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WELLNESS • INSPIRED THINKING • SPIRITUAL CONVERGENCE • EVOLUTIONARY PORTALS

News

A Bimonthly News,
Inspiration and
Consciousness tool



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"... and the Pine Tree was
gifted to Planet Earth."

— PDF Issue —

Early Winter Edition

— Nov/Dec 2023 —

Cover art: "...and the Pine Tree
was gifted to Planet Earth."

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NOTE: Contact Editor for mailing address. Due to PO Box increases, about 150% over the past couple of years, we’re suspending our post office box for the time being.

About the Cover...

“...and the Pine Tree was gifted to Planet Earth.” Original art © 2023 by Rose A. Jenkins. *Comment:* This ancient tree has held up the heavens for many thousands of years. Its branches stroke moonlight during the night; and during the day, is streaked with sunlight. It tirelessly stands watch and braves the seasons, providing its wisdom and sanctuary to us and to forest creatures and birds. Its beauty is another priceless gift of Nature. ❖

Editorial - Humans feel; robots simulate. Now there’s a choice, to feel or not to feel...

Do you feel it?

© 2023 by Rose A. Jenkins, editor

On some level, if you feel it, it’s real. Our whole being responds to something we can barely perceive: We know without “knowing we know.”

Esoterically, this inner knowing can only be kindled and flow from a lamp* (mind) that’s filled and lit, though there are certainly counterfeit emotions seeping from darkened lamps.

*Curious nudge – if the mind is a lamp, who is the one who lights it? So, then, we are a combination of the one who made the lamp, found/made the fuel, applied the fire to light the lamp, and had the emotion of “seeing the light” as both an inner and outer experience. I’m getting dizzy!

E-Motion I’ve always been fascinated by the word “emotion.” *Rhymes with “ocean.”* I would roll that word around in my mind, looking at the “motion” part – something moving, clearly; but then there’s the “e” part: **A preemptive something that isn’t obvious at first, but felt; an urgent awareness of an internal-external corresponding movement of some kind; a group of feelings tied together in a self-initiated movement towards or away from something.**

Definition from britannica.com: emotion, a complex experience of consciousness, bodily sensation, and behaviour that reflects the personal significance of a thing, an event, or a state of affairs.

“Emotions,” wrote Aristotle (384-322 BCE), “are all those feelings that so change men as to affect their judgements, and that are also attended by pain or pleasure. Such are anger, pity, fear and the like, with their opposites.”

The above definition is OK, as far as it goes, but let’s see if this works as a meta-physical definition —

emotion: an etheric-physical representation of something that lights on the web of the senses and springs off; a butterfly sent by the Universe to remind us that there is Something Else to consider – an unexpected dimension, a vastness, a potential that has the power to make things happen; an echo of a thought resonating within our body-mind and feelings evoked; a response to thoughts and sensations from our surroundings per all of the above; “gut feelings,” and so on.

As we know, our bioelectric field extends out quite far, and energy systems like Reiki can measure it to some degree. It is also part of psychic awareness.

Regardless of the right words, how we feel about something is not really negotiable: it is what it is. We may dress it up in neutral language to avoid hurting someone’s feelings in turn.

To minimize an inborn “blurter” tendency, I’ve found that a little self-talk helps me gain a sense of what’s appropriate, and the discipline of mindfulness – observing a feeling and the way it works itself loose. This is one of the best ways I’ve found to preserve the integrity of my emotional body while honoring my truth. This observational quality also helps me become aware of why I’ve had a particular emotion rise up out of the lake (so to speak).

Authenticity vs “the done thing” Regardless of any religious dogma or rules of etiquette to the contrary, it’s vastly more important to accept our emotions than to try to shove them into some particular “holding pattern,” or politically correct form – authenticity vs. “politeness.” *One thing my mother helped me with was encouraging me to “let it out.” And by golly, I’ve done that pretty well, though some may not approve of the way it tumbles out. Anyway, thanks Mom!*

There are more and more people and agents of conformity trying to influence us – to program us – to feel a certain way or manufacture a consensus, overriding how we truly feel about something.

Q: Isn’t truth supposed to “set us free”? A: Only for those who dare to care. In my conscious evolution, I know that through persistence, an open mind, and the exercise of mindfulness I can usually get at the truth about something. I look inward at the churning inner ocean of emotion to bring about a reconciliation between what I thought was true and what I found out was true based on irrefutable evidence that contradicted a hidden or forgotten basis of an emotion, a feeling-thought that I had and assumed was aligned with Truth.

“Feelings, nothing more than feelings” We live in times when feeling good* is a huge challenge, given the gigantic mess that the Bigs and the Bads have made of everything. **And let’s not forget the incompetence, greed, and corruption of “elected” leaders (who act as portals of evil more often than good,** in my view). [*Thanks to Dark Science, it is possible to break minds and insert false histories, and even feelings into them. Evil to the core.]

And now we see another satanic-inspired outbreak of “war” in the Middle

East – a bad example of a black swan event mentioned in the Sep/Oct 2023 Pathfinder.

Whatever else it is, it was set in motion—

- to deflect us from coming to a realization that the Co-vax operation was a successful conspiracy that resulted in the mass murder of 10s of millions of people and counting;
- to act as a prelude to more power grabs like the “digital passport,” the WHO’s “One Health” proposal, a “cashless” economy;
- to perpetuate the profit stream to warmongers and key MIC* enterprises [Military-Industrial-Complex];
- keep spiritual vampires in power; and
- turn down humanity’s flame.

[Aside: It is sponsored by Illuminati and Christian Armageddonists (heavily represented in our military), who engineer opportunities to create a world-ending event, parallel to Jihadists in some ways, each seeking to fulfill ancient prophecy through acts of a wholly malignant will. Among their number are occultists who use planetary stresses to launch psychic weapons against humanity.

Beneath all the fire and destruction going on now, is a 200-plus year effort to destroy our constitutional democracy, in this case through another false flag atrocity to further bankrupt the country financially and morally. As I said, evil to the core. Look at the top of every nation, and you’ll see them, with their false tears and outraged faces. If you have “true vision” you’ll see them for what they are.

Gird Up Even so, we still have our spiritual armour – our divinity. If we know what’s good for us, we’ll invoke it often, and work with the genuine feelings we have. How we feel about being human, once so natural and taken for granted, is now something we have to exert ourselves to find out – for there are many Bigs (plus negative Greys, Draco Reptilians and others – detailed at length in other Pathfinder issues) trying to morph us into something virtual and soulless – without human emotions, just like themselves.

“They” are entangled in a wave separated from Source which interfered with us from very remote times. They stripped themselves of the ability to feel compassion or acknowledge any feelings except the desire to inflict pain, to dominate, and control all life. (J. R. R. Tolkien and his “Ring Trilogy” was on to something, there!)

Retreat, Regroup However, just for a bit, we need to retreat and find some inner peace and joy so that we will be better prepared for those actions we’ll need to take going forward. Again, it is so important to Be True to Yourself allowing yourself to truly feel what you feel, while acknowledging that, yes, maybe, there might be a “better you” (‘a

See “Do you feel it?,” cont. on pg. 3

the Pathfinder...

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page 2

Ancient, venerable Pine Tree and symbolism...

"O, Pinus Tree, O Pinus Tree..."

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Forests for the Trees...

Material from [mythencyclopedia.com /Tr-Wa/Trees-in-Mythology.html](http://mythencyclopedia.com/Tr-Wa/Trees-in-Mythology.html). Abridged, etc.

Forests play a prominent role in many folktales and legends. In these dark, mysterious places, heroes can lose their way, face unexpected challenges, and stumble on hidden secrets. Part of the age-old magic of forests lies in the ideas that people have had about trees. In myths and legends from around the world, trees appear as ladders between worlds, as sources of life and wisdom, and as the physical forms of supernatural beings.

World Trees With its roots buried deep in the earth, its trunk above ground, and its branches stretching toward the sky, a tree serves as a symbolic, living link between this world and those of supernatural beings [and mankind]. In many myths, a tree is a vital part of the structure of the universe. Gods and their messengers travel from world to world by climbing up or down the tree. ...

In traditional societies of Latvia, Lithuania, and northern Germany, the world tree was thought to be a distant oak, birch, or apple tree with iron roots, copper branches, and silver leaves. The spirits of the dead lived in this tree. Greek folktales tell of goblins in the underworld who try to cut the roots of the tree that is holding up the earth and the sky. Norse legends contain a similar image with an evil serpent forever gnawing at Yggdrasil's roots.

The mythology of early India, preserved in texts called the Upanishads, includes a cosmic tree called Asvattha. It is the living universe, an aspect of Brahman, the world spirit. This cosmic tree reverses the usual order. Its roots are in the sky, and its branches grow downward to cover the earth. ...

Traditional Persian and Slavic myths

both told of a tree of life that bore the seeds of all the world's plants. This tree, which looked like an ordinary tree, was guarded by an invisible dragon that the Persians called Simarghu and the Slavs called Simorg. For fear of cutting down the tree of life by accident, Slavic peoples performed sacred ceremonies before taking down a tree. The Persians cut no trees but waited for them to fall naturally. In the mythology of the Yoruba people of West Africa, a palm tree planted by the god Obatala was the first piece of vegetation on earth. ...

Pinus – the Nativity Tree

Material from thegoddess-tree.com/trees/Pine.htm. Abridged. Some modification, etc.

Birthday of the Divine Child
Winter Solstice Dec. 23rd

Symbolism: Birth, Abundance, Health, Fertility, Fortune, Love

Magickal Properties: Attracting prosperity, purifying ritual areas and new homes, helping "stay the course" during difficult times.

A PINE WAND OR PINE CONE KEPT ON THE ALTAR WARDS OFF EVIL INFLUENCES. Carry pine cones to increase fertility and have a vigorous old age. Floor washes with pine oil cleanse [e.g., "Pinesol"] a space of negativity and ward off illness. Throw pine needles into winter fires for protection, or burn pine incense for purification and divination. Place pine branches over the bed to keep sickness away, or to aid the ill. Hang a pine branch over the main door of your house to ensure continuous joy within.

Medicinal Properties: Pine needles are antiseptic, expectorant, and tonic. An infusion of the pine needles makes an inhalant for relieving congestion. Pine needle tea can aid with healing bladder, urinary tract, and kidney problems. The needles and shoots are rich in Vitamin A and C. Use the cones and needles in a bath for breathing disorders, skin complaints, and rheumatic pain. The essential oil is used in aromatherapy for its antiseptic, antiviral, bactericidal, deodorant, and diuretic properties.

- **Meditate with Pine to help alleviate dark moods.** It is also good if you suffer from guilt, or have a hard time being satisfied with your achievements.
- **Sit under a pine tree for a renewal of energy.**

Pine Blessing

- ☐ Gather needles and cones.
- ☐ Tie a small bundle of needles together with thread and burn them in your cauldron [or suitable fire-proof container].
- ☐ Pass the cones through the smoke and then place them in a location where you will see them frequently and be reminded of your blessings. ☐

Pine Trees in Myth and Spirituality: Resilience and Renewal

© 2023 Dani Rhys

Material from symbolsage.com/pine-tree-symbolism/ (Sep. 19, 2023)

PINE TREES, WITH THEIR TOWERING STATURE AND YEAR-ROUND GREENERY, stand as iconic figures in nature. Throughout various cultures and histories, these majestic trees have consistently symbolized strength, longevity, and fresh starts. Their resilience, even in the



harshest conditions, makes them a fitting emblem of enduring power and tenacity. Let's explore the history of pine trees as well as their meaning and significance. ...

These ancient evergreens have been around for over 150 million years! While dinosaurs roamed our planet, pine trees stood tall, casting shadows over the prehistoric landscape.

What makes their journey even more fascinating is how they've adapted over time. Early pine trees were simple, with straightforward needle leaves. But over time they evolved, diversifying into over 120 different species scattered across the Northern Hemisphere. From the cold Siberian landscapes to the balmy Mediterranean coasts, pines found a way to thrive.

The pine has always been respected... Ancient civilizations revered them for their resilience. The Greeks, for example, associated pine trees with the god Pan, celebrating it as a symbol of endurance. Meanwhile, native tribes in North America found uses for every part of the tree, from its bark to its resin, making the pine a cornerstone of their daily life. In this way, the pine tree has been an important part of human history [an] iconic symbol appreciated worldwide. ...

➤ **Endurance and Longevity** Pine trees stand tall and green, even in tough winter months. This resilience shows their power to endure and remain vibrant despite life's challenges. Their evergreen nature reminds people to stay strong, just like pines that face cold, snow, and wind without losing their essence.

➤ **Immortality and Eternity** The continuous green of pines symbolizes eternal life and immortality. Year-round, they don't change, making them a sign of timelessness, bridging the gap between the past,

present, and future.

➤ **Hope and Resilience** When other trees shed leaves, pines remain unchanged. Their ability to flourish in adversity stands for hope and bouncing back no matter what life throws.

➤ **Protection and Stability** Pines, tall and sturdy, are nature's protectors. They weather storms and act as shelter, signifying protection. Their height and strength symbolize stability in changing times.

➤ **Fertility and Regeneration** Pine cones are the woody fruit that come from pine trees. Each pine cone holds hundreds of seeds, keeping them safe by closing their scales to protect them from animals and cold temperatures. When it's warm, the pinecone opens up and releases the seeds. This function has made the pinecone a symbol of life and renewal. They represent the cycle of life, from birth to growth, highlighting nature's promise of continuity.

➤ **Peace and Serenity** Walking in a pine forest brings a sense of peace. The scent of the pine leaves adds to this atmosphere of calm and relaxation. Also, the trees' height, soft rustling in breezes, and calm movements all add to the sense of peace.

Symbolism of the Pine Tree Across Cultures

In Ancient Greece As we've already mentioned, the pine tree was connected to Pan, the god of nature and countryside music. People especially noticed pinecones because they seemed to last forever, even through tough winters. ... Over time... the pine tree became a symbol of strength and endurance [and] nature's power to stay standing, no matter the circumstances.

China In Chinese culture, the pine tree is one of the "Three Friends of Winter" along

See "O Pinus tree," cont. on pg. 6

"Do you feel it?," cont. from pg. 2

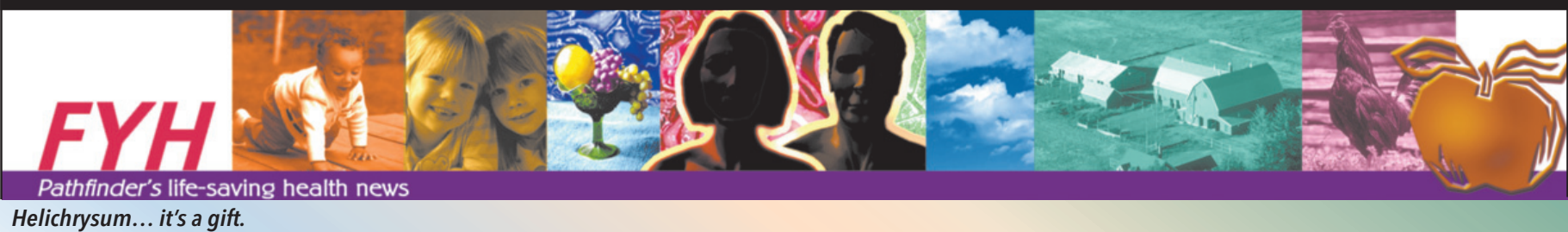
work in progress') to discover or recreate. Like the song, "The Little Drummer Boy" who had only his drum and his song to offer Baby Jesus, sharing our true nature and gifts we've been given with those we care about is a wonderful way to celebrate and expand the Gateways of Gratitude and Love.

Maybe one day, a profound realization of Universal Brotherhood will take root, and an opening leading to the Promised Land of Peace will appear rising up out of our collective emotional ocean - a unified heart field - and "make it so."

And thus, the Twins - Justice and Peace - became One in the hearts of men.

— Rose A Jenkins —

For the Planet



More, Better Life... with Frankincense (lots more than incense)

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Frankincense: Scent of the Gods

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Material from animamundiherbals.com (8/10/23). Abridged, etc.

Frankincense is without a doubt the world's most important resin medicine. Although other resins have played important roles in ethnobotanical medicine, none have been as widely distributed and universally utilized, as economically important, or so highly regarded. Frankincense was a prized possession in the ancient world, rivaling the value of many precious gems and metals.

The use of frankincense goes back to ancient times where it was highly revered for its medical and spiritual properties. It remains vital to numerous religions around the world, as it purifies the [air] and facilitates meditation and connection to Spirit. Burning frankincense resin has hygienic functions, including antimicrobial effects that are now confirmed by scientific studies.

Frankincense resin was one of the most highly traded goods in history. From the harvesting centers in northeastern Africa and the Arabian Peninsula, the resin was transported to Egypt, and then by sea to India and other destinations. Many cities, such as the rock-carved canyon city of Petra, prospered and reached high levels of sophisticated civilization because of



the wealth brought by these resins. Babylon, Assyria, Egypt, Persia, Rome, Greece and China all imported the resin, to be used as temple incense and as important medicines.

Origin & Habitat Frankincense is the resin of trees from the *Boswellia* genus. Frankincense producing trees are native to east-central Africa, in countries such as Ethiopia, Yemen, Oman, Saudi Arabia, and Somalia. The species of frankincense that gives the essential oil ... is *Boswellia serrata*; this tree is widely distributed and abundant in the dry, hilly parts of India. [See segment on the various types of Frankincense following.]

Frankincense Essential Oil Frankincense is among the most widely used of all essential oils. It is distilled from the fresh resin, and contains more than two hundred molecular compounds, [giving it] a very complex bouquet and range of therapeutic applications.

The aroma of frankincense essential oil is fresh, slightly citrusy with pine notes, woody, rosy-floral, balsamic, slightly spicy and warm. It blends well with citrus essential oils such as grapefruit, bergamot, lemon and mandarin; floral oils such as ylang-ylang, geranium and neroli, earthy oils as patchouli; respiratory oils

as eucalyptus; and spice oils such as tuls.

1. Therapeutic Actions and Benefits The oleo gum resins produced by trees such as frankincense are a major part of the trees' immune system*. Tree sap has antibiotic and antifungal properties which protect the tree from infections, wound-healing properties for closing and regenerating the bark. When humans use oleo gum resins or essential oils derived from trees, we are utilizing the molecular components of the trees' immune system to boost our own. [Ed's: Similar to the human lymph system.]

The primary functions of frankincense resin and essential oil can be described from both the traditional uses and modern research as immune-enhancing, antimicrobial, anti-inflammatory, antiseptic, wound-healing, antidepressant, expectorant, nerve relaxant, and anxiolytic.

2. Nervous System Benefits Aromatherapy using frankincense essential oil helps reduce stress, anxiety and nervousness, has soothing and calming properties, aids in sleep disorders and insomnia, helps in migraines and headaches. It has a relaxing, reviving effect that helps relieve depression and supports the ability to focus.

Traditionally, frankincense resin was consumed in various preparations to enhance cerebral circulation and support memory. This can be duplicated by using the essential oil in a diffuser when studying and doing other work that requires concentration.

Fumigation using the resin is a traditional treatment for headaches; using the essential oil in a diffuser can be used for the same purpose. For the treatment of headaches, it blends nicely and effectively with lavender essential oil.

3. Spiritual and Psychological Benefits Among frankincense's many attributes is its use in ritual, prayer, and meditation. Used in worship for thousands of years, it is valued both for its many healing powers and for its spiritually uplifting

fragrance. Frankincense can properly be said to belong to the family of sacred scents, that includes palo santo, sandalwood, rose and others.

Fumigation with frankincense has been used in various cultures to treat a wide range of psychological and emotional disorders. In modern aromatherapy, it is used to promote calmness, deeper breathing, and a relaxed state of mind, and is therefore beneficial for depression, anxiety, and mental negativity.

Frankincense oil soothes the emotions, calms the nerves, induces euphoria, supports meditation, fights negative and unproductive thoughts, boosts self-confidence, elevates spirits, and encourages connection with the inner self through introspection. When diffused in your home, it provides immunological and spiritual protection for you and your family.

A simple aromatherapy blend for supporting meditation can be made using 8 drops of frankincense oil, 6 drops of sandalwood oil, and 3 drops of cedarwood oil. This can be used in the diffuser, a few drops put on the palms for direct inhalation, or diluted in carrier oil for anointing.

4. Respiratory Benefits Frankincense essential oil and resin are used for treating a variety of respiratory problems such as colds, flus, bronchitis and laryngitis. It is helpful in treating sore throat, and can relieve earaches. The oil decongests the airways allowing better oxygen flow and helping the body to recover from respiratory infections [an] effective decongestant that can help reduce excessive secretion of mucus. Steam inhalation of the essential oil, combined with other respiratory oils such as eucalyptus, is highly effective.

Frankincense aromatherapy is an effective immune booster especially in stressful periods, during convalescence and through seasonal changes; diffuse, use steam inhalation or direct inhalation for enhancing immunity and supporting the body and emotions during stress.

A few drops of the oil can be sprinkled on a hot, wet towel and applied to the chest to open the lungs and enhance deep breathing. 2-4 drops of the oil dispersed in bath water will enhance respiratory functions and induce a relaxed, calm mood.

For respiratory support, blend 8 drops of frankincense, 6 drops of eucalyptus, 3 drops of rosemary, and 3 drops of pine essential oils. Use the blend in the diffuser or dilute in 1 ounce of carrier oil [e.g., jojoba] for a chest rub.

5. Musculoskeletal Benefits Frankincense essential oil used in aromatherapy massage relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes



Medical Intuitive

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Dowsing Intuitive

Faith Parrish

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See "Frankincense," cont. on pg 10

Supplement Focus:

- ◆ Glycine Reverses Aging in Cells ◆ Vitamin K2 in Heart & Vascular Health
- ◆ Key Micronutrients for the Brain ◆ Protect your Telomeres!

Material obtained from mercola.com. Excerpts reprinted as “fair use.” Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.

Glycine Reverses Aging in Cells

Analysis by Dr. Joseph Mercola Fact Checked, mercola.com (Oct. 2, 2023)

Collagen – which provides structural support and strength to your tissues – accounts for about 30% of the total protein in your body. Twenty-eight percent of collagen, in turn, is made up of the amino acid glycine.

Glycine, proline and hydroxyproline are the raw materials for connective tissue, but the benefits of glycine go far beyond connective tissue health. In fact, mounting research suggests glycine may play an important role in the aging process.

While your body does make glycine, endogenous production decreases with age, and if you only eat red meat, and rarely or never consume foods made with collagen-rich connective tissue, you’re likely not getting enough from your diet either. ...

Glycine’s Many Antiaging Benefits Glycine has been shown to extend lifespan in worms, mice and rats, and to improve health in mammalian models of age-related disease. *In some animal studies, eating a diet containing 8% to 12% glycine increased the median lifespan by as much as 28.4%.*

As explained by Siim Land, author of “Metabolic Autophagy*: Practice Intermittent Fasting and Resistance Training to Build Muscle and Promote Longevity,” ... glycine induces autophagy ... and mimics the longevity benefits of methionine restriction. Both of these effects are related to an enzyme called glycine N-methyltransferase (GNMT). [**Ed’s: An inelegant word roughly meaning “fasting,” as the body feeds off its stores.*]

Glycine is a receptor for GNMT, and the GNMT converts glycine to sarcosine, a metabolite that induces autophagy. GNMT also plays a role in methionine clearance. Methionine is involved in cancer cell growth and metabolism, and restricting methionine has been shown to:

- Inhibit cancer cell growth
- Extend lifespan
- Lower levels of insulin, glucose and insulin-like growth factor 1 (IGF-1)
- Reduce liver damage after exposure to dangerous amounts of acetaminophen
- Reduce frailty

Even intermittently restricting methionine leads to benefits like improved glucose homeostasis, reduced obesity and protection against fatty liver disease. Glycine is also a precursor to glutathione, a powerful ... antioxidant that declines with age.

The lack of glutathione in older adults may [lead] to age-related degeneration. Glycine also acts as a neurotransmitter and may play an important role in depression. It’s also been shown to alleviate neuroinflammation and protect against cognitive deficits in mice with neurodegeneration.

Glycine Reverses Aging in Human Cells As reported by Science Daily in 2015, contrary to popular belief, the aging process in your

mitochondria may not be controlled by DNA mutations after all, but rather by epigenetic* regulation. [*Ed’s: Conditions involved in turning genes “on and off,” particularly environmental and emotional-physiological stimuli.*]

This epigenetic regulation appears to be ruled by two genes (CGAT and SHMT2) that regulate glycine production in the mitochondria. By altering the regulation of these genes, the researchers were able to either induce defects or restore mitochondrial function in human fibroblast cell lines. [*Ed’s comment: Doesn’t that make you feel secure, knowing how “science” is being used?*] ...

Simply adding glycine to the culture medium of fibroblast cells taken from 97-year-old people restored the cells’ respiratory function, which “suggests that glycine treatment can reverse the age-associated respiration defects in the elderly human fibroblasts.” As such, glycine supplementation could potentially give the elderly “a new lease on life.”

Daily Collagen Turnover Making up 28% of your body’s collagen, glycine is... required for optimal collagen synthesis. As explained by Land in the featured video:

Glycine also has a very important role in antiaging directly by helping to reduce wrinkles, and collagen synthesis ... The less collagen or glycine you consume, the slower your collagen turnover is.

Slow collagen turnover increases the damage that occurs to your collagen, such as glycation and oxidation, and reduces collagen deposition into tissues.

Collagen ... makes up your hair, teeth, skin, nails, organs, arteries, cartilage, bones, tendons and ligaments. Collagen is literally the glue that holds you together. So, making sure that you preserve your collagen is very important for slowing down aging, especially when it comes to wrinkles. ...

[Up] until very recently it was thought that the collagen turnover was very slow, and it only happened over the course of many years – over the entire lifespan. However, recently it was shown that college turnover happens every day and is part of your daily protein turnover.

Protects Against Age-Related Disease

Glycine also helps mitigate chronic disease and disability, thereby increasing your health span.

As reported in a 2023 scientific review, glycine has been shown to:

- Suppress tumor growth in mice with melanoma.
- Decrease fasting glucose, insulin, triglyceride and IGF-1 in male rats.
- Preserve muscle mass and reduce inflammatory markers in mice with cancer [weight loss].
- Improve endothelial function in older rats.
- Reduce weight gain and improve bone mineral density in a mouse model designed to mimic postmenopausal bone loss.
- Protect against cardiac hypertrophy.
- Alleviate neuroinflammation and protect against cognitive deficits in mice with neurodegeneration.
- Protective against a range of chronic diseases. ...

Other Health Benefits of Glycine

Reader Submission

Whipping up a DIY Healing Lotion

Article reprinted with author’s permission. Edited for brevity, clarity and/or flow. Editor’s comments, etc. in square brackets. This is a modified version of the lip balm featured in the Sep/Oct 23 issue.

My husband took a nasty fall down our outside steps last week. (He missed the last step... sigh.) He fell on the gravel of the driveway and took a lot of skin off his left arm between the wrist and the elbow. That was really the only injuries thank goodness. Anyway I made him a lotion with about the same ingredients as the lip balm I made after reading about the healing powers of Helichrysum. I just substituted Tea Tree oil for the Rose Geranium and made it more a lotion than a lip balm. I wish you could have seen the healing in just two days! Just thought you would like to hear another success story!

- ◆ Improved sleep.
- ◆ Reduced inflammation and oxidative damage.
- ◆ Inhibits the [depletion] of nicotinamide adenine dinucleotide phosphate (NADPH). [NADPH is used as a reductive reservoir of electrons to recharge antioxidants once they become oxidized.]
- ◆ Reduced stress
- ◆ Improved wound healing
- ◆ Improved gut health

In his article “Gelatin, Stress, Longevity,” the late biologist, Ray Peat, reviewed a long list of health conditions that can be prevented or alleviated by glycine supplementation and/or increased consumption of collagen or gelatin.

These include:

- ◆ Fibrosis: Most bleeding problems, including nosebleeds, excessive menstrual bleeding, bleeding ulcers, hemorrhoids and stroke. ...
- ◆ Epilepsy, by stabilizing nerves and raising the amount of stimulation required to activate nerves.
- ◆ Multiple sclerosis (MS), thanks to its antispastic effects.
- ◆ Autism, postpartum and premenstrual problems, Cushing’s disease, diabetes, and impotence ...
- ◆ any condition involving excess prolactin, serotonin and/or cortisol, including
 - ☐ Fatigue
 - ☐ Muscular dystrophy, myasthenia gravis
 - ☐ Metabolic disorders
 - ☐ Nonalcoholic fatty liver disease (NAFLD)
 - ☐ Schizophrenia

How to Optimize Your Glycine Intake ...

1. Eat more collagen or gelatin-rich foods [glycine makes up nearly 1/3 of collagen and gelatin], e.g., homemade bone broth made with bones and connective tissue from grass fed, organically raised animals, and chicken broth made from organic chicken feet; animal foods such as seafood, red meat, poultry and dairy products will also raise your glycine level, as these foods contain taurine, which increases glycine.
2. Take a high-quality collagen or gelatin sup-

Healing Balm Recipe (“T” = tablespoon)
Organic:
2 - 3 T Beeswax
2 T Shea butter
2 T Almond oil
2 T Olive oil
6 drops Vitamin E oil
15 drops each of the essential oils:
Helichrysum, Peppermint, Tea Tree Oil, Lemon Balm. Lavender is also good. *Note: I doubled the Almond oil, olive oil, and vitamin E to make it more like a lotion, adding the liquids until I got a more fluid texture.*

- Melt the Beeswax and the Shea butter over low heat in a bowl over a small saucepan of water.
- When it’s melted, remove from heat and add the Almond oil, Olive oil, and essential oils. Put in glass container.

As with the lip balm, you may have to play with the quantites a little (depending upon how much at one time you want to make).

Editor’s postscript: Always glad to see information put to use and sending in feedback. Thanks P.!

plement.

3. Take a glycine supplement. Pure glycine is available in powder form and tends to be very affordable and easy to take, [and] has a mildly sweet flavor.

Considering its many health benefits, making sure you get enough glycine in your diet can go a long way toward improving your health and life span. *There’s no established daily requirement or upper limit of glycine currently, so it’s hard to make specific recommendations. That said, doses of 3 to 5 grams have been shown to improve sleep. One study estimated that most people are about 10 grams short of what their bodies need for all metabolic uses on a daily basis, and in a study of people with metabolic syndrome, 15 grams of glycine a day for three months reduced oxidative stress and improved systolic blood pressure.* That should give you an approximate idea. ☐

Vitamin K2 in Heart & Vascular Health

Analysis by Dr. Joseph Mercola Fact Checked (Sep. 18, 2023)

Vitamin K is a fat-soluble vitamin that has a significant influence on your bone, heart and cardiovascular health. Vitamin K1 (phyloquinone) is found in green leafy plants and is best known for the role that it plays in blood clotting.

Vitamin K (menaquinone) comes in several forms, the most common of which are menaquinone-4 (MK-4) and MK-7, which play important roles in bone and cardiovascular health. While vitamin K1 has been found to moderately reduce the risk of bone fractures, MK-7 is more effective than vitamin K1 at reaching and protecting your bones.

MK-4 is a short-chain form of vitamin K2 found in animal products such as meat, eggs, liver and dairy. The source matters, however. For example, animal products from factory-farmed animals are not high in MK-4 and should be avoided. Only grass-fed

See “Supplement Focus,” cont. on pg 13

“Pine Tree,” cont. from pg. 3

with bamboo and plum blossom. These three are admired for their ability to withstand tough winter conditions. The pine, in particular, stands for strength and grace during hard times. *People see it as a reminder that, like the pine, we too can face challenges with dignity.* It’s respected not just for its beauty but for its toughness and resilience, teaching us to stay strong no matter what. *This symbolism has been cherished in China for centuries, underlining the importance of resilience in life.*

Native American Tribes In North America, many indigenous tribes greatly valued the pine tree. It was a symbol of peace and unity and played a big role in their daily lives. *They used its bark for making canoes and houses, its resin to treat wounds, and turned pine needles into baskets and teas. The pine wasn’t just a symbol; it was a key resource for these tribes.*

Japan In Japanese culture, the pine tree stands tall as a symbol of endurance, longevity, and prosperity. Its evergreen nature makes it an emblem of unyielding strength, especially against the backdrop of Japan’s seasons.

As the New Year approaches, the pine’s significance increases. Houses and businesses display the *Kadomatsu**, a traditional decoration made from pine, bamboo, and sometimes plum tree sprigs. [*Ed’s: *The same as the Chinese “Three Friends of Winter.” See image on pg 12.*] These arrangements, often placed at entrances, aren’t just ornamental. *They serve a vital spiritual purpose: acting as gateways to welcome ancestral spirits. The belief is that these spirits return during this period, and through the Kadomatsu, they bring blessings, good fortune, and protection for the upcoming year.*

Celtic Traditions For the ancient Celts, the pine tree held a special place in their spiritual and day-to-day lives. *Dubbed the “sweet-smelling tree,” it was more than just an aromatic presence in their lush woodlands; it was a beacon of wisdom and enlightenment.*

According to certain legends, [the pine tree had an innate ability] to channel the knowledge of the ancients and provide clarity to those who sought it. The pine needles [also] played an essential role in their rituals.

Druids and healers would harness their energy to craft remedies and protective charms, believing in their power to cleanse, heal, and banish negative energies, making way for positivity, hope, and rejuvenation. ...

Many find peace and a feeling of spiritual refreshment in pine forests because of their calm environment and pleasant smell. *Some also view the pinecone as a symbol of spiritual insight, relating it to the “third eye” concept. ...*

The Biblical Significance of the Pine Tree [The pine tree is significant in Jewish and Christian culture]. It’s mentioned in *Isaiah 41:19*, symbolizing God’s promise to provide and support.

I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil tree; I will set in the desert the fir tree, and the pine, and the box tree together.

In *Psalm 104:17*, it represents protection and stability, as it offers birds the opportunity to make their homes.

There the birds make their nests; the stork makes its home in the pine trees. ...

The pine tree, with its enduring strength and evergreen nature, serves as a profound



Image from symbolsage.com
(female cones)



Image from publicdomainpictures.net
(close-up of female cone from center)



Image from Internet source
(close-up of male pollen
cone structures)



Image from pinterest.com
(female cone sliced open
to reveal pine seeds)



Image from dyckarboretum.org
(cones from several evergreen species)

symbol across cultures ... it offers a timeless reminder of nature’s wisdom and beauty. □

Surprisingly Deep Meanings of the Pinecone

© by Rose Mulu

Material from symbolsage.com (Aug. 28, 2023)

AT FIRST GLANCE, scaly brown pinecones hardly seem very important or significant. Most people think of them as nothing more than decorative objects for festive occasions. But in reality, *pinecones are very useful and have contributed immensely to the natural environment. They are also intricately connected to the belief systems of many ancient cultures. Let’s take a closer look at the meaning and significance of pinecones.*

History of Pinecones *Pine trees are one of the oldest species on planet earth, with a history that traces back nearly 153 million years ago.* These trees are categorized under an ancient group of plants called **gymnosperms**. They produce conical organs known as pinecones.

Pinecones are structures that store seeds and assist in the regeneration of the tree. They open up during warm seasons and release the seeds for further growth and development. In this way, pinecones have played a major role in the evolutionary progress of conifer trees.

Symbolic Meanings of Pinecones [as a carrier of seeds they] represent many positive concepts. Here are some.

Regeneration and Resurrection: Pinecones are symbols of **regeneration**, as they contribute to the existence of pine trees by protecting, nurturing, and caring for their seeds. The pinecone’s ability to release seeds and give rise to new pine trees is seen as a representation of growth, renewal, and the cycle of life. The shedding of seeds can symbolize the release of old patterns and the embrace of new beginnings.

Enlightenment: Pinecones are closely associated with the Pineal gland, also known as the seat of the third eye. ...

Maturity: Pinecones are a symbol of maturity... **they only open their scales when they are completely prepared to release the seeds.** This represents the ability to know yourself thoroughly and be in full control of your needs and abilities.

Fertility: As the pinecone holds the seeds of the pine trees, they are associated with fertility. By releasing them, they allow for new growth and regeneration, perpetuating the life cycle.

Festivity: For most people in the Western world, a pinecone represents Christmas and the festive season. They’re commonly used to decorate Christmas trees and to give a warm, cosy touch to any festive décor.

Pinecones in Different Cultures Pinecones have played an important role in many ancient civilizations and cultures. [Examples follow].

Aztecs For the Aztecs, pinecones were a symbol of spirituality and immortality. *The Aztec goddess of agriculture and nourishment was often depicted with pinecones and evergreen trees.* In the goddesses’ hands, these objects represented immortality and eternal life.

Sung around the world – lyrics and background

"O, Tannenbaum, O Tannenbaum..."

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted. Photos on the right of the pine in various seasons from Internet sources; painting of "Spirit Tree," from i.pinimg.com.

"O Christmas Tree" lyrics & Background

Material from christmasmusicsongs.com/lyrics/o-christmas-tree-lyrics.html. Long version.

O Christmas Tree, O Christmas tree,
How lovely are your branches!
O Christmas Tree, O Christmas tree,
How lovely are your branches!
Not only green in summer's heat,
But also winter's snow and sleet.
O Christmas tree, O Christmas tree,
How lovely are your branches!
O Christmas Tree, O Christmas tree,
Of all the trees most lovely;

"Pine Tree," cont. from pg. 3

Egyptians The Egyptian God Osiris carried a snake-staff tipped with a pinecone. ... **Researchers have associated it with Kundalini energy.** [The] pinecone itself symbolizes the pineal gland or the point where the energy culminates.

Assyrians [The Assyrians also saw pinecones as a symbol of immortality and enlightenment.] **Ancient Assyrian palace carvings consisted of winged deities, holding aloft pinecones. A few of these pinecones were used to pollinate the Tree of Life.**

Greeks ...**Dionysus, the god of wine and fruitfulness, carried a staff tipped with a pinecone.** This staff was a symbol of fertility and was used for ritualistic purposes. **The female followers of Dionysus also carried a similar staff which granted them supernatural powers.**

More Religious Pinecone Symbolism Pinecone iconography and symbols are widespread in Christianity. **The pope himself carries a staff with a carving of a pinecone.** Additionally, the three crowns in the **Coat of Arms resemble the structure of a pinecone.** ... Many churches have candle holders and lamps carved in the shape of pinecones.

Buddhism In Buddhism, the pinecone's role as a seed and its potential to grow into a towering tree are seen as symbols of the potential for enlightenment within all beings. It represents the inherent Buddha nature ...

Pinecones and the Pineal Gland Pinecones are closely associated with the pineal gland, both in terms of appearance and functions. The gland, located between the two hemispheres of the brain, is shaped like a pinecone. ... **The pinecone closes its scales when it's cold or dark and opens itself when warmth returns.** Similarly, the pineal gland regulates melatonin levels [an important regulator of serotonin levels in response to light-dark cycles]. ■

O Christmas Tree, O Christmas tree,
Of all the trees most lovely.
Each year you bring to us delight
With brightly shining Christmas light!
O Christmas Tree, O Christmas tree,
Of all the trees most lovely.
O Christmas Tree, O Christmas tree,
We learn from all your beauty;
O Christmas Tree, O Christmas tree,
We learn from all your beauty.
Your bright green leaves with festive cheer,
Give hope and strength throughout the year.
O Christmas Tree, O Christmas tree,
We learn from all your beauty. □

"O Tannenbaum"

by Hyde Flippo
Material from thoughtco.com/german-versions-of-o-tannenbaum-4066932. Updated Nov. 4, 2019. Reprinted as "fair use." Abridged, etc.

THE POPULAR CHRISTMAS CAROL "O TANNENBAUM" was written in Germany in the mid-1500s. The original folk song has been rewritten many times over the centuries. ...
The History of "O Tannenbaum" A Tannenbaum is a fir tree (*die Tanne*) or Christmas tree (*der Weihnacht-sbaum*). Although most Christmas trees today are spruce (*Fichten*) rather than Tannen, the qualities of the evergreen have inspired musicians to write several Tannenbaum songs in German over the years.

The first known Tannenbaum song lyrics date to 1550. A similar 1615 song by **Melchior Franck** (1579 to 1639) goes:
" Ach Tannebaum
Ach Tannebaum
du bist ein edler Zweig!
Du grünest uns den Winter,
die lieben Sommerzeit. " ...

The best-known version of a Tannenbaum song was **penned in 1824 by Ernst Gebhard Salomon Anschütz** (1780 to 1861). He was a well-known organist, teacher, poet, and composer from Leipzig, Germany. ... Today, the old song is a popular Christmas carol that is sung far beyond Germany. ...

The Lyrics and Translation ...There are at least a dozen other versions of this carol. For example, a number of modern versions of this song changed "*treu*" (true) to "*gruen*" (green).
The traditional melody of "O Tannenbaum" has also found use in non-Christmas songs. Four US states (Iowa, Maryland, Michigan, and N. Jersey) have borrowed the melody for their state song. [Ed's: Haven't checked this out, but it's likely true, as I seem to recall various venues where the Tannenbaum melody occurs.] ■

Hyde Flippo taught German for 28 years at high school and college levels and published several books on the German language and culture.



"Spirit Tree, above and below." Painting by an unknown artist.

News from the Front Lines—

“Our” Government [the MIC] – at War with “Us”

Being aware helps protect us from the mind-deadening effects of propaganda.

◆ \$5.3 Billion Spent on Direct Energy Weapons in 2022 , p 8 ◆ Smart City=Microwave Attack on Life, p 8 ◆ Hospital-Cell Phone Death Zones, p 8 ◆ 5G Remote Kill Vector, p 8

◆ Top Secret Weapon of CIA Causes Deadly Heart Attack without a Trace, p 10 ◆ Biolab in Minnesota Has Potential to Inflict Over a Billion Casualties, p 12

Material obtained from various sites. Excerpts reprinted as “fair use.” Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.

\$5.3 Billion Spent on Direct Energy Weapons in 2022

© 2023 by Brian Shilhavy, Editor, Health Impact News

Material from healthimpactnews.com (Sep. 15, 2023)

Michel Chossudovsky is an award-winning author, Professor of Economics (emeritus) at the Univ. of Ottawa, Founder and Director of the Centre for Research on Globalization (CRG), Montreal, and the Founder and Editor of Global Research. ...

Professor Chossudovsky has been covering the subject of energy weapons being developed by Government sources for over 2 decades now. In 2007 he published an article on “weather warfare” in *The Ecologist*, where he used the term “Climatic Warfare.”

Beware the US military’s experiments with climatic warfare [Prof. Choussudovsky] ... reports that DEWs are a “\$5.3 Billion dollar business (2022) which is slated to increase to \$12.9 Billion dollars by 2027.” ... They are real, and \$billions are being spent on them, mostly by our US Government using American taxpayer funds.

Along with traditional defense contractors such as Lockheed Martin, Raytheon, Boeing, and many others who are developing DEWs, Big Tech is becoming a major recipient of Defense Department contracts as well, and Elon Musk currently has the most satellites in orbit, many funded and used by the US Military and their new military branch of service, Space Force, started* by Donald Trump during his term as president.

*Editor’s: Reasearchers into this area have found a much earlier start to the “Space Force” or Space Fleet — since the 60s, where Pres. Kennedy played a big part.

Amazon.com has also been awarded \$bil-lions in contracts to put hardware into space. ...When you constantly see Elon Musk’s face appear in photos with heads of state, such as his alleged upcoming visit with Israel’s Prime Minister Benjamin Netanyahu, don’t be fooled into believing that they are just talking about the dangers [of] AI or opening up new Tesla plants.

More than likely directed energy weapons and the ongoing arms race in space is the hot topic on the ticket, and Elon Musk currently has the best products on the market for this, with thousands of satellites with his SpaceX company already in orbit. □

Smart City=Microwave Attack on Life

Material from naturalblaze.com (Sep. 25, 2023). Exerpt reprinted as “fair use,” etc. I tried to find coorborating inforamtion about this allegation, but all the informa-

tion I saw was from 5G rah-rah promoters who don’t care to examine what happens when they install their microwave incinerators. Besides Australia (like the US., G. Britain, Canada, N. Zealand) is an Illuminati-Masonic stronghold) so they hog as much Internet space with their garbage words as they can.

Smart Cities are Destroying Life

A CORRESPONDENT IN GOLD COAST, the “smartest city in Australia,” reported in April that his city is devoid of almost all non-human life.

Correspondent:

Where I live in Australia, we used to have many rain forest frogs, most famous is the green tree frog. The last time it rained I heard not one bleep. Even the Queensland cane toad has disappeared.

After each rain the grass used to be covered with earthworms—not an earthworm on the grass anymore. — We used to hear the cicadas chirping in the evening— I haven’t heard a chirp for over six years.

All my fruit trees have no fruit. There are no insects, bees, spiders or even aphids on my roses.

My area is well known as the smartest city in Australia and our close-by bush are dead of any environmental life (bees, butterflies, moths, birds, flying bats, frogs and native animals). □

Editor’s comment: And they want to make LA a “smart city.” Better not let them.

Hospital-Cell Phone Death Zones

Material obtained from naturalblaze.com (Sep. 20, 2023)

Babies Are Being Killed by Hospital EM fields

A correspondent in N. Carolina sent me this account a few days ago of a healthy newborn who was irradiated nearly to death by the hospital environment:

I want to relate what happened to my god-daughter’s baby brother at the Duke Medical Center earlier this spring. Baby Emiliano was born in excellent health, but when I returned 12 hours later, he had been moved to a different room and I became concerned because I myself developed dizziness, tremor, and headache within about 5 minutes of visiting his room.

I knew to check my RF meter because these are microwave sickness symptoms which I get when the RF levels are high. The Cornet measurements hovered between 11 and 15 milli-watts per square meter! Personally I need the RF levels below about 0.006 milliwatts per square meter, so I can’t imagine what it was doing to an infant who was only 12 hours old. When I opened the curtains I noticed there was a round 5G pole outside on the street; also straight out of his hospital window you could see a rooftop cell array that looked like several large white panels on top of another hospital building across a small green quad. You could see them clearly because the other building was shorter [so] the roof panels lined up horizontally nearer to the level of the baby’s window.

By day 3, Emiliano had developed jaun-

dice and soon was put in the Neonatal Intensive Care Unit, which also had very high radiation levels. While on that unit, his jaundice numbers continued to climb, and he developed a rash. I found it interesting because I developed a rash too. I developed a butterfly rash across my face and the baby had a full-body rash on one side of his body. I told the nurse that I had a 5G rash, just like the baby. She had no clue what I was talking about*. She explained that lots of babies get this rash, but they don’t know what causes it. ...

*Editor’s note: And why not? Is the medical personnel found in hospitals really so ignorant today? Especially administrators? It seems that the most scientifically ignorant people are running the show. Or maybe, they’re just following the directives of the cabal.

After many more days in the NICU, being irradiated 24/7, the baby developed a staph infection near his tiny fingernail. The infection began spreading down his finger and they were talking about amputating his finger. By then, I had been working for days to persuade his mother to have him transferred to Duke Regional, a smaller hospital in the northern part of the city, and finally she asked to transfer him. ... They transferred the baby by helicopter and the baby’s health improved immediately. Within 48 hours of being transferred away from the high radiation at Duke Medical, the rash improved dramatically, the jaundice scores declined, and the staph infection began to improve. [Notably], at Duke Regional there were no visible 5G poles or roof arrays outside the baby’s windows. The baby recovered fully there and is home now.

Cancer in Young People Skyrocketing

A review of cancer statistics in young people in 44 countries has been published by an international team of scientists. The rate of cancer in people under 50, they found, has increased dramatically in every one of those countries. The study, published in *Nature Reviews Clinical Oncology*, is titled “Is early-onset cancer an emerging global epidemic?” The authors speculate on various possible causes for this epidemic [and among them, there is but one mention of ionizing radiation – in a single sentence – and no mention whatsoever of RF radiation]. ...

Supplementary Table 1 in the *Nature Reviews* study lists trends of 13 types of cancer in 44 countries. The types of cancer with a rising trend in at least 75% of those countries are cancers of precisely the organs most heavily irradiated by cell phones:

breast	colorectal	thyroid
prostate	endometrial	idney

During use, cell phones are held either right next to the thyroid gland or in front of the body near the breast. When not in use, but still on and radiating, cell phones are most often kept in a back or hip pocket, next to the kidney or near the colon and the prostate or uterus. ...

I would also call attention to testicular cancer... The testicles are also heavily irradiated by cell phones in pockets. And testicular cancer ... in 2020 was the most common cancer in men aged 15 to 44 in 62 countries worldwide. ...

And then ... there is brain cancer... The

brain is even more irradiated by cell phones than the thyroid. Brain and central nervous system tumors are today the second most common type of cancer and the leading cause of cancer-related deaths in children and young-adults... [See naturalblaze.com for a listing of current studies’ findings on EMs and disease. Also see the book, “The Invisible Rainbow: A History of Electricity and Life (White River Junction, VT: Chelsea Green 2020.)]

I believe the [ubiquitous] use of cell phones, which began suddenly within the past 25 years, is responsible for the simultaneous, extraordinary increase in certain cancers in young people during the same period of time, and should be a factor analyzed in every study of cancer incidence, prevalence and causation today.” ...

Multiple Sclerosis Rising in Children

A team of scientists from the UK, France, Netherlands, Australia, Canada, and the US compared rates of multiple sclerosis in 115 countries in 2013 with rates in 2020. They found that the prevalence of MS had increased dramatically in every region of the world in just seven years. ...

No one should be surprised. In 2015, a team of Turkish scientists exposed rats to cell phone-like radiation for one hour a day during their early and mid-adolescence, which for a rat is 21 to 46 days of age. The exposed rats’ spinal cords had significant losses of myelin, similar to what occurs in multiple sclerosis.

Rise in Obesity & Heart Conditions

In April 2023, the British Heart Foundation published statistics revealing a shocking prevalence of obesity and heart disease: 64% of all adults 16 years of age and older in the UK today are overweight or obese. And 30% of all children aged 2-15 are overweight or obese.

The number of prescriptions used in the prevention and treatment of heart disease in England rose from 46,252 in 1981 to 332,575 in 2020. The sharpest rise occurred between 1996 ... and 2006, the years when most of the population acquired mobile phones. ...

Nearly Half of All US Honey Bee Colonies Lost Last Year

The Bee Informed Partnership’s annual survey, published on June 22, 2023, revealed that 48.2% of all honey bee colonies in the US were lost in the period from April 1, 2022 to April 1, 2023. “Lost” means all bees in the colony died. □

Everything posted on the naturalblaze.com site is done in the spirit of conversation. Do your own research and trust yourself when reading and giving consideration to anything that appears here or anywhere else.

5G Remote Kill Vector

© Mike Adams, naturalnews.com (Sep. 14, 2023)

Material from naturalnews.com/2023-09-14-remote-kill-science-paper-reveals-cell-phone-signals-release-biological-payloads-graphene-oxide.html. Abridged, etc.

See “MIC at war with us,” cont. on pg. 9

"MIC at war with us," cont. from pg 8

Science paper reveals cell phone signals can activate the release of biological PAYLOADS from graphene oxide injected into the body

A science paper published in Materials Today Chemistry reveals that cell phone signals can be used to release biological or chemical payloads from graphene oxide that's introduced into the human body. The paper, published in Sep. of 2022, is entitled, "Remotely controlled electro-responsive on-demand nanotherapy based on amine-modified graphene oxide for synergistic dual drug delivery."

The study abstract reveals how a cell phone can emit signals to activate a low voltage current that interacts with Graphene Oxide (GO) molecules, causing efficient delivery of drug payloads:

This study aims to determine low-voltage-controlled dual drug (aspirin and doxorubicin) release from GO [graphene oxide] surface. Here, we have demonstrated how to control the drug release rate remotely with a handy mobile phone, with zero passive release at idle time.

Because of its extremely high surface area and complex structure composition, graphene oxide turns out to be the perfect molecule for delivery of biological or drug payloads inside the body. From the study:

"These advantages make GO an extremely potential nanocomposite material as a drug carrier in the field of biomedicine and biotechnology, while being combined with a polymer or inorganic matrix.

'Importantly, the presence of a specific frequency of a low voltage current is all that's necessary to cause graphene oxide to release its payload.'

5G cell tower signals create micro currents inside the body We already know that 5G signals can generate electrical currents inside the human body, even from a significant distance. An important article authored by Dr. Joseph Mercola and published in Childrens Health Defense reveals that 5G cell signal radiation results in measurable biological and chemical changes inside the human body.

From his article:

5G relies primarily on the bandwidth of the millimeter wave, known to cause a painful burning sensation. It's also been linked to eye and heart problems, suppressed immune function, genetic damage and fertility problems.

The Federal Communications Commission (FCC) admits no 5G safety studies have been conducted or funded by the agency or telecom industry, and that none are planned.

[Ergo], the FCC has been captured by the telecom industry, which in turn has perfected the disinformation strategies employed by the tobacco industry before it.

Persistent exposures to microwave frequencies like those from cellphones can cause mitochondrial dysfunction and nuclear DNA damage from free radicals produced from peroxynitrite.

Excessive exposures to cellphones and Wi-Fi networks have been linked to chronic diseases such as cardiac arrhythmias, anxiety, depression, autism, Alzheimer's and infertility. ...

Radiofrequency microwave radiation causes voltage changes inside the body's cells, altering calcium channels Additionally, compelling research led by Martin Pall, PhD, Professor Emeritus of biochemistry and basic medical sciences at Washington State Univ., reveals that microwave radiation from mobile devices and wireless routers causes voltage changes inside the

"Persistent exposures to microwave frequencies like those from cell-phones can cause mitochondrial dysfunction and nuclear DNA damage..."

"...radiofrequency microwave radiation such as that from your cellphone and wireless router activates the voltage-gated calcium channels (VGCCs) located in the outer membrane of your cells. ... VGCCs are 7.2 million times more sensitive to microwave radiation than the charged particles inside and outside our cells, which means the safety standards for this exposure are off by a factor of 7.2 million..."

body's cells, activating what are called "Voltage-Gated Calcium Channels" (VGCCs), which are located in the outer membrane of your cells. It is this membrane that determines what passes into and out of the cell. ... That study explains:

Twenty-three studies have shown that voltage-gated calcium channels (VGCCs) produce these and other EMF effects... Furthermore, the voltage-gated properties of these channels may provide biophysically plausible mechanisms for EMF biological effects.

From Dr. Mercola's [substack] article linked above:

According to Pall's research radiofrequency microwave radiation such as that from your cellphone and wireless router activates the voltage-gated calcium channels (VGCCs) located in the outer membrane of your cells. ... VGCCs are 7.2 million times more sensitive to microwave radiation than the charged particles inside and outside our cells, which means the safety standards for this exposure are off by a factor of 7.2 million.

Low-frequency microwave radiation opens your VGCCs, thereby allowing an abnormal influx of calcium ions into the cell, which in turn activates nitric oxide and superoxide which react nearly instantaneously to form peroxynitrite that then causes carbonate free radicals ...one of the most damaging reactive nitrogen species known and thought to be a root cause for many of today's chronic diseases.

This means that cell phone radiation (and 5G cell tower radiation) does, indeed, induce voltage changes in the human body, and that these voltage changes have very real biochemical effects, some of which may be dangerous to human health (such as the formation of peroxynitrite molecules).

Fighting these potent free radicals can be achieved in part with nutritional approaches, such as through the use of superoxide dismutase enzyme (SOD) ... Notably, SOD (which is usually derived from melon fruit) does not block cell tower radiation itself, but it helps the body respond to cellular stresses such as the formation of peroxynitrite molecules.

In related news reported by Reuters, French regulators have issued a warning to Apple to stop selling iPhone 12 phones due to the presence of excessive radiation produced by the devices. Apple's smartphone exceeds the allowable legal limit of radiation. This phone has been sold since 2020.

5G signals may be used to cause Graphene Oxide to release payloads inside the human body

Connecting the dots on all this, 5G signals can be used to generate low voltage inside the human body, causing Graphene Oxide molecules to release predetermined payloads inside the body. Via the published paper linked above:

Upon application of external stimuli, many materials are able to release drugs. However, most of them need sophisticated instruments except electrical stimulation. Electro-stimulated drug delivery has

attracted attention due to the low expense, painless, and portability of the control equipment, making it manageable for customized applications. In this study, we used NGO as an electro-sensitive material to deliver drugs in a controllable manner. ...

Graphene Oxide can carry biological or chemical weapons as payloads In the scientific paper quoted above, the payload was aspirin plus a common cancer drug. However, payloads can be almost anything of sufficiently small size, including both hydrophilic and hydrophobic molecules. ...

This means that potent chemical weapons – theoretically including nerve agents that are fatal at nanograms of exposure – could be loaded into graphene oxide molecules which are surreptitiously delivered into the body via aggressively propagandized medical interventions such as fake vaccines or covid swabs. Theoretically, such weapons might be able to be delivered to the population via food vectors as well. Once in the body, a small amount of payload leakage may generate some level of nerve damage among inoculated victims, but the real payload delivery won't happen until a proper 5G signal is broadcast across the inoculated population, using the "release frequency" that generates the required voltage to unleash the payload.

In other words, a 5G broadcast signal at the appropriate frequency could instantly cause graphene oxide molecules to release the payloads into the bodies of those who were previously inoculated with those payloads. This would happen simultaneously, across the entire population that is within range of the broadcast frequencies which generate the necessary voltage in the body.

If the payload were a nerve agent, the real world effect would be the sudden dropping dead of large portions of populations across cities where 5G broadcast are able to saturate them. If payloads were virus-like nanoparticles, payload delivery could cause a large portion of the population to suddenly appear to be "infected" with a pandemic virus that is spreading at unimaginable speed.

This technology, in other words, could be used as a "kill switch" to terminate whatever portion of the population was previously inoculated with payload-carrying GO.

"Black ink" printed on pharmaceutical capsules shown to be magnetic and may contain graphene oxide Some additional information came to my attention during the writing of this article. The black ink printed on the side of pharmaceutical capsules actually consists of mysterious black specks which are magnetic. A contact sent me a video... showing pharmaceutical capsules soaked in water for several hours, after which the black "ink" from the capsules turned into black specs that displayed startling magnetic properties. ...

As this article reveals in Live-Science.com, stunning new research finds that graphene can be made magnetic by assembling layers in a specific rotational orientation. This gives rise to magnetism ...

From the article:

The magnetic field isn't created by the usual spin of electrons within the individual graphene layers, but instead arises from the collective swirling of electrons in all of the three-layers of the stacked graphene structure, researchers reported Oct. 12 in the journal Nature Physics.

Is graphene being used in the "ink" that's printed on the side of prescription medications? We don't know for certain, but the fact that this ink is clearly magnetic is alarming.

Graphene oxide can transmit gigahertz signals to nearby receivers Additionally, under certain exotic applications of graphic oxide (GO) materials, those whose bodies are activated by cell tower broadcast could themselves function as electromagnetic "repeaters" due to the ability of GO to function as transmitters.

This capability is well documented in a study entitled, "Radio-frequency characteristics of graphene oxide," published in Applied Physics Letters in 2010... That study explains:

We confirm graphene oxide, a two-dimensional carbon structure at the nanoscale level can be a strong candidate for high-efficient interconnector in radio-frequency range. In this paper, we investigate high frequency characteristics of graphene oxide in range of 0.5–40 GHz. ... The impedance and resistance of graphene sheets drastically decrease as frequency increases. This result confirms graphene oxide has high potential for transmitting signals at gigahertz ranges.

Graphene oxide materials, in other words, can both carry payloads which are delivered via remote cell phone signaling, as well as transmit signals to other nearby receivers.

This could theoretically be used to start a "chain reaction" of 5G cell tower signals being re-broadcast from one person to another. In theory, this could extend a "kill switch" signal broadcast far beyond the initial range of 5G cell towers themselves.

From the conclusion of that published paper:

...[W]e expect that GO could be used for transmission lines in next-stage electronics and could be very strong candidate for nanocarbon electronics.

Conclusions

- ▼ Graphene oxide can carry chemical or biological payloads.
- ▼ Graphene oxide carrying payloads can be introduced into the body through vaccines or swabs.
- ▼ The release of those payloads can be controlled by external cell tower signals which cause specific voltage changes in human cells.
- ▼ Some voltage changes are already known to occur with exposure to cell tower radiation, especially with 5G.
- ▼ Graphene oxide payloads can include "kill switch" payloads such as nerve agents or infectious agents.
- ▼ The 5G tower system can therefore function as a chemical weapons payload release infrastructure system to achieve a "mass kill" of populations which were previously inoculated with payload-carrying GO.

Covid vaccines – which are now widely known to have had nothing to do with halting any pandemic (since even the White House and CDC both admit they do not halt transmission or infections) – could have theoretically been used to inoculate people with graphene oxide payloads which have not yet been activated. ... Given that the Western governments of the world are clearly attempting to exterminate

See "MIC at war with us," cont. on pg. 10

“Frankincense,” cont. from pg. 4

sore muscles, aids in carpal tunnel and rest-less leg syndrome.

In both Ayurveda and traditional Chinese medicine frankincense resin is used in formulas for treating pain and inflammation of the musculoskeletal system and for wound healing; these uses can be duplicated by using frankincense essential oil in warm compresses and body oils. ...

For massage purposes, frankincense essential oil should be diluted in a carrier oil such as coconut or sesame. [Organic!] Use 5-10 drops per ounce of massage oil for soothing muscles and joints, enhancing peripheral circulation, and lymphatic drainage.

Frankincense essential oil can also be added to an Ayurvedic abhyanga oil such as Mahanarayan and massaged into the skin to help the body stay limber and relaxed; this application is particularly helpful for those who practice yoga, for athletes in general, and for the elderly.

6. Skin Benefits Frankincense has cytoph-lactic properties, meaning that it encourages healthy growth and regeneration of skin cells. Because it has rejuvenating effects on the skin, it is useful for treating cuts and other wounds, eczema, boils, acne, stretch marks, skin ulcers, and inflamed skin. It promotes wound healing, has antioxi-

dant and anti-aging properties, is effective in wrinkle treatment, and reduces scarring. Traditionally, the resin was prepared into various salves and ointments for these purposes, while now the essential oil is used more often.

Frankincense® is a common ingredi-ent in various preparations for rejuvenat-ing face masks; it helps improve dry, wrinkled, and aging skin. Frankincense oil can be used on the skin diluted in a carrier oil and added into various lotions and ointments.

Add 1-2 drops to your favorite skin care lotion or cream to help give clarity and luster to the skin.

Frankincense resin is an important ingredient in herbal plasters and pastes used to treat wounds, especially in tradi-tional Chinese medicine. The essential oil blends perfectly with helichrysum oil for treating the pain, swelling and bruising of soft tissue injuries; apply in a carrier oil or a moist compress.

7. Dental Benefits In traditional use, frankincense resin is chewed to strength-en teeth and gums and to refresh the mouth. It has antibiotic properties which make it useful for infections of the teeth and gums. Dilute 1-2 drops of the essential oil in a cup of water and use as a gargle and mouth rinse. A few drops of frankincense essential oil can be added to a tooth polish, mouthwash, or vegetable oil for oil pulling.

8. Insect Repellent Burning frankincense

“...the golden colored resin tears from trees growing in the blazing desert were described by old physicians of Greece and Egypt as ‘crystalized drops of sunlight’.”

in churches had hygienic functions as well as spiritual importance; fumigation with frankincense, either resin or using dif-fusers for essential oils, also repels mosqui-toes and flies.

When we study the ancient recipes for temple incenses, the primary ingredient that will always be found in formulas for the Sun will be frankincense. This is not surpris-ing: the golden colored resin tears from trees growing in the blazing desert were described by old physicians of Greece and Egypt as “crystalized drops of sunlight.”

But frankincense is more than crys-talized sunlight in the botanical realm; its aromatic influence on our consciousness uplifts and brightens the spirit in ways that help overcome emotional darkness. The resin is also the tree’s immune power, which supports our own immunological vitality, the body’s ability to distinguish Self from Other at the microbial level.

Here is a simple way to use frankincense to har-monize with the astrological powers of the Sun, inwardly and outwardly:

- Use an incense burner that is lined with sand at the bottom.
- Light an incense charcoal, and when the coal is glowing, place a small tear of frank-incense resin on it, being aware that you are making an offering directly into a tiny

ray of the Sun in the burner. Remember that the resin is a crystalized drop of liquid from the tree, which represents the tree’s immune power. If not able to do this incense ritual, simply put some frankin-cense essential oil in a diffuser, or place a drop or two on the palms of the hands for direct inhalation.

➤ [Consciously] harmonize with and merge into the beneficent powers of the Sun. Inhale the fragrance deeply, visualizing that you are breathing sunlight directly into the heart. Feel how the crystalized sunlight from the ancient trees strengthens and brightens your mental alertness, which then becomes a manifest as a luminous field of subtle energy around the body. Contemplate, and feel that this increased solar radiance flows into the heart, strengthening and liberating the best qualities in your sense of Self, while simultaneously potentizing your immune system and purifying the atmosphere of pathogens. ... □

Animamundi Herbals, anima mundi-herbals.com, 31 Noble Street Brooklyn, NY 11222.

See “Frankincense,” cont. on pg. 11

“MIC at war with us,” cont. from pg. 9

nate their own populations right now, this conclusion should be concerning to all those who wish to survive the global depopulation agenda. ... □

Top Secret Weapon of CIA Causes Deadly Heart Attack without a Trace
Material from peerservice.org (Sep. 22, 2023). Abridged, etc.

Top Secret Weapons A top secret weapon of the CIA is used for conducting clandestine assassinations without leaving a trace of evidence. This specially designed secret weapon is a pistol which shoots a small poi-son dart to cause a heart attack, as explained in Congressional testimony ... from the powerful documentary Secrets of the CIA. — The dart from this secret CIA weapon penetrates clothing and leaves nothing but a tiny red dot on the skin. On penetration of the deadly dart, the individual targeted for assassination may feel as if bitten by a mosqui-to, or they may not feel anything at all. The poisonous dart completely disintegrates upon entering the target. ... Once the damage is done, the poison denatures quickly, so that an autopsy is very unlikel-y to detect that the heart attack resulted from anything other than natural causes. Sounds like the perfect James Bond weapon, doesn’t it? Yet all of this is verifiable in Congressional testimony.

The astonishing information about this top secret weapon of the CIA comes from US Senate testimony in 1975 on rogue activities of the CIA. This weapon is only one of many James Bond-like dis-coveries of the Church Committee hearings, officially known as the US Senate Select Committee to Study Governmental Operations with Respect to Intelligence Activities.

Could this or a similar secret weapon have been used, for instance, in the death

“Five former CIA agents describe how their initial pride and enthu-siasm at serving their nation turned to anguish and remorse, as they realized they were actually subverting democracy and killing innocent civilians in the name of ‘national security’ and promot-ing secret foreign policy agendas.”
.....
“Yoshihiro Kawaoka at the Univ. of Wisconsin at Madison creates diseases far more deadly than COVID-19. His experiments (and lab safety breaches) have been so scary that they triggered an Obama Administration moratorium. Since the Trump Administration lifted the moratorium, Kawaoka has resumed the very same work.”
.....
“Highly pathogenic bird flu didn’t cause disease in humans until Kawaoka had studied this potential in the lab for several years.”

of 52-year-old Mark Pittman, a reporter who predicted the 2008 financial crisis and exposed Federal Reserve misdoings? Pittman, whose fight to open the Federal Reserve to more scrutiny led Bloomberg News to sue the central bank and win, died of a heart attack on Nov. 25, 2009. How many other alleged heart attacks may have been secret political assassinations? [Ed’s: And many of the unexplained deaths of holistic doctors detailed in the Sep/Oct 23 Pathfinder.]

In [a] riveting exposé, five former CIA agents describe how their initial pride and enthusiasm at serving their nation turned to anguish and remorse, as they realized they were actually subverting democracy and killing innocent civilians in the name “national security” and promoting secret foreign policy agendas. ... There is good evidence that technology has even been developed to cause strong suicidal feelings in a targeted person. ... □

WantTo Know.info, 16791 Greenhorn Road, Grass Valley CA 95945

Biolab In Wisconsin Has Potential to Inflict Over a Billion Casualties

Material from organicconsumers.org (Sep. 14, 2023; OCA, Newsletter #819)

The state of Wisconsin is home to the most notorious virologist on the planet doing the most dangerous lab work in the world.

Wisconsin Bill to Ban Gain-of-Function Biolabs The state of Wisconsin is home to the most notorious virologist on the planet doing the most dangerous lab work in the world. Yoshihiro Kawaoka at the Univ. of Wisconsin at Madison creates diseases far more deadly than COVID-19. His experiments (and lab safety breaches) have been so scary that they triggered an Obama Administration moratorium. Since the Trump Administration lifted the moratori-um, Kawaoka has resumed the very same work.

As Sam Hussein reports in “Wisconsin Bill Would Stop Lab Work that Could Cause Catastrophic Pandemic,” the Wisconsin state legislature might try to shut Kawaoka’s mad sci-ence down again with a bill to prohibit institu-tions of higher education from conducting gain-

of-function research on potentially pandemic pathogens.

Yoshihiro Kawaoka is an Anthony Fauci-funded scientist who, since 1990, has been receiving grants with titles including “Influenza Virus Assembly.”

Highly pathogenic bird flu didn’t cause dis-ease in humans until Kawaoka had studied this potential in the lab for several years. ... Then, it happened in Hong Kong in 1997, in the midst of what the British call the “Hong Kong handover,” when sovereignty over Hong Kong was trans-ferred from the UK to China. It was during this “politically sensitive” year that the [WHO’s] reference laboratory at the Univ. of Hong Kong confirmed human cases of H5N1 that infected 18 people and killed six.

- The 1997 Hong Kong H5N1 virus had [genet-ic] regions that were identical to portions of an avian virus that struck Pennsylvania chicken farms in 1983 – a virus Kawaoka had studied.
- In 2006, Fauci commissioned Kawaoka’s now infamous gain-of-function research showing that, through lab manipulation, H5N1 could be altered to become highly transmissible among humans via airborne infection. Bill Gates chipped in, too, with grants from the Bill & Melinda Gates Fnd.
- In 2012, Kawaoka met Fauci’s goal of turning the avian flu, which is very deadly but rarely transmissible, into a highly contagious air-borne virus.
- In 2014, he used genetic engineering tech-niques to resurrect the deadly Spanish flu.

These controversies caused his work to be halted for several years, but Kawaoka resumed his bird flu work in 2018 under the same grant that was paused in 2014. ... ■

Editor’s comment: It’s crystal clear that our houses of government and chief executive are totally useless in providing intelligent oversight on these dangerous activities – unleashed against not only “targets of inter-est” but the general population. They’re doing these things as if they are truly at war with us. Working for “them.” ◇

Cooks and fellow eaters, the question came up...

Who Invented the Whisk?

BALLOON WHISK



Use a balloon whisk for:
Whisking batters, custards, sauces and eggs. Mixing dry ingredients together.

Not the right whisk for:
This is an all-purpose whisk!

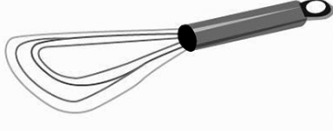
FRENCH WHISK



Use a French whisk for:
Salad dressing, whipping air into eggs, sauces.

Not the right whisk for:
Batters and doughs, which clog in the wires.

FLAT WHISK



Use a flat whisk for:
Whisking sauces (like roux or gravy), custards, frequent stirring.

Not the right whisk for:
Aeration, mixing batters or dry ingredients.

SPRING WHISK



Use a spring whisk for:
Hot chocolate, cocktails, beating small amounts of ingredients.

Not the right whisk for:
Dealing with thick batters or whipping air.

BALL WHISK



Use a ball whisk for:
Whisking dry or wet ingredients in measuring cups, stirring scrambled eggs in the pan.

Not the right whisk for:
Recipes that require precise stirring, like custards and sauces.

Above image from [tasteofhome.com](#).
A very nice summary of whisk types!

The History and Evolution of the Whisk

Material obtained from [mariascondo.com/blogs/kitchen/the-history-and-evolution-of-the-whisk-who-invented-whisk](#) (Aug. 7, 2023). Excerpt reprinted as “fair use.” Some modification. Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.

Editor’s note: Interesting example of synchronicity: I was asking “who invented whisks” as a point of conversational departure. Then, when I searched, I found this article written around the time of my question. Nifty, huh? Also, although we’ve had a whisk or two over the years, I never appreciated their efficiency until recently. *Quelle splendide!*

Whisks are one of the most important tools in any baker or cook’s kitchen today. Whether you need to beat eggs, mix flour and butter or blend sauce, a whisk is an essential tool that makes the process so much easier and faster. *However, have you ever wondered how this useful kitchen tool was invented? Who came up with the idea of a whisk and how has it evolved over the centuries?* In this post, we’ll take a journey through the history and evolution of the whisk.

Ancient History The earliest recorded mention of a whisk can be traced back to ancient Egypt where it was used for *whisking precious oils and unguents*. The whisk was made of woven tufts of palm leaves or twigs attached to wooden handles. The use of the whisk then spread to ancient Rome, where it was *used for mixing mortar*.

In the 16th century, whisks began to be used in the kitchen. The first kitchen whisks appeared in Europe, and they were known as “brooms” due to their shape. They were made from bundled twigs, which were held together by a wooden or metal frame. These brooms were used for a wide variety of *kitchen tasks such as separating eggs, whipping cream and mixing batters*.

It wasn’t until the 18th century that the whisk began to resemble the tool we

See “Who Invented the Whisk,” cont. on pg. 12

dubbed this aromatic exudate a “Thurimel,” which means Honey Frankincense. Though rarely traded internationally, the honey frankincense types are valued locally as chewing gum and incense. ...They melt completely when heated and produce a sweet aroma when burned as incense. ...

Boswellia Occulta, the “hidden” Frankincense Only recently identified and named, *Boswellia Occulta* grows among the Frankincense Carterii trees in Somalia and Somaliland. It [is often] *mixed with Boswellia carterii resin [which allows collectors a bit of extra income.]*

It has an odd aroma compared to other Frankincense types and a bitterness that may be attributed to boswellic acids. *Its chemical composition is different from Frankincense carterii and it contains a high percentage of a compound rarely found in nature – Methoxydecane. Boswellia occulta* has only recently been introduced to the Western market as a distinct resin. ... ■

“Frankincense,” cont. from pg. 10

Types of Frankincense

Material from [apothecarysgarden.com/2022/01/03/a-beginners-guide-to-the-different-types-of-frankincense/](#). Excerpt reprinted as “fair use.” etc.

Frankincense Serrata - India Frankincense Serrata grows in India and it’s aroma is most familiar to those who grew up on the Indian continent and Asia. It is the Frankincense type used in Hindu ceremonies and in Ayurvedic medicine. It has a distinct sweet, spicy aroma with notes of anise and mint.

Frankincense Papyrifera - Ethiopia Growing in the Tigray area of northern Ethiopia, Eritrea and west into Sudan, *Boswellia papyrifera* is used by many churches worldwide and often called Church Frankincense. *Frankincense Papyrifera* has a strong middle note a soft yet persistent heart note, and a distinguished aroma with hints of orange peel. ...

Frankincense carterii - Somalia *Frankincense carterii* is likely the most circulated type of Frankincense and the population of *Boswellia carterii* trees in Somalia and Somaliland is the largest frankincense “forest” in the world. It provides most of our Frankincense and the main yearly income for many Somali families and communities. *When we smell an essential oil of Frankincense it is most often that of Frankincense carterii [it] has a deep soft amber note with highlights of honey, vanilla, and black pepper.* ...

Frankincense Sacra and Royal Hojari Best known in Arabian cultures *Frankincense Sacra* grows throughout the Southern part of the Arabian peninsula from Aden through Oman. It is divided into two types, regular *Frankincense Sacra resin* and the *Hojari* type. The

Hojari Frankincense Sacra resin comes from the mountainous region of Dhofar in Southern Oman and is sorted according to the colour, size and shape of the tears. It has a sweeter and bolder fragrance than the regular sacra with distinct amber and strong citrus notes. The term “Royal” is added to the larger better-formed tears. The main Hojari types are silver, red and green Hojari which is usually called “Royal Green Hojari.” The Royal Green Hojari is considered the premier Omani Frankincense and is often reserved in Arabian culture for medicinal applications such as the traditional tea. ...

Black sacra and Black carterii ... Black Sacra and black Carterii are forms of Frankincense that often appear in sticky masses peppered with tears and bark. Distillers favour them due to their high essential oil content. *Their sticky form is generally attributed to the abundance of rainfall and moist ocean breezes they are exposed to due to their geographical locations.* Both have a sweeter, softer, (honey-like), aroma with less citrus notes than their counterparts.

Frankincense Dalzielii - Nigeria and West Africa *Frankincense Dalzielii is a beautiful Frankincense resin* not as common as the others. *From a visual perspective, it looks like Frankincense Sacra Royal Hojari, with large well-formed tears and often found with abundant green tears. The main difference between Sacra/Hojari and Dalzielii is in their fragrance.* Besides citrus notes, *Boswellia dalzielii* has distinct mint and camphor notes. *The latest research has shown that Boswellia dalzielii contains the highest percentage of therapeutic Boswellic acids and AKBA compared to all the other types.*

Frankincense Frereana - Maydi. *The king of Frankincense Often called Maydi, Boswellia Frereana is the pride of Somali culture. It has a very different chemical composition from the other types of Frankincense, contains no boswellic acids, but is just as powerful a healing*

and anti-inflammatory resin as the others. It is the preferred Frankincense type of the Coptic church and is used extensively in Arabia as a high end natural chewing gum, for incense and cosmetics. It is sometimes referred to as Yemenite chewing gum. *It often appears as flattish chunks of tears of a golden colour with a light white surface bloom.*

The Black Frankincense Resins – Frankincense Rivae, Neglecta and Kenyan Frankincense. *Dakar* These Frankincense types differ considerably in appearance from all the others. *They are black-coloured exudates, often with a granular texture that appear as lumps with no distinct tears. Believe it or not, these three trees produce 2-3 different types/colours of resin. One is clear and used locally as chewing gum. All 3 of these trees provide income for local semi-nomadic tribes and clans and often supplement the income of the tribe’s women. Keep in mind that these three trees offer us their resins without the need for tapping!* This makes them eminently sustainable. This is a great benefit since we are losing many of our Frankincense species due to increased demand for their essential oils. **If we can use these types of Frankincense more often, it will benefit the collector communities and take some of the pressure off the over-harvested and stressed tree populations.**

Frankincense Rivae Also known as *Ogaden Frankincense, Boswellia Rivae* is one of my favourites. It grows mostly in the Somali Region of Ethiopia and has a lovely sweet, and spicy aroma. *The tree yields 2-3 different types/colours of resin but the black is most often found in commerce. ...*

The Thurimels or Honey Frankincense types As I mentioned earlier, some Frankincense trees produce more than one type of resin. **The Black Frankincense types, Boswellia neglecta, Rivae and Commiphora confusa, also produce a clear aromatic resin. I have**

The Danish art of happiness...

“Hygge” “hoo-gah” ~ sharing simple pleasures ~ “Breathe, relax. It’s okay to be self-indulgent.”

Material from happybodyformula.com/hygge-danish-art-happiness/. Reprinted as “fair use.” Abridged. Some modification. Edited for brevity, clarity and/or flow. Editor’s comments in square brackets.

Hygge: the dictionary definition reads, “A quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture).”

In short, it means cozy. Think wood, fireplaces, accent rugs, throw blankets, candles burning, festive wool socks, cinnamon buns and cardamom pods.

Basically, if living through the cold, northern winters looked and smelled more like it does within a [picturesque] log cabin, that’s hygge. But it’s not just about the things and the setting; the definition mostly entails a mindset. ...

All that snuggling up by the fire with a cup of cocoa or glogg* might have some actual benefits beyond feeling indulgent. By the way, did we mention indulgence is actually a cornerstone of hygge? Hygge entails a degree of healthy hedonism, by way of really just enjoying life. Of all the wellness trends that will come and go, hygge says, “Breathe, relax. It’s okay to be self-indulgent.” In fact, that might be a vital part of quality of life and overall happiness.]

*Glogg is simply a Swedish name for mulled wine with a little extra. A standard, old-fashioned recipe includes whiskey and rum amongst citrus and almonds...

Key components:

Together: Harmony & Comfort
Mindfulness & Atmosphere

Envision a romantic scenario in which you head home to your *hyggekrog* aka, *cozy nook*, wrap yourself up in a decorative throw, take a seat on the floor with your friends and turn on a movie, break out a board game, [Ed’s: tell campfire stories, tell about a good movie you’ve seen, sing ...] Hygge drives home the need to keep good company. ...



In our fast-paced western society, where time at home isn’t always romantic, hygge can feel hard to adopt. The Danes on the other hand don’t always have much of a reason to leave the house. The winters are long, eating out is incredibly expensive, and there isn’t always some event or party tempting individuals to hit the town. Hygge is a way of coping, and it can be especially effective in combating Seasonal Affective Disorder*.

* SAD tends to affect those at higher latitudes receiving less sunlight, thus less opportunity to synthesize Vitamin D3, which is known to modulate our moods, along with being involved in hundreds of biochemical pathways.

If anyone has mastered the art of enjoying winter, it’s the Danes!

Develop Your Personal Hygge Style While many wellness trends can run up a huge bill, hygge is affordable, accessible and highly individual. You can do it your own way and on your own budget.

It’s less about gratification and more about savoring the moment, however it’s done. While much of the movement feels like feng-shui and some redecorating may be in order... [Ed’s: It would be a good idea to clear some space, making

sure your space feels less crowded and more peaceful in general.]

Splurge on some nice, locally made, natural candles, if you can. *Unscented is good, but you can also opt for warm, wintry scents with comforting spices or vanilla bean.*

[Take some glogg] the somewhat potent liquid and warm it up with quintessential hygge ingredients like *cardamom, cinnamon and cloves*. ... Get familiar with fresh bread, porridges, beef tartare, and anything that says winter to you. Keep in mind something else these foods have in common: they’re simple. Think of the warming notes featured in glogg or hearty soups, stews, meats and seasonal produce. *More important than the food is the company!*

Savoring the moment is easily done in a [group] of people sat around a table in dim lighting with unique offerings* from everyone involved. Being social is also a key factor in warding off the winter blues. You could also choose to take advantage of the short days with a brunch get-together, tucking into comfort food like pancakes and fresh, fragrant maple syrup.

Once everyone’s done eating, don’t rush to clear the plates and move on to whatever is next*. The best of dinner is

yet to be had! Indulge in conversation, another glass of glogg or just some continued reflection on the meal that was served.

*Editor’s: Some of us would prefer to get the dishes cleared first, otherwise, it’s very likely that the energy for doing this necessary bit of after-dining would vanish.

By not rushing dinner in the first place, you can practice “mindful eating” [quotes added]. Once you’ve established your place at the table, you won’t feel as rushed to finish up ...

Indulgence is the word For a lot of people, this involves bread and sweets; and with the Danes, these edibles are created as a labor of love rather than store-bought. Bread is baked fresh with quality ingredients and shared amongst guests over a long afternoon. ... Oh, and do you know what’s really hygge? *Cinnamon rolls!*

Whether you’re in the city or residing in a mountain town, the winter has a ton to offer! ... *There’s something magic about the way the lights fall on the snow-covered trees and buildings in the dark...*

Oh, yes: **Put away the devices!** ■

Editor’s postscript: *Nature and good fellowship... we owe it to ourselves.*

“Who Invented the Whisk,” cont. from pg. 11

know today. This modernization was thanks to the French, who introduced the first wire whisk. The whip was made of coiled wire that was attached to a wooden handle. The spiral design allowed for quick and effective mixing of ingredients.

Over time, whisk designs have continued to evolve to meet the changing needs of cooks and bakers. Today, whisks come in a variety of shapes and sizes, including balloon whisks, flat whisks, and dough whisks.

Balloon whisks are the most common type of whisk we see in households. With a round shape and wide, flexible loops, balloon whisks give a fluffier texture to cake batters, eggs and creams.

Flat whisks as the name suggests, have flat-shaped loops and are perfect for mixing liquids like sauces and gravies.

Dough whisks, on the other hand, are designed specifically for bread-making and are more durable than the other two types. ...

Q: When can I use a whisk?

A: A whisk can be used to mix, emulsify, and aerate ingredients for everything from sauces and gravies to batters and doughs. It is also great for blending dry ingredients together or breaking up lumps in flour and sugar. The thin wires of the whisk quickly incorporate air into whatever is being mixed, resulting in a light and fluffy texture. Whisks are also perfect for whisking eggs to make omelets or scrambled eggs.

Q: What type of materials are whisks usually made out of?

A: The most common material used for making whisks is stainless steel due to its strength, durability, and resistance to rust. Some whisks are made of silicone, which is a great choice for non-stick surfaces since it won’t scratch the surface. Wooden or bamboo whisks are ideal for more delicate tasks like whisking egg whites and whipping cream. ...

In short No other kitchen tool has had such a unique evolution as the whisk, and it is truly amazing to see how it has adapt-

Remembering Jeannie Breeze and her work as an exponent of World Peace (such a fragile Flower!), and especially her World Peace Day Celebration, which she celebrated with others on Dec. 31st. ~

Ground Crew! We need to work harder to keep the “usual suspects” from succeeding in trampling that Flower. Hope, despite its apparent frailty, is a vigorous Flower indeed. It springs up when we thought we’d lost it. ❖

ed to meet the diverse needs of cooks and bakers over the centuries. In any kitchen, the whisk remains an irreplaceable tool that has become an essential for bakers and chefs all over the world. ■

The tasteofhome.com site is a nice one for kitchen tools and recipe tips.



“Supplement Focus,” cont. from pg 5

animals (not grain-fed) will develop naturally high levels. [However, it has a short biological half-life, making it a poor candidate as a dietary supplement.] However, MK-4 from food is important for good health as it plays a role in gene expression. For example, research has found it may lower your risk of liver cancer.

MK-7 is a longer-chained vitamin K2 found in fermented foods such as sauerkraut, certain [soft] cheeses and natto (a fermented soy product). It's produced by specific bacteria during the fermentation process. However, not all strains of bacteria make it, so not all fermented foods will provide it.

Most commercial yogurts, for example, provide little to no vitamin K2, and while certain types of cheeses, such as Gouda, Brie and Edam, are high in K2, others are not. MK-7 is what you'll want to look for in supplements, as this form is extracted from real food and has a longer half-life.

Vitamin K-Rich Diets Lower Atherosclerosis Risk A 2022 study by Edith Cowan Univ., in which patients were followed for 23 years, found that people with the highest intakes of both types of vitamin K had significantly lower risks of atherosclerosis-related heart disease. ...

Vitamin K: Protecting Your Cardiovascular System ... As explained in a 2019 study, “Stiffening and calcification of the large arteries are forerunners of cardiovascular complications,” and by improving your vitamin K2 status, you can significantly reduce arterial stiffness and improve blood pressure. Other investigations have also found that vitamin K2 can have a direct blood pressure lowering effect in some individuals.

Vitamin K Also Plays a Role in Frailty ... Dr. Kyla Shea, a nutrition scientist in the Vitamin K Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRC) at Tufts University [as reported by Science News:

Reduced levels of circulating vitamin K are linked to an increased risk of mobility limitation and disability in older adults, according to a study published in the *Journals of Gerontology: Series A* 17 ...

Low vitamin K status has been associated with the onset of chronic diseases that lead to disability ...

Here, we're building on previous studies that found that low levels of circulating vitamin K are associated with slower gait speed and a higher risk of osteoarthritis. ...

[Researchers] found that older adults with low levels of circulating vitamin K were more likely to develop mobility limitation and disability. ...

Statin Drugs Deplete Vitamin K2 A factor that many overlook is the impact of statins (cholesterol-lowering drugs). In addition to depleting your body of Coenzyme Q10, which can adversely impact your heart health as it's crucial for mitochondrial ATP production and healthy contraction of the heart muscle, statin drugs can also deplete your body of vitamin K2 by inhibiting MK-4 synthesis. Consequently, statins may contribute not only to age-related frailty but also insulin resistance, because MK-4 synthesis requires the same enzymes that synthesize cholesterol. ...

Dosing Suggestions To optimize your vitamin K status, the ideal solution is to

eat plenty of vitamin K-rich foods. K1-rich sources include green leafy veggies like collard and turnip greens, kale, spinach, broccoli, Brussels sprouts, cabbage and lettuces.

K2 MK-4 is found in organic, grass fed and pastured animal foods like eggs, liver, meat, and dairy, while MK-7 is found in fermented foods such as natto, sauerkraut, and cheeses such as Gouda, Brie and Edam.

If you opt for an oral K2 supplement, it's best taken with your evening meal, along with any vitamin D and/or calcium and magnesium you may be taking. ... Anytime you take a vitamin D supplement, you also need to be mindful of taking extra vitamin K2 and magnesium. The K2 is needed to prevent arterial calcification while magnesium is required for vitamin D conversion. If you take large doses of vitamin D, you may inadvertently deplete magnesium, as it's required in the conversion of vitamin D into its active form. ... What this means in practical terms is that if you take all three supplements in combination, you need far less oral vitamin D to achieve a healthy vitamin D level.

Unfortunately, the ideal ratio of vitamin K2 to D is still undetermined, so there are no hard and fast rules here. Some experts suggest 200 micrograms of vitamin K2 per day will meet the needs of the “average” healthy person, but if you're taking high-dose vitamin D, you may need a bit more. ...

Caveat: While nontoxic, people who are taking vitamin K antagonists, i.e., drugs that reduce blood clotting by reducing the action of vitamin K, are advised to avoid vitamin K2 (MK-7) supplements. □

Key Micronutrients for the Brain

Analysis by Dr. Joseph Mercola, Fact Checked (Oct. 9, 2023)

Material obtained from above site. Abridged, etc.

MICRONUTRIENTS REFER TO FOOD-BASED VITAMINS AND MINERALS your body requires for optimal functioning, and even mild deficiencies can contribute to chronic disease.

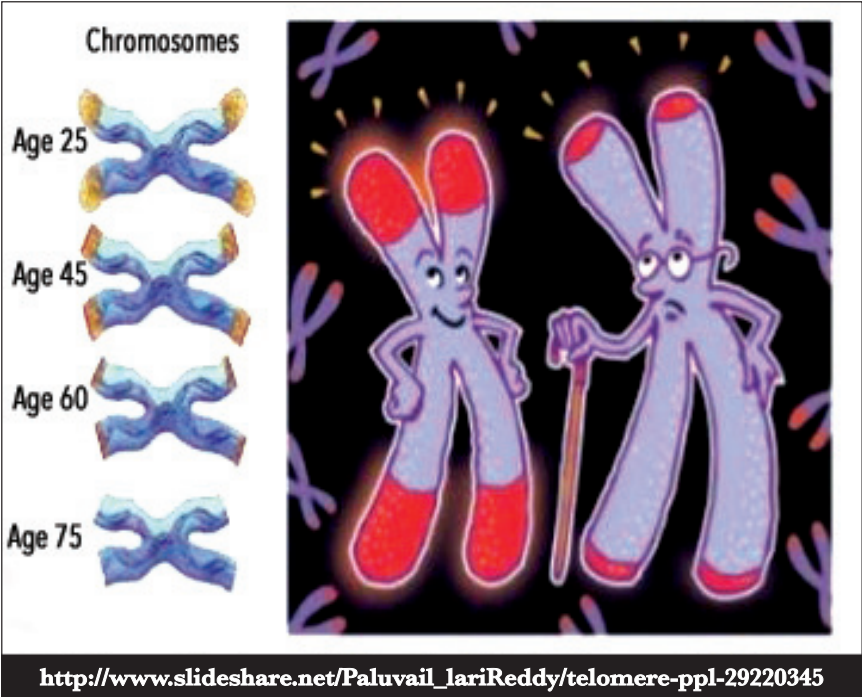
Micronutrients can be divided into four primary types:

- Water-soluble vitamins B vitamins and vitamin C
- Fat-soluble vitamins vitamins A, D, E and K
- Macro minerals calcium, magnesium, sodium and potassium (minerals your body needs in larger amounts)
- Trace minerals such as iron, zinc, copper and selenium (minerals your body needs in very small amounts)

Deficiencies Can Drive Neurodegeneration A recent scientific review published in the peer-reviewed journal *Nutrients* discusses the role of micronutrients in neurological disorders specifically, noting that long-term deficiencies may be involved in the cause and subsequent development of neurodegenerative processes and neurological diseases such as Alzheimer's disease, Parkinson's disease, Huntington's disease and amyotrophic lateral sclerosis (ALS).

As noted in this paper, the primary function of micronutrients is their “catalytic effect in enzyme systems, either as cofactors or as components of metalloenzymes.” Other essential roles include antioxidant activity and immune modulation. ...

Key Nutrients Involved in Alzheimer's Disease While any number of nutrients can [reduce] your risk for Alzheimer's disease, some of the most important players are vitamins A, B, C, D, and E, selenium, copper, zinc, iron and man-



“By rebuilding the shortening telomere, we can increase the number of cell divisions the telomeres can experience and improve human lifespans.”

ganese. In the case of copper, iron and manganese, **elevated levels** are typically the problem.

Other vitamins Associated with AD [attention deficit]

Editor's note: Visit Mercola's substack for ways these “micronutrients” affect nerve and brain conditions.

B Vitamins: B1 thiamine, B3 niacin, B6 pyridoxine, B9 folate, B12

Vitamins A, C, D3, E

Minerals Manganese, Selenium, Zinc

- Zinc
- Manganese
- Selenium ...

Oftentimes, symptoms are nonspecific, and include things like **frequent infections and skin problems...** □

Protect your Telomeres!

© 2023 by Vincent Giampapa, MD
Material from healthycell.com/blogs/articles/how-to-lengthen-telomeres-with-10-natural-ingredients (Sep. 23, 2023). Abridged, etc. Image above from slideshare.net/Paluvail_JariReddy/telomere-ppl-29220345, showing DNA “caps” at different ages.

COMMONLY REFERRED TO AS THE “CAPS ON OUR SHOELACES” FOR OUR ... GENES, **telomeres protect these strands at the end of our DNA from shortening and fraying.** ... If the “cap” becomes damaged, the “shoelace” begins to fray and can no longer function. – Telomeres consist of repetitive nucleotide sequences that help protect the chromosomal DNA from damage [but] shorten every time a cell divides until the cell finally dies. This information was first discovered by a group of scientists at **Geron Corporation of Menlo Park, Calif.** ... By rebuilding the shortening telomere, we can increase the number of cell divisions the telomeres can experience and improve human lifespans. ...

Tips for Lengthening Telomeres

Reduce Stress [Stress contributes to many ailments, ranging from depression and anxiety to heart disease and diabetes. Studies show that chronic stress also has links to shorter telomeres.] Researchers found that the duration and intensity at which you experience stress have extreme effects on telomere length. To avoid this, find a relaxation method that works for you, e.g., yoga, pilates, meditation. If you're experiencing chronic stress, periodic relaxation may not be enough. Support systems like friends and family members can be major solutions for lowering your

stress levels.

Exercise Regular exercise is also essential for preserving telomere length. A 2018 study from the **European Heart Jnl** measured telomere length in healthy, but sedentary, adults for six months. [Researchers] found that the groups who participated in aerobic endurance and interval training were better protected from telomere shortening. ... However, it takes regular exercise to have a noticeable and beneficial effect on your telomeres. ...

Get Enough Sleep Not getting enough sleep can often leave you feeling like you've shaved years off of your life, [and] it's possible that you actually have. Sleep – and a lack of it – can dramatically influence both our mental and physical health, including many aspects of the aging process [including] telomere length. When we sleep, our bodies perform a range of functions for cellular repair and rejuvenation.

Alternatively, **inflammation levels increase when we don't get enough sleep**, which is a major contributor to biological aging. Generally, longer sleep has associations with longer telomeres. One study found that each hour of additional sleep beyond five hours significantly improved telomere length in postmenopausal women.

Telomere Lengthening Supplements Telomeres can actually regain portions of their lost length with the help of telomerase, [an enzyme] responsible for maintaining the length of telomeres [and actively restore telomeres to allow for future cell divisions]. ...

One of the most important of these is **ac-11, an extract from a tropical woody vine called Uncaria tomentosa (or cat's claw)** [which can] benefit conditions like Parkinson's, rheumatoid arthritis, certain cancers, and viral illnesses . In clinical pilot studies, ac-11 directly contributed to improvements in telomere length and reversed common signs of aging.

Other ways to lengthen telomeres:

- ✦ astragalus root extract
- ✦ milk thistle seed extract
- ✦ Korean ginseng extract, and
- ✦ L-citrulline... an amino acid that promotes blood flow by creating nitric oxide, which helps fight heart disease and clogged arteries. ... ■

Found...
"My Christmas Gryphon"

© 2022 by R. E. Mahoney
This story appeared in the Nov/Dec 2022 Pathfinder, and is reprinted with author's permission. Some modification. Edited for brevity, clarity and/or flow. Editor's comments, etc. in square brackets. There are various spellings for "griffin," and Robert chooses "gryphon."

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Image "hippogryph_by_cassandra28." Not related to our "stars" Cassandra./editor

I took it home and mounted it on my front porch railing. It was now guarding my front walk of my house. Then I saw something odd about my Gryphon. It was the hind legs. I was expecting lion claws. Oh No. Not MY gryphon.
MY gryphon had hooves! [Ed's: A hippogryffin, as it were.]

In the factory did the back end switch over to Pegasus and no one told the front?
I didn't care. It was my Christmas Gryphon, hooves and all.
Fast forward to June. I was making my regular weekend tour of the neighborhood to check out the yard sales. I was at one of those when I was strangely drawn to a table. Laying on the table was a horseshoe. It was smaller than a regular shoe. More for a pony. I felt a really odd energy about it as I picked it up. I looked closer. It was not decorative. It obviously had once been worn.
"That was my pony's horseshoe." A little girl was suddenly standing beside me.
"His name was Blackie. I am Hattie."
Hattie looked about eight with black hair in braids, serious blue eyes, and she was dressed in Little House on The Prairie style.
"That little horseshoe is a dollar," said the woman running the sale.

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See "Christmas Gryphon" cont. on pg. 15

In the Stars by CASSANDRA JOAN BUTLER
Check out my Youtube link at: youku.be/lo3q68PZLYc Astrologer and Teacher

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ARIES (MAR 20 – APR 19)
Nov. is your joint money management time, emphasized on the New Moon of Nov. 13th. Meanwhile, your sign ruler, Mars in Scorpio, you desire long term security and greater intimacy – no holds barred. From late Nov. through Dec. 21st, attention turns towards mind-expanding learning and travel. A new perspective helps you communicate your principals and beliefs. The year ends on an optimistic note as Jupiter stations direct on the 31st. 2024: Clear the air! Your communication sector is opening up. Write, teach, travel

TAURUS (APR 20 – MAY 20)
Relationships are your priority as Nov. unfolds. Clarity comes to you after the New Moon of Nov. 13th, regarding issues of trust and commitment. Direct communications in relationships are affected by Mars in Scorpio. Tap into your inner psychological or psychic awareness as Nov. unfolds into Dec. Through Dec. 21st, the focus is on willpower, finances, and letting go of outmoded ideas. As the month ends, you get motivated to expand your life through travel or new learning. 2024: This year, prepare the ground for more ways to attract greater abundance and financial security.

GEMINI (MAY 21 – JUN 20)
In Nov., work smarter, not harder. The focus is on self-improvement in every way. Strengthening your health routine gets a boost after the Nov. 13th New Moon. Late Nov. through Dec. 22nd is your time to create more authentic relationships. The Full Moon of Dec. 26th casts clarity on ways to negotiate relationship issues and bring about healing. If not, a change may be in the offering. Financial planning tops your to-do list as the year ends. Practice the new money skills you have perfected over the past year. 2024: Be who you want to be; positive thinking attracts positive results.

CANCER (JUN 21 – JUL 22)
From Nov. 1st through the 21st, your thoughts turn towards fun, flirtation, and creativity. You may enjoy unexpected attention from a possible new romantic partner. The New Moon of Nov. 13th sheds light upon friendship, socialization, and enjoyment. From late Nov. through Dec. 21st resolve to become healthier by improving your overall habits and routines. Pay attention to sleep hygiene. Mars in Sagittarius motivates you to move and exercise. 2024: Inner voyaging to go, thanks. Explore your psyche and have more confidence in your intuition.

LEO (JUL 23 – AUG 22)
Nov. is your time to nest. Home and family are your priority as you reflect upon what feeds you emotionally and psychologically. The New Moon of Nov. 13th signals a time to strengthen all aspects of your home life; remodeling or creating closer family connections. Your psychological foundation is strengthened by following your intuition. Reward yourself with a fun diversion from late Nov. through Dec. 21st – your enjoyment time of the year. Once winter begins, your attention shifts towards improving health. Exercise and diet plans become more disciplined. 2024: Expand horizons and your social network; look to interact with groups where your special gifts of creativity and insight may be appreciated.

VIRGO (AUG 23 – SEPT 20)
Communication, writing, learning, and teaching are key activities for you as Nov. begins. The New Moon of Nov. 13th motivates you to sharpen your communication skills as you tackle paperwork. As Nov. moves into Dec. issues involving home and family take center stage. Attend to home improvement projects in time for the holidays. Thoughts of moving or remodeling are considered. Family member may also become more demanding or needy during this time. As the year ends, you'll want to take a break. Schedule a vacation or retreat to refresh your soul. 2024: As your confidence and career opportunities expand so does your responsibilities.

LIBRA (SEP 21 – OCT 20)
Finances are your focus as Nov. begins. The New Moon on Nov. 13th opens your mind to new income potential based on your many skills and talents. Mars in Scorpio also accentuates the need to expand your income flow. Late Nov. through Dec. 21st represents your communication time of the year. Market your ideas, your thoughts, and your truth. This is also an incredibly busy time for you; try to accomplish any paperwork or marketing projects ahead of schedule. As the year ends, retreat within your home and balance relationships with family members. 2024: Travel, publish, share your insights with others.

SCORPIO (OCT 21 – NOV 20)
Happy Birthday! As the sun moves through your sign from Nov. 1st through the 21st, you will experience a greater sense of confidence and magnetism. With Mars in your sign, keep a lid on anger, or overextending yourself. The New Moon of Nov. 13th puts a focus on your hopes and dreams and ways to activate your goals. As Dec. begins, attend to financial concerns. Resolve to clear old debt as you work up a new plan to attain financial freedom. As Dec. ends paperwork is organized as communication projects crystalize. 2024: An enhanced flow of ideas empowers both you and others.

SAGITTARIUS (NOV 21 – DEC 20)
Nov. is a time to go 'within.' Honor your need to explore your inner self; pray, meditate, retreat. The New Moon of Nov. 13th activates your intuition. Your wise and often funny diplomatic skills are called into action. As the sun moves through your sign, from Nov. 21st through Dec. 21st, you experience a greater sense of personal well-being. The Full Moon of Dec. 26th illuminates' cracks in personal relationships which can be healed. As Dec. ends financial concerns take precedence. The year ends with a goal for greater financial security. 2024: Appreciate the qualities of significant others. Relationships matter.

CAPRICORN (DEC 21 – JAN 19)
From Nov. 1st through the 21st you'll enjoy greater opportunities to network and connect with friends for business and pleasure. This is your social time of the year; make the most of it! The New Moon on Nov. 13th helps solidify a friendship. As Dec. begins your emphasis is on creating a deeper spiritual and emotional foundation; retreat, pray and meditate. The Full Moon of Dec. 26th lights the way for deeper faith. As winter unfolds and the sun moves through your sign, you shine with confidence and charisma. 2024: Heal your mind, body and spirit.

AQUARIUS (JAN 20 – FEB 18)
As Nov. begins, your career sector lights up. Others will expect you to take a stronger leadership role. Come up to the plate. Your skills will be called into action after the New Moon of Nov. 13th when you negotiate some sort of work crisis. From late Nov. through Dec. 21st new, helpful business contacts could come into your life. Enjoy meeting a new friend around the gym or at work around the Full Moon of Dec. 26th. As the old year ends, you will most likely feel physically exhausted but spiritually renewed. Be open to the voice within. 2024: Creativity is love in action.

PISCES (FEB 19 – MAR 21)
Pack your bags as Nov. begins. It's a great time for you to take a trip, learn a new skill, and expand your horizons. It's important you refresh your mind, body and spirit as Nov. unfolds. The New Moon on Nov. 13th sheds information on a relationship concern. Change is afloat in all arenas of life. Mars in Scorpio helps you to expand perspectives through learning. As Dec. unfolds, you'll be in the career driver seat eager to prove your worth. A conflict mid-Dec. with an employer is resolved through intuition. As the month ends, you establish new contacts and friends. 2024: 'Charity begins at home.' ■

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“Christmas Gryphon, cont. from pg. 14

“Hattie, here, says it belonged to her pony, Blackie.”

The woman gave me a quizzical look. “Who said what?”

Oh no, the woman could not see Hattie. Hattie was a ghost.

“Never mind. This would look good hanging from my backdoor. But this hole where I would put the nail is plugged.” AND I did NOT need a horseshoe that came with a ghost.

“You can drill that out. Fifty cents.”

“Yes!” said Hattie with a smile. “Buy it!”

I bought it. I figured I get it hung, Hattie will be happy, no more ghost.

So I take it home with Hattie. We went down to my workbench in my basement.

I put the shoe in my vice and found a drill bit just the right size. I plugged my drill in the socket on the other side of my workbench. I brought the drill over but couldn’t get the right angle. Gave the cord a hard pull. I forgot I had run the cord behind my toolbox. It goes flying off my workbench, spilling tools all over the floor. I said a few choice words that little girls (ghost or not) should have heard. Hattie found it all very funny.

I got an extension cord and soon the plug was drilled out.

I had plenty of screws. Hattie insisted on proper nails. After fifteen minutes (and few more choice words) I found two “proper” nails. Hattie reminded me to not forget the level. She wanted Blackie’s shoe hung straight.

I got out the folding ladder and found the exact center of the backdoor frame. Centered and level, I drove in the proper nails. Blackie’s shoe had a new home.

So why was Hattie still there?

Had Hattie’s energy transferred from her horseshoe to my house? Or me?

“I can’t just fly up to Heaven!”

Did someone say FLY?

“Hattie,” I said with a smile. “I have just the thing to fly you right up to Heaven.”

Her blue eye widened with joy. “What is it?”

“It’s a . . . surprise. “

As walked around the side of the house to the front yard, I simply asked for a Christmas Miracle (in June?) for Hattie.

YES! When we came around the front there was a full-size gryphon standing in my walk way in front of the house.

Hattie hid behind me. “What is that?”

“That, Hattie, is a horse.”

“That is NOT a horse.”

“It is a special horse. Come here, I’ll show you.” We walked over and I pointed down. “See? Hooves. Part horse for you to ride. Part eagle to fly to heaven.”

Before she could think I lifted her up and set her on the back of my Christmas Gryphon. “Get a handful of feathers, mane, or whatever.”

She got a hold and looked at me. “How do I get it to go?”

I shrugged. “What did you say to get Blackie to go?”

He turned facing forward. “Getty UP!” she shouted.

The gryphon charged down the walkway. Hattie screamed as it launched itself. Hattie’s scream went up an octave as massive wings erupted. With one flap of its great wings they barely cleared the power lines across the street. When they flew over some old growth trees two dozen ravens exploded from the trees’ branches and seem to escort them. Soon I couldn’t tell them from the birds.

A new message from Dr. Steven Greer

Mission to Planet Earth

© 2023 Dr. Steven Greer, siriusdisclosure.com (Sep. 20, 2023)

Material obtained from above site. Excerpt reprinted as “fair use.” Some modification. Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.

Goals ~

- To peacefully and wisely disclose the reality of UAPs* and Extraterrestrial civilizations [*Unidentified Aerial Phenomena];
- To disclose and put into wide application energy technologies to repair the environment and eliminate global poverty and extreme social inequality on Earth;
- To prevent the extinction of life on earth;
- To mitigate possible upcoming catastrophes;



- To establish a pathway to establish a sustainable, peaceful and eventually interplanetary civilization on earth;
- To initiate a period of open contact and communication between Human and Extraterrestrial civilizations.

Reinforcing Strategies ~

1. Education and ultimately full disclosure of the UAP and Extraterrestrial reality to the global population;
2. Obtain specific supportive actions by United States and other governments to support the objectives of the Mission.
3. The law enforcement team will acquire assets and stand down current offensive actions against both innocent Human and Extraterrestrial people and assets.
4. The Disclosure Legal Team strategies and actions are to:
 - a. reinforce USG (US Government) and law enforcement objectives* and,
 - b. obtain further actionable intelligence for Disclosure, the US Government and law enforcement.
5. CE5 Contact is a civilian movement for peaceful human-initiated contact with ET civilizations as preparatory to:
 - a. establishing official government contact and
 - b. establishing contact capabilities in the event of future worst case and catastrophic scenarios.

***Editor’s postscript** regarding “Reinforcing Strategies”: I assume Dr. Greer is addressing the current illegal secrecy and unacknowledged off-world activities by rogue agencies within or actually outside of any governmental oversight. The language troubles me a bit, but having read various books on his Disclosure Mission and his effort to rein in the illegally withheld technology exchanges between the rogues and cooperating alien contacts, I believe he’s calling for an intensive effort to bring all of this within the tent, so to speak. ♦

Dr. Steven Greer, siriusdisclosure.com, info@siriusdisclosure.com PO Box 265, Crozet, VA 22920.



Original work, in several parts.

A Tale of Two Bunnies (taking a look back at the forest)

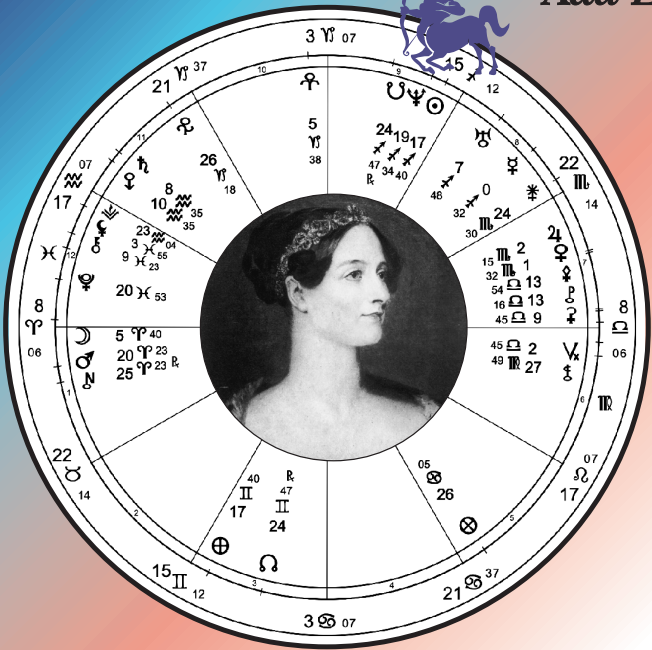


Editor’s note: Part 4 of “A Tale of Two Bunnies” was to appear in this Nov/Dec 23 issue, but will be carried over to the Jan/Feb 24 issue instead. Meanwhile, the Two Little Bunnies look back over the forest where they had such wonderful picnics before trundling off in pursuit of the Bison Bunnies and other adventures. ♦

Chart Focus on December Sagittarians

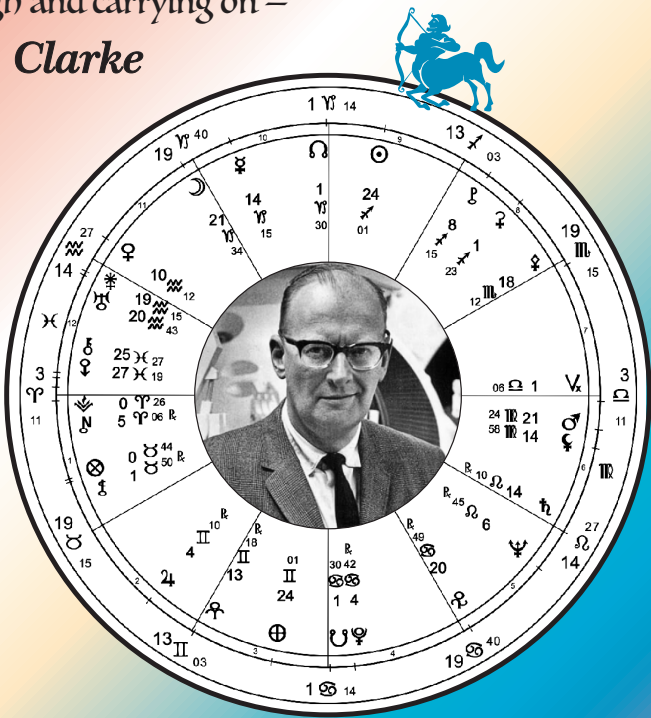
– Horsemen and horsewomen jumping high and carrying on –

Ada Lovelace, Arthur C. Clarke



Ada Lovelace,
b Dec.10, 1815, 1 pm LMT
London, England
(Offspring of wild man, Lord Bryon, Ada had an intense love of numbers, and poetry. To try and tame this one, her mother literally had to tie her down, but introduced her to very competent tutors. Very unusual for her time.)

Arthur C. Clarke,
b Dec. 16, 1917, 12:41 pm GMT
Minehead, England
(Clarke had an extraordinary ability to use his scientific skills to create stories of a highly developed visionary type, enjoyable "hard" science fiction, i.e., the creativity rising from expanding a structured body of knowledge.)



Some quotes by Ada Lovelace

Material obtained from azquotes.com/

"If you can't give me poetry, can't you give me poetical science?"
"The Analytical Engine has no pretensions whatever to originate anything. It can do whatever we know how to order it to perform."
"The intellectual, the moral, the religious seem to me all naturally bound up and inter-linked together in one great and harmonious whole."
"I never am really satisfied that I understand anything; because, understand it well as I may, my comprehension can only be an infinitesimal fraction of all I want to understand about the many connections and relations which occur to me, how the matter in question was first thought of or arrived at, etc."
"Forget this world and all its troubles and if possible its multitudinous Charlatans – everything in short but the Enchantress of Numbers."
"Imagination is the Discovering Faculty, preeminently ... It is that which feels & discovers what is, the REAL which we see not, which exists not for our senses ... Mathematical science shows what is. It is the language of unseen relations between things... Imagination too shows what is ... Hence she is or should be especially cultivated by the truly Scientific, those who wish to enter into the worlds around us!"

Some Quotes by Arthur C. Clarke

Material from azquotes.com/

"Any sufficiently advanced technology is indistinguishable from magic."
"In my life I have found two things of priceless worth – learning and loving. Nothing else – not fame, not power, not achievement for its own sake – can possible have the same lasting value. ..."
"Before you become too entranced with gorgeous gadgets and mesmerizing video displays, let me remind you that information is not knowledge, knowledge is not wisdom, and wisdom is not foresight. Each grows out of the other, and we need them all."
"Civilization will reach maturity only when it learns to value diversity of character and of ideas."
"As our own species is in the process of proving, one cannot have superior science and inferior morals. The combination is unstable and self-destroying."
"When you finally understand the universe, it will not only be stranger than you imagine, it will be stranger than you can imagine."
"Isn't killing people in the name of God a pretty good definition of insanity?"

Ada Lovelace bio

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Some Bio Background

Material from biography.com/scholars-educators/ada-lovelace. Originally publ. Apr. 2, 2014, rev. May 6, 2021.

Ada Lovelace, born as **Augusta Ada Byron** on Dec. 10, 1815, was the only legitimate child of the famous poet **Lord George Gordon Byron**. Lord Byron's marriage to Lovelace's mother, **Lady Anne Isabella Milbanke Byron**, was not a happy one. Lady Byron separated from her husband only weeks after their daughter was born. A few months later, Lord Byron left England, and Lovelace never saw her father again. He died in Greece when Ada was 8 years old.

Lovelace had an unusual upbringing for an aristocratic girl in the mid-1800s. At her mother's insistence, tutors taught her mathematics and science. Such challenging subjects were not standard fare for women at the time, but her mother believed that engaging in rigorous studies would prevent Lovelace from developing her father's moody and unpredictable temperament. Lovelace was also forced to lie

still for extended periods of time because her mother believed it would help her develop self-control.

From early on, Lovelace showed a talent for numbers and language. She received instruction from **William Frend**, a social reformer; **William King**, the family's doctor; and **Mary Somerville**, a Scottish astronomer and mathematician. Somerville was one of the first women to be admitted into the **Royal Astronomical Society**. ...

Around the age of 17, Ada met **Charles Babbage**, a mathematician and inventor. The pair became friends, and the much older Babbage served as a mentor to Lovelace. Through Babbage, Lovelace began studying advanced mathematics with Univ. of London professor **Augustus de Morgan**.

Lovelace was fascinated by Babbage's ideas. Known as the father of the computer, he invented the **difference engine**, which was meant to perform mathematical calculations. Lovelace got a chance to look at the machine before it was finished, and was captivated by it. Babbage also created plans for another device known as the **analytical engine**, designed to handle more complex calculations.

Lovelace was later asked to translate an article on Babbage's analytical engine

Arthur Clarke Bio

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Some Bio Background

Material from clarkefoundation.org/. Abridged, etc.

Arthur Charles Clarke was born to an English farming family in the seaside town of **Minehead**, in the county of **Somerset** in southwestern England, on Dec. 16, 1917. As a child, he enjoyed stargazing and reading American science fiction magazines, which sparked his lifelong enthusiasm for space sciences. After moving to London in 1936, Clarke was able to pursue his interest further by joining the **British Interplanetary Society** (BIS.) He worked with astronautic material in the Society, contributed to the BIS Bulletin, and began writing science fiction...

After World War II erupted in 1939, Arthur Clarke joined the **Royal Air Force** and served as a radar instructor and technician from 1941 to 1946. He was an officer in charge of the first radar talk-down equipment, the **Ground Controlled Approach**, during its experimental trials. The technique is used by aircraft control to guide aircraft to a

safe landing based on radar images during inclement weather. Clarke's only non-science-fiction novel, **Glide Path**, was based on his experiences in this project. After the war, Clarke returned to London, where he was awarded a **Fellowship at King's College, London**, where he obtained a **First Class honors degree in Physics and Mathematics** in 1948. He also returned to the **British Interplanetary Society**, and served as the Society's president in 1946-47 and 1951-1953.

Clarke moved to Sri Lanka (then called Ceylon) in 1956, largely to pursue his interest in underwater exploration along the country's coast as well as on Australia's Great Barrier Reef. ... In 1962, Clarke was diagnosed with polio, which reduced his diving activities. In 1988, he was diagnosed with post-polio syndrome, and he was largely confined to a wheelchair until he passed away at the age of 90 on March 19, 2008.

Arthur Clarke's remarkable lifetime work was recognized by both the country of his birth and his adopted home country. In 1988, Queen Elizabeth II honored Clarke with a **Knighthood**, formally conferred by Prince Charles in Sri Lanka two years later. In 2005, Clarke was awarded **Sri Lankabhimanya** (The Pride of Sri Lanka), Sri Lanka's highest civil-

See "Ada Lovelace," cont. on pg 17

See "Arthur Clarke," cont. on pg 17

Some thoughts on the Rays and featured Sagittarian charts

As someone keenly interested in the esoteric branch of astrology, I find myself fascinated with those signs that spread themselves onto *three* rays, like Sagittarius and Capricorn.

Aside: Most of the signs that Western astrologers work with appear on two Rays, except the air signs of Gemini, Libra and Aquarius, which are concentrated on one Ray, respectively Ray 2 – *Love Wisdom*, Ray 3 – *Active Intelligence* and Ray 5 – *Concrete Knowledge (Science)*. I don't understand *why* particularly, but am following along with Alice Bailey and The Tibetan here. She has written that the influences from those signs are remnants of a former solar system round of evolution. As our solar system seems to be accreting more planetary bodies, it seems very likely that in remote times, our solar system was very different. ♦

For this brief read, I'm focusing on the Rays on which Sagittarius functions (sic). However, not one to simply or totally accept what is presented as truth, I weigh and analyze charts of people I'm interested in to see if the Ancient Wisdom presented by Bailey and others holds true.

So far, I've found that **Esoteric Astrology** holds some great truths with its depiction of cosmic influences "pouring through signs," with their evolutionary impulses and range of features that may not be evident by simply considering basic astrological tenets. (*However venerable her source is, however, I don't accept the idea of "sacred" and "non-sacred" planets – to me they're all sacred.*) Like early Western exponents of Eastern Wisdom Teachings, e.g., Theosophy, Rosicrucians, her writing is somewhat stilted and riddled with references that are not well-known. *However, as she was to have transcribed information dictated by The Tibetan, this is not alto-*

gether surprising. I suppose it's akin to Cayce's renderings of his Helpers' advice from the Other Side. Anyway, Bailey is lots more readable than Madame Blavatsky, in my view.)

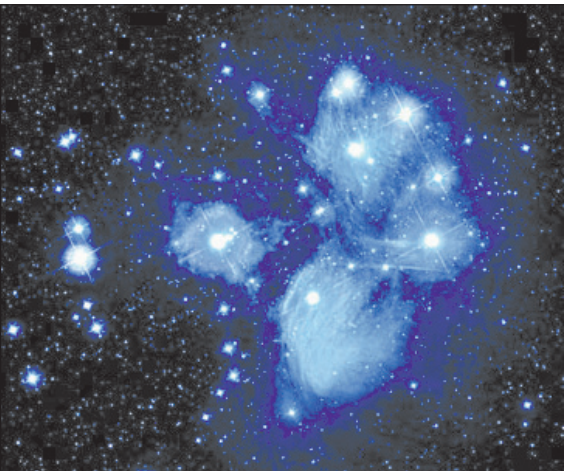
Sagittarius and its Rays of Expression

Ray 4: Ray of Harmony through Conflict. Other signs on Ray 4 are Taurus and Scorpio. On Ray 4, Sagittarius acts as a fulcrum to balance intense emotions of possessiveness, material and/or destructive desires with a sense of perspective — trying to see the whole picture, etc. *The relationship between these signs is somewhat challenging: semisextile, 30° (Scorpio) and quincunx, 150° (Taurus); 12th House-6th house relationship.*

On the other hand, *if the balance cannot be achieved (afterall, Sag is a Centaur, Man-Horse, with untamed and wild ancestry) between the earthbound and what lies beyond – then the conflict part of the equation only intensifies. Planetary actors* here (in esoteric astrology) are *Vulcan (?) a hypothesized inner Mercury planet, an astral planet???)*, *Mars and the Earth.*

Ray 5: Ray of Concrete Knowledge. Other signs on Ray 5 are Leo and Aquarius. Here, Sagittarius amplifies truth seeking and delves into how things work and the connections between things. As the sign relationship is positive in an angular or aspect relationship (*trine to Leo, sextile to Aquarius*), Truth Seeking and Truth Emboding qualities are enhanced. (*However, if self-aggrandizement and egoistic expansion is preferred over Truth, we easily corrupt science as well as all organized social foundations.*) The esoteric planetary actors for this Sag-Leo-Aquarius group are respectively: the Earth, the Sun and Jupiter.

Aside: From my own observations, we need to see about getting Ray 5 back on



Nasa image of the Pleiades star cluster. In Esoteric Astrology, the Pleiades holds a special place, as it does in many cultures. More recently, this cluster is more readily admitted as being one of the ancient seedbeds of humanity. It is my feeling that Ancient Wisdom traditions used obscure terminology to reference the fact of our "alien" origin to avoid persecution. ❖

track as a beneficent application of knowledge, since we've already seen a universal corruption of our knowledge base.

Ray 6: Ray of Devotion (and Religion). Other signs on this Ray are Virgo and Pisces. Idealism, purity of thought, body, and spirit are its best expressions or motivations. Edgar Cayce, a Pisces seer of unparalleled depth, said, "aim for the Ideal," and "mind is the builder."

All religious zeal comes out of the 6th Ray of Devotion. However, the relationship between these signs is stressful, a T-square in Mutable signs – conflict all around. *The esoteric sign/planets involved are (Sag) the Earth, (Pisces) Pluto, (Virgo) the Moon.* The opposition between Pisces and Virgo pretty well tells you that matters of deep feeling are being challenged, and a certain ruthlessness in purging what "doesn't belong." Here the challenging process echoes the 4th Ray's qualities between Taurus and Scorpio, with Sagittarius again acting as balance point in the Idealism Wars, who gets off a few of its own salvos against offenders of its ideals.

At its worst, all of the horrors of wars fought to destroy those who don't believe, think, or act according to a preferred high ideal, are unleashed. Or, at least, *apparently caused by a clash of Ideals, as wars are generally fought for reasons other than those stated by heads of state, e.g., the battle for resources and treasure (back to the 4th Ray).*

Ideals, then, are used as levers by those who have unscrupulous or utterly selfish motives. *But that's another story.*

Ray 5, it is then

Looking at the impressive scientific accomplishments of Lovelace and Clarke, it is easy to connect Ray 5 with both of these horse folk, with some features of Ray 7, as Aries rises in both charts. (*Aries is on Ray 1, Will; and on Ray 7, the "master arranger" Ray or "Ceremonial Order," as Bailey writes.* Other signs on Ray 7 are Cancer and Capricorn.)

Summary The love of knowledge, scholarship and minds intent upon discovering deep truths hiding within matter characterizes both Ada Lovelace (who is now recognized as helping to develop algorithms and potentials of "analytical machines," aka, computing machines), while Clarke extrapolated, hypothesized and foresaw communications satellites, and the direction science may be going, among other things. ■

"Orthodox" rulers of Rays 4, 5, 6.

Ray 4: Taurus (*Venus*), Scorpio (*Mars/Pluto*), Sagittarius (*Jupiter*)

Ray 5: Leo (*Sun*), Sagittarius (*Jupiter*), Aquarius (*Saturn/Uranus*)

Ray 6: Virgo (*Mercury*), Sagittarius (*Jupiter*), Pisces (*Jupiter/Neptune*)

"Arthur C. Clarke," cont. from pg. 16

ian honor. □

More on Clarke's Body of Work

Material from arthurclarke.org/site/resources/bio-notes/. Abridged. Some modification.

Sir Arthur C Clarke ... was best known as a leading writer of "hard" science fiction that was based on scientific plausibility. Formally trained in physics and mathematics, he also wrote many non-fiction books on space travel, communication technologies, underwater exploration and future studies. Both his fiction and factual books have inspired generations of scientists, innovators and astronauts. ...

He was the first to propose satellite communications in 1945. One of his short stories ["Dial F for Frankenstein," 1964] inspired British computer scientist Tim Berners-Lee to invent the World Wide Web. Another short story ("The Sentinel," 1948) was expanded into the movie 2001: A Space Odyssey... which he co-wrote with director Stanley Kubrick.

...Trained in physics and mathematics, Clarke also wrote non-fiction on space travel, communication technologies, underwater exploration and future

studies. In a technical paper titled "Extra-terrestrial Relays" published in 1945, he first outlined the principles of global broadcasting via communication satellites in geostationary orbit. He never patented the idea, and derived no financial benefits from his invention. The geostationary orbit is now called "Clarke Orbit."

At the time of his death in March 2008, Sir Arthur C Clarke was the world's best-known writer of science fiction. In a literary career spanning over six decades, he wrote 100 books and more than 1,000 short stories and essays. ... □

Some of Clarke's short stories

Material from bookseriesinorder.com/arthur-c-clarkel. Reprinted as "fair use," etc.

The Sentinel (1951)

Reach for Tomorrow (1956)

Tales From The White Hart (1957)

Tales of Ten Worlds (1962)

The Lion Of Comarre (1968)

Expedition to Earth (1968)

Of Time and Stars (1972)

The Wind From The Sun (1972)

A Meeting With Medusa (1988) ■

"Ada Lovelace," cont. from pg. 16

that had been written by Italian engineer Luigi Federico Menabrea for a Swiss journal. She not only translated the original French text into English but also added her own thoughts and ideas on the machine. Her notes ended up being three times longer than the original article. Her work was published in 1843, in an English science journal. Lovelace used only the initials "A.A.L." for Augusta Ada Lovelace, in the publication.

In her notes, Lovelace described how codes could be created for the device to handle letters and symbols along with numbers. She also theorized a method for the engine to repeat a series of instructions, a process known as looping that computer programs use today. Lovelace also offered up other forward-thinking concepts in the article. For her work, Lovelace is often considered to be the first computer programmer.

In 1835, Lovelace married William King [the family doctor, see previous], who became the Earl of Lovelace three years later. She then took the title of Countess of Lovelace. They shared a love of horses and had three children together. From most accounts, he supported his wife's academic endeavors. Lovelace and her husband socialized with many of the

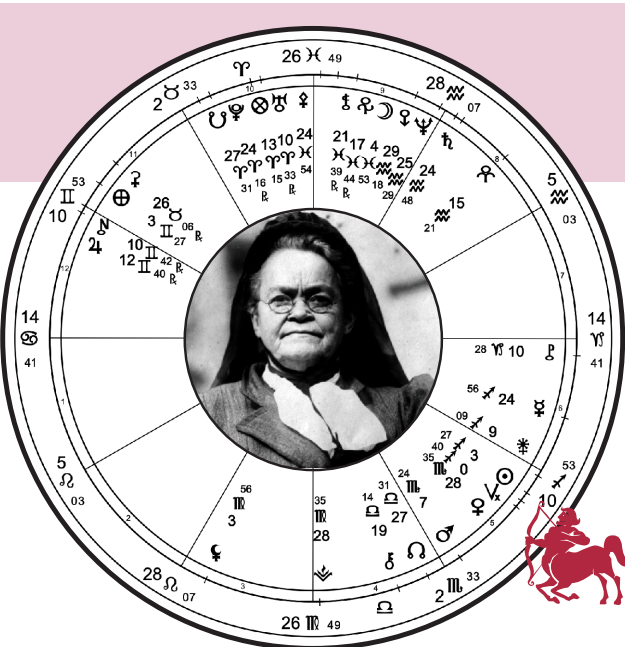
interesting minds of the times, including scientist Michael Faraday and writer Charles Dickens.

Lovelace's health suffered, however, after a bout of cholera in 1837. She had lingering problems with asthma and her digestive system. Doctors gave her painkillers, such as laudanum and opium, and her personality began to change. She reportedly experienced mood swings and hallucinations.

[Her] contributions to the field of computer science were not discovered until the 1950s [when] her notes were reintroduced to the world by B.V. Bowden, who republished them in "Faster Than Thought: A Symposium on Digital Computing Machines" in 1953. Since then, Ada has received many posthumous honors for her work. In 1980, the US Dept. of Defense named a newly developed computer language "Ada," after Lovelace. ■



A couple of November Sagittarians and Ray 6 ("true believers")



Carrie Nation
b. Nov. 25, 1846, 7:30 pm LM;
Little Hickman, Ky.

Carrie hated what drink did to a large portion of the male population, in relationship to their wives and families (her own included), so undertook to take their drink away from them via the Temperance movement. She busted up saloons and bottles, feeling invincible as she went along. Her Temperance movement hooked up with women who wanted the vote, i.e., the Suffragette movement, and women did finally receive the vote (*per the 19th Amendment, ratified Aug. 18, 1920*).

Today we have more women in the House of Representatives than ever before, but has the quality of morality and governance increased? (...) **It takes more than gender equality to produce good government**, and where there is avarice, lust for power – to which women like the male population have frequently succumbed – their positive influence is less than what was hoped for “back in the day.” ♠ See bio, pg. 19.

Quotes by Carrie A. Nation
Material from azquotes.com

“I felt invincible. My strength was that of a giant. God was certainly standing by me. I smashed five saloons with rocks before I ever took a hatchet.”

“Men are nicotine-soaked, beer-besmirched, whiskey-greased, red-eyed devils.”

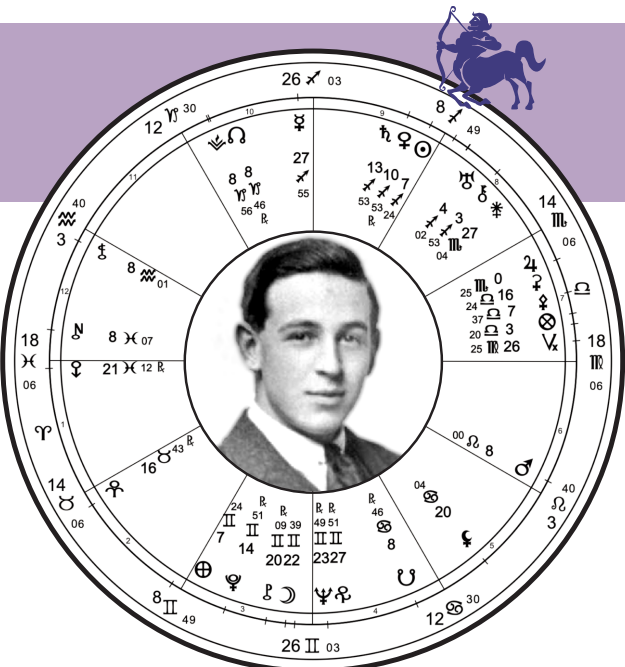
[When asked her occupation:] “Destroyer of the works of the Devil by the direct order of God.”

“Washington’s capitol is a reproach to common decency; this government – like a fish – stinks worse at the head.”

Material from internetpillar.com/carrie-nation-quotes/

“I want all hellions to quit puffing that hell fume in God’s clean air.”

“God is a politician; so is the devil.”



C. S. Lewis
b. Nov. 29, 1898, time unk
using speculative time of 1:32 pm, GMT
Belfast, N. Ireland

Clive Staples Lewis was a lover of a good book and cuppa tea. His religious life was already present. And he enjoyed writing. Though baptized in the Catholic Church, he went through a period without that structured dogma for a good portion of his youth. However, after life’s “rounding” effect, he went back to the church, a tried and tested believer.

In my presentation the Sagittarian charts on this page, looking at their Rays and so on, I’d say that **CS Lewis represents one of the benign proponents of that often fierce Ray 6: a deeply devotional soul.** ♠

C.S. Lewis, bio and chart
Material obtained from various sites. Excerpts reprinted as “fair use.” Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.
b. 11-29-1898, Belfast, N. Ireland (d. 11-22-1963)
time unk, using speculative time of 1:09 pm TLT
Background bio
Material from astro.com. Abridged, etc.

British novelist, poet, academic, medievalist, literary critic, essayist, lay theologian, broadcaster, lecturer, and Christian apologist. He held academic positions at both **Oxford University (Magdalen College)**, 1925-54, and **Cambridge University (Magdalene College)**, 1954-63. He is best known for his fictional work, [such as] “**The Screwtape Letters**,” “**The Chronicles of Narnia: The Lion, The Witch and the Wardrobe**,” and “**The Space Trilogy**.” His non-fiction works include Christian apologetics, such as “**Mere Christianity**,” “**Miracles**,” and “**The Problem of Pain**.” *Lewis’ works have been translated into more than 30 languages and have sold millions of copies. ...*

More Background
Material from forgottenpoetsfuw1.blogspot.com/2014/12/cs-lewis-1898-1963-irish.html (Dec. 31, 2014).

IN 1916 LEWIS GAINED A SCHOLARSHIP TO UNIVERSITY COLLEGE, OXFORD. In 1917, he was commissioned into the Somerset Light Infantry and saw action in the trenches on the Somme. Lewis was wounded in April 1918 and sent back to England to recover. After that he was assigned to duties in Andover before being demobilised in December 1918 and resuming his studies at Oxford, gaining a First Class Honours degree.

[J.R.R. Tolkien was a friend of Lewis at Oxford, and a fellow member of the informal literary group known as “*The Inklings*.” Professors and residents of the university met to discuss literature, philosophy, and other cultural ornaments.]

Lewis married the American writer **Joy Davidman** in 1956. ... It is interesting to note that **C.S. Lewis, J.R.R. Tolkien and A.A. Milne** all wrote stories for children following their wartime service in the Army. ■

Some C(live) S(tables) Lewis quotes
Material from goodreads.com

“If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.”

“I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.”

“Some day you will be old enough to start reading fairy tales again.”

“The Christian does not think God will love us because we are good, but that God will make us good because He loves us.”

“You can never get a cup of tea large enough or a book long enough to suit me.”

“Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised. But presently He starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of – throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself.” (From *Mere Christianity*)

Some astrological chart symbols~ (information on some of the newer planets, points in previous issues of Pathfinder)

Symbols for Major Planets, Asteroids, Points:																	
Sun ☉	Moon ☾	Mercury ☿	Venus ♀	Mars ♂	Jupiter ♃	Saturn ♄	Uranus ♅	Neptune ♆	Pluto ♇	Chiron ♄♅	Ceres ♁	Athena ♁♀	Juno ♁♂	Vesta ♁♂	Black Moon Lilith ♁♂	Earth ⊕	Pt Fortune ☾
Symbols for Major Trans-Neptunian Objects & Centaurs: Chariklo ♁♂ Makemake ♁♂ Haumea ♁♂ Eris ♁♀ Nessus ♁♂ Pholus ♁♂																	
Sign Symbols: Aries ♈ Taurus ♉ Gemini ♊ Cancer ♋ Leo ♌ Virgo ♍ Libra ♎ Scorpio ♏ Sagittarius ♐ Capricorn ♑ Aquarius ♒ Pisces ♓																	

Carrie Nation, bio e3 quotes

b. 11-25-1846; Little Hickman, KY
d. 6-9-1911

Material obtained from wikiwand.com/en/Carrie_Nation

Caroline Amelia Moore was born in Garrard County, Ky., to George Moore and Mary Campbell. Her father was a successful farmer, stock trader, and slaveholder of Irish descent. During much of her early life, Moore’s health was poor and her family experienced financial setbacks. The family moved several times in Kentucky and finally settled in Belton, Missouri, in 1854.

In addition to their financial difficulties, many of Moore’s family members suffered from mental illness, her mother at times having delusions. There is speculation that the family did not stay in one place long because of rumors about Mary Moore’s mental state. Some writers have speculated that Mary believed she was Queen Victoria because of her finery and social airs. ...

The family moved to Texas [when] Missouri became involved in the Civil War [1862]. George did not fare well in Texas, and he moved his family back to Missouri. The family returned to High Grove Farm in Cass County. When the Union Army ordered them to evacuate their farm, they moved to Kansas City. Carrie nursed wounded soldiers after a raid on Independence, Missouri. The family again returned to their farm when the Civil War ended.

In 1865, Moore met Charles Gloyd, a young physician who had fought for the Union, who was a severe alcoholic. Gloyd taught school near the Moores’ farm while deciding where to establish his medical practice. He eventually settled on Holden, Missouri, and asked [‘Carrie’] Moore to marry him. Moore’s parents objected to the union because they believed he was addicted to alcohol, but the marriage proceeded. They were married on Nov. 21, 1867, and separated shortly before the birth of their daughter, Charlien, on Sep. 27, 1868. Gloyd died in 1869 of alcoholism.

[After the death of her husband], Carrie Gloyd developed a passionate activism against alcohol. With the proceeds from selling her inherited land (as well as that of her husband’s estate), she built a small house in Holden, Missouri. [She] taught at a school in Holden for four years [obtaining] a history degree and studied the influence of Greek philosophers on American politics. ...

Breaking Bottles, Not just Talking Dissatisfied with the results of her efforts [to end drinking in pubs and saloons], Nation began to pray to God for direction. On June 5, 1900, she felt she received her answer in the form of a heavenly vision.

As Nation described it:

The next morning I was awakened by a voice which seemed to me speaking in my heart, these words, “GO TO KIOWA,” and my hands were lifted and thrown down and the words, “I’LL STAND BY YOU.” The words, “Go to Kiowa,” were spoken in a murmuring, musical tone, low and soft, but “I’ll stand by you,” was very clear, positive and emphatic. I was impressed with a great inspiration, the interpretation was very plain, it was this: “Take something in your hands, and throw at these places in Kiowa and smash them’.

Responding to the revelation, [Carrie] gathered several rocks – “smashers” she called them – and proceeded to Dobson’s Saloon on June 7. Announcing “Men, I have come to save you from a drunkard’s fate,” she began to destroy the saloon’s stock with her cache of rocks. ...

Prohibition*, 18th Amendment (from 1920-1933) – “Hatchetations” [Carrie] continued her destructive ways in Kansas – her fame spreading through her growing arrest record. After she led a raid in Wichita, Kan., Nation’s husband joked that she should use a hatchet next time for maximum damage. Nation replied, “That is the most sensible thing you have said since I married you.” The couple divorced in 1901 [without] children. Between 1902 and 1906, she lived in Guthrie, Oklahoma. (*Repealed by the ratification of the 21st Amendment on Dec. 5th 1933, during FDR’s first term of office.)

Alone or accompanied by hymn-singing women, Nation would march into a bar and sing and pray while smashing bar fixtures and stock with a hatchet. Between 1900 and 1910, she was arrested some 30 times for “hatchetations,” as she came to call them. [She] paid her jail fines from lecture-tour fees and sales of stick pins in the shape of hatchets. The souvenirs were provided by a Topeka, Kan., pharmacist. Engraved on the handle of the hatchet, the pin reads, “Death to Rum.”

Editor’s note on C. Nation e3 Ray 6

From these brief biographical snippets of C. Nation, I don’t get the idea that she considered the traumatic and emotional origin of the pervasive drunkenness she witnessed and whose effects she experienced in her family life. She apparently failed to consider how the horrific effects of the Civil War could have affected veterans and survivors (anyone who was not killed as a combatant or counted among civilian casualties). Many of those men were so deeply wounded, that they literally drank (or took drugs) to forget – to try to unsee, unfeel what they experienced. Nope, C. Nation moved from town to town, running from this or that. A hardship, certainly, but I don’t get the idea that she would have “given a damn” about the lives of the men she pursued with a hatchet.

Sagittarian example of the darker side of Ray 6: C. A. Nation (Examples of characteristics of Ray 6 on pg 17.)

◆ **Exclusionary (Intolerant) Idealism** Efforts to impose her hard-right religious views on millions of people, ending up making a whole nation guilty of the crime of drinking, buying, or selling alcohol.

◆ **Excess zeal** Her subsequent role interfering in the private lives of millions of people (permitted by politicians who finally succumbed to her unrelenting onslaughts) created a void, filled by expanding international crime, and creating a vast underground of illegality.

Connecting dots here I see this pattern following from Prohibition: “Organized Crime” → the rise of the Federal Bureau of Investigation [FBI] → the reign of J. Edgar Hoover over several critical decades. (It is documented that Hoover was a high-level mason who scavenged through the private lives of politicians and Important People to get “pay dirt,” which he then likely turned over to masonic elites). These “elites” in the “Deep State Cabal” then used the dirt to blackmail and threaten likely suspects (e.g., in the House of Representatives, the Senate, top-level people in government agencies, the military, the president, etc) to achieve their agenda. Such a line can surely be drawn.

Tracing the line of events – a pathology of history, or “what went wrong” Skipping to the punchline, it’s hard to find historical examples of “what went right,” unless, as the 4th Ray says, there was a lot of struggle, a lot of it bloody, prior to an amicable result. ■



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Dec 25 Christmas

Nov 23 Thanksgiving Day

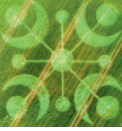
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“What can be better than to get out a book on Saturday afternoon and thrust all mundane considerations away till next week.”
— C. S. Lewis





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- ◆ I reckon it's the best... (C. W.)
 - ◆ I always enjoy reading Pathfinder...
 - ◆ This is important for people to know...
 - ◆ The Pathfinder is unique...
 - ◆ One of the best alternative papers in the country.
 - ◆ Gives me something to save in every issue.
 - ◆ Pathfinder may have saved my life.
 - ◆ I love the Pathfinder!
 - ◆ Wow, Rose! (The May/June 2020) looks great! Thanks for all your deep and thorough research into the coronavirus. We are making a difference. With much love and warm wishes. (Fred Burks, wantToKnow.info)
 - ◆ Thanks for holding their feet to the fire! (Dane Wigington, geoengineering-watch.org)
- ◆ Pathfinder performs such a good service to the community!
 - ◆ It is evident that Pathfinder was created by seekers of truth. Pathfinder issues are strikingly beautiful, filled with soul-inspiring visual works of art. ... Pathfinder is for people who want the truth, enjoy exploration and adventure of the mind and spirit, like to be inspired, appreciate informative holistic wellness knowledge, and are wishing to grow spiritually. - (V.)
 - ◆ Enjoyed the artistic covers (Nov/Dec 22, Jan/Feb 23) – always striking; your editorials, and the articles on the colors of the stars, the ravens/wolves connection, the gold pyramid cluster, 2023 (7 year), Mu, the sleep/wake time, astrological overview, M. Yogananda, major arcana cards, the woolly bear caterpillar, intelligent quotes by T. Roosevelt, and quotes from Sco/Sag. especially Beethoven (!) - (C. C.)
 - ◆ Thank you Rose! And I really mean for everything you do for all of us! - (S. S.)



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