduced in the world. (Venezuela rolled out the world's first national cryptocurrency with its petro currency.) Initially, CBDC will be distributed through at least seven organisations, including internet firms Alibaba and Tencent, credit card issuer China UnionPay, and several large commercial banks, the Forbes report said.

The closest comparison to China's CBDC is Libra, the cryptocurrency recently proposed by Facebook Inc. Libra's goal is to facilitate global payments without the need for bank intermediaries. But unlike China's CBDC, Libra utilises one blockchain and is pegged to a basket of several global currencies.

Libra's announcement earlier this summer unnerved governments and central banks around the world, forcing Congressional hearings in the United States and fierce debate in Europe.

A team of developers from the People's Bank of China's Digital Currency Research Lab has been feverishly working on the CBDC, in a closed-door environment away from the central bank's Beijing headquarters, a person with knowledge of its development recently told CoinDesk, an online cryptocurrency publication.

The team was moved away from the central bank headquarters to expedite its work, since Facebook announced the Libra project in June, the report said.

A major use case could be for mobile payments, a segment dominated by Tencent and Alibaba. Forcing all mobile and internet transactions to move over to the CBDC could grant Beijing authorities more control and also decrease the risk of loss, in case a private company such as Alibaba is shut down or goes out of business.

Exerting More Control

China has long argued that cryptocurrencies create chaos and disorder. Cryptocurrencies' key benefits are hugely negative for the Chinese Communist Party (CCP); they cannot be centrally controlled and users must sell fiat currency (e.g., the yuan) to



Paramilitary policemen patrol in front of the People's Bank of China in Beijing on July 8, 2015.

A central bank digital currency affords several benefits for the Chinese regime: It's a digital currency it can control, the government can track where it's going, and it's a domestically developed technology that doesn't rely on foreign entities.

purchase digital currencies.

China's CBDC affords several benefits for the CCP regime. It's a digital currency it can control, the government can track where it's going, and it's a domestically developed technology that doesn't rely on foreign entities.

According to Beijing News, China has positioned its CBDC as a substitute—for now—for “narrow money” or M0 money supply, meaning the amount of physical cash in circulation.

Beijing argues that M1 and M2 supply, which encompass deposit, savings, and money market accounts, are less liquid and therefore already digitized and can be tracked easily by the government. M0 (cash), on the other hand, is largely anonymous, its movement can't be as easily tracked, and can be used for money laundering.

While using that definition, mobile payments are already digitized. Consumers must deposit cash into accounts held by Alibaba or Tencent to transact using Alipay or WeChat, which means that the initial transfer is recorded. However, payments made with Alipay or WeChat—since they aren't technically state-owned or—regulated as banks—are'n as easily tracked by the central government.

And given the convenience factor of mobile payments, consumers aren't incentivized to convert back into bank deposits. This means that as mobile payment usage increases, the harder it is for Beijing to track where cash is going and integrate such activities into the rest of the banking sector.

With all of the conveniences of mobile cash, the CBDC solves that issue. “One problem is that CBDCs will raise fears of state surveillance, especially from China, whose encroachment on civil freedoms has fuelled wild protests in Hong Kong. Enterprises and people don't want their own governments, much less foreign governments, monitoring their expenditures,” Michael J. Casey, senior advisor at MIT's Digital Currency Initiative, wrote in a recent column for CoinDesk.

The CBDC grants China even more control over its people. And when it is used internationally, Beijing will have the ability to control and track those users as well. Potentially, the CCP reserves the ability to kick out those who don't abide by its rules from the financial system altogether.

“And we're seeing a semblance of this starting in China with sesame credit, where people are being blocked from buying flights or insurance or anything else because maybe they have said something that is not in agreement with the central government or even one of their friends have said something,” Arthur Hayes, CEO of cryptocurrency exchange BitMEX, said at the CoinDesk Consensus Conference in June.

A Moonshot for Yuan Internationalisation

“A purely peer-to-peer version of electronic cash would allow online payments to be sent directly from one party to another without going through a financial institution,” wrote Satoshi Nakamoto in the original Bitcoin white paper.

That's an important statement, because financial institutions are regulated by governments. And international transactions across currencies are often routed through more than one financial institution.

China is expanding its influence across the globe. With its “One Belt, One Road” initiative, China could mandate that payments and transactions be made using digital yuan. It would be a first step in forcing the greater adoption of yuan internationally.

Beijing has already alluded to this plan. “In the promotion of the internationalisation of the renminbi, we will try first and explore innovative cross-border financial supervision,” a report by state broadcaster CCTV said on Aug. 18.

The United States and its Western allies are falling behind in this effort. China's digital currency development could soon allow Beijing to circumvent established Western rules through direct settlements, Jeremy Allaire, CEO of payments company Circle, said on a recent “Global Coin Research” podcast.

“A digital currency version of renminbi that runs on software platforms that can be run over the internet, it really creates an opportunity for China and Chinese companies ... and bypass the western banking system,” Allaire said.

Central banks in the United States and across Europe have so far resisted the idea of a “digital dollar,” but inaction could spell doom if China is successful in convincing its allies to bypass established global financial order.



New yuan banknotes are seen on a table at a bank counter in Hangzhou City, Zhejiang Province, China, on Aug. 30, 2019.



Employees and visitors in the lobby of the Office Building at Alibaba Xixi Park in Hangzhou, Zhejiang province of China, on July 13, 2017.

China to Send State Officials to 100 Private Firms Including Alibaba

SHANGHAI—China's top technology hub Hangzhou plans to assign government officials to work with 100 private companies including e-commerce giant Alibaba, according to state media reports, in a move likely to raise concerns over the growing role of the state.

The step underscores how Chinese regime and Party authorities are growing more deeply integrated into the private sector, as its economy sputters amid an intensifying trade war with the United States.

The city of Hangzhou, home to Alibaba Group Holding Ltd., will designate government officials to work with 100 local companies in the eastern province of Zhejiang, the local government said on its website.

The directives, presented as a means to boost the local manufacturing industry, did not name the 100 companies subject to the policy, but state media reports said Alibaba and auto maker Zhejiang Geely Automobile Holdings Ltd. would be among the companies.

“We understand this initiative ... aims to foster a better business environment in support of Hangzhou-based enterprises. The government representative will function as a bridge to the private sector” Alibaba said in a statement.

Geely did not immediately respond to a request for comment.

Chinese law has long required private and publicly-listed firms, including foreign entities, to establish formal party organisations.

Party organisations must ensure that employees adhere to the regime's rules. Firms are often eager to follow Party orders in order to stay out of trouble.

Such groups were once seen as largely symbolic. However, in recent years, foreign executives have said they have come under increasing pressure to allow Party representatives more sway over business operations.

Domestic companies have strengthened Party committees as well. In 2018, dozens of Chinese banks announced changes to their articles of association, granting more power to Party committees.

Wu Zuolai, a U.S.-based Chinese political commentator, believes that the Communist Party is renewing its attempts to tighten its control of private businesses.

“In the 50s all private businesses were nationalised and business owners had to hand in their property to the Chinese Communist Party. Right now the [CCP] can't achieve that, so they adopted a new way: the Party organisation inserts itself into the company so as to assert control over it,” Wu told Radio Free Asia on July 9.

By Josh Horwitz. Epoch Times reporter Eva Fu contributed to this report. From Reuters

US Bill Seeks to Ban Government Use of Chinese Drones

CONTINUED FROM A1

buying any commercial off-the-shelf drone or small unmanned aircraft systems (UAS), either manufactured or assembled in countries deemed a national security threat to the United States. China was named among those countries, as well as Iran.

“China is STEALING our technology and intellectual property, yet the U.S. Government continues to buy critical technology, like drones, with American tax dollars from Chinese companies backed by their government,” Sen. Rick Scott (R-Fla.) said in a statement from his office.

In addition to Scott, the bill was introduced by Sens. Marco Rubio (R-Fla.), Tom Cotton (R-Ark.), Josh Hawley (R-Mo.), Chris Murphy (D-Conn.), and Richard Blumenthal (D-Conn.).

“Without Congressional action, adversaries like China and Iran will use drone technology as tiny Trojan Horses to spy on our government, our critical infrastructure—even our hospitals and homes,” Blumenthal said in the release.

The bill would also ban federal funds from being awarded to contracts, grants, or cooperative agreements that would be used to purchase these drones.

In addition, the Comptroller General, who is the head of the Government Accountability Office, would be required to submit a report to Congress that details the current number of such drones in the possession of U.S. federal departments and agencies.

Federal officials would need to stop

Without Congressional action, adversaries like China and Iran will use drone technology as tiny Trojan Horses to spy on our government, our critical infrastructure—even our hospitals and homes.

U.S. Sen. Richard Blumenthal (D-Conn.)

U.S. Democratic Sen. Richard Blumenthal on Capitol Hill in Washington, D.C., April 6, 2017.

ALEX WONG/GETTY IMAGES



An employee flies a drone during the opening of the DJI flagship store in Hong Kong on Sept. 24, 2016.

using those drones within 180 days after the measure’s enactment.

Chinese Drones

“Chinese companies routinely steal and provide information to Beijing’s military and intelligence apparatus, and DHS [Department of Homeland Security] recently warned of the threat posed by Chinese-manufactured unmanned aerial systems and components,” Rubio said in the statement.

In May, the DHS issued an industry alert about Chinese-manufactured drones, warning data from the machines could be compromised.

“The United States government has strong concerns about any technology product that takes American data into the territory of an authoritarian state that permits its intelligence services to have unfettered access to that data or otherwise abuses that access,” the notice indicated.

Meanwhile, the Department of the Interior (DOI) is a frequent user of nonmilitary drones for missions such as supporting wildland firefighting, inspecting and mapping of dams and aircraft accidents, and monitoring volcanic activities.

According to a July 2019 report on the DOI’s drone usage, its nine bureaus—the National Park Service and U.S. Geological Survey among them—conducted 10,342 drone flights in 42 U.S. states and territories in 2018, with its fleet of more than 600

available drones and 400 drone operators, who were certified by the Federal Aviation Administration (FAA) and trained by DOI.

Among DOI’s fleet of drones are those made by China’s DJI, which has dominated much of the world market for years.

Research firm Skylogic, in a 2018 market report, said that 79 percent of commercial drones operating in Canada and the United States are manufactured by DJI. The company’s global market share was 74 percent.

Local authorities in the United States also rely on DJI drones. According to a 2018 report by the Center for the Study of the Drone at Bard College, at least 910 state and local police, sheriff, fire, and emergency services agencies in the United States use drones, with 523 of them having purchased at least one drone from DJI. That report was based on local news reports, official records such as FAA aircraft regulations, and local government minutes and publications.

DJI, a private company, has received millions of dollars worth of subsidies from the Shenzhen City government in southern China, where the company is based.

In a statement regarding the U.S. measure, DJI officials told the Wall Street Journal: “banning or restricting the use of drone technology based on where it is made is fear-driven policy, not grounded in facts or reality.”

Pentagon

At a press briefing on Aug. 26, the U.S. Undersecretary of Defense for Acquisition and Sustainment Ellen Lord spoke about the need to build up a U.S. drone-manufacturing industry, as the “entire U.S. [drone] market” has been “eroded” by cheap Chinese items.

“We then became dependent on them, both from the defense point of view and the commercial point of view,” Lord said.

“We know that a lot of the information is sent back to China from those. So it’s not something that we [the United States] can use.”

Lord said that in May, the Pentagon unveiled a program called the “Trusted Capital Marketplace” (TCM), to encourage investment from private capital investors into the defense industry. TCM would first focus on attracting investments into the small-drone industry, she said.

Concerns about Chinese drones are included in the language of both the Senate and House versions of the annual defense spending bill: the National Defense Authorization Act. A provision is included to prohibit the Department of Defense from operating or procuring Chinese-made drones.

Both versions have been approved; the chambers will now reconcile differences in their legislation to produce a compromise bill.

Facebook ‘Oversight Board’ to Monitor Content Decisions

CONTINUED FROM A1

board,” Facebook CEO Mark Zuckerberg wrote in a letter, according to Ars Technica. “As an independent organization, we hope it gives people confidence that their views will be heard and that Facebook doesn’t have the ultimate power over their expression.”

The plan emerged after critics have complained for years that the Menlo Park, California-based company highhandedly engages in ideological viewpoint-discrimination, particularly against conservatives, often without clearly explaining the reasons for its decisions.

Facebook has made takedown decisions that have been intensely criticized. For example, in 2018, it removed the Declaration of Independence, claiming it was hate speech. The New York Times reported in December 2018 that Facebook’s content moderators used inaccurate and obsolete guidelines to decide whether to remove flagged posts.

President Donald Trump held a social media summit at the White House on July 11 to meet with conservatives upset about their views being censored in social media. Previously he wrote on Twitter that “Google & others are suppressing voices of Conservatives and hiding information and news that is good. They are controlling what we can & cannot see. This is a very serious situation—will be addressed!”

The U.S. Federal Trade Commission imposed a record \$5 billion fine on Facebook in July for misleading users

Think about “some sort of structure, almost like a Supreme Court, that is made up of independent folks who don’t work for Facebook, who ultimately make the final judgment call on what should be acceptable speech,” Zuckerberg said.

about personal data-privacy policies. The FTC and several states have also initiated antitrust investigations into Facebook’s business practices.

Lawmakers from both sides of the aisle have called for breaking up or regulating Facebook, and the company has been accused both of tolerating fake news and being too quick to censor posts.

Zuckerberg came up with the idea of a content moderation tribunal in 2018, according to Columbia Journalism Review.

At that time, he called for the creation of an independent body that would make rulings on some of the decisions the company makes about what content should be permitted on Facebook pages, decisions that regularly leave the company open to criticism.

Think about “some sort of structure, almost like a Supreme Court, that is made up of independent folks who don’t work for Facebook, who ultimately make the final judgment call on what should be acceptable speech,” Zuckerberg said.

This week, Facebook published the charter document that will govern what it now calls an “oversight board,” which will adjudicate content-moderation disputes.

“Freedom of expression is a fundamental human right,” the charter states.

“Facebook seeks to give people a voice so we can connect, share ideas and experiences, and understand each other. Free expression is paramount, but there are times when speech can

be at odds with authenticity, safety, privacy, and dignity. Some expression can endanger other people’s ability to express themselves freely. Therefore, it must be balanced against these considerations.”

The purpose of the oversight board “is to protect free expression by making principled, independent decisions about important pieces of content and by issuing policy advisory opinions on Facebook’s content policies.” The board “will operate transparently and its reasoning will be explained clearly to the public, while respecting the privacy and confidentiality of the people who use” Facebook.

Facebook said the board will handle appeals from Facebook users and will eventually have 40 members who will

serve three-year terms. Five-member panels will screen cases and decide which ones the board should consider. The board is expected to be operating by early 2020.

A trust will be created to compensate board members for their service, in order to give members independence from the company, according to Facebook. Until the board can be fully staffed, the company may temporarily delegate some of its staffers to fill positions.

All decisions rendered by the board will “be made publicly available and archived in a database of case decisions,” according to the company. A decision will be binding unless Facebook finds that carrying it out would violate the law.

CHIP SOMODEVILLA/GETTY IMAGES



Facebook co-founder, Chairman, and CEO Mark Zuckerberg testifies before the House Energy and Commerce Committee in the Rayburn House Office Building on Capitol Hill, Washington, on April 11, 2018.

Bill Bars Use of US Aid to Pay Families of Palestinian Terrorists

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estimated that they spend at least 7 to 10 percent of their yearly budget as payouts and bonuses to the families of dead terrorists,” Budd said in a statement explaining his proposal.

Budd said the PA has received more than \$5 billion in bilateral economic and nonlethal foreign assistance from the United States since the mid-1990s under President Bill Clinton, including \$65 million in 2018 alone.

“That works out to as much as \$6.5 million in U.S. taxpayer money potentially being handed over to terrorists and their families,” Budd continued. “The idea of my tax dollars going to fund terrorism is repugnant to me ... it makes my skin crawl to think your money might be used for that activity.”

He said that “the Palestinian Authority has notoriously lacked transparency with their annual budgets, but Congress has the power of the purse and is ultimately responsible for where taxpayer dollars go.”

Budd’s proposal requires submission every six months of a certification “by the Secretary of State to Congress that contains a determination of the Secretary that the Palestinian Authority, including any ministry, agency, or instrumentality, or any official acting on behalf of any such ministry, agency, or instrumentality, and the Palestine Liberation Organisation, as the case may be, has ceased the payment of any bonuses, financial compensation, or any other benefit not generally or otherwise available to the Palestinian population at large to the families of Palestinians killed in connection



An Israeli soldier lies on the ground as missiles are fired from an Iron Dome anti-missile station near the city of Beer Sheva, Israel, on Nov. 15, 2012.

with ... conspiring to commit an act of terrorism or the commission of an act of terrorism,” according to the bill text.

The same certification process would be applied to U.S. funds going to the Palestine Liberation Organisation (PLO), which was the forerunner

to the PA and remains a part of the territory’s governing structure.

“It’s amazing that we even need a bill like this. Taxpayers deserve more oversight on where these funds go,” Budd said.

If the certification can’t be provided, then all of the funds would

“be transferred and made available to the Secretary of Defence to provide assistance to the Government of Israel for the procurement of the Iron Dome defence system to counter short-range rocket threats.”

Since 2015, Israel has faced “a wave of terror perpetrated by individuals, many of them very young, inspired by vicious incitement in Palestinian social and traditional media and urged on by the Palestinian leadership,” according to the Israel Ministry of Foreign Affairs.

“The Palestinian Authority goes so far as to pay convicted terrorists a monthly allowance—the more serious the offense, the more money they receive. The families of terrorists killed by Israeli security forces during a terror attack receive a monthly ‘pension’ as well,” the ministry stated.

Eighty-four Israelis have been killed in the attacks and more than 1,300 have been wounded. The attacks have included 206 stabbings, 234 shootings, 75 vehicular attacks, and one vehicular bombing, according to the ministry.

Israel’s Iron Dome system includes ground- and sea-to-air missiles that are radar-guided to incoming targets, including enemy rockets and artillery shells.

Helicopters and drones can also be destroyed with the system that now has 10 batteries deployed, with as many as 80 interceptors in each launcher, and will include 15 batteries when it is completed.

Fifty-five percent of the system’s components are manufactured in the United States under contract by Raytheon. The U.S. military reportedly has purchased two batteries.

Apple Will Make New Mac Pro Computers in US After Landing Tariff Exemptions

ZACHARY STIEBER

Apple said it would be making its redesigned Mac Pro desktop computers in the United States in a Sept. 23 announcement.

The new Mac Pro, unveiled in June, will be produced at the same Apple facility in Austin, Texas, where the computer has been made since 2013.

The new computer will include components designed, developed, and manufactured by more than a dozen U.S. companies located across multiple states: Arizona, Maine, New Mexico, New York, Oregon, Pennsylvania, Texas, and Vermont. The companies include Intersil and ON Semiconductor.

The announcement came several months after the company reportedly said it was moving its Mac Pro production to China. Apple said it received some tariff exemptions, citing the “federal product exclusion” for making it possible to keep manufacturing the computer line in the United States.

Tim Cook, Apple’s CEO, thanked the administration of President Donald Trump in a statement.

“The Mac Pro is Apple’s most powerful computer ever and we’re proud to be building it in Austin. We thank the administration for their support enabling this opportunity,” he said. “We believe deeply in the power of American innovation. That’s why every Apple product is designed and engineered in the U.S., and made up of parts from 36 states, supporting 450,000 jobs with U.S. suppliers, and we’re going to continue growing here.”

Apple said it’s on track to fulfill its commitment to invest \$350 billion in the U.S. economy by 2023. It spent more than \$60 billion last year.

Trump in July said via Twitter: “Apple will not be given Tariff waiver, or relief, for Mac Pro parts that are made in China. Make them in the USA, no Tariffs!”

Four days later, Cook told ana-



Workers at the Austin, Texas, facility that will manufacture Apple Mac Pro computers.

lysts in an earnings call that the company wanted to keep producing Mac Pros in the United States, adding, “We want to continue to be here.”

Trump told reporters after having dinner with Cook in August that the Apple CEO “made a good case” against tariffs. The president said Cook argued the tariffs would hurt Apple while Samsung, based in South Korea, wouldn’t be affected.

“I thought he made a very compelling argument, so I’m thinking about it,” Trump said at the time.

Regulators on Sept. 20 approved 10 out of 15 requests Apple made for tariff exemptions, according to a public docket published by the U.S. Trade Representative and a Federal Register notice.

In a statement on Sept. 23, Republican Texas Gov. Greg Abbott reacted to Apple’s announcement.

“Our state’s economy is thriving as the tech and manufacturing sectors continue to expand,” Abbott said. “I am grateful for Apple’s commitment to creating jobs in Texas, and will continue to promote fiscal and regulatory policies that encourage investment in our state and benefit future generations of Texans.”

I am grateful for Apple’s commitment to creating jobs in Texas, and will continue to promote fiscal and regulatory policies that encourage investment in our state and benefit future generations of Texans.

Greg Abbott, Governor of Texas

Trump at the UN Declares ‘Spectre of Socialism’ a Serious Threat to the World

CONTINUED FROM A1

Nicaragua, and Venezuela today.

“The dictator Maduro is a Cuban puppet, protected by Cuban bodyguards, hiding from his own people,” he said.

“These totalitarian ideologies combined with modern technology have the power to exercise new and disturbing forms of suppression and domination,” Trump said, defending the recent U.S. policy that requires increased screening of foreign technology and investment in the United States.

‘History, Culture, and Heritage’

Trump also pointed a finger at social media giants, media, and academic institutions.

He accused social media companies of acquiring immense power and silencing people.

“A small number of social media platforms are acquiring immense power over what we can see and over what we are allowed to say,” he said. “Media and academic institutions push flat-out assaults on our histories, traditions, and values.”

Trump defended traditions and customs and asked the leaders to cherish the “history, culture, and heritage” of their countries.

“The free world must embrace its national foundations. It must not attempt to erase them or replace them,” he said.

“If you want freedom, take pride in your country. If you want democracy, hold on to your sovereignty. And if you want peace, love your nation.”

Religious Freedom

At this year’s UNGA, Trump has made the protection of religious freedom a key focus. He hosted an event on Sept. 23 called “Global Call to Protect Religious Freedom,” which sought to gain international support for protecting religious leaders and religious freedom in the wake of increasing persecution around the world.

“Today, with one clear voice, the United States of America calls upon the nations of the world to end religious persecution,” Trump said on Sept. 23.

Media and academic institutions push flat-out assaults on our histories, traditions, and values.

U.S. President Donald J. Trump

Trump drew criticism for scheduling his meeting on religious freedom during a climate change summit hosted by the U.N. secretary-general on Sept. 23.

He attended the climate summit for 15 minutes before leaving for his own meeting booked at a separate conference room at the UN headquarters.

Pastors and a number of Christian nongovernmental organisations throughout the country praised Trump for addressing the “real problem” of religious persecution.

“It is a remarkable thing that this president would skip a UN climate change summit on an imaginary problem to address the very real problem of global persecution of believers,” Robert Jeffress, an American Southern Baptist pastor, told Fox & Friends.

Almost 83 percent of the world’s population live in countries with high or very high religious restrictions, according to a 2018 study by Pew Research Centre.



Relatives of political prisoners demonstrate outside the headquarters of the United Nations Development Programme in Caracas, Venezuela, on June 20, 2019.

THE WORLD

In Pictures



ALEX WONG/GETTY IMAGES; NOAH SEELAM/AFP/GETTY IMAGES; DAVID ROGERS/GETTY IMAGES; JEAN-PIERRE CLATOT/AFP/GETTY IMAGES; SEAN GALLUP/GETTY IMAGES; CLAUDIO REYES/AFP/GETTY IMAGES



(From top L-R) **Prime Minister Scott Morrison** and his wife Jennifer Morrison hosted by U.S. President Donald Trump and first lady Melania Trump wave from the Truman Balcony during an arrival ceremony at the White House on Sept. 20. **A labourer rests on bags of onions** at the Malakpet agriculture market yard in Hyderabad, India, on Sept. 18. **Levani Botia of Fiji** is tackled by Allan Alaalatoa and Izack Rodda of Australia during the Rugby World Cup 2019 Group D game between Australia and Fiji at Sapporo Dome in Sapporo, Japan, on Sept. 21. **People look** at the head of a tunnel boring machine after the completion of the first 9 kilometres of the Lyon-Turin tunnel in Saint-Andre to connect France to Italy under the Alps on Sept. 23. **Jesters perform in the annual Oktoberfest parade** of Bavarian and international folk culture associations in Munich, Germany, on Sept. 22. This year's Oktoberfest, which will draw millions of visitors from all over the world, will run from Sept. 21 through Oct. 6. **Police officers march with their sniffer dogs** during a military parade in Santiago, Chile, to mark the 209th anniversary of the nation's independence on Sept. 19.

BRENDAN SMIALOWSKI/AFP/GETTY IMAGES



President Donald Trump and Ukraine's then-President Petro Poroshenko wait for a meeting at the Palace Hotel during the 72nd United Nations General Assembly in New York on Sept. 21, 2017.

OPINION

Trump and the Whistleblower

BRAD JOHNSON



Last month, The Washington Post broke the story that an unidentified person filed a whistleblower complaint against President Donald Trump based on a phone call to Ukraine, during which Trump requested the completion of an investigation started long ago regarding former Vice President Joe Biden and his son Hunter.

As a retired CIA operations/intelligence officer and swamp-dweller of 25 years, let me lay out what it means and why the complaint really took place.

An aspect that is troubling to anyone that is an honest intellectual or informed reader is that this latest accusation against the president is made from the precise same mold as the completely discredited “Spygate” accusations and Mueller investigation, which we now know falsely claimed the president had colluded with the Russians.

In a very “here we go again” moment, the president was initially accused of making a “promise” to the Ukrainian leader that was very “troubling.” We have since learned it was a request, not a promise, and that request was for the Ukrainian justice system to move forward.

By his own admission, when Joe Biden was still vice president and visiting Ukraine, he insisted that Ukraine fire the prosecutor who was investigating his son in a criminal matter, or else he would block a desperately needed billion-dollar aid package. This seems to be a textbook example of obstruction of justice, albeit in Ukraine.

I doubt we have ever had a president of the United States who hasn’t promised something to a foreign leader.

According to the mainstream media reporting, the implication is, of course, that the president did something that once again constitutes collusion with a foreign power or is in some way illegal or immoral. There is an immediate problem with this story and how it is being covered by the mainstream media.

As we all know, whistleblower is a term for someone on the inside who reports on illegal activity. Here is the rub: Foreign policy is set by the president, and he’s fully within

the rights and responsibilities of his office to promise or request of a foreign leader anything he wants.

I doubt we have ever had a U.S. president who hasn’t requested something of a foreign leader. To suggest that there is something inherently wrong with that is misleading at best and an outright lie at worst.

What has been reported specifically is that Trump made a promise that is so troubling that an official from the intelligence community, who was aware of the promise, filed a complaint. The complaint was filed with the appropriate authority, in this case, Inspector General (IG) of the Intelligence Community (IC) Michael Atkinson.

The IG looked at the whistleblower’s report and found it credible enough to forward it to his boss, acting Director of National Intelligence Joseph Maguire. Maguire has stated that there are issues with the report and he is seeking legal advice before proceeding.

Here is his conundrum: Biden admitted to pressuring Ukraine to fire a prosecutor who happened to be investigating his son. Trump requested that the Ukrainian justice system be allowed to continue that investigation. To be clear, by all accounts, Trump didn’t request an outcome of the judicial process, only that it be allowed to continue after it was stopped in its tracks by Biden.

How should Maguire proceed with a “whistleblower” complaint that is about the person seeking justice and not the person who obstructed justice? How is this anything other than a politically motivated hit job by an anti-Trump individual who puts his personal political views above national interests?

Just in case there is anyone who still thinks the IC is a professional nonpolitical structure, let me remind everyone of the 2019 National Intelligence Strategy (NIS), which provides the IC with its strategic guidance for a four-year period and to which all IC agencies contribute. In the most recent NIS, global warming was listed as one of the most serious dangers we face.

At a time when terrorism and aggressive Chinese global ambitions are a real danger, just to name two issues, the IC is worried about a narrative that has been wrong in its predictions for decades. At that moment, the IC and its leadership were proven to be nothing more than political and no longer interested in serious national security concerns.

The very same IC leadership included

NICHOLAS KAMM/AFP/GETTY IMAGES



Then-nominee for director of the National Counterterrorism Center Joseph Maguire during his confirmation hearing before the Senate Intelligence Committee in Washington on July 25, 2018.

senior FBI leaders who appear to have attempted to overthrow a legally elected U.S. president and apparently are now in the process of being investigated; indictments are possible. Coming directly from the IC, I have warned the president in earlier opinion pieces that IC leadership can’t and shouldn’t be trusted.

The problem is that, over the past two decades, to get into the leadership pipeline anywhere in the IC, you have to be a liberal. Had I not seen it myself, I would doubt it, too.

The largest factor that makes someone promotable is their current job. Certain choice jobs give experience in areas that are required for promotion. Here’s where the system has been perverted. Who is given what job doesn’t have any protections, so choice jobs are handed out to party loyalists without regard to who is the most qualified.

Those better positions make the person filling them the most promotable; this is exactly how the leadership pipeline is controlled by the left in all of government. When we learn the identity of the “whistleblower,” I bet we will find he or she is someone of the left who had been favorably promoted, putting them in a position to harm the president.

Brad Johnson is a retired CIA senior operations officer and a former chief of station. He is president of Americans for Intelligence Reform.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.

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Brexit: What’s At Stake?

MARK HENDRICKSON

I feel badly for the people of the United Kingdom. Brexit—the move to withdraw the UK from the European Union—has left the United Kingdom anything but united.

Although this issue was settled in theory when Brexit was approved in a national referendum three years ago, it is not close to settled in practice. In fact, the dispute between “leavers” and “remainers” has gotten so fractious that the Conservative Party expelled 21 of its own Members of Parliament on Sept. 3.

Even families are being ripped apart, most notably in Prime Minister Boris Johnson’s own family when his brother Jo (a fine fellow whom I met several years ago) resigned both his seat in Parliament and his place in his brother’s cabinet because he couldn’t reconcile his feelings about Brexit with his feelings for his brother.

This is by no means a classic “good guys versus bad guys” showdown. From my perspective on this side of the Atlantic, I see solid arguments in favour of both “remain” and “leave.”

Here are some valid reasons for the UK to remain in the EU:

After the massive carnage in two world wars last century (the continuation of a centuries-long pattern of armed conflict between the various continental powers and Britain), many Brits are understandably reluctant to jeopardise the peaceful relations that have been nurtured by the free flow of goods and persons across old national borders in the post-war era.

British professionals, artists, and tourists don’t want to lose the current convenience of easy passage from country to country that being part of the EU gives them.

Businesses that have developed profitable markets, supply chains, and marketing channels want to avoid disruptions.

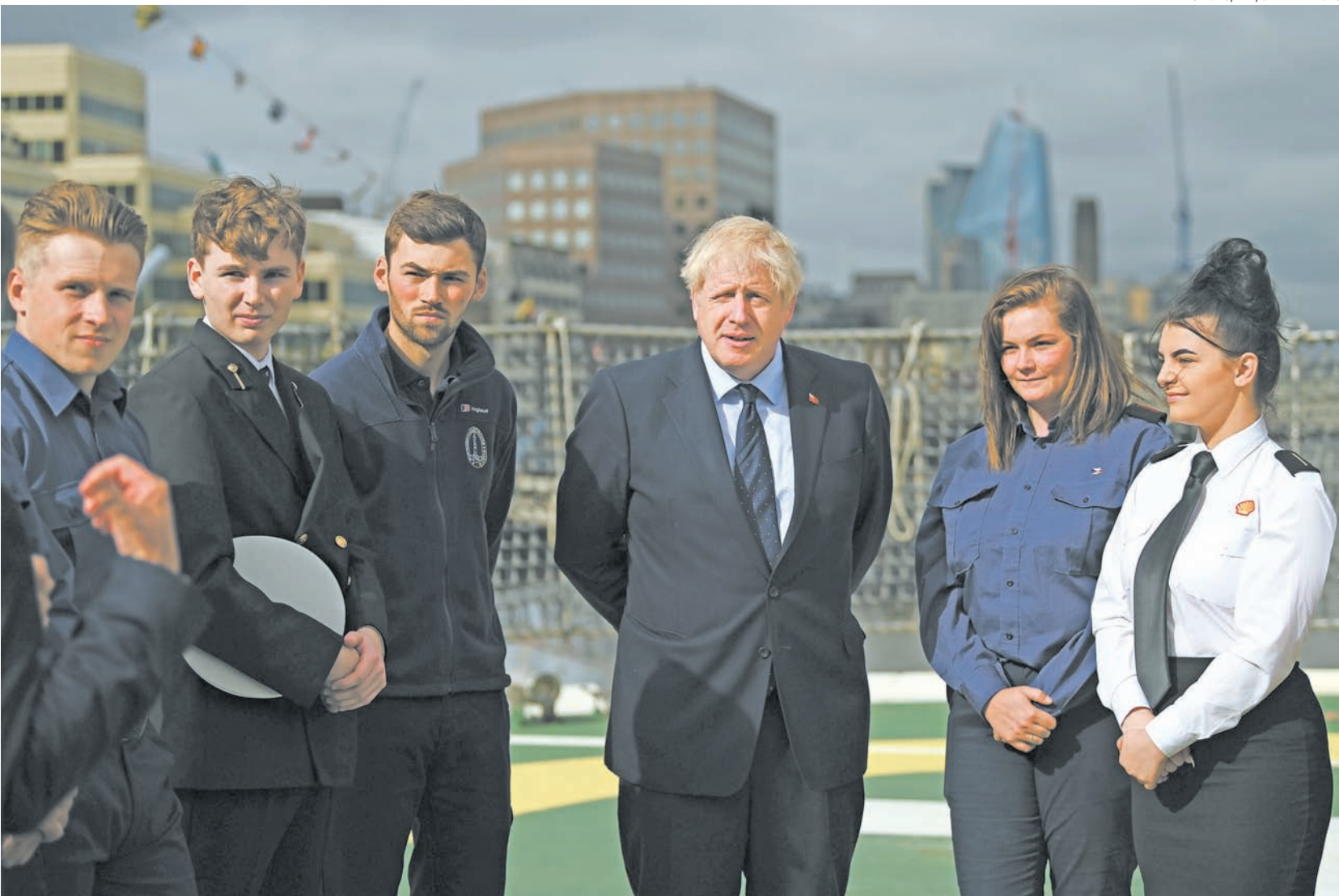
Another reason many Brits oppose Brexit is that Scottish nationalists and others have said they would follow Brexit by seceding from the United Kingdom. If you think it has been tricky for the UK to withdraw from the partial economic union that it has with the EU (partial, since the UK has retained its own currency and central bank), imagine how complicated a Scottish secession from the UK would be. How would they ever figure out how to divide up the Royal Navy, the national debt, and various government ministries?

The reasons for exiting the EU are also compelling:

The power of the unaccountable, largely invisible, and essentially undemocratic Eurocrats in Brussels is already formidable. If it continues to grow unchecked, it could become tyrannical. (Search online for “Brexit, the movie” for a stunningly exposé of the structure and power of the European supra-state.)

The EU has already issued edicts that have shut down or greatly curbed some British industries, depriving Brits of their livelihood. Naturally, many people rebel at far-off strangers having a chokehold on their ability to earn an income.

The United Kingdom has lost control over immigration. Millions of poor people with EU passports have poured into the country. One casualty of this human flood has been that the nationalised British health care system that provides free health care for everyone who is in the UK is starting to break down. This socialised health care system already suffered from long and sometimes fatal waits for treatment. My daughter, who lives in London, says that the massive influx of immigrants has resulted in her district having only seven physicians to care for



Britain’s Prime Minister Boris Johnson with apprentices of a lighthouse tender moored on the river Thames to mark London International Shipping Week in London on Sept. 12, 2019.



EU chief Brexit negotiator Michel Barnier (R) gestures as he speaks past European Commission President Jean-Claude Juncker during a debate on Brexit at the European Parliament in Strasbourg, northeastern France on Sept. 18, 2019.

63,000 people. She reports that the locals are getting increasingly upset about that.

It seems to me that the Brits who want to leave the EU have the stronger arguments. The “remainers” fear losing the peace, prosperity, and convenience that the current arrangement has produced. Those are vitally important concerns. But the UK leaving the EU need not lead to a drastic reduction of trade, social intercourse, and the peace that such close ties foster. It’s certainly an achievable goal for the EU and UK to maintain strong commercial ties if negotiators on both sides commit to such a mutually beneficial relationship.

On the other hand, the “leavers” fear that if they do not withdraw now, the traditional rights of British citizens—including especially the right to elect their leaders—will be lost. Currently, if the people in the UK become dissatisfied with Parliament, they can vote the rascals out. They have no such recourse with the faceless rulers in Brussels. The British people have fought hard over the centuries to be a free people, and they do not want to surrender their liberties to far-off strangers perpetrating a bloodless coup.

Those wanting independence from the EU are also concerned about their nationhood. Being a Brit means something to them. Their national identity was forged over many centuries. The prosperity that they now enjoy is the fruit of the labor of generations of Brits. Having painstakingly built

For the sake of all—Brits and continentals—both sides should bend over backward to keep the UK as economically integrated with the continent as possible. That is the path to peace—the ultimate goal for “remainers” as well as for “leavers.”

up what they now have, many of today’s Brits wonder what right foreigners have to come in whatever numbers they please and gorge on the fruits of British society. Why should foreigners be allowed to deprive Brits of their inheritance, whether economic (e.g., health care), cultural (refusing to assimilate British values and standards), or political (e.g., using hard-won democratic freedom to vote for sharia law that would abolish democratic freedoms)?

A brief digression: Some would make the argument that the Brits “owe” part of their wealth to natives of developing countries due to the history of colonialism. The problem with this argument is that the UK squandered and lost that wealth due to post-World War II socialistic policies that turned the UK into the economic sick man of Europe by the 1970s. Today’s prosperity was accomplished via an economic revitalisation under Margaret Thatcher in the 1980s. The Brits pulled themselves up by their own bootstraps, not by ripping off weaker countries.

Intellectuals and Eurocrats, both in the UK and on the continent, may say that it isn’t fair for the British people to keep the benefits of British society for themselves. But is it fair for foreigners to come in and help themselves to the benefits produced by the British people? Just as a homeowner would object to a stranger entering his home, settling there, and enjoying its comforts, so the “leavers” believe

that they and their elected government should have the authority to decide who is permitted to enter and reside in their country and who isn’t.

Apart from the passionate disagreements between themselves, the biggest danger from Brexit is that the UK’s European allies may overreact. Out of spite, the Eurocrats may try to inflict economic pain on the UK by making it difficult for goods and services to pass between the British Isles and the continent.

Such a punitive response would be tragic and shortsighted. There are millions of people in Britain and Europe who cherish the close ties that have developed between them in recent decades. Why punish them? Still, the Eurocrats in Brussels may, in fact, do everything they can to make the UK’s exit as painful as possible for both sides. Their goal would be to discourage other discontented member states from following the UK’s lead and withdrawing.

For the sake of all—Brits and continentals—both sides should bend over backward to keep the UK as economically integrated with the continent as possible. That is the path to peace—the ultimate goal for “remainers” as well as for “leavers.” For the Eurocrats to seek to punish the Brits for leaving the EU would be a hostile act. If, indeed, those are the true colours of the EU, then not only the Brits, but every other peace- and freedom-loving European should seek stronger ties with each other outside the self-serving machinations of the EU.

For now, though, all eyes are on the UK. The “leavers” believe that both the principle of democratic, accountable government and the very idea of British nationhood are at stake. The “remainers” are willing to trust the opaque governing structure of the EU and seem to believe that Britain will always be British. The British people are trying to finalise a choice made three years ago between two very different world-views. May wisdom and foresight guide them through this existential challenge.

Mark Hendrickson, an economist, recently retired from the faculty of Grove City College, where he remains a fellow for economic and social policy at the Institute for Faith & Freedom.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.

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We still believe journalism is a noble vocation, but only when it genuinely seeks to serve its communities and help them to flourish. In all that we do, we will hold ourselves to the highest standards of integrity. This is our promise to you.

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How the Spectre of Communism Is Ruling Our World

Destruction of the Family

The Epoch Times here serialises a translation from Chinese of “How the Spectre of Communism Is Ruling Our World,” a new book by the editorial team of the “Nine Commentaries on the Communist Party.”

Chapter Seven (Cont.)

4. The Practice of Wife-Sharing Under Communism

a. Wife-Sharing in the Soviet Union (cont.)

In 1923, the Soviet novel “The Loves of Three Generations” popularised the word “glass-of-waterism.” The author, People’s Commissar for Social Welfare Alexandra Kollontai, was a revolutionary who fought her way into the Bolshevik faction from a traditional family, in search of “women’s liberation.” The “glass-of-waterism” promoted by the novel is, in fact, a term for sexual indulgence: In communist society, satisfying sexual desire is as normal and easy as drinking a glass of water. “Glass-of-waterism” was widespread among factory workers and especially teenage students.

“The current morality of our youth is summarised as follows,” the well-known communist Madame Smidovich wrote in the newspaper Pravda (March 21, 1925):

“Every member, even a minor, of the Communist Youth League and every student of the Rabfak [Communist Party training school] has the right to satisfy his sexual desire. This concept has become an axiom, and abstinence is considered a notion of bourgeois. If a man lusts after a young girl, whether she is a student, a worker, or even a school-age girl, then the girl must obey his lust; otherwise, she will be considered a bourgeois daughter, unworthy to be called a true communist.”

Divorce also became normalised and widespread. “The divorce rate skyrocketed to levels unseen in human history. In short order, it seemed as though everyone in Moscow had a divorce,” Paul Kengor noted in his book “Takedown: From Communists to Progressives, How the Left Has Sabotaged Family and Marriage.” In 1926, the American magazine The Atlantic published an article about the astonishing situation in the USSR, with the title “The Russian Effort to Abolish Marriage.”

The phenomenon of “Swedish families”—which, rather than having anything to do with Sweden, refers to a large group of men and women living together and engaging in casual sex—also appeared during this period of sexual liberation. This opened the doors to promiscuity, sexual chaos, homosexuality, moral collapse, the destruction of families, sexually transmitted diseases, rape, and more.

Following the expansion of socialist communes, these “Swedish families” spread across the Soviet Union. This was known as the “nationalisation” or “socialisation” of women. The socialist women in Yekaterinburg of 1918 are a sad example: After the Bolsheviks seized the city, they issued an ordinance that young women between the ages of 16 to 25 must be “socialised.” The order was implemented by several Party officials, and 10 young women were “socialised.”

The Bolsheviks quickly tightened their policies on sex at the end of the 1920s. During a conversation with feminist activist Clara Zetkin, Lenin deplored the “glass-of-waterism” philosophy, calling it “anti-Marxist” and “anti-social.” The reason for this was that sexual liberation brought about an undesirable byproduct: many newborn babies, many of whom were abandoned.

Again, it was shown that the destruction of the family eventually results in societal collapse.

b. Sexual Liberation in Yan'an

During the CCP’s early years, the circumstances were similar to those of the Soviet Union. Of course, these communist parties are all varieties of poisonous fruits from the same tree. Chen Duxiu, an early communist leader, was known for his debauched personal life. According to the mem-

oirs of Zheng Chaolin and Chen Bilan, communists such as Qu Qiubai, Cai Hesen, Zhang Tailei, Xiang Jingyu, and Peng Shuzhi had a somewhat confused sexual history, and their attitude toward sex was similar to the “glass-of-waterism” of the early Soviet revolutionaries.

“Sexual liberation” was embraced not only by the Party’s intellectual leaders, but also by ordinary people living in the CCP’s early “Soviets” (revolutionary enclaves set up before the Nationalist Party was overthrown) in Hubei, Henan, and Anhui. Due to the promotion of equality of women, and absolute freedom of marriage and divorce, revolutionary work was often disrupted in order to satisfy sexual desires.

Young people in the Soviet areas sometimes engaged in romantic affairs in the name of connecting with the masses. It wasn’t unusual for young women to have six or seven sexual partners. According to the “Collection of Revolutionary Historical Documents in the Hubei-Henan-Anhui Soviet Districts,” among local party chiefs in places like Hong’an, Huangma, Huangqi, Guangshan, and elsewhere, “about three-quarters of them kept sexual relations with dozens or hundreds of women.”

In the late spring of 1931, when Zhang Guotao took charge of the Hubei-Henan-Anhui Soviet districts, he noted that syphilis was so widespread that he had to report to the Party Central for doctors who specialised in treating the disease. Many years later, in his memoirs, he vividly recalled stories of women in the Soviet districts being sexually harassed, including some of the senior generals’ mistresses.

In 1937, Li Kenong was serving as director of the CCP’s Eighth Route Army Office in Nanjing, making him responsible for collecting military stipends, medicine, and supplies. On one occasion, when checking the medicine list of the Eighth Route Army, the National Government staff found a large quantity of drugs for treating sexually transmitted diseases. The staff asked Li Kenong, “Are there a lot of people in your army suffering from this disease?” Li wasn’t sure what to say, so he lied and said it was to treat the local people.

By the 1930s, however, sexual freedom came to be perceived as a threat to the regime. The same problem of social disintegration found in Soviet Russia was apparent, and Red Army conscripts began worrying that their wives would take up extramarital affairs or divorce them once they joined the revolution. This affected the combat effectiveness of the troops. Moreover, the trend of promiscuity seemed to reinforce the notoriety of the “common property, common wives” slogan. Thus, Soviet districts began implementing policies protecting military marriages, limiting the number of divorces, and more.

5. How Communism Destroys Families in the West

The evil spirit’s ideological trends find their origins in the 19th century. After a century of transformation and evolution in the West, they finally came to the fore in the United States in the 1960s.

In the 1960s, influenced and encouraged by neo-Marxism and various other radical ideologies, social and cultural movements manipulated by the evil spirit appeared. These included the hippie counterculture, the radical New Left, the feminist movement, and the sexual revolution. These turbulent social movements were part of a fierce attack on America’s political system, traditional value system, and social fabric.

The movements quickly spread to Europe, rapidly altering the way the mainstream thought about society, the

family, sex, and cultural values. While this was going on, the gay rights movement was also rising. The confluence of these forces led to the weakening of traditional Western family values and the decline of the institution of the traditional family and its centrality in social life. At the same time, social turmoil triggered a series of problems, including the proliferation of pornography, the spread of drug abuse, the collapse of sexual morality, the rise of the juvenile crime rate, and the expansion of groups depending on social welfare.

a. Promoting Sexual Liberation

Sexual liberation (also known as the sexual revolution) originated in the United States in the 1960s. Its subsequent rapid spread through the world dealt a devastating blow to traditional moral values—in particular, traditional family values and sexual morality.

The evil spirit made ample preparations for using sexual liberation against Western societies. The free love movement paved the way to gradually erode and disintegrate traditional family values. The concept of “free love” violates traditional sexual morality, and argues that sexual activity of all forms should be free from social regulation. In this view, individual sexual activities, including marriage, abortion, and adultery, should not be restricted by the government or law, nor subject to social sanction.

The followers of Charles Fourier and John Humphrey Noyes were the first to coin the term “free love.”

In recent times, the main promoters of free love ideas are almost all socialists or people deeply influenced by socialist thought. For example, among those pioneering the free from social movement in Britain was socialist philosopher Edward Carpenter, who was also an early activist for gay rights. The gay rights movement’s most famous advocate, British philosopher Bertrand Russell, was an avowed socialist and a member of the Fabian Society. He claimed that morality should not limit humanity’s instinctive drive toward pleasure and advocated premarital and extramarital sex.

The main forerunner of the free love movement in France was Émile Armand, an anarcho-communist in his early days who later built on Fourier’s utopian communism, founded French individualist anarchism (which falls under the broader category of socialism), and advocated promiscuity, homosexuality, and bisexuality. The pioneer of the free love movement in Australia was Chummy Fleming, an anarchist (another offshoot of socialism).

The free love movement in America bore important fruit: Playboy, the erotic magazine founded in 1953. The magazine made use of coated paper to create the impression that it was artistic and not seedy. It also used expensive color printing, with the result that pornographic content typically regarded as low-class and vulgar swiftly entered the mainstream, and Playboy became a “high-class” leisure magazine. For more than half a century, it has spread the toxin of sexual freedom to people around the world and has laid siege to traditional morals and perceptions regarding sex.

In the middle of the 20th century, with hippie culture increasing in popularity and free love gaining widespread acceptance, the sexual revolution (also known as sexual liberation) made its official debut. The term “sexual revolution” was coined by Wilhelm Reich, the German founder of communist psychoanalysis. He combined Marxism with Freudian psychoanalysis, and believed that the former liberated people from “economic oppression,” while the latter liberated people from “sexual repression.

See next edition for the next installment.

JIM WATSON/AFP/GETTY IMAGES

What Can We See From the Sudden Escalation of the Sino-US Trade War?

CHENG XIAONONG



The back-and-forth tussle between the United States and China in the Sino-US trade war has taken a new turn, with Beijing's sudden offensive aimed at the American economy and causing a political fiasco for Trump that could affect next year's U.S. presidential elections. For the first time in history, a world economic power has taken the method of attacking the economy of another world power in order to alter the short-term domestic political prospects of that country. There is no longer any doubt that China and the United States are not engaged in a trade war, but in economic warfare. And the goal is beyond the economic scope, pointing directly at the position in the Oval office.

Targeting the American Economy
According to Duowei News, an overseas Chinese-language media with ties to Beijing, the Chinese Ministry of Finance announced Aug. 23 that it would impose tariffs on \$75 billion worth of U.S. imports, to be implemented starting Sept. 1 and Dec. 15 respectively, and would resume import tariffs on U.S. auto parts that had been previously paused last December. Subsequently, starting in September, additional tariffs on U.S. soybeans would reach 30 percent, tariffs on seafood, fruit, and meat will rise to 35 percent; starting mid-December, U.S. grain and vehicles will also incur additional tariffs of 35 percent, which is the first time that Beijing has gone after American crude oil. A few hours later, Trump announced on Twitter that on Oct. 1, the United States would raise the existing tariffs on \$250 billion of Chinese goods from 25 to 30 percent. At the same time, effective Sept. 1, tariffs on the other \$300 billion of Chinese imports would rise from 10 to 15 percent.

From the above reports from the CCP's mouthpieces, it's clear that this time it is Beijing that has taken the initiative in adding tariffs on U.S. goods, and it is Trump who is on the defence. The CCP's overseas media also admitted that in this sequence, Trump is counterattacking; in other words, Beijing is the aggressor. However, some overseas media reversed the chronological order of the events, thus misleading the audience into believing that the United States first added tariffs, and that the CCP reacted out of necessity. Therefore, it is crucial that the facts are clarified, but more importantly, since it is the Party that made the first move, it is necessary to analyse its motives and goals in depth. Moreover, the CCP's move has caused a reversal in Sino-US relations of the past decades, making an in-depth analysis of the origin and background of the event even more relevant.

In combating the United States, the Chinese Communist Party (CCP) has gone public with a strategy of "creating an enemy for itself"; on the strategic scene, it has escalated to economic confrontation.

A US Counterattack Is Precisely What Beijing Wants
Beijing's initiative to increase tariffs seems to be a tactical response, but its purpose is very clear. Since China abandoned its sincerity in Sino-US negotiations, this tactic carries the clear connotation of challenge. The U.S. economy is now the main target. After the Chinese side suddenly overturned the negotiating table

in early May and threw away the agreements it had made to 90 percent of the U.S. demands, the United States increased tariffs on China's exports to the United States to exert pressure, while continuing to express its willingness to continue negotiations. Were the Chinese side willing to play along and go through the motions while stalling for time, its relationship with Washington would not be good, but neither would it be in its current state of rapid deterioration. However, Beijing no longer has that kind of patience. It has now assumed an offensive posture by suddenly taking the initiative to impose tariffs on American products.

In response to this sudden "offensive" by Beijing, Trump's across-the-board tariff increase is an entirely predictable measure. After Beijing overturned the negotiation table in May, the United States lost the space for friendly consultation and settlement of problems. Although Trump is still arranging for communication between the two parties, it's been reduced to little more than a formality. Now, Beijing has taken the initiative to exert pressure on the United States and completely prevent the export of U.S. goods to China, which blocks any possibility of the United States narrowing its long-term trade deficit of hundreds of billions of dollars with China. The United States can no longer expect cooperative intent from China in resolving the trade deficit between the two sides nor on issues such as intellectual property theft. The only option Trump has left to reduce the U.S. trade deficit with China is to comprehensively and substantially increase tariffs on Chinese goods.

Since then, the complete deterioration of U.S.-China economic and trade relations has all but become a foregone conclusion. In fact, this is also part of Beijing's plan. The Beijing-run Global Times has stated that it is necessary to fight a war of attrition with the United States.

Duowei reported: "After the end of the first exchange of blows, the market is stained with blood. Besides skyrocketing gold prices, the U.S. stock index, the offshore RMB exchange rate, crude oil prices, and U.S. Treasury yields have all fallen sharply. Although the losses from the trade war for the two sides have reached a new peak... the possibility of a recession for the United States is gradually emerging." This is China's basic calculus in its current economic war with the United States.

Why Has Beijing Adopted a Lose-Lose Strategy?
In a little more than a year, Beijing's attitude in the Sino-US trade and intellectual property negotiations has taken a 180-degree turn. It has gone from cooperative negotiation to torpedoing discussions, and then from passively responding to the pressure of the United States' gradual tariff increases to actively increasing tariffs, to which the United States has countered with steep tariff increases. Does Beijing's motive for "pressing home the victory" come from its realising the "inevitability" of America's decline? Or is China instead trying to make the best of a bad situation by enduring short term pain for long term gains, such as forcing Trump out of office, that it hopes to reap by landing a heavy blow upon the U.S. economy? Beijing has chosen to go for a scenario in which neither side can win. Why? By now it is apparent that the U.S. economy has remained prosperous while the Chinese economy is in a continuous



President Donald Trump speaks during a trade meeting with China's Vice Premier Liu He in the Oval Office at the White House in Washington on April 4, 2019.

If the Chinese regime wanted to save China's economy, the most sensible step would be to put up a face of cooperation with the United States, rather than taking such a confrontational, lose-lose stance. However, the Chinese are not doing this.

Knowing that U.S. politicians have a relatively low tolerance for "short term" pain, while the Chinese Communist Party's totalitarian system can ignore it, Beijing has changed its strategy from "delay and wait for change" to "create change by going on the offensive."

downward spiral. Normal Sino-US relations cannot drag the U.S. economy into an abyss, and China hardly has the means of "pressing home a victory." Does Beijing intend to stop before things go too far? If the Chinese regime wanted to save China's economy, the most sensible step would be to put up a face of cooperation with the United States, rather than taking such a confrontational, lose-lose stance. However, the Chinese are not doing this; on the contrary, it has embarked on the path of strategic confrontation with the United States, and its plans for economic war has the clear political goal of interfering with the U.S. presidential election. This strategy has now come to the fore, and Beijing has brought an end to the era of polite Sino-US relations.

Who Suffers Most in the 'Lose-Lose' Scenario?
Since Beijing has adopted this strategy, what exactly does it want to achieve? Beijing's actions will undoubtedly hurt the Chinese economy in the short term. For example, cheap agricultural products from the United States cannot be imported, so China will have to look to other means to get the necessary soybean and corn imports. However, the price of soybeans exported from Brazil to China has recently increased by 70 percent, and within them include soybeans imported to Brazil from the United States. This has not only allowed Brazil to take advantage and make easy money, but also greatly increased the prices of China's vegetable oil and animal feed, exacerbating China's rapidly rising meat and food prices.

Many people both in China and abroad previously thought that for the sake of citizens' livelihoods, the Chinese authorities would not take the "lose-lose" approach. Now it turns out that the Chinese people's concerns about the deterioration of Sino-US relations have not shaken the determination of authorities to do precisely that. The reason is just as I wrote in "Distinguishing True and False in the Winning and Losing of US-China Negotiations," my July 20 article published in The Epoch Times: "People who silently endure economic pressure cannot change the policies of the authorities. This is the source of the CCP's 'resistance to economic pressure'." How the American people will react to the price hikes caused by the United States imposing tariffs on Chinese imports, as well as US stock market volatility and US corporate panic, remains to be seen. The United States will undoubtedly suffer some form of short-term pains from the dramatic restructuring of Sino-US trade relations. Broadly speaking, people in democracies usually have less of what the Chinese call the "big picture, overall" concept, as when their lives are affected, they can express themselves through the next presidential election. Beijing dares to put both itself and the United States through a period of short-term pain precisely because the "resistance to economic pres-

sure" that U.S. leaders can muster is weaker than that of China's authoritarians. Beijing's hope is to use economic war to shake the hearts of the American people and bring about change in the White House. The long term pains that China and the United States face involve a great number issues that I will explain in my follow-up article "Why the Sino-US Trade War Has Escalated Into an Economic War: A Second Analysis of the Reversal in Diplomatic Relations."

The Strategic Shift
Knowing that U.S. politicians have a relatively low tolerance for "short term" pain, while the Chinese Communist Party's totalitarian system can ignore it, Beijing has changed its strategy from "delay and wait for change" to "create change by going on the offensive." While capable of shrugging off short-term pain, the CCP's main dilemma is how to deal with the long term pain caused by foreign firms and investors leaving China. For this, it has few options and no clear solution. What is clear is that, if the CCP were to continue the path of Trump's marginal tariff increases, its original plan of "dragging things out" would only become an irritating "long term pain" that not only does little damage to Trump, but might even consolidate his chances of re-election. But by "creating change by going on the offensive," the CCP can bring about a surge in short-term pain that can impact the United States insofar as it lands a blow on Trump's economic achievements and by extension sway voter sentiment to Beijing's benefit. However, by choosing the "lose-lose" route, Beijing has fully revealed its enmity towards the United States, and the empty talk of "China-US friendship" no longer works even as a formality. Trump himself has already begun to ask on Twitter whether or not China is an enemy—a status that the CCP is responsible for creating. Under such circumstances, it remains to be seen how American voters will react to this series of events: Will their resentment of Trump grow, or will the president gain more support for his China policy?

Dr. Cheng Xiaonong is a scholar of China's politics and economy based in New Jersey. He is a graduate of Renmin University, where he obtained his master's degree in economics, and Princeton University, where he obtained his doctorate in sociology. In China, Cheng was a policy researcher and aide to the former Party leader Zhao Ziyang, when Zhao was premier. Cheng has been a visiting scholar at the University of Gottingen and Princeton, and he served as chief editor of the journal Modern China Studies. His commentary and columns regularly appear in overseas Chinese media.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.

WORK WELL

Rules to Improve Work Relationships

Getting along with co-workers can go a long way to making your job more enjoyable.

See B2

DIMA SIDELNIKOV/SHUTTERSTOCK



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SEPTEMBER 26-OCTOBER 2, 2019 B1

LIFE

THE EPOCH TIMES

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WHAT YOU THINK ABOUT
Your Emotions
MATTERS



Our underlying beliefs about emotions—whether or not we’re aware of them—can affect our happiness in life

JILL SUTTIE

Emotions can be mystifying at times. After all, who hasn’t been waylaid by sudden anger that’s out of proportion to whatever prompted it, or felt gloomy for seemingly no reason? To add to the complexity, we also have beliefs about our emotions—whether we believe they’re a positive, manageable force in our lives, or that they’re unwanted interlopers that wreak havoc on our psyche. These beliefs may be unconscious, likely based on our own experiences or the implicit and explicit messages we receive from our parents and our culture.

“How people think about the malleability of their emotions seems to be a crucial factor in emotional functioning.”

Study researchers

Now, new research suggests that these beliefs about our feelings—whether they are “good” or “bad,” “controllable” or “uncontrollable”—affect us in important ways. Believing that emotions are generally helpful, and that they can be changed when problematic, may help us recover better from emotional upset and prevent us from falling into depression and anxiety. “Learning why people have emotions, how they are adaptive, and how they can benefit you in some ways is crucial to understanding them and can benefit your well-being,” researcher Eric Smith of Stanford University says.

Can You Change Your Emotions?
Imagine that a close friend ignores you when you arrive at her holiday party. You’d be angry or upset, right? But if you tried thinking about the situation differently—maybe your friend didn’t see you or was distracted with host duties—that would help calm you down and keep you from acting out. The ability to manage difficult emotions—something scientists call “emotion regulation”—is tied to several positive outcomes, like better mental health, moral decision making, and memory, as well as general well-being. Using a particular emotion-management strategy called “reappraisal,” which involves reinterpreting an emotionally upsetting event in a more positive light (as you might do at that holiday party), is often very effective. Yet some of us don’t believe we have any control over our emotions.

The research on emotion beliefs gives us hope that we can impact people’s lives using a fairly simple lesson that costs almost nothing to impart.

Continued on B2

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WHAT YOU THINK ABOUT

Your Emotions

MATTERS

Continued from B1

With that in mind, several new studies looked at how this belief may affect how we act and how we feel.

In one study, 355 Filipino college students reported on whether they thought emotions were controllable by agreeing or disagreeing with statements like, “If you want to, you can change the emotions you have” or “The truth is, you have very little control over your emotions.” They also reported how much they used reappraisal to handle their emotions, and to what extent they experienced positive feelings, life satisfaction, and depression or anxiety.

The findings showed that how people thought about their emotions was important. If they believed feelings were malleable, they used reappraisal more frequently, and in turn, they had greater emotional well-being and life satisfaction.

“How people think about the malleability of their emotions seems to be a crucial factor in emotional functioning,” the researchers conclude.

Though this study focused on a single point in time, a recent study by University of Toronto researcher Brett Ford and her colleagues found a similar pattern over time.

More than 200 youths between 10 and 18 years of age reported on whether they believed emotions could be changed or were unchangeable, and whether they used reappraisal or suppression (trying to tamp down feelings) to manage difficult emotions. Then, researchers measured their emotional well-being at the beginning of the study and 18 months later, using surveys and reports from parents.

Youths who believed emotions were controllable used reappraisal more and were less depressed 18 months later than those who didn’t. In addition, they didn’t try to suppress their feelings nearly as often as other young people—a good sign, as suppression has been tied to poorer emotional health.

This suggests a potential pathway through which emotion beliefs impact well-being.

“Once you have emotion beliefs, the beliefs shape what you do when difficult emotions come up in daily life,” says Ford. “While it’s also possible the reverse is true—that very intense depression could make you believe that emotions are uncontrollable—we didn’t find much evidence for that.”

Many of us have heard of the benefits of a growth mindset: When people believe that learning and intelligence come from effort rather than natural talent, they are more motivated to persevere, leading them to perform better. Emotion researchers believe there may be something parallel going on with emotions: When you believe that feelings are something you can impact through effort, rather than being out of your control, you may be willing to try strategies to manage them better.

Are Emotions Good or Bad?

People often judge feelings as “good” or “bad” by whether or not they are pleasant or unpleasant: Happiness is good, while anger is bad. Yet many emotion researchers believe that feelings, whether pleasant or unpleasant, are adaptive and useful, providing important information about what’s going on around us. In other words, even unpleasant emotions can be “good.”

Does believing that impact our well-being? Some studies suggest it does.

In a recent paper, Ford and her colleagues looked at how participants with different emotional beliefs reacted to stressors. In one experiment, researchers deliberately stressed-out participants by requiring them to give an impromptu talk; in another experiment, people kept daily diaries about how they handled stressors in their regular lives. Participants also reported whether they were more accepting or more judgmental of their emotions.

In both cases, participants who accept-

THINK WELL, WORK WELL

Rules to Improve

Work Relationships

Getting along with co-workers can go a long way to making your job more enjoyable

JEFF GARTON

Few places have as much impact on your mental and physical health as your workplace. And few aspects of your workplace affect you as much as your work relationships.

When you are considering joining, you want to know if your future associates will accept you as a member of their team. Will they provide you a helping hand when you need one and appreciate you for your contributions and efforts? Will you get along with them, including the ones you may not like?

You know the ones I mean. You cringe at the sight of them. Just the thought of having to interact with them can make you feel uneasy. You would rather do anything else but you can’t, because a part of your job is to try and get along with whomever you work with.

Difficult work relationships are the primary source of dissatisfaction and conflict in the workplace. Failed relations can be awkward, dysfunctional to the business, and harmful to your health. Some people can transform a good job into misery.

One of my old HR bosses once told me, “This HR work would be pretty good if it wasn’t for the people. Anytime you put two folks together and pay them to get something done, there’s conflict.” This is why it’s important to be selective about

where you work, which raises another issue.

No matter how selective your job choices are, all work relationships are subject to change. You may not always have the opportunity to choose your boss or colleagues. It becomes necessary in any job to get along with all types of people. Here’s one solution that has survived the test of time.

The late psychologist William Schutz gave us what he called his Theory of Interpersonal Relationships. It states that people need people. To get along without so much of the inevitable conflict, you set up ground rules for your interactions.

You need to figure out how others need to be treated by you. Ask them. Then you have to let them know how you need to be treated by them. Tell them. Your needs are interpersonal and span three dimensions that can affect your ability to be content in your relationships.

Inclusion

All people need to establish and maintain meaningful connections with others. We want and need to feel accepted, understood, and worthwhile. When our needs for inclusion aren’t met, we feel lonely, left out and unwanted.

People with a low need for inclusion tend to be introverted or withdrawn. They may not appreciate your efforts to include them, if that’s not how they prefer to be treated. People who have a high



ZOHRE NEMATI/UNSPLASH

ed their feelings experienced less negative emotion while stressed than people who judged their feelings, though they did not experience more positive emotion. In the latter experiment, emotion-accepting participants were also less depressed and anxious, and more satisfied with life, six months later.

“Acceptance could be a useful strategy to help people to feel better—not right away, perhaps, but with a delay—and it might help them to engage with the world in effective ways,” says Ford.

Her study supports other research showing the benefits of believing that all emotions are useful and equally valuable. For example, one study found that participants who thought emotions were helpful also reported being happier and having more social supports than those who found emotions a hindrance. Additionally, the more participants viewed emotions as helpful in their lives, the better they performed on a timed reasoning task—which is somewhat surprising, given how often people pit reason against emotion.

Similarly, other research has found that believing that happiness is very valuable can lead people to be less happy, as they struggle to meet their own high expectations and experience disappointment. On the other hand, mindfulness meditation—which trains people to be nonjudgmental of their experiences, including emotions—can lead to better psychologi-

Youths who believed emotions were controllable used reappraisal more and were less depressed 18 months later than those who didn’t.

cal health.

Overall, it seems that being accepting of whatever emotions arise, while having strategies to counter difficult emotions, might be valuable for our well-being.

Changing Your Emotion Beliefs
This all raises the question: Can our beliefs about emotions be changed?

Fortunately, a recent study by Smith and his colleagues suggests they can. In the study, middle school students from all over the United States were randomly assigned to one of two online courses: one about the importance of their feelings, their malleability, and how to handle difficult feelings using strategies like reappraisal; or a similarly engaging unit on how the brain works (the control group).

Before and four weeks after the course, students reported on their theories about emotions, their emotional well-being at school, their sense of belonging at school and satisfaction with school, and their general well-being in life.

After a month, those students who’d received the emotions lessons were more likely to believe their emotions could change and to have greater well-being and sense of belonging at school than those who had received the lessons on the brain. Interestingly, the differences between the groups were due to large declines in well-being in the control group over the four weeks, while those who learned about emotions had less steep de-

clines. (This just goes to show how hard middle school can be.)

Smith and his colleagues also discovered that the students’ general belief about whether emotions are malleable—that is, People can change their emotions—was not as central to their future well-being as believing they could change their emotions using certain strategies. In other words, general theories were less important than the student’s sense of self-efficacy.

“People already have experiences of changing their emotions—they see people regulating their emotions all the time, like when they feel upset and try not to cry,” says Smith. “An effective part of our intervention appears to be that students not only believe they can change their emotions, but also that they can get better at it.”

Of course, there may be many good strategies for handling difficult emotions—such as mindfulness meditation training or expressive writing. More research is needed to tell us which ones (or which combinations of practices) are most effective. Smith also cautions about applying a course like his before it’s been thoroughly tested on different groups.

And while emotions may be changed with effort, that doesn’t mean they are completely controllable—nor should they be, says Smith. We shouldn’t expect to completely avoid certain feelings, or be able to get rid of one on the spot whenever it arises. But we can learn to soothe them in hard times or when it’s socially appropriate to do so.

“Understanding that emotions may be benefiting you in some ways is crucial to living an emotionally healthy life,” says Smith. “You don’t want to just tamp down all negative emotional experiences, or increase positive ones, in all circumstances.”

Given how young people—particularly young teens—are developmentally primed to experience emotions more intensely, providing them with tools to manage those emotions better seems like a no-brainer. The research on emotion beliefs gives us hope that we can impact people’s lives using a fairly simple lesson that costs almost nothing to impart. And we could probably all use this lesson if we want to enhance our well-being.

“Giving people the right strategies to deal with their difficult emotions is powerful,” says Smith.

Jill Suttie, Psy.D., is Greater Good’s book review editor and a frequent contributor to the magazine. This article was originally published on the Greater Good online magazine.

Even unpleasant emotions can be ‘good.’

Participants who accepted their feelings experienced less negative emotion while stressed than people who judged their feelings.

Failed relations can be awkward, dysfunctional to the business, and harmful to your health.

need for inclusion tend to be outgoing and engaging. They may not appreciate when you leave them out or exclude them.

Control
All people need to make decisions and influence events and others around them. At other times, we need to submit and allow others to have this control over us. When our needs for control aren’t met, we become anxious.

People with a low need to control are okay with someone else taking the lead. They may not appreciate your efforts to

make or encourage them to take the lead, if that’s not how they prefer to be treated. People who have a high need to control prefer to take charge. They may not appreciate when you prefer to lead when they want to.

Affection
All people need opportunities to express and receive affection. We want and need to establish close ties and relationships. But at other times, we also need privacy. When our needs for affection aren’t met, we feel unfulfilled and neglected or otherwise exposed and vulnerable.

Learning how to foster a better connection with co-workers can help you avoid difficult relationships and form stronger bonds.

ANTONIO GUILLEM/SHUTTERSTOCK



People with a low need for affection are okay with being a loner. They may not appreciate your efforts to give them affection, if that’s not how they prefer to be treated. People who have a high need for affection need to establish good ties with those they associate with. They may not appreciate when you resist their efforts to share their affection.

This framework for understanding interpersonal needs can provide a way for colleagues to share with each other whether those needs are low or high.

Then each must be willing to flex and accommodate the other’s needs. The idea is to keep working on improving your relationships until you get it right.

According to Schutz, the most successful relationships form between people who aren’t extreme in any of their three interpersonal needs. Here were his suggested rules to avoid extreme behaviors.

Inclusion: It’s better to be sociable, adaptable, and willing to include and be included.

Control: It’s better to respond democratically in the midst of a struggle. Be flexible and willing to submit when it’s advisable and worthwhile to do so.

Affection: Be personable and engaging, but also prepared to grant others the space and privacy they may need.

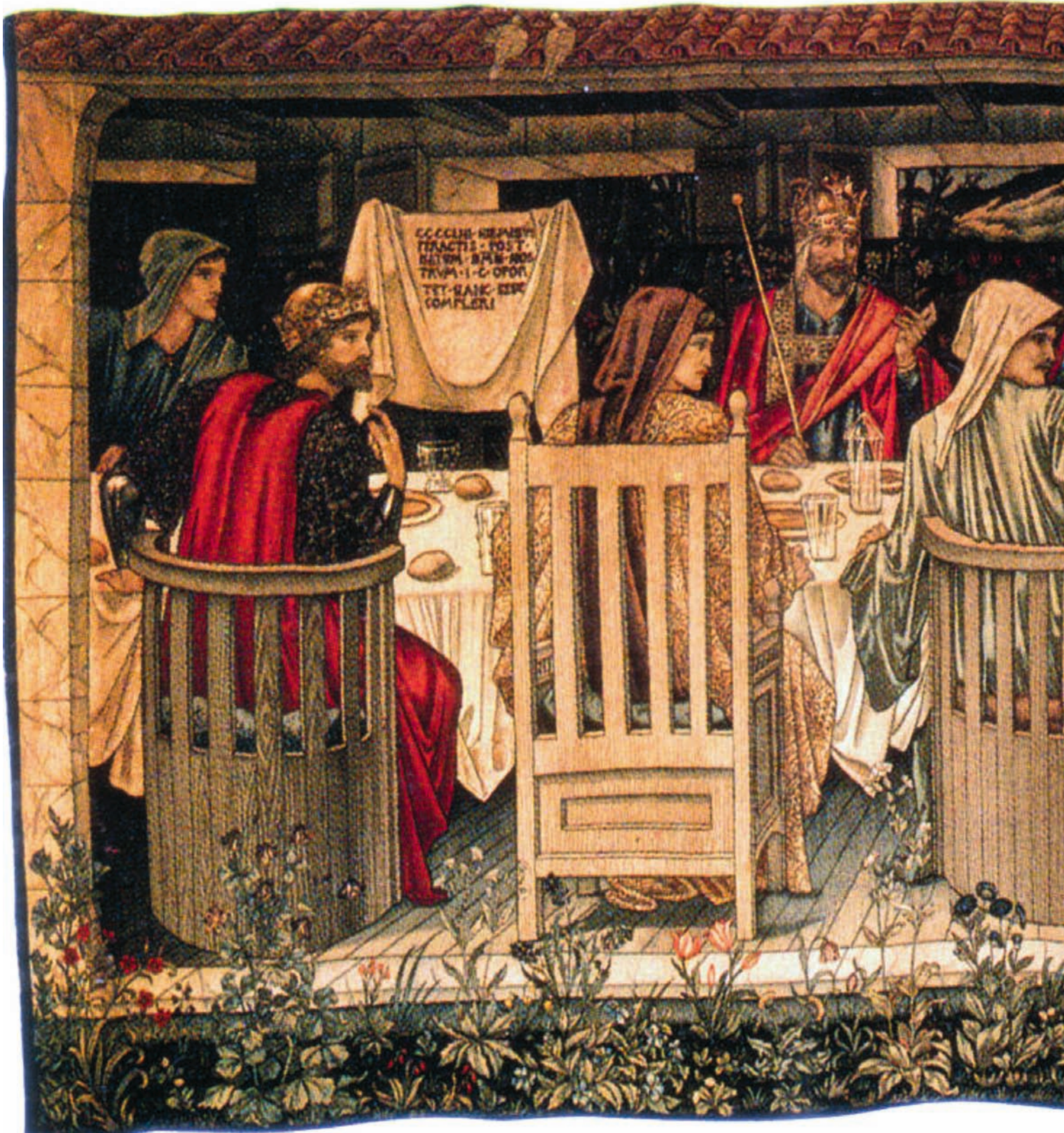
To discover if your interpersonal needs are low or high, the FIRO-B assessment is recommended. You can learn more and take the assessment by visiting DiscoverYourPersonality.com.

Jeff Garton is a Milwaukee-based author, certified career coach, and former HR executive and training provider. He holds a master’s degree in organizational communication and public personnel administration. He is an originator of the concept and instruction of career contentment.

KNIGHTS OF THE ROUND TABLE

The Holy Grail

Behind the Most Famous King Arthur Quest



EVAN MANTYK

The Holy Grail. What is it? Today, you can call something the Holy Grail of fill-in-the-blank. You can fill in any field here, and the Holy Grail of it means something that is very hard to find but is highly valuable in that field. Red diamonds are the rarest and may be called the Holy Grail of jewels or diamonds. The “Carolina Reaper” is now considered the hottest pepper in the world. It is relatively difficult to grow and hard to find, so we might call it the Holy Grail of peppers. But what is the Holy Grail itself? Based on legend, it is the cup that Jesus Christ drank from during the famous Last Supper, the night before the day he was arrested and killed. It is the same Last Supper that was made into a painting by Leonardo da Vinci and has become one of the most cherished paintings in the world.

According to the legend, this same cup was used to catch the blood of Jesus while he was hanging on the cross the next day. After Jesus’s death, one of his twelve disciples, named Joseph of Arimathea, brought the Holy Grail to England, where it was lost. Not counting recent Holy Grail-related books and movies, such as those featuring Indiana Jones or the writings of Dan Brown, the Holy Grail really gained its place in the popular imagination through the half-mythical King Arthur and his Knights of the Round Table, who are believed to have lived about 1,500 years ago. They were renowned for their bravery, their chivalry, and their many great adventures. The quest for the Holy Grail has become their greatest and most well-known quest. But why?

The Legend

The legend begins with King Arthur and his knights sitting together at the Round Table in Camelot when they suddenly hear a crash of thunder, according to Sir Thomas Malory’s “Le Morte d’Arthur.” Then they see an incredibly bright light that leaves everyone speechless, for it is so bright that they can see each other as they have never seen each other before. A wonderful fragrance also fills the hall, and an image of the Grail appears as if covered in a silky, white cloth, which they can’t touch. After it disappears, Sir Gawain initiates

▲ “The Knights of the Round Table Summoned to the Quest by the Strange Damsel,” number 1 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for George McCulloch 1898-99 varies slightly from the original woven for Stanmore Hall. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

King Arthur opposes the quest, knowing it will bring much suffering to his knights.

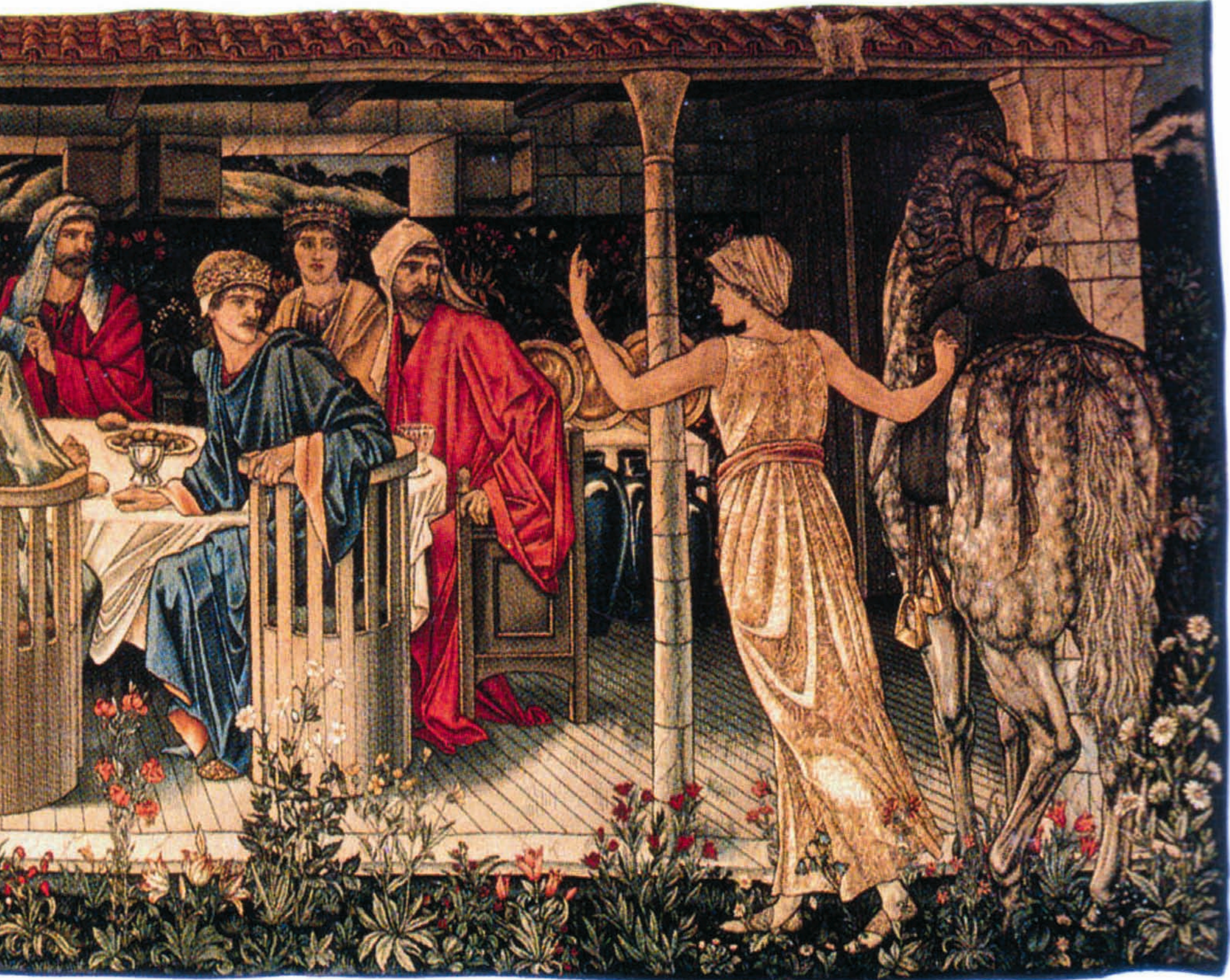
the quest to obtain the Holy Grail. King Arthur opposes the quest, knowing it will bring much suffering to his knights. He says to Gawain, “For when they depart from here I am sure they all shall never meet again in this world, for many shall die in the quest.” However, perilous quests are what knights undertake by their nature, so King Arthur is helpless in stopping them from going. Before the knights leave, a mysterious old knight clothed like a monk shows up and says, “I warn you plainly, he that is not clean of his sins shall not see the mysteries of our Lord Jesus Christ.” Here, it becomes clear that the quest for the Holy Grail is not an ordinary sort of quest to prove one’s fighting abilities or fight for the king’s honor. Rather, it is a spiritual quest meant for cultivating oneself. The Knights of the Round Table go separate ways in search of the Grail. One of the first adventures that some of the knights have is to defeat seven evil knights who have a castle full of women whom they have captured and keep imprisoned. Sir Gawain says that these seven knights represent the “seven deadly sins,” which are, in the Christian tradition, anger, laziness, overeating, greed, lust, arrogance, and jealousy. In searching for the Grail, the knights must resist such sins and look inside themselves for impurities. As often as they engage in fights, they pray to God, confess their sins, and promise to do better. Knights Battle Within On the quest, the knight known as the greatest warrior, Sir Lancelot, encounters the Holy Grail in a half-awake and half-dream state. He tries to lift it but cannot. His failure, he realizes, is because his heart is not pure. Afterward, Lancelot confesses to a hermit that he has had inappropriate thoughts about King Arthur’s queen, Guinevere. He confesses, “All my great deeds in battle that I have done, I did for the most part for the queen’s sake, and for her sake would go into battle whether it was right or wrong, and never did I battle only for God’s sake.” He earnestly promises to mend his ways. Sir Percival, wandering on his own, is rescued from starvation by a beautiful damsel who, though rich, has been disowned and needs his protection. He becomes madly in love with her, but just before he is about to satisfy his desires



(Top) “The Arming and Departure of the Knights,” number 2 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for Lawrence Hodson of Compton Hall 1895-96. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

(Bottom) “The Failure of Sir Lancelot to Enter the Chapel of the Holy Grail,” number 3 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. Wool and silk on cotton warp.

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with her, he catches sight of a holy symbol attached to his sword and remembers his vows of chivalry. He immediately regains himself, and the damsel and tent where she lay evaporate into black smoke. The story goes on to reveal that the damsel was in fact a demon from hell.

After this terrible shock, Sir Percival says, “Since my flesh has been my master, I shall punish it,” and he cuts into his thigh, drawing blood. He then says, “O good Lord, take this in payment for what I have done against thee. ... How close was I to losing what I would never have gotten back again, my virginity.”

The third major knight in the quest for the Holy Grail is Sir Galahad, the son of Sir Lancelot. Unlike his father, Sir Galahad is known for his purity and holiness and can even miraculously heal people who are sick.

When the knights reach the Fisher King (also known as the Maimed King since he is crippled), who keeps the Holy Grail, the Fisher King’s son presents them with the ancient broken sword of Joseph of Arimathea. The knights realize that they must put it together, but are unable to do so until they finally give it to Sir Galahad. He is able to put the pieces together, and they suddenly fuse together. The sword then levitates into the air. As the story goes: “The sword arose great and marvelous, and was full of heat so strong that many men hid in fear.”

The voice of Jesus Christ is then heard, telling them that they must go to a mythical place near the Holy Land

▲ “The Attainment: The Vision of the Holy Grail to Sir Galahad, Sir Bors, and Sir Perceval, number 6 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for Lawrence Hodson of Compton Hall 1895-96. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

All quotes adapted from Sir Thomas Malory’s “Le Morte d’Arthur.”

Evan Mantyk is an English teacher in New York and president of the Society of Classical Poets.

(where Jesus lived and taught), called Sarras, to return the Holy Grail to where it had come from.

Gaining Enlightenment

It is worth noting here that the knights have no thought that they should keep the Holy Grail for themselves or take it back to King Arthur. The relationship with a higher, divine power is very clear. The knights know they are merely human beings who must obey.

Sir Galahad is also commanded to heal the crippled Fisher King with a magical spear, which he does.

After some adventures in going to the home of the Holy Grail in Sarras, the three knights make it. At this time, Sir Galahad, having completed his quest and preserved his purity, is taken up to heaven along with the Holy Grail.

The text says: “A great multitude of angels bare his soul up to heaven, as his two fellow knights saw it. Also, the two knights saw come from heaven a hand, but they did not see the body. And then it came right to the Holy Grail, and took it and the spear, and took them up to heaven.”

We might say that Sir Galahad completed his spiritual cultivation or achieved enlightenment. In reading the story, there is an abundance of lessons for those who seek to take up spiritual cultivation, or seek to better understand it.

First, one must know the basics of what is right and wrong, here captured by the dangerous seven deadly sins manifested as the seven evil knights first defeated.

Second, one must have the right inten-

tion for wanting to cultivate oneself. One cannot be like Sir Lancelot, who was doing great deeds for the queen’s sake and not for God’s sake. Of course, one must act for the right purpose, for a higher spiritual purpose, and ultimately for one’s own cultivation and final enlightenment.

Third, one cannot be deluded by the false illusions of the ordinary world, like Sir Gawain was deluded by the beautiful, rich lady. Such illusions are very enticing but are demons out to destroy you if they take you off of your spiritual quest.

Fourth, we see that Sir Galahad is already well on his way to enlightenment, for his purity and realm of mind allowed him to have the ability to heal people, to put the sword of Joseph back together, and finally to ascend to heaven.

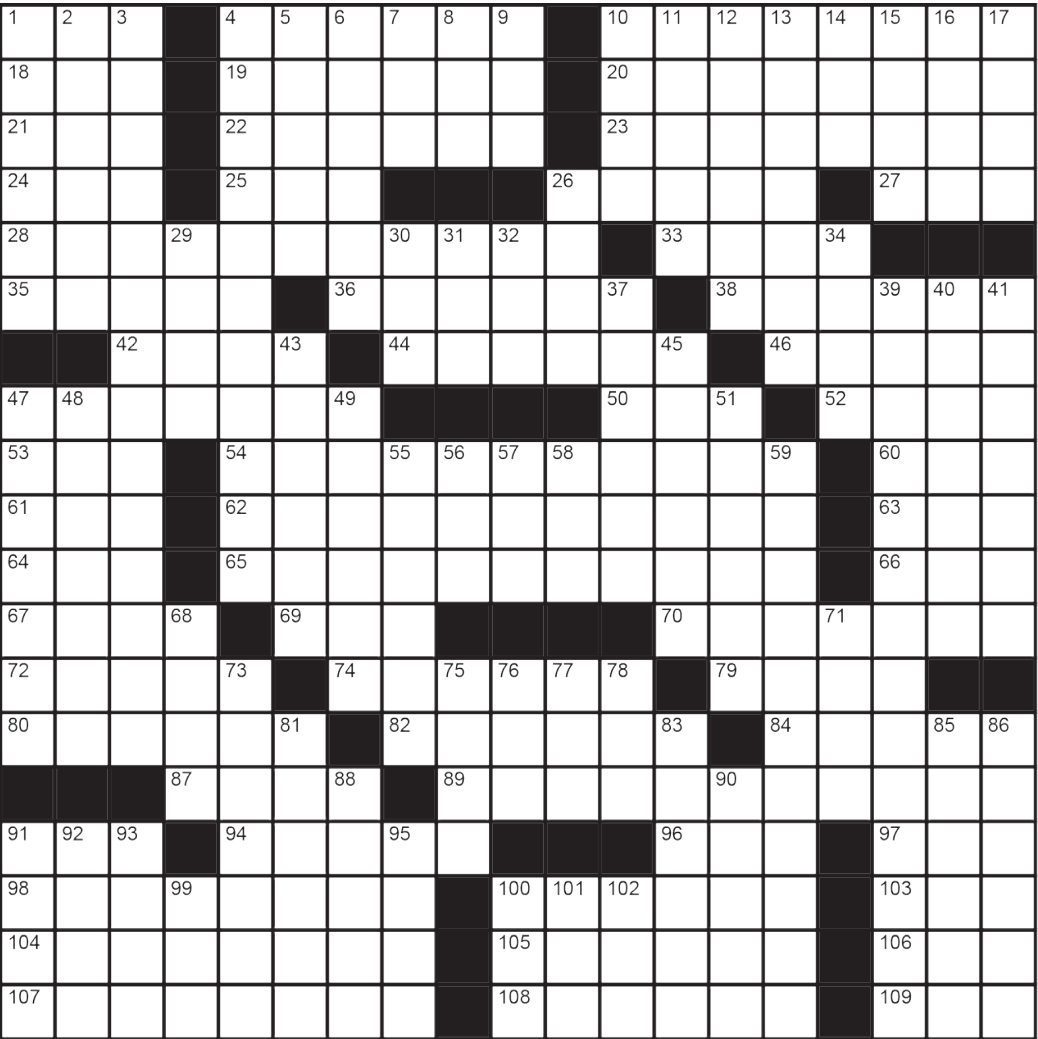
Last, the story teaches that human beings are not meant to possess the Holy Grail; rather, it is something divine that is above them. Thus, the Holy Grail is finally returned to where it came from and where it should be. This theme of returning to one’s origin is similar to the theme found in the Taoist tradition, in which the ultimate goal is to return to the original true self.

This inner meaning of spiritual cultivation and seeking enlightenment is truly what is behind the story of the Holy Grail and its popularity and, to a great extent, King Arthur’s popularity. It is what is truly meaningful and why people around the world can only look at it in awe, leading to the endless tales, stories, movies, books, and so on, which are renewed in every age.

* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. CD follower
- 4. Sadat’s predecessor
- 10. Asked for in advance
- 18. Before, in poetry
- 19. Concluding syllable
- 20. Veto a veto
- 21. Largest Chinese race
- 22. All thumbs
- 23. City-room figure
- 24. “America’s Got Tal-ent” entrant
- 25. Shingles always over ____
- 26. Jackal, e.g.
- 27. Kill
- 28. One who receives dividends
- 33. Stiff

- 35. Sun: Prefix
- 36. A rooster, maybe
- 38. Teach
- 42. Brewers’ needs
- 44. Unlawfully distilled booze
- 46. “Cotta” or “firma” starter
- 47. Unauthorized DVDs
- 50. Check
- 52. Long, long time
- 53. Co-____ (condo kin)
- 54. Renounces their faith
- 60. ____ Khan
- 61. Sound at the door
- 62. How Supreme Court opinions are derived

- 63. Hound
- 64. “Vector” actor in “Alita: Battle Angel”
- 65. Result of a gene problem?
- 66. Lodge
- 67. South American monkey
- 69. Fellows
- 70. Animal kingdom members
- 72. Related on one’s mother’s side
- 74. Cream puff
- 79. Greek salad ingredi-ent
- 80. Blue-ribbon
- 82. Torpedo
- 84. Drive

- 87. Longer
- 89. Upper
- 91. TV monitor?
- 94. Stogie
- 96. Honeybunch
- 97. Not quite right
- 98. Frequent flier
- 100. Hindu Festival of Lights
- 103. Naught
- 104. Most reserved
- 105. Finnish’s language family
- 106. It often appears to the right of you
- 107. These never shake love, says Shakespeare
- 108. ABC’s
- 109. Big Apple green line, with “the”

Down

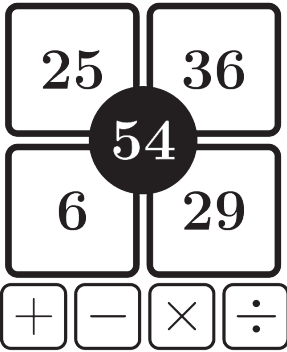
- 1. “Same old” summary
- 2. Spinachlike potherb
- 3. Asylum
- 4. It’s mostly RNA
- 5. Object of many prayers
- 6. Sot’s state
- 7. “Scrooge” star Alastair
- 8. River to the North Sea
- 9. 2004 Best Picture nominee
- 10. Afghanistan’s Tora ____ region
- 11. Javelin, e.g.
- 12. Old-style photos
- 13. End ____ (what the consumer gets)
- 14. “Catch 22” character
- 15. Sky box?
- 16. Utopia
- 17. Eggheady sort
- 26. Algonquian Indian tribe
- 29. Knee-slapper
- 30. Chop off
- 31. Batman and Robin, e.g.
- 32. “Ballpark” fig.

- 34. Former ABC sitcom
- 37. Stop working
- 39. Type of corporate goal
- 40. Mint family member
- 41. Layered dish
- 43. Found between nostrils
- 45. Kind of fascism
- 47. Acid salts
- 48. Iridescent
- 49. Col. Sanders feature
- 51. Conviction
- 55. Check
- 56. Harbor craft
- 57. Got down
- 58. Great deal
- 59. Science of classifica-tion
- 68. News bit
- 71. Energy source
- 73. Intentional harm to the environment
- 75. Cry in a mudslinging contest
- 76. “Fast cash” site
- 77. “Here comes trouble” type
- 78. “Yay!”
- 81. Groups of three
- 83. Many Sherpa
- 85. “I’m ____”: Springs-teen
- 86. #1 hit for Duran Du-ran (with “The”)
- 88. Cast out
- 90. Goal-oriented
- 91. “2 ____ 2 Furious” (2003 movie)
- 92. Name
- 93. Stuff
- 95. ____ and sciences
- 99. Insolence
- 100. “I ____ thee knight”
- 101. Glass of public radio
- 102. Lived

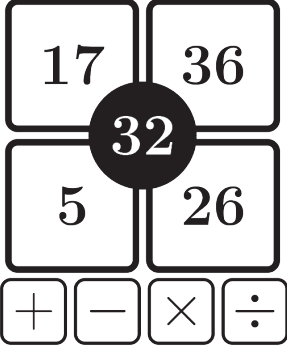
4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

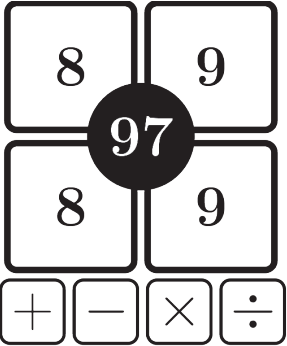
Use the four numbers in the corners, and the operands (+, - X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” so-lution but, there may also be “equivalent” solutions. For example: 6+ (7X3) +1=28 and 1+ (7X3) +6=28



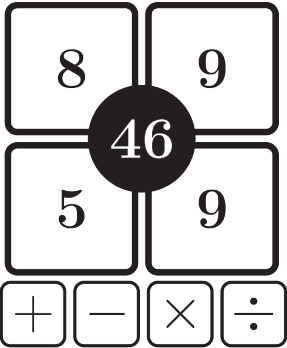
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

T R I N E S R K M C F M Y P I
M E T A Z O A E B A S I C S V
W T T Y C A N D H I T M A N H
S I T I M I N S Z A M O T O R
T R L I L S G A C S S S X O A
A E T A S T N A S H C H T V O
T L P D T A D B R S O X E E Y
U O X I A I B E O C E O C R T
T R E W N D Q L N L G R L R E
O A A A C E J I F U O S A I R
R C C L H S S E I M A L I D R
I H J I I T R F R S T F R E A
L E E C O C I D E Y E G E S T
Y S E P I A S S E L E C T Y P
B A M P H E T A M I N E C I Z

- BELIEF

CANID

CIGAR

CLUMSY

DIWALI

ECLAIR

ECOCIDE

EGEST

GOATEE

HITMAN

METAZOA

MOTOR
- NASSER

NAZISM

ON FIRE

OPALINE

ORACHE

OVERRIDE

REFLEX

REHASH

RETIRE

SCHOOL

SELECT

SEPIAS
- STAIDEST

STANCH

STATUTORILY

TELIC

TERRA

TRINES

ULTIMA

URALIC

AMPHETAMINE

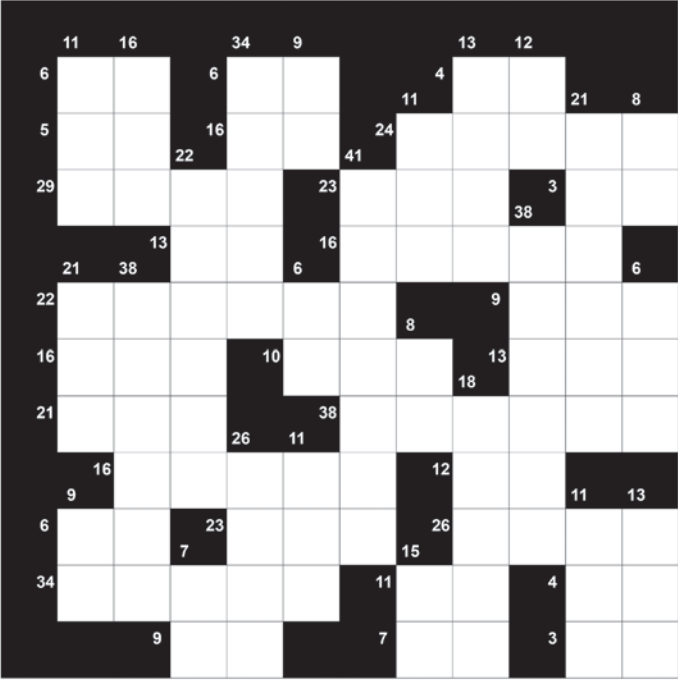
BASICS

KAKURO

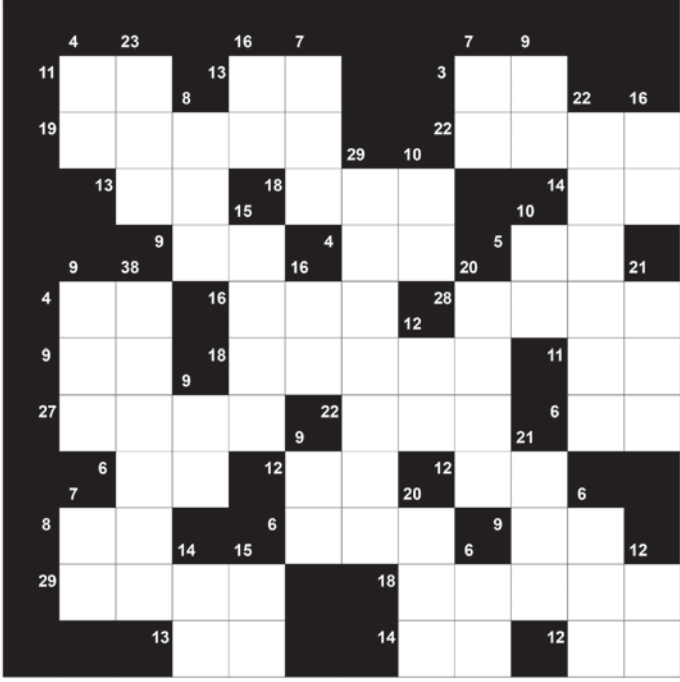
CONSTRUCTED BY EPOCH TIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Large: Hard



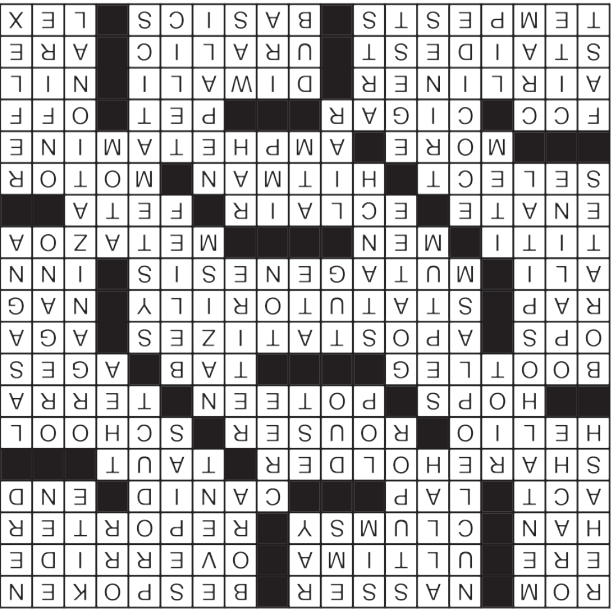
Large: Easy



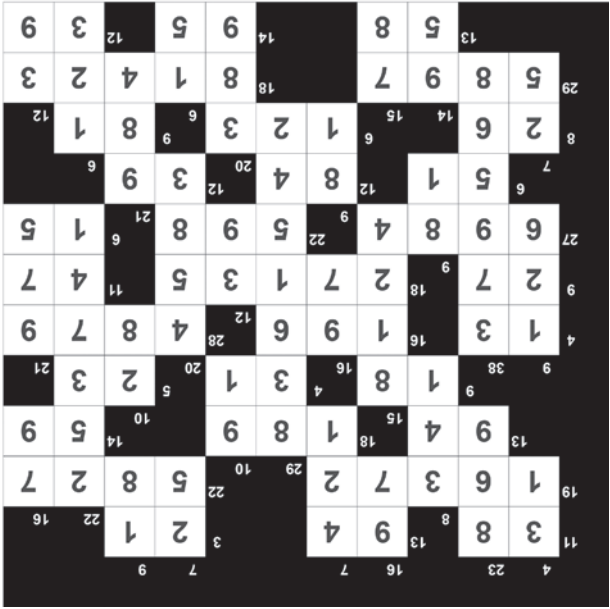
WORK SPACE

SOLUTIONS

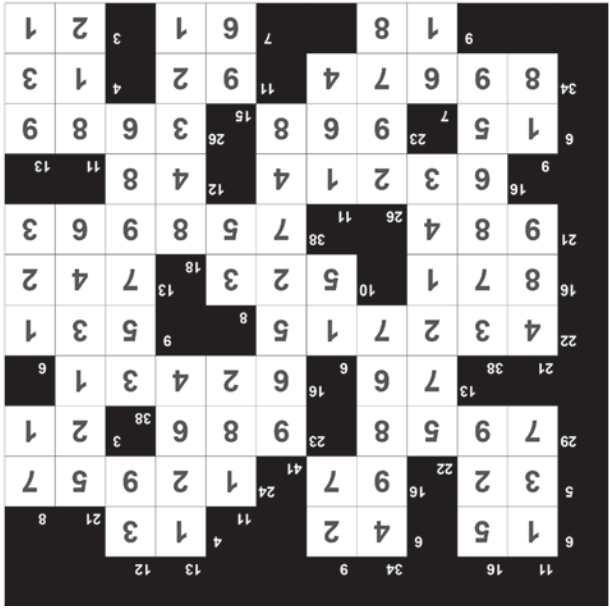
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1
(25) ÷ (36) × (6) + (29) = 97
- HARD 2
(17) + (36) + (5) + (26) = 84
- EASY 1
(8) + (9) + (8) + (9) = 46
- EASY 2
(8) + (9) + (5) + (9) = 31



Lisa Canning is the author of the new book “The Possibility Mom: How to be a Great Mom and Pursue Your Dreams at the Same Time.”

‘The Possibility Mom’

A Conversation With Lisa Canning

BARBARA DANZA

You may know Lisa Canning from HGTV’s “Marriage Under Construction,” where she offered design advice. Since then, she has worked behind the scenes for the cable network, launched her own design company, encouraged other moms through her website, and written a book. What’s more, she has a thriving family. Canning and her husband are expecting their eighth child. To say her plate is full would be an understatement. How does she do it all? I recently asked her that and more.

THE EPOCH TIMES: You’re a business owner, author, and mom of seven, with a new little one on the way. How’s it all going? Is this the life you’d always pictured for yourself?

LISA CANNING: This life is more amazing and abundant than I ever could have imagined. This is where I think the magic is—if everything in our lives was within our realm of imagining, there would be no stretching, or growth, or surprises, right? There are many aspects of having a large family, and being an entrepreneur, that requires a lot of faith.

I would say I am grateful that, despite not knowing exact outcomes of things, I had faith and moved forward through the doubt, and that has made all the difference. So to answer your question, things are better, and more entertaining, and more exciting, and more exhilarating than I ever could have dreamed.

THE EPOCH TIMES: Your new book, “The Possibility Mom: How to be a Great Mom and Pursue Your Dreams at the Same Time,” sounds like the opposite of that popular saying, “You can have it all, but you can’t have it all at once.” What have you discovered that led you to see this differently?

MS. CANNING: I used to believe this statement 100 percent. I remember the first time I heard [author] James Clear share the Four Burners theory, where

it’s posited that if health, work, family, and friends are like four burners on a stove, “in order to be successful you have to cut off one of your burners. And in order to be really successful, you have to cut off two.” [from an article by David Sedaris in The New Yorker]

“
For so many years, I lived my life based on someone else’s measurement of success.

Lisa Canning

I held this to be true for a long time. But as the number of children we had grew, and career opportunities grew, I became more and more dissatisfied with this line of thinking. Why can’t a modern mom have it all? And have it all at the same time?

Here is what I have discovered to be true. When a mom can be strategic, and understand what activities only she can do both at work and home, and what activities she can delegate both at work and home, and can create intentional appointments in her calendar to accomplish the things that are essential and important and based around her measurement of success, she can have it all.

Let’s unpack this a bit further. In my calendar, I schedule the things that only I can do first. Only I can take care of my health, so what this looks like for me is regular exercise, a prioritization of rest, and prayer time in the morning.

Only I can date my spouse, so this has a regular appointment on my calendar on Wednesday afternoon.

Only I can nurture the relationships with my kids, so this looks like hanging out with them phone-free every afternoon.

Only I can create content for certain aspects of my business—and this happens during specific times during the day.

In order for this to happen, I delegate a lot of things. We have an incredible nanny who cooks

meals, helps with laundry, and provides loving care to my kids when I am working or on a date with my husband. My dad helps out around the house with small maintenance jobs to the point where I don’t even think about them anymore. We automate grocery shopping and have three meals delivered per week via a subscription service.

The point I am trying to make here is that I believe a mom can have it all—but she can’t do it all herself.

THE EPOCH TIMES: At the beginning of your book, this line stuck out to me: “In no other period of history has there been as many ways for a mother to fail.” Pressures seem to come from everywhere. How do you avoid overwhelm in the face of these kinds of pressures?

MS. CANNING: I believe the secret to this is defining success inwardly. I used to define success based on what my peers or other moms in the schoolyard were doing. When I finally had the courage to break the mold and chart a new course, life all of a sudden got so much freer.

Even in the midst of what I am doing now at this unique time of launching a book, where the demands on my time are quite atypical from my regular schedule, I have had to ensure I keep checking in with myself, and my husband, to ensure that I’m not responding to pressure. For me, that has looked like ensuring the standards I live by and have claimed to be my definition of success—which includes a weekly date night and phone-free time with my kids daily—do not get thrown out the window. This has hugely helped me reduce overwhelm, because the act of spending time with the people I love naturally makes me feel happy and whole.

THE EPOCH TIMES: In your book, you also say, “I believe all mothers can find balance, fulfillment, and extreme joy when they measure success by looking inward—not by looking sideways.” Many mothers struggle with the perceived opinions of others and the comparison trap. How did

you overcome that? What advice would you give a mom struggling in that regard?

MS. CANNING: For so many years, I lived my life based on someone else’s measurement of success. I wanted to be a fancy interior designer for many years, because that is what I thought success was, regardless of the fact that it was quite literally killing me, both physically and emotionally.

Everything changed when I finally started listening to the nagging voice inside of me, begging me to slow down and spend more time at home. I think our bodies have an interesting way of telling us when we’re not living our best life. Our bodies can literally force us to stop, and we really need to listen when we get those signals!

The other aspect I think is important here is to remember that our external accomplishments do not make up our self-worth. This was another lie I believed for a long time—that somehow, the more I could succeed, the more I could accomplish, the more love and acceptance I was due.

“
I believe a mom can have it all—but she can’t do it all herself.

Lisa Canning

What is so challenging about equating our self-worth with our external accomplishments, is that we can’t ever really be satisfied. There is always more money to be made. There is always another title to get. And if we cannot feel fulfilled where we are today with what we have, how can we be assured that the next thing we obtain will make us happy and content?

It’s not easy, but this stuff requires work. It requires looking inward, and it requires examining if we like the person that we are, and if we don’t, why not?

THE EPOCH TIMES: You talk about designing a life around what matters most to you. Do you have any practical tips that a busy

mom can put into practice to begin to uncover what matters most to her?

MS. CANNING: I like to recommend people get brave by casting vision, and imagining how they want to be remembered at the end of their life. At the end of your life, how do you want to be remembered? And in order for that to happen, what do you need to do today?

If you want to be remembered as a great wife, you’ve got to act like that today. If you want to be remembered as a present mom, you’ve got to be a present mom right now! So for me, the quickest way to uncover what matters most is to begin with looking ahead at how you want to be remembered for how you lived your life, and then mapping out what you need to do today in order to be that person.

THE EPOCH TIMES: What motivates you to keep doing the work you’re doing?

MS. CANNING: I want to change a generation of motherhood. I want to help moms understand that it doesn’t have to be so hard, and that they have a say in how they live and the quality of their life, and the quality of their family’s life. And I want moms all over the world to understand that motherhood does not have to be the death of your dreams, and the pursuit of your dreams does not have to produce overwhelming amounts of mom guilt all the time! It does not make you a bad mom to pursue your dreams! Your dreams have been given to you for a specific reason, because the world needs them! And you need them.

This might sound like a humble brag but I honestly don’t think I am a remarkable person, or I have superhuman abilities. I simply just developed, through so much trial and error, a strategic approach to time and energy management, that I believe all moms have the ability to do, whether you’re raising your first child, or you’re raising multiple.

You can be a great mom and pursue your dreams at the same time, and it’s my mission to share this with as many people that will listen.

You'll Have a Lot to Gain by Swapping Sauces for Salsas

DEVON ANDRE

Barbecue sauce, ketchup, mayonnaise, and soy sauce are staples for garnishing your meats, poultry, and fish. But for the most part, they don't carry much nutrition.

Barbecue sauce and ketchup are high in sugar—and we all know what that can do—while mayo is high calories and soy sauce is high sodium. In a couple of shakes and squeezes, you can turn an otherwise healthy meal into an inflammatory response.

But if you swap these sauces for sweet and spicy salsas, you can increase healthfulness and add some new life into some of your favorite meals. Further, they can contribute to the recommended four-to-five servings of fruit and vegetables per day.

Fresh salsas can be made relatively quickly and come with none of the calories or potential health troubles of most other sauces and spreads. They can be rich in flavor, nutrition, antioxidants, and help fight back against inflammation, weight gain, type-2 diabetes, and more. Chopping and mixing together tomato, onion, cilantro, jalapeno, mango, pineapple, or many other fruits and vegetables can add value to any meal in minutes.

Take mango, for example. It's a great source of fiber, vitamin A, and vitamin C. It also has a host of other nutrients, including vitamin B6, folate, and iron. It's also high in antioxidants, and there is research indicating mango can:

- Improve constipation symptoms
- Prevent diarrhea
- Enhance gut microbial populations
- Improve overall digestion
- Promote heart health
- Lower inflammation
- Maintain healthy hair and skin



LARISA BINOVA/SHUTTERSTOCK

You can add some spice and sweetness to your meats with this nutrient-dense salsa:

- 2 mangos, diced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 red onion, diced
- 1/2 cup packed cilantro
- 2 jalapenos, seeded and diced
- 1 lime, zested and juiced
- 1 tablespoon olive oil

Mix all the ingredients into a large bowl and let it sit for a few minutes. You can also cover and refrigerate it for about four-to-five days. It can be easily added to meats, fish, or veggies, and you can give it a little extra by grilling the mango before dicing.

Devon Andre holds a bachelor's of forensic science from the University of Windsor in Canada and a Juris Doctor from the University of Pittsburgh. This article was first published on Bel Marra Health.



MLADEN ZIVKOVIC/SHUTTERSTOCK

The human body is so efficient that even a good workout isn't enough to burn off calorie-rich foods. Combine good food with exercise for the best effect.

The Exercise Conundrum

When Exercise Leads to Weight Gain

Getting active is supposed to help you lose weight, but that can come undone if you eat more than you burn

ALEX JOHNSTONE

Governments are always telling us to eat less and exercise more to be healthier, but this presents an obvious problem. Being active is liable to make you hungrier, so there's a risk you end up eating extra to compensate and putting on more weight than if you'd never got off the sofa in the first place.

Exercise levels often have no bearing on how much we eat on the same day.

Dieticians dream of the day when they can design diets for people where they are more active but don't get hungry in the process. Unfortunately, it's trickier than you might think: we're still searching for the mechanism that governs how the energy we expend translates into our level of appetite. And as we shall see, that's by no means the only thing that makes this area complicated.

In an ideal world, the human body would be wired to immediately detect changes in the amount of energy we use and then give us the appetite to eat the right amount to balance it out. Alas not: we all get hungry two or three times a day, sometimes more, regardless of what we are getting up to. Our bodies also release far stronger signals about our appetite when we haven't eaten enough than when we've eaten too much. This poor daily feedback relationship helps to explain why obese people still experience strong feelings of hunger—that and all the cheap calorie-dense food that is widely available, of course.

Mysteries of Appetite

There is much that we don't understand about the effect of increased activity. Most of us burn different amounts of calories on different days—gym-goers have days off, while everyone has days where they walk around more shops, do more housework or whatever.

Studies don't find any clear relationship between these variations and the

amount of food that the average person consumes on the day in question. But neither is it easy to say anything definitive. Most research has focused on people doing aerobic exercise and has found, for instance, that while some highly trained and lean people tend to eat the right amount to compensate for the extra calories they burn, overweight people are more prone to over-eat.

What could lie behind this difference? One possibility is that physiological processes change in people who do more exercise—for instance, their gut hormones might be released in different concentrations when they eat, potentially with a bearing on how much food they need.

One longstanding question, dating back some 60 years, is where metabolism fits into the picture. Some important work published in 2013 by a team in Leeds found that overweight people were hungrier and consumed more calories than thinner people. Since overweight people have a higher resting metabolic rate—the rate at which the body burns energy while at rest—the group proposed that there was a correlation between this rate and the size of meals that people eat. The fact that people's resting metabolic rates are stable, regardless of fluctuations in daily exercise, might help explain why exercise levels often have no bearing on how much we eat on the same day.

Yet this doesn't mean that resting metabolic rate actually determines how much food we eat. The team proposed that a person's body composition, specifically their amount of muscle mass, might be governing their metabolic rate. If so, the metabolic rate might just be acting as an intermediary—routing the information about body composition through hypothalamic networks in the brain, which are believed to control appetite. Either way, this still needs further research.

Our Study

To examine what happens in the real-life situation, rather than the lab setting, I've co-authored a new study that looks at what happens to people's calorie intake on days when they are more active without deliberately taking exercise—this could be anything from a trip to the dentist to a day out at the beach with

the children. We looked at 242 individuals—114 men and 128 women. We found that their amount of activity did have a bearing on how much they ate, but that their resting metabolic rates influenced their appetites as well—in other words, overweight people tended to eat more.

This is another step forward in understanding the relationship between activity and the calories we consume. But don't expect this to translate into a magic formula for optimizing everyone's relationship with activity and food any time soon. There are many variables that have barely been taken into account by researchers. Most work has tended to focus on white men aged 20-30, for instance, yet there is evidence that women are more prone to compensate for extra physical activity by eating.

Equally, different genetic characteristics are likely to be important—some people are more fidgety, for instance. Then there are differences in people's psychology and to what extent they use food as a reward. People who have been losing or gaining weight will have different appetite signals to people whose weight is stable. The time of the activity in the course of the day is likely to make a difference, too.

Most of us burn different amounts of calories on different days.

I doubt that in my lifetime we will reach a point where we can look at any person's entire genetic make-up and tell them exactly what will work for them. What we can say from our study is that many people are liable to eat more when they are more active. Just moving more will not lead to spontaneously losing weight—people should be aware of this and watch how much extra they eat as a result.

Alex Johnstone is the personal chair in nutrition at The Rowett Institute at the University of Aberdeen in the UK. This article was first published on The Conversation.

Pitcher-Perfect Cocktails for a Crowd

These make-ahead, big-batch drinks take the stress out of entertaining

CRYSTAL SHI

Hosting an at-home cocktail hour offers a chance to slow down, unwind with friends, and catch up over drinks. It's decidedly less relaxing, however, if you're constantly scrambling to measure, shake, and serve the next round, missing out on the actual company and conversation.

Drinks writer Maggie Hoffman offers a solution. In her new book, "Batch Cocktails," she rounds up 65 recipes for sophisticated, make-ahead batch drinks from bartenders around the country, all designed to prep by the pitcher-full and have ready to go in your fridge.

The cocktails range from elegant numbers for an intimate dinner party to punch-bowl crowd-pleasers to serve by the ladle, divided into chapters by flavor profile: herbal and floral, fruity and tart, spicy, savory and smoky, bitter, and extra boozy. Teetotalers aren't left out—there's also a section of alcohol-free drinks.

You won't need a cocktail shaker or jigger for these recipes, just conventional measuring cups and a two-quart (or bigger) pitcher.

The idea is simple: Up to a few days before serving (or longer, if you'd like to try your hand at long-aged cocktails), you'll mix together your booze, syrups, and bitters in a pitcher and stash it in the fridge to get nice and cold. Closer to when your guests arrive, you'll top it off with any fresh juices or bubbles; they're better added later, Hoffman advises, for maximum flavor and fizz.

The details are more complicated: batching cocktails isn't as simple as merely scaling up single-serve measurements. A key step, Hoffman notes, is diluting your mix with the right amount of water; neglect it and you



ALL PHOTOS BY KELLY PULEIO

Birds Again.



▲
“Batch Cocktails: Make-Ahead Pitcher Drinks for Every Occasion” by Maggie Hoffman (\$19.99, Ten Speed Press).

might end up with a dizzyingly strong or sickeningly sweet concoction.

This part requires a bit more math, but luckily, Hoffman's precise recipes take care of the calculations for you. (If you'd like to batch recipes of your own, though, she also provides a guide at the end of the book.)

Finally, when the doorbell rings, all that's left to do is pour your pre-made drink into individual glasses for your guests—or let them help themselves—and then step away from the bar for the night, to actually join them.

As Hoffman writes, “There's nowhere else you need to be but with your people, sharing a glass or two.”



BIRDS AGAIN

You're familiar with sours made with tequila (hey, margarita) and rum (that's a daiquiri). You've probably had a pisco sour or a sidecar. But what happens when you skip the strong spirit and pour in tangy Sauvignon Blanc and herbal dry vermouth instead? Scented with basil and rose water, this low-proof easy drinker from Shaun Traxler of Vault in Fayetteville, Arkansas, is bright and refreshing but still more cocktail than sangria. Chill the wine and vermouth before you begin, and if you really want to ace the presentation, garnish the pitcher with food-grade rosebuds or rose petals. You'll need one large or two small bottles of vermouth for this recipe.

MAKES ABOUT 13 SERVINGS IN A 2-QUART PITCHER

- 15 fresh basil leaves, torn in half
- 1 cup plus 2 tablespoons 1:1 simple syrup (recipe follows)
- 1 1/4 teaspoons rose water
- 2 1/4 cups chilled Sauvignon Blanc
- 2 1/4 cups chilled dry vermouth (such as Dolin)
- 1 cup plus 2 tablespoons fresh lime juice

TO SERVE

About 13 edible rosebuds or rose petals (optional)

13 fresh basil leaves

Freshly ground black pepper (optional)

Up to 2 hours before serving, make the batch. Place basil leaves, simple syrup, and rose water in a 2-quart pitcher. Tap basil gently with a muddler or long wooden spoon, just enough to coax the flavor out; don't pulverize it. Pour in chilled Sauvignon Blanc, chilled vermouth, and lime juice and stir well to mix. If not serving immediately, seal well, covering with plastic wrap if needed, and refrigerate.

To serve, stir mixture well. Garnish pitcher with rosebuds or rose petals, if desired. Pour cocktail into ice-filled wineglasses or rocks glasses and garnish each glass with a basil leaf and freshly ground pepper, if desired.

1:1 SIMPLE SYRUP

MAKES ABOUT 1 CUP PLUS 3 TABLESPOONS

3/4 cup sugar

3/4 cup very hot water

Combine sugar and hot water in a resealable container such as a mason jar and stir to dissolve slightly. As soon as it's cool enough to handle, seal container and shake until sugar is completely dissolved. Let cool completely and refrigerate for up to 2 weeks.



RILED AND WRANGLLED

This spicy shandy from Laura Wagner of the Monarch Bar in Kansas City beats the pants off your standard beer-and-lemonade combo. Serrano-spiked honey and herb-inflected green Chartreuse enhance the peppery notes of whiskey and crisp kolsch or pilsner. Individual peppers can pack a varying amount of heat; if you're nervous, use just a single chile.

MAKES ABOUT 16 SERVINGS IN A 2-QUART PITCHER

- 2 cups rye (such as Rittenhouse)
- 1 cup green Chartreuse
- 1 1/2 cups chilled serrano honey syrup (recipe follows)
- 1 1/2 cups fresh lemon juice

TO SERVE

6 bottles or cans chilled kolsch or pilsner

16 celery ribbons (shaved using a sharp vegetable peeler)

Up to 3 days before serving, make the batch. Pour rye, green Chartreuse, and chilled serrano honey syrup into a 2-quart pitcher and stir to mix. If not serving immediately, seal well, covering with plastic wrap if needed, and refrigerate.

Up to 2 hours before serving, prepare lemon juice and stir into pitcher mix. Reseal and return to refrigerator if not serving immediately.

To serve, stir mixture well. Fill pitcher with ice and stir gently until outside of pitcher



is cool. Fill rocks glasses with ice, then carefully pour in kolsch to fill glass about halfway (letting foam settle). Top with pitcher mix and give each glass a quick stir. Adjust with additional beer or pitcher mix to taste, if desired. Garnish each glass with a ribbon of celery.

SERRANO HONEY SYRUP

MAKES ABOUT 1 1/2 CUPS

1 to 1 1/2 serrano chiles, depending on heat desired

1 cup plus 2 tablespoons water

1/2 cup plus 1 tablespoon honey

Slice chiles thinly, discarding stems and seeds. Place in small saucepan and gently crush with a muddler (you don't need to make a puree). Add water and bring to a gentle simmer over medium-high heat. When you spot the first bubble, turn heat to low and keep warm for 6 minutes. Strain through a fine-mesh strainer into a resealable container. Stir in honey until fully incorporated, then let cool and refrigerate until chilled or for up to 1 week.



THE BLAYLOCK

Have you ever drizzled a really good grapefruit with honey? It's one of those perfect combinations, so it's not shocking that the pairing works in a glass, too, as Milwaukee's Adam James Sarkis demonstrates with this recipe.

It couldn't be simpler to combine honey, grapefruit, lemon, and seltzer, but the mixture is surprisingly complex in flavor, both tangy and rich. Make sure you have nine or ten grapefruits; yields will depend on whether you're using an electric juicer or squeezing them by hand. Prep the honey syrup at least an hour—and up to a week—in advance, so it's properly cooled when you start the batch.

MAKES ABOUT 16 SERVINGS IN A 2-QUART PITCHER

- 4 1/2 cups fresh pink grapefruit juice
- 1 cup plus 2 tablespoons fresh lemon juice
- 1 cup plus 2 tablespoons chilled 2:1 honey syrup (recipe follows)

TO SERVE

16 star anise pods (optional)

2 (1-liter) bottles chilled seltzer

Lemon wedges (optional)

Up to 2 hours before serving, make the batch. Prepare grapefruit and lemon juices and pour into a 2-quart pitcher. Add chilled honey syrup and stir well to mix. If not serving immediately, seal well, covering with



plastic wrap if needed, and refrigerate.

To serve, toast star anise pods (if desired) over high heat in a dry skillet, watching carefully, just until fragrant, about 45 seconds. Fill tall glasses with ice, then carefully fill glasses about halfway with chilled seltzer. Top with pitcher mix, give each glass one gentle stir, then garnish with star anise pod and lemon wedge, if desired.

2:1 HONEY SYRUP

MAKES ABOUT 1 1/3 CUPS

1 cup honey

1/2 cup water

Combine honey and water in a small saucepan and warm over medium heat, stirring constantly, until mixture is uniformly blended. Do not let boil. Pour into a resealable container and let cool. Seal well and refrigerate for up to 1 month.

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FOOD IS MEDICINE

Magnesium

May Help Your Arthritis

ANDREA DONSKY

For individuals who are suffering from arthritis, some relief may come in the form of a common mineral that is deficient in far too many people—magnesium. Anywhere from half to as many as 80 percent of Americans don't get enough of this essential nutrient.

Since magnesium is intimately involved with more than 700 enzyme processes in the body, suffering low levels could have a significant impact on your health.

If you already have arthritis or you are at risk for developing this disease, getting sufficient magnesium could help, and here's why. Magnesium modulates cell activity involved in the process of inflammation. One of the characteristics of the two most common types of arthritis—osteoarthritis and rheumatoid arthritis—is inflammation.

Osteoarthritis develops when the protective cartilage on the ends of your bones in your joints wears down. Even though osteoarthritis traditionally has not been viewed as involving inflammation, recent research has shown that it does indeed have a significant role and needs to be addressed. Rheumatoid arthritis is a chronic, progressive condition in which inflammation in the joints typically causes immobility and painful deformities in the fingers, feet, ankles, and wrists.

Magnesium and Osteoarthritis
The amount of magnesium people consume appears to have an impact on osteoarthritis, according to



Foods high in magnesium include dark chocolate, avocado, leafy greens, legumes, seeds, squash, nuts, some fatty fish, and whole grains.

a study in which 1,626 adults (age 40–83) were studied. All of the participants had their knees x-rayed and their dietary magnesium intake evaluated.

Overall, 25.2 percent of the participants had knee osteoarthritis (OA). The relative odds of developing knee osteoarthritis increased as the amount of magnesium intake decreased. At the same time, the amount of joint space narrowing (characteristic of osteoarthritis) decreased as the amount of dietary magnesium declined as well.

The authors concluded that their study “supports the potential role of Mg [magnesium] in the prevention of knee OA.”

Magnesium has been shown to slow the progression of osteoarthritis in rats. Investigators gave magnesium sulfate to rats with induced osteoarthritis and observed that the mineral reduced pain and inflammation of the joints. As a bonus, the scientists found that the magnesium reduced the death of cartilage cells, which in turn slowed the progression of the disease.

People with rheumatoid arthritis often come up short on magnesium. An Albany Medical College study found that people with active rheumatoid arthritis had diets deficient in magnesium, vitamin B6, and zinc.

Magnesium to Treat Arthritis
While the National Institutes of Health recommend 320 mg magnesium daily for women and 420 mg for men, magnesium expert Carolyn Dean, MD, ND, who is also a Medical Advisory Board Member of the Nutritional Magnesium As-

sociation, recommends 700 mg. Getting that amount from foods rich in magnesium can be a challenge, so supplements are typically necessary.

One easy way you can get extra magnesium, manage arthritis, and help prevent it as well is by sipping on water mixed with magnesium citrate powder every day.

Dean notes that “magnesium is a natural detoxifier which helps calcium absorption and keeps calcium from depositing into soft tissue where it can cause some forms of arthritis.”

She recommends magnesium citrate or supplements that have picometer-sized magnesium, since these promote absorption. Magnesium is often paired or taken along with calcium for bone health, and the proper ratio is 1-to-1 when taking these minerals. Both vitamin D and K2 should be taken as well to support the bones.

Before taking magnesium citrate powder or any magnesium supplement, talk to your doctor to determine how much is right for you. You may want to get a blood test to determine your magnesium levels. Standard serum blood tests are inadequate, so ask for a magnesium RBC (red blood cell) test, which looks at magnesium levels inside red blood cells and is more accurate.



Anyone who has a heart or kidney problem or diabetes, who is taking an antibiotic, or is using any other medications should talk to a health care provider before starting any magnesium supplementation.

Andrea Donsky, who holds a bachelor of commerce, is an international TV health expert, best selling author, and founder of NaturallySavvy.com—a recipient of Healthline's Best Healthy Living Blogs for 2019. This article was first published on NaturallySavvy.com

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AN ANCIENT CHINESE STORY: Arrogance Ruins a Chance at Immortality

ANONYMOUS

During the Tang Dynasty, a man named Zheng Youxuan lived in Chang'an City. Zheng's family had status as nobility, while the family of his neighbor, Lu Qiushi, was poor and of a lower social class. Zheng studied together with Lu's son. Arrogant about his own family background, Zheng often talked to Lu's son in a condescending tone. He said to Lu's son one day, "Your father is not in the same social class as my family, yet we study with the same teacher. Although I don't say anything, don't you feel ashamed?"

Lu's son felt horrible upon hearing this, and a few years later he fell ill and died.

As a 'Friend'

Several years after that, Zheng passed the imperial examinations and became an administrator in Tangan County. He befriended a 20-year-old man named Qiu Sheng. The two young men saw each other every day and often traveled together.

Qiu's father was a successful businessman whose properties numbered in the tens of thousands, and Qiu did not hesitate to share his wealth with Zheng. He often gave Zheng money and anything else Zheng might need.

However, Qiu was not from a noble family. Because of their class difference, Zheng frequently treated Qiu impolitely, despite Qiu's generosity and kindness toward him.

One day, Zheng held a dinner party and invited all of his friends except Qiu. During the party, someone faulted Zheng for

this, asking him why Qiu wasn't invited even though they were so close and ate together every day. Zheng felt guilty and immediately invited Qiu to the party.

After Qiu arrived, Zheng gave him a large cup of wine and asked him to drink it all. When Qiu replied that he could not drink the entire cup, Zheng became angry and berated him.

"You are merely a man from the streets, knowing only the awl and knife. Why don't you shed your lowly status and live like a noble? You should consider yourself lucky to be in my company, yet you dare refuse to drink the wine I offer?" Zheng said.

So saying, Zheng got up and left the party.

Qiu, feeling insulted, lowered his head and also left. Soon afterward, he resigned from his official post, shut his door, and refused to see or communicate with anyone. Within a few months, he died.

Admiring Immortals

In the following year, Zheng was dismissed from his post and took up residence in the Mengyang County Temple. There, he heard that the famous Taoist Wu, a virtuous cultivator of the Tao, lived on Shumen Mountain, so he went on horseback to the mountain to seek discipleship with him.

Taoist Wu told him, "Since you admire immortals, you should live in the mountains and not be deceived by the human world."

Zheng was delighted and said: "You have truly obtained the Tao.

May I please be your messenger?"

The Taoist agreed and allowed Zheng to stay. After 15 years, however, Zheng became less diligent. "If you are not determined in cultivation, then you are just wasting your time on the mountain," Taoist Wu told Zheng.

Zheng thus left the mountain and spent his days aimlessly in Mengyang County for a long time before making his way back to Chang'an City.

The Truth Revealed

On his journey to Chang'an, Zheng passed through Bao City. There, he stayed at an inn where he met a handsome boy who looked about 12 years old. Zheng talked with the boy and found him to be very intelligent and eloquent.

During the conversation, the boy asked Zheng, "We have been friends for a long time—do you still remember me?"

"No, I don't," Zheng replied.

"I was once the son of Lu Qiushi in Chang'an," the boy said. "We studied together. Because you thought my family was poor and lowly, you looked down on me."

The boy continued: "Later, I was born into the Qiu family and became your friend. I gave you all the money and things you needed. You didn't thank me but instead berated me as a man from the streets. Why were you so arrogant?"

Shocked, Zheng bowed and apologized. "Those were indeed my sins. You must be a saint. If not, how can you know the hap-



penings from two previous lives?" Zheng said.

"I am a true Taoist from Taiqing Heaven," replied the boy. "Because you had a fated connection with Taoism, the gods sent me to the human world to be your friend and to teach you the skills for becoming an immortal in the future. But you were too arrogant and did not get the chance to learn those skills. What a pity!"

After these words, the boy vanished.

Zheng suddenly understood all of those past events, but it was too late. He hated himself and felt immense shame. In the end, he died of sadness and regret.

Translated by Dora Li into English, this story is reprinted with permission from the book "Treasured Tales of China," Vol. 1, available on Amazon.

(Left) A sculpture of a Chinese immortal, in Beijing. Despite a fated connection with Taoism, arrogance caused Zheng Youxuan to lose his chance at becoming an immortal.

(Top) "Lofty Hermitage in Cloudy Mountains," 14th century, by Fang Fanghu. Ink on paper, Honolulu Academy of Arts.

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