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WELLNESS · INSPIRED THINKING · SPIRITUAL CONVERGENCE · EVOLUTIONARY PORTALS

News

A Bimonthly News,
Inspiration and
Consciousness tool



© 2015 (ND15), rev '19, '24 by Rose A Jenkins
retitled, "Divine Energy Shield on loan to Humanity."

New Year Edition

– Jan/Feb 2024 –

Cover art: "Divine Energy Shield
on loan to Humanity"

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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...

"Divine Energy Shield on Loan to Humanity."
© 2015, rev. '19, '24 by Rose A. Jenkins.
Comment: The cover is adapted from the Nov/Dec 2015 edition of Pathfinder, depicting a Shield to help protect us from the unceasing flood of evil. Although I worked up a different image for this cover, I was again nudged to revisit the Shield. Let it remind you to "suit up" and wear your spiritual armor. ❖

Editorial - Closer to some kind of cut-off...

Put your Power to work!

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This year we'll see the Battle for Earth intensify, and determine what the consciousness landscape will be going forward - whether these United States will stay united, or follow a dire pattern we've seen before. Some say another Civil War is inevitable. I say, "Not if we have the right mind, right heart, right goals for our country and a modicum of compassion for each other." (Always a good idea to "walk in another's moccasins" before passing judgment or censure.)

Now The Draco-Illuminati controlled social and planetary demolition is evident even to the those most uncommitted among us: things are so wrong they clang.

So, here we are, further down the road to either salvation or capitulation to the entrenched evil many of us have been so hard at work to reveal and defeat. They're throwing everything they can at us, and those helping us. But, as Sherlock Holmes says, "the game is afoot." It is truly ON.

If the fence-sitting folks are getting sore, good. Time to get off! Despite the quest for "unity," we first have to elevate ourselves, and that means DISCERNMENT, the sword of, that is - slicing through the rubble of lies and foul deeds; barriers of

thought, word and feeling.

Yup, this year is an "all-hands-on deck" opportunity to actively participate in removing the demonic race and convene the Cosmic Court to convict their stooges (politicians, globalist agents, corporate execs, bankers and such like parasites and predators). The evidence is in and has been weighed: A "guilty" verdict has been issued.

"Reasons to Hope" Like the doc says to the anxious family awaiting a diagnosis. There have been so many sticky predictions that haven't materialized because of the awakening of more and more people. Some of the ugly scenarios that were and are in the making are being dismantled, though many more people will have to peel themselves away from an untenable status quo and "get real." This war is everybody's war. And, as I've said quite a few times, the Demons aren't going quietly.

I do feel that our Helpers are more committed to lending a hand, as they see how fervently we want to live in peace with grace and dignity. Our cries for help are a wail that won't stop - and won't until the battle is won. Anyway, it's their world too, and we're related.

How We'll Do It Keep fit - mentally, physically, spiritually. Activate your inner warrior, welcome your higher guides and ask for their help.

Let's do this! We want and need this

Victory for ourselves and our planet. Keep focused on how much Beauty we can bring to the fight - beauty in doing the conscious, honorable thing; shirking the convenience trap that keeps so many plugged into the disastrous scheme that keeps unfolding and morphing. Then there is the indifference or paralysis, but, like I say, many are coming 'round.

Make no apologies to those in your family, or in your various social networks for your sudden spurt of valor and willingness to fight the good fight, or no longer serving farcical prevailing norms. Those not on the frontlines may not have much time to dither about failed religious or ideological frameworks that they used for support in the past. Just about every external social institution has been compromised (or failed the test of trustworthiness), so it's unwise to hang onto them.

For the Awakened Your intuition should be expanding exponentially, and your ability to see through the scams and schemes is, perhaps, at an all-time high (and I'm talking thousands of years). It is glorious to see and feel. Bring others along with you, if you can. We need every wakened soul to do what they can to help demolish the Fist of Evil, and free Earth!

We are doing some good now, and our progress will be more evident going further into 2024. Bless you.

— Rose A. Jenkins —

For the planet

2024, year of the Green (Wood) Dragon, an "8" year



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Some material obtained from "The Little Giant Encyclopedia of the Zodiac," some internet sources and my own experience.

Chinese New Year begins Feb. 10, 2024

For Western Astrologers, the Chinese New Year begins with the New Moon in Aquarius.

Jupiter, in its round of the signs, can generally be found in Taurus and part of Gemini.

Although the Dragon is generally seen as benign in Asian cultures - a kind of "luck dragon" - being dragons, they are still imperious. They seem to take it for granted that their position should be at the top. With the Green Earth Dragon, this quality will likely be reduced somewhat, as these folks will take others' viewpoints into account more tactfully than most dragons.

- + Traits: Confident, Compelling, Sincerity, Sentimental, Exciting
- Traits: Intolerant, Overpowering, Vengeful, Gullible, Irritable

In the five-fold sequence of elements Chinese zodiac signs and their associated colors, Green (or Blue/Green) represents the Wood element. (Other members of its sign triplicity are monkey and rat.) To round out the color-sign for the other elements are: White/metal; Black/water; Red/fire; and Yellow/earth. — The element of Wood is associated with a step-by-step kind of progressive growth, building success upon each successive step. A worthy Dragon to have as a friend! Will expect the best his employees have to offer, and will give the same in grand "padrone" fashion. □

8's up for 2024 I've been writing these brief numerical forecasts in Pathfinder for a number of years, so have gone through the first 9 basic numbers a couple of times, so

See "8s for 2024," cont. on pg. 3

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Postscript Notes

◆ Once again, alas, I have to apologize for the lateness of an issue. But, in the end, I hope the final product will be worth waiting for.

◆ I am sad that one of *Pathfinder's* loyal supporters passed away recently, **David Mars**. His wife, Bibal, found my email and informed me of his passing. Here is part of her message:

He passed on October 13, a very cloudy & rainy day. As the machines were turned off and his spirit left, the sun shone brightly for just a few minutes. We believe he has joined the stardust with so many other souls who were awaiting his arrival.

◆ I'm considering another reformat of the *Pathfinder* (it has gone through several), but haven't had time to work out the details. Part of the reason for this possible redo, is that my major layout program (QuarkXPress) became crippled several months ago, and has been a thorny issue, so to speak, ever since: I have to wait while the program catches up with my typing, as I frequently enter text directly (as opposed to just pulling in text). Very frustrating. But, as the **New Year** started with a **stationary direct Mercury**, perhaps it is well that I'm thinking of trying a "more speedy" approach to production. Also, I see we have another postage increase. Ah, well...

◆ This is going into my 25th year as editor of *Pathfinder* – a very significant portion of my life (and mission)! Watch for a few retrospective reprints. ❖ Rose

.....
 "8's for 2024," cont. from pg. 2

tere is likely to be some repetition here. The approach to any given year for numerologists is the same: add the digits until you get a single digit, or one of the master numbers like 11, 22, 33. So, we find that 2+0+2+4 equals 8. Kind of fun.

Eight resonates with Abundance as well as the four seasons plus cross quarter days. Celts (and other ancient cultures) use the 8-way division that represents the midpoint between one season and another.

For those who like to pursue these basic numbers further, like a gematria – looking at number combinations – might want review the number significances of 20 and 24 as well. Leaving off the 0, we have 224, giving us a "built-in" master number, 22, grounded by a 4. More meanings can be found by taking a look at the Major Arcana symbolism of the Tarot.

Your universal number for 2024 is based on your birth number (BN): month, day plus 8

- BN 1 + 8 = 9, finish up something; review past efforts, remove nonessentials.
- 2 + 8 = 10 (1), empowering the will; a new project can be initiated.
- 3 + 8 = 11 (2) collaborate, share; don't get bogged down in details.
- 4 + 8 = 12 (3), intuitional doors open, weigh options.
- 5 + 8 = 13 (4), self-indulgence could derail plans; put energy to good use.
- 6 + 8 = 14 (5) modify behaviors for more practical, beneficial outcomes; changes in priorities.
- 7 + 8 = 15 (6) watch out for selfishness within family relationships, change-ups.
- 8 + 8 = 16 (7) find a balance point between Self & Other, develop new revenue sources.
- 9 + 8 = 17 (8) an opportunity for more spiritual attunement; explore the mysteries of time. ■

Looking over our collective shoulders at...

Pluto in Aquarius: History Meets Future, Part 1

Editor's Introduction

I want to thank Alexandra for compiling this information on the Pluto-Aquarius transit. It took her quite a lot of time, (which saved me hours of work, which I didn't have if I wanted to get this Jan/Feb 2024 issue of *Pathfinder* out to readers before much more of January passes.)

Anyway, we're in for it, folks (as I already knew). The Old Guard (Cabalistic-Masonic-MIC, the royal houses wherever but especially European, criminal gangs working with satanic forces) ain't going quietly. A recent example is the Netanyahu War in Gaza. (He's the embodiment of Baal, it seems to me, both in face, form and function. If you recall your mythology, Baal required total obedience and human sacrifice.) ❖

Editor's remarks on this transit Pluto tends to crush the ideals of whatever sign Neptune was in previously as it begins a new sign transit. That is, it tends to clean up the debris of a generation of failed dreams, insisting on a "new reality." Also, it tends to highlight the most repulsive traits of whatever sign its in, with the emphasis on "abuse of power," as we've doubly seen during its transit of Capricorn: corporate abuse to the max. Pluto typically takes roughly 250 years in its revolution around the sun, but there is variation due to its highly inclined orbit. (See Sidebar on "Some Pluto Factoids," pg 15.) On average, from our perspective, this amounts to about 20+ years per transit, so a whole generation experiences its effects at once (the "Pluto cohort"). As we'll be seeing the Plutonian-Aquarian influence for quite some time, I felt it was a good idea to spend a little time looking at the history of these transit. (Thanks, again, Alexandra.)

Historically, we have seen that a certain brutality accompanies Pluto transits, and this one will be no exception. Another astrological point to consider is that of the "12 Tribes" around the wheel, the most clannish and tribal are Cancer and Aquarius – one through its family of blood and tradition (Cancer), the other (Aquarius), a family of ones own choosing, those who espouse similar beliefs, norms, and behavior.

The interaction between these two signs will be strongly felt in the US, a Cancer nation with S. Node and Moon in Aquarius. ❖

History Meets Future, Pluto in Aquarius

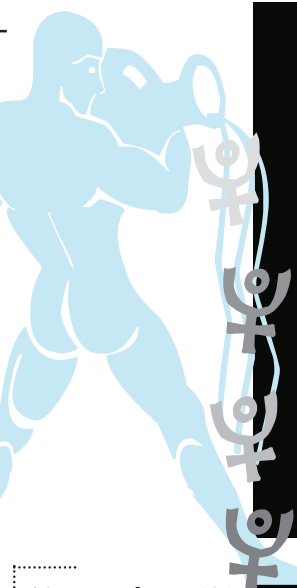
Pluto, planet of renewal, destruction, death, transformation, birth, and the Underworld, enters Aquarius.

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Material obtained from astrologyfromthesoul.com/post/pluto-in-aquarius-history-meets-future-analyzing-the-past-1-000-years-to-see-what-s-to-come. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. Some modification for *Pathfinder*.

Author's foreword: In order to prep for this article, I took months to research the last four times Pluto and Aquarius danced together, which happened 1041-1063, 1286-1308, 1532-1553, and 1777-1798. Suffice it to say that this is not as thorough as I'd like it to be...

The beginning of a 20 years transit. The start of an age of major scientific discovery, societal transformation, and technological revolution.



Top image from NASA, global mosaic composite of Pluto made after a deep-space flyby, from universestoday.com. Bottom, artist (?) rendering of Pluto and its major moon, Charon (from NYTimes). Pluto has several small moons: Charon, Styx, Nix, Kerberos, and Hydra. ❖

On March 23rd, 2023, Pluto had its first entry into Aquarius... It took a quick dip back into Capricorn on Jun 11, 2023, and reenters Aquarius on Jan. 21, 2024. It will take another quick trip backward into Capricorn on Sep. 1, 2024. Pluto then continues its journey through the sign of the Water Bearer until 2043-2044 [when it step-shuffles into Pisces]... The next time Pluto will enter Aquarius after that is in the year 2269. ...

Let's look at the overarching themes of the past three transits and what we can, therefore, expect from this transit right now.

What is known now will be proven wrong This is one of the main themes of the Pluto in Aquarius transit: new, extremely challenging knowledge (Aquarius) will be unearthed (Pluto) in a way that challenges the Powers That Be and transforms our lives.

Some examples Copernicus introduced the heliocentric world model in the 16th-century pass of Pluto through Aquarius – what sounds like a No Big Deal situation today was actually downright heresy back at that time, and dangerous, too.

At that time, it was "known" in the [Catholic]-dominated world that God had made the Earth center of the universe and that all that was in the sky was perfect [without blemish]. Copernicus directly challenged that ... Because now, science (which was at the time in concert with and funded by the Church) said that what all the religious authorities told was wrong - and if that one thing is wrong, then what else is wrong, too? Never mind that God was supposed to live in Heaven, which meant that the very seat of God's power was seen to be challenged. This was part of the reason the Spanish Inquisition was founded - which also happened in the timeframe of the 16th century. ...

Another part of Pluto in Aquarius: some part of "the known truth" gets mas-

sively challenged and changes the way people perceive life; some power structures are challenged that were deemed "unchallengeable," [then] there's a countermovement that tries to suppress (Pluto) the knowledge through bloody and often extremist measures (Pluto in Aquarius). This in turn radicalizes the first group, and there we have a pretty explosive war of ideals. Another example would be that "a country needs a king or it won't work" – and then, in the 18th-century pass of Pluto through Aquarius, the USA did it, anyway.*

*Editor's comment: However, the N. Node of the US is in Leo, sign of The King, and its S. Node, as the past pattern, is in Aquarius. It's kind of clear that the US is trying to reconfigure itself as though the President was a King, e.g., the "Unitary President," the I-can-do-anything-I-want-because-I'm-President," a king in all but name. ❖

Whatever we truly believe is "obvious" in this world, we'll learn that it was false. New information will come to light, either one that was buried or through scientific discoveries. ...

New Technologies and Discoveries Pluto in Aquarius was always a time of radical new inventions and discoveries:

- In the late 13th century pass of Pluto through Aquarius, eyeglasses were invented.
- In the 18th century pass, industrialization started with the invention of the power loom and the automatic flour mill...

This time around, it's highly likely that we'll see the impact of technology on our lives and probably see inventions that we normal people can't even think of, or things so outlandish that we always thought they were completely out of bounds... like teleportation, or something [e.g., science "fiction"]. I also think that we'll see the shadow sides of all the technology, especially internet-based technology, on our bodies and psyche, and be forced to deal with

See "Pluto in Aquarius," cont. on pg. 15



More, Better Life... Cell Protection and Regeneration

◆ The Humble, Fermented Soy Bean
◆ Body and Cellular Renewal

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Humble Fermented Soy Bean

© 2023 by Margie King, Health Coach
Material from naturalblaze.com/2023/10/miso-protects-against-radiation-cancer-and-hypertension.html (Oct. 16, 2023). Originally from greenmedinfo.com.

Miso Protects Against Radiation, Cancer and Hypertension

Humble miso soup may have saved lives when the atomic bomb was dropped on Nagasaki. Science now confirms miso prevents radiation injury. It may also prevent cancer and hypertension...

When the second atomic bomb was dropped on Nagasaki on Aug. 9, 1945, 21 healthcare workers were attending 70 tuberculosis patients in a hospital 1.4 km from ground zero. None of them suffered from acute radiation poisoning.

Dr. Tatuichiro Akizuki, a physician at the hospital, credited this miracle to the fact that everyone was consuming daily cups of miso soup garnished with wakame seaweed.

In a new comprehensive review of both epidemiological and experimental studies, Japanese researcher Hiromitsu Watanabe from the Research Inst. for Radiation Biology and Medicine at Hiroshima Univ. confirms the power of miso to prevent radiation injury.



His review also documents the ability of miso to prevent many forms of cancer (colon, liver, breast, lung and stomach), as well as hypertension.

Miso, or fermented soy bean paste, is a traditional staple of the Japanese diet. Soy beans are fermented with sea salt, koji (a mold starter), and sometimes rice, wheat, oats or other grain. The mixture is fermented for three months to three years.

The resulting enzyme-rich paste contains vitamins, microorganisms, salts, minerals, plant proteins, carbohydrates, and fat. But fermented foods are more than the sum of their ingredients. Fermentation gives rise to compounds that have amazing healing properties. Fermented foods like kimchi, natto, apple cider vinegar, and even wine and beer have been called "medical foods."

Watanabe's review of the science emphasizes the importance of traditional fermented foods like miso to prevent disease and maintain health. ...

Protects Against Hypertension Because of its high salt content, miso is often believed to increase blood pressure. But laboratory studies don't agree.

- In one study, salt-sensitive rats were
 - ▲ fed a regular diet (which contained 0.3% salt),
 - ▲ regular feed supplemented with 10% dry red miso (180-day fermented miso)
 - ▲ regular feed supplemented with 2.3% salt
 - ▲ regular feed supplemented with 1.9% salt.

After 12 weeks, blood pressure in the rats fed miso or regular low-salt feed did not increase. Even though miso contains 2.3% NaCl, their blood pressure was as stable as in the rats fed a commercial diet containing 0.3% salt.

Although miso's antihypertensive action is not fully understood, these results indicate that salt in miso operates differently from NaCl at least in the case of gastric tumors and blood pressure.

How to Get Miso's Health Benefits [Organic soy beans, please!] ...Prized for its versa-

tility in cooking, miso can be used as bouillon, or a rich meat stock in soups and stews.

The color of miso can vary from light yellow to a deep dark brown. The lighter colors are more mild and good during warmer weather. Darker miso has earthy tones and a hearty flavor. It can be cooked with root vegetables, sea vegetables, and dark leafy greens during colder months.

When cooking with miso, use just enough to enhance flavor. Too much can overpower food with a strong salty taste.

Some great easy ways to enjoy miso in your meals:

- Dissolve a teaspoon of miso in hot water for a quick light soup broth
- Add miso to dipping sauces for spring rolls, norimake rolls or raw vegetables
- Mix light miso with vinegar, olive oil, ginger, and garlic for an Asian salad dressing on greens or grains
- Make miso-tahini sandwiches by spreading miso on a piece of bread and top it with tahini. Add sliced avocado or tomato as desired.
- Use miso as an ingredient in marinades for meat, fish, poultry or game.

To learn more about the health benefits of Miso, visit the [Greenmedinfo.com](https://greenmedinfo.com).

Body and Cellular Renewal

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Material obtained from greenvalleynaturalsolutions.com (Aug. 31, 2023). Some modification. Edited for brevity, clarity and flow.

THE STATE OF THE ART in stem cell science has profound implications for society and you.

Body Cells replace [alpha order]:

- Blood Platelets every 10 days
- Colon every 2-3 days
- Lungs every 2-3 weeks
- Heart Muscle cells renewed 24 hours
- Red Blood Cells every 4 months
- Joints, Cartilage cells constantly renewing
- Liver every five months
- Stomach every 2-9 days
- Skeleton, Bones renew 10% per year
- Skin renew about 2 weeks

Stem cells are like chameleons. They change according to what your body needs. If your heart cells are damaged... they become NEW heart cells. If your joint cartilage is damaged, they become NEW cartilage cells. ...

In a landmark experiment, the research team extracted healthy cells from a 114-year-old woman, then reprogrammed them to become stem cells. [When they took a close look inside those new stem cells], they discovered something once considered impossible. The biological age of the cells had been reset... Plus, the healthy new stem cells were almost distinguishable from the cells from the young people in the study who were 70 years younger.

How did the scientists know? By measuring the length of the telomeres or "caps" at the end of your chromosomes. Telomeres are often called the "burning candle of life." As you age, they grow shorter. And when your telomeres are gone, so are you.

What are stem cells again? A stem cell is basically a blank-slate* cell with the remarkable ability to transform into specialized cells in your body. [*Eds: Undifferentiated cell, capable of becoming just about any type of cell.] As your specialized cells are damaged or declining, stem cells step in.

For instance...

- ▲ If your heart muscle is damaged, a stem cell can morph into healthy new heart cells.
- ▲ If your knee cartilage is damaged, stem cells can transform into fresh new cartilage. ...

Stem cells are truly universal repairmen that patrol every corner of your body. When a problem arrives, they have the parts you need, and the skills to fix it.

Stem Cells & Aging Reset: the "3 Musketeers"

Musketeer #1: Mesenchymal Stem Cells or MSCs [from bone marrow]. Think of mesenchymal stem cells as the builders inside your body... scientists call them multipotent ... They can self-renew and build almost any new cells you need. ...

That includes... [in alpha order]

- ◆ brain
- ◆ cartilage
- ◆ muscles
- ◆ bones
- ◆ pancreas
- ◆ tendons ...and more.

In a study published in the Int'l Journal of Bioscience, researchers explained that MSCs are your body's "immune-gatekeeper" cells. MSCs not only help mobilize your body's immune system against threats, they also help suppress the prolonged inflammation that sometimes happens after the threat is neutralized... Mesenchymal stem cells can morph into youthful, newborn brain cells, i.e. neurons.

- grow new brain cells,
- help repair blood vessels in the cerebrum, and
- speed up impulses traveling across neurons.

In a stunning research paper published in the medical journal PLOS, scientists reported that...

Mesenchymal stem cells (MSCs) can trans/differentiate to neural precursors and/or mature neurons and promote neuroprotection and neurogenesis...

MSCs' Mission: Repair and Replace Every day our body is replacing old and worn-out cells with brand-new ones... [much faster than you might think, see earlier list].

* increase the SPEED at which your impulses travel across neurons. They do this by stabilizing and enhancing the myelin sheath or insulating layer that surrounds axons, the "highway" [quotes added] that carries nerve

See "Cell Renewal," cont. on pg 5

Medical Intuitive

Business Intuitive

Spiritual Healer

Dowsing Intuitive

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"Cell Renewal," cont. from pg. 4

impulses from one neuron to the next.

* help repair and replace damaged blood vessels in the cerebrum of the brain

This discovery was published in the **World Journal of Stem Cells...**

Musketeer #2: Endothelial Stem Cells or ESCs. Bands of endothelial stem cells or ESCs are busy 24/7 detecting problems, replacing cells, repairing blood vessels and reducing the pressure and strain on your heart and your brain. ...

The endothelium is only one cell thick, but it's everywhere in your body [with a surface area equivalent] to eight tennis courts. And it's absolutely critical for your blood pressure and blood flow [producing] *healthy nitric oxide that signals your blood vessels to expand or open wide so blood flows smoothly with less pressure.* And better blood flow means a healthier heart, brain, and organs [including] better sexual potency for men. ...

Research has shown that endothelial stem cells or ESCs support your entire vascular system, e.g., heart, arteries, blood vessels, and capillaries... and healthy lung function for better breathing. Think of your ESCs as the plumbers that keep your pipes working the way nature intended. ...

Musketeer #3: the mysterious CD34+ When you consider that we've spent \$6 billion on stem cell research so far, it's surprising to think there's one stem cell that remains [somewhat of a mystery: a stem cell type called CD34+.]

CD34+ stem cells are born in your bone marrow... and appear to be uniquely beneficial to your brain. In a study published in the *Texas Heart Inst. Journal*, researchers discovered that CD34+ helps promote the formation of healthy blood vessels in the brain. ...Higher levels of CD34+ were associated with better memory and sharper thinking. Conversely, a 2018 study revealed that subjects with lower levels of CD34+ stem cells showed far greater declines in memory and cognition. ...

Nutritional Helpers —

□ **Sea Buckthorn Berry** [A study published] in the medical journal *Clinical Interventions in Aging*, revealed that a single dose of a highly advanced seaberry extract called **CyanthOx***... boosted endothelial stem cell counts a stunning 33.4% in just two hours. *Endothelial cells are critical for the health and healing of your heart, your arteries, blood vessels, capillaries, brain, lungs, sexual function, and blood pressure.* [Ed's note: Plug in CyanthOx and see what pops up.]

- Boosted mesenchymal stem cell counts 21.8% in two hours. These cells help repair and rejuvenate virtually every cell, system, and organ in your body [see earlier list].
- Boosted CD34+ stem cells by 24% in two hours - this type of stem cell is associated with better memory and brainpower. ...

CyanthOx30 may be the greatest natural stem-cell booster known to science today [and] a treasure trove of bioactive nutrients like polyphenols, proanthocyanidins, bioflavonoids like quercetin. ...

According to the director of the Mayo Clinic's Center for Regenerative Medicine, "Regenerative medicine is not trying to create the bionic man but to harness the healing powers of the human body and buttress them..."



Images from internet sources: Left (common name): Sea Buckthorn Berry; right (common name): Bishop's Hat (or Horny Goat Weed)

In a world where doctors play "God" isn't it better to help the human body repair itself?

Stem Cell Restore Breakthrough #2: Icariin An herbal extract, icariin (pronounced I-cari-in), supports, renews, and replenishes the supply of repair stem cells. It's also known as Bishop's Hat for the shape of its delicate flowers [otherwise known as Horny Goat Weed].

In preliminary lab studies, icariin boosted healthy stem cell counts up to 230% in as little as 10 days. ... To date, there have been dozens of stem-cell lab culture studies demonstrating how icariin helps support, replenish, and repair stem cells from the [alpha order]...

- | | |
|-------------------|----------------------|
| * bones | * brain |
| * cartilage | * circulatory system |
| * heart | * joints |
| * liver & kidneys | * lungs |
| * muscles | * tendons and more. |

The *in vitro* study was published in a peer-reviewed medical journal and the scientists observed a stunning improvement in the number of healthy cartilage cells. The scientists literally watched as icariin multiplied the number of bone cells. Even better, the new cells were younger and stronger ... and it happened fast. ... Within 4 to 8 hours, the scientists saw the number of cells begin to soar. ... After 21 days, there were eight times more cartilage cells in the samples that were exposed to icariin.

After close examination, the researchers also learned that the new cells were highly mineralized. That means they were strong and healthy. ...

Icariin helped create healthy young heart cells In a 2010 study published in *Molecular and Cellular Biochemistry*, scientists wanted to see if stem cells extracted from fat cells could help grow healthy new heart cells when exposed to icariin. And that's exactly what happened. Results like these hold the potential to transform modern medicine as we know it.

For Kidneys Icariin helped generate new cells in just 8 weeks. The *in vivo* study was placebo-controlled and published in the prestigious *Journal of Complementary and Alternative Medicine* from BioMed Central in the UK.

The researchers believe that icariin has the unique ability to activate the genetic pathways that result in more healthy stem cells in the kidneys.

For Tendons & Shoulders: Icariin Helped Healing and Strength Post Surgery In an *in vivo* study published in the *Int'l Journal of Molecular Science*, icariin demonstrated the ability to help heal shoulders and tendons following surgery.

Not only did the folks in the icariin group heal faster, the bone-tendon bond and mechanical strength was significantly better. ...Bone loss was HALTED in post-menopausal women.

A Healthy Smile for Life... In one study, icariin boosted the number of periodontal stem cells in the participants' gums. *That's really important because those new, younger stem cells help produce rock-solid ligaments. In essence they help reinforce the entire sub-structure under your teeth. ...*

This study followed a group of healthy post-menopausal women for 24 months. **One group took icariin daily. The other group took a placebo. Bone density was measured at 12 months, then again 24 months later.**

After 12 and 24 months, the placebo group experienced significant bone loss. **The icariin group experienced ZERO bone loss at both 12 and 24 months. ...**

Regeneration Every cell in every organ in your body is completely replaced periodically. If those replacement cells are old, tired, or weak...you grow older, more tired and weaker. [It follows that if new cells are younger, stronger, and healthier, YOU are younger, stronger, and healthier.]

Stem Cell Breakthrough #3: Resveratrol A landmark *in vivo* study shows that resveratrol increases adult repair or Mesenchymal Stem Cells by over 200%. What's more, *these cells have the ability to turn into blood cells, endothelial cells, liver and heart cells, smooth muscle cells, even bone cells*, so they go to work where you need them most. ...

In double-blind, placebo-controlled studies, resveratrol has also been proven to:

- ◆ Help support healthy cholesterol levels that will have your doctor smiling from ear to ear.
- ◆ Support a healthy cellular inflammatory response, one of the most critical secrets to staying vibrantly healthy as you age.
- ◆ Support healthy C-Reactive Protein (CRP) markers [a measure of inflammation and heart health].
- ◆ Lower blood sugar levels, help control insulin spikes, and increase insulin sensitivity.
- ◆ Support the endothelium (lining) of your arteries.

Stem Cell Restore Breakthroughs #4 and #5 A study showed that combining blue berries with vitamin D3 helped rejuvenate aging bone and bone marrow cells... [Green Valley Natural Solutions went further using black currants...]

Stem Cell Restore Breakthrough #6: Grape seed Research has demonstrated that grape seed helps...

- boost bone marrow stem cell production

35%.17

- support healthy systolic blood pressure (the top number).
- support healthy diastolic blood pressure (the bottom number) too!
- keep capillaries soft and flexible.

Grape seeds contain a powerful antioxidant called oligomeric proanthocyanidins (OPCs). OPCs increase bone marrow stem cell production ... [and] capillary health. It also protects against brain inflammation.

Regeneration "Super Players"

- 1: **CyanthOx30 seaberry extracts** [see above].
- 2: **Icariin***: the herbal extract that's proven to boost MSC repair stem cell numbers up to 5x times over. [*A compound found in the plant commonly called Horny Goat Weed.] – In published, peer-reviewed studies it worked in cells from every corner of the body including the heart, brain, kidneys, lungs, cartilage, tendons, bones, teeth...
- 3: **Resveratrol**: We already knew it's proven to help lower cholesterol by as much as 20%, reduce inflammation, support your artery health, and lower blood sugar. But recent research has revealed it can triple your healthy stem cell numbers. ...
- 4 and 5: **The Black currant and Vitamin D3** ... When you combine vitamin D3 and anthocyanins, one study has shown they boost stem cell counts in bone marrow. ...
- 6: **Grape Seed Extract**: Studies have shown it boosts bone-marrow stem-cell production by 35%. ... It helps lower blood pressure by 12 points... heals and protects your arteries and brain.

Editor's note: There is a product produced for Green Valley Natural Solutions, "Stem Cell Restore," that contains all of these substances. Worth a look, but it's very expensive. It might be as helpful to proceed with your own stem cell restoration project by investigating and combining the above "super players" in the regeneration field. Though this article had a lot of self-promotional material, the underlying information has good value. ■

Green Valley Natural Solutions, greenvalleynaturalsolutions.com, PO Box 93, Lexington, VA 24450, 800-893-1694.



More Live Better Goodies

Supplement Focus: Pine Pollen, GABA

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.

Pine Pollen: Super Food, "New" to the West

© 2023 by Brian Vaszily

Material obtained from theartofantiaging.com/the-incredible-superfood-you-never-heard-of-pine-pollen (Dec. 10, 2023). Some modification; abridged, etc. Reprinted as "fair use."

Editor's foreword: This was another kind of synchronicity-serendipity bit of information that came my way, as the Nov/Dec 23 issue of Pathfinder featured an in-depth look at pine trees. Thank you!

In this article, I'll guide you through the ins and outs of Pine Pollen so you can better understand just how much potential this little powder has for improving your overall health and why you'll seriously want to consider consuming this unique "gift of nature" ...

What Is Pine Pollen? Considered an herb and often referred to as an **adaptogen**, **pine pollen is an edible, bright yellow powdery substance** that has numerous health benefits. It's incredibly soft and light as a powder, as you would expect pollen to be. Taste-wise, it's subtly sweet with a certain warmth. ...

Pine pollen has been used as a medicinal substance for thousands of years and was especially popular in ancient Chinese herbal medicine. In recent decades, pine pollen has piqued the interest of many health aficionados thanks to its rich store of micronutrients such as amino acids, vitamins, enzymes and flavonoids.

Pine pollen is beloved for being a natural health food that's both nutrient dense and nutrient varied. It has over 200 bioactive vitamins, minerals, amino acids, antioxidants and other super nutrients in every single serving. [And it is wild-harvested which should reduce the presence of chemicals.] ...

Top Health Benefits of Pine Pollen

➤ **Packed With Protein** Not only does pine pollen contain approximately 30% protein, it's a complete* protein at that! [*Ed's: Containing all of the eight essential amino acids that have to be obtained in the food we consume: Phenylalanine, Valine, Leucine, Isoleucine, Lysine, Threonine, Tryptophan, and Methionine.] ...

A great plant-based protein source like this can assist with weight management, stronger bones, muscle mass, reduced cravings, better metabolism and the many other benefits including more absorbable protein in your diet.

➤ **Hormonal Health** Considering that pollen is the "fertilization" factor in plants, it makes sense that pine pollen promotes hormone health. ...

One example that men will particularly appreciate: A study, conducted by the Dept. of Pharmacognosy & Chemistry of Natural Products in the Univ. of Athens, showed that Pine Pollen contained natural phytoandrogens such as testosterone. [Although the connection between

testosterone and male health is obvious, **pine pollen also appears to support both male AND female hormone health.**]

In men and women, **testosterone is needed for the formation and maintenance of muscle, energy, healthy fat distribution, red blood cell formation, and more. It's also great for libido.** ...

➤ **Boosts the Immune System** ... Your body requires a wide spectrum of nutrients from a variety of sources. Exercise, sleep and mental wellbeing are essential for a strong immune system, as well. With that said, **pine pollen is an excellent option to boost immune health ... It's nutritionally dense and feeds your body the necessary nutrients, micronutrients, minerals and antioxidants** to help keep your body resilient against pathogens. ... [It] can boost the immune system and help rehabilitate a depleted one. **Clinical results reported that pine pollen may help regulate the immune system, and that it shows antioxidant, anti-aging, and anti-inflammatory functions** – all indicators of a healthy functioning immune system.

➤ **Supports Prostate Health** Pine pollen has shown promise for inhibiting enlarged prostates, both as an orally administered stand-alone ingredient and as an adjuvant (an ingredient that stimulates an immune response).

While an enlarged prostate generally happens as a man ages, early onset prostate hyperplasia is a health issue that men need to address ASAP as this can cause problems such as difficulty urinating and may be a precursor to cancer.

With the potential to promote prostate health, **pine pollen is worth considering for all males looking to give their prostate a little extra health insurance.**

➤ **Increases Energy and Vitality** You can get approximately 0.8 micrograms of testosterone for every 10 grams of pine pollen you consume [thus] help enhance hormone health, as well as overall energy and vitality. **Healthy levels of testosterone are closely linked to primal physical measures such as endurance, stamina, and strength.**

➤ **Powerful Antioxidant Capabilities** Pine pollen even contains the antioxidant powerhouse glutathione... Often coined as 'the master antioxidant', [glutathione has been found to help the body detoxify], keep damaging free radicals at bay, slow down aging, and promote a stronger immune system.

Detoxification is of key interest here because out of the 5 vital organs, our liver is primarily responsible for filtering out toxins from our body. ... **Research has shown that pine pollen [has] protective effects for your liver, particularly in alcoholic liver injuries.** Studies demonstrate that consuming pine pollen [helps] speed up recovery from this type of damage, by accelerating the generation of healthy liver cells.

Even if alcohol is not an issue for your liver, the damage from the thousands of everyday toxins in our life can take its toll. Any form of powerful detox is worth consideration in your supplement cupboard.

• How To Take Pine Pollen For Your Health

The standard recommended starting dose of pine pollen powder is 1/2 to 1

teaspoon taken twice a day, or in capsule form, 3 capsules taken twice a day.

Pine pollen is well studied to have a low chance for side effects and has no known levels of toxicity. If you're new to pine pollen and have no known pollen allergies, you can easily incorporate this herb into your supplement rotation starting with 1/2 teaspoon or 3 capsules, or your desired dose and working your way up if need be.

[Besides these benefits], – **research suggests that even if you have allergies, as a supplement it likely won't bother you. If you're wary, you can always start with a minute amount and work your way up to more beneficial doses.**

For Women Women also need balanced levels of testosterone for optimal health. Consuming pine pollen may help increase or balance testosterone levels in women, which in turn could help to ease issues like PMS, mood swings and cravings.

Pine pollen also contains trace amounts of bioactive DHEA, a key anti-aging hormone that brings a host of benefits such as aiding in the prevention of osteoporosis, vaginal atrophy and anti-aging for the skin.

For Men Chinese medicine believes males can enhance their "masculine [yang] energy" with the help of pine pollen. Scientifically, it may promote muscle growth and help maintain lean muscle mass. Adding pine pollen to a regular strength training routine may give your muscles a desirable, nutrient-dense boost. ... [Then there is a concentrated type of pine pollen such as a pine pollen tincture] ...

Taking Pine Pollen as a Tincture Pine pollen tincture uses alcohol to create a liquid extract. ... **Due to the concentration of phytoandrogens and a higher bioavailability in tincture form, women are recommended to use just a few drops of pine pollen tincture, as opposed to a full dropper dose.** [Lactating mothers should forgo tinctures altogether and opt for a less concentrated form of pine pollen such as powder or capsules.]

For men, a full dropper can be taken under the tongue to allow the phytoandrogens to enter the bloodstream directly. Generally, men over 30 may benefit the most from such a concentrated form of pine pollen.

Lastly, if you're avoiding alcohol or sensitive to it, yet wish to still take pine pollen in tincture form, simply squirt a few drops into hot water or tea to evaporate the alcohol.

As a Powder and Capsules Pine pollen in powder and/or capsule form is the most direct way you can experience what pine pollen has to offer because it's in a raw state. **Many consider pine pollen in powder form the best for modulating hormones**, so it's a great option for men and women looking to balance out hormonal health or for those starting to see how well pine pollen works for them.

Liquids and Foods Besides using capsules, you can mix pine pollen into tea or blend it into a smoothie. You can even sprinkle it on your peanut butter on your toast or rice crackers!

On-Off, Cycling Pine Pollen Cycling Pine

Pollen – i.e., using it intermittently – is highly recommended for people who want to maximize its benefits. Try ... consuming it for 4-5 days and then giving your body 2 days off. Another option is to take it for a month and take a break for a week. ...

How To Find And Choose Quality Pine Pollen

As with all supplements, of course, you want a pine pollen that's free of foreign contaminants such as heavy metals and pesticides, free from fillers and GMO ingredients, all while retaining its full spectrum of nutrients after going through production.

The vitamins, minerals, antioxidants, phytoandrogens and proteins found in pine pollen all work synergistically to give you a host of benefits that overlap throughout your body's systems.

... You can easily find top-quality Pine Pollen tinctures and cracked wall powder and discover the many benefits of this powerful superfood for yourself! [See below for a source of this "new" superfood.]

Author's note: My top recommendation for clean, concentrated, and powerful pine pollen is Lost Empire Herbs.

About Lost Empire Herbs Check out Lost Empire Herbs' pine pollen powders, capsules and tinctures here if you're interested, and enjoy the benefits of this emerging superfood. Unlike some companies, they don't use microwaves or other harmful methods to sterilize their pine pollen. These methods can negatively impact the pollen and effectively neutralize its benefits. Similarly, they don't use powdered extracts that can strip down the beneficial components of pine pollen, making them near useless. Their tinctures are tested and proven to be free from PDE-5 Inhibitors or analogues that are so commonly used to disguise lower-quality herbs, nor binding agents (glues, fillers, etc) to create pills that look nice, but are full of questionable added ingredients.

Lastly, when looking for a quality Pine Pollen product, look for wild harvested pine pollen with a cracked cell wall. Like chlorella, pine pollen actually has a hard outer shell that makes it hard for your body to absorb. That's why a form that lists "cracked wall" is essential. ☐

GABA* and Good Feelings

Analysis by Dr. Joseph Mercola, Fact-checked. (Dec. 10, 2023)

* Gamma Amino Butyric Acid

Material obtained from mercola.com. To view this article in its entirety, go to his substack, which is now subscription-only courtesy of Pharma-Government Censors. Some modification. Abridged, etc.

GABA-Serotonin-Glutamate Balance for Health and Well-Being

Editor's Note: Dr. Mercola reviewed material below obtained from Dr. Scott Sherr, concerning the various components in this neuro-emotional biochemical relationship.

Most have heard of serotonin, dopamine, glutamate and norepinephrine, but they don't realize that GABA is a major player involved in 20% of the brain's neurotransmission.

Glutamate is the primary excitatory

See "Supplement focus," cont. on pg 7

Got a sick kitty? Try...

Homeopathy for Cats and other pets...

Material obtained from wellinghomeopathy.com/blog/homeopathy-for-cats. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted (Nov. 15, 2023).

Editor's foreword: As users of homeopathic remedies know, homeopathic compounds have been successively diluted and "potentized," a type of shaking, adding vibratory energetic effects (see segment following). Virtually none of the original substance remains, just the "energetic echo," but, this is potent enough to effect a remedial adjustment in our own and our animal friends' energy fields.

Despite what "modern medicine" and paid "debunkers" say, homeopathic remedies are often far more effective than the bioenergetically interfering and often toxic substances that are sold as prescriptions. By the way, it just struck me that the "medical profession" objects in general to Homeopathic Remedies precisely because they work: that "remedy" is something Western "Medicine" refuses to accept – as their profit model insists that virtually nothing serious can be really "remedied" or

"healed," only managed (as they carry their loot to the bank). This, unhappily, also applies to many of those in the veterinarian field.

Digestive Issues

1. Nux Vomica Nux vomica is frequently used for digestive problems, including vomiting, constipation, gas, and diarrhea. It's particularly effective for cats that have ingested spoiled food or have been overfed.

2. Pulsatilla Pulsatilla is a valuable remedy for hairballs, stomach upsets, or alternating constipation and diarrhea. It can help soothe the digestive system after dietary indiscretions.

Respiratory Problems

3. Aconitum Napellus Best employed at the onset of respiratory issues such as coughs and colds, aconitum napellus can provide relief for cats experiencing sudden symptoms after exposure to drafts or extremes in temperature.

4. Phosphorus Phosphorus is useful for respiratory conditions, notably asthma, bronchitis, and chronic coughs. It's also

beneficial for cats that experience coughing episodes after exposure to dust or chemicals.

Skin Conditions

5. Arsenicum album Arsenicum album is used to address various skin issues in cats, particularly those with excessively dry, itchy, or scaly skin. It also works well for cats with flea allergy dermatitis or other skin allergies.

6. Hepar Sulphur This remedy is effective in treating abscesses, infected wounds, and inflammation from insect bites. Hepar sulphur can help speed up the healing process and prevent further infections.

Urinary Tract Problems

7. Cantharis Cantharis is the go-to remedy for lower urinary tract issues such as cystitis and bladder infections. It's especially helpful for cats experiencing frequent, painful urination or those with blood in their urine.

8. Berberis Vulgaris Ideal for cats with

See "Kitty Homeopathy," cont. on pg 10

"Supplement focus," cont. from pg. 6

neurotransmitter and GABA the main inhibitory neurotransmitter. These two are always working in conjunction with each other to maintain a balance.

No, Serotonin Is Not a 'Happy Hormone'

Serotonin is typically referred to as "the happiness hormone," and deficiency is thought to be the source of depression, [which is] why depression is routinely treated with selective serotonin reuptake inhibitors (SSRIs) that raise serotonin levels in your brain.

The problem is, serotonin is NOT responsible for depression, and raising your serotonin is the last thing you want to do. Elevated serotonin destroys empathy, love and wisdom, and impairs thyroid function, reduces metabolism, and contributes to reductive stress and insomnia. [Ed's: Egads! And Pharma has been pushing this stuff at depressives as The Go-To for depression. Is this criminal culpability for mass murders caused by having too much serotonin?]

Increasing GABA, on the other hand, can indeed be part of the solution for depression. Many who struggle with depression are GABA deficient, and augmenting the GABA system can in these instances make a big difference.

Sherr:

GABA deficiencies are associated with so many things... It's associated with anxiety, with fear, with depression, with a short temper, phobias, impulsiveness, disorganization, addictions. It's even associated with schizophrenia and OCD [obsessive-compulsive disorder].

You can also have things like IBS [irritable bowel syndrome] and diarrhea, hypertension, tinnitus, chronic pain, migraines, allergies, frequent urination, flushing, sweating, salt cravings, muscle tension. These are all things that could be signs of GABA deficiency.

Many have been prescribed an SSRI for some of these symptoms, but it may not have been related to a serotonin deficiency. Actually, we know that depression is not related to serotonin deficiency. That's

been well-studied over the last several years now." ...

Factors That Inhibit Glutamate's Conversion to GABA [The amino acid, glutamate is involved in biochemical processes that convert it to GABA. When this conversion doesn't take place readily it may be due to:

▼ A lack of cofactors B6 [niacin or niacinamide] and magnesium.

▼ A lack of the enzyme glutamate decarboxylase, which is what converts the glutamate to GABA.

Two common problems that inhibit the function of this enzyme are:

▼ Infection, either acute or chronic.

▼ Chronic stress causing cortisol and glucocorticoid elevations. When your stress hormones are elevated, you're going to decrease the production of GABA. ...

Sherr:

[People who fast often] might not be getting enough protein in the day... As a result of that, they're not getting enough glutamine. Glutamine is an amino acid that's extremely important for the health of the gut lining.

If you have [a] leaky gut, for example, or stress in the gut with infection... you're probably going to need significantly greater amounts of glutamine to convert to glutamate, because you're using all the glutamine for your colonic cells. ...

[If] you're looking to enhance the GABA system... there are many other ways to do that, [e.g.], herbals,

Does Oral GABA Work? For decades, the drug industry and mainstream medicine have spent a ton of money on questionable studies to "prove" GABA supplementation has no effects on the brain. This is understandable once you realize that many of the most popular anti-anxiety meds, such as benzodiazepines, are GABA agonists*. [Easy to see, then,] of you can just take a GABA supplement to treat your anxiety, depression and sleeplessness, the drug industry would suffer major losses. [*Ed's: An agonist initiates a receptor of a cell, whereas an "antagonist" blocks the receptor.]

Interestingly, companies are now working on alcohol replacement products based on GABA...

Sherr comments:

Alcohol has a high affinity for the GABA receptor. This is where benzodiazepines, barbiturates and Quaaludes will also bind. ... So, GABA binds to the receptor, and it's got all these other binding sites on the receptor where other things can bind.

[Since] alcohol and benzos and barbiturates bind very tightly to the GABA receptor, [enhancing] GABA production and GABA function. So you have more of the inhibition. ... This is how alcohol works.

Unfortunately, things like alcohol, benzos and barbiturates are highly addictive because they bind so tightly to the GABA receptor at their sites...

But there are other natural equivalents that are much safer. Things like Kava, for example, have been known for thousands of years to affect the GABA receptor without causing any potential addiction, withdrawal or tolerance. Honokiol from magnolia bark is another one that binds to a receptor site outside of the GABA receptor itself but actually does the same thing. ...

Valerian root is another one that increases GABA production in the brain, but it doesn't bind to the GABA receptor itself. It binds to [other] sites. ...

Cannabinoids such as CBD and CBG will also enhance the GABA system, as will THC, although it can produce a paradoxical response.

Sherr:

The reason some people who take THC will get a lot of anxiety is that [THC is] doing something to the GABA receptor where you [end up having] less GABA ... As a result, you get more excitatory anxiety and things like that.

Other ways to increase GABA include exercise, which helps reset the balance between glutamate and GABA, meditation, mindfulness training, breathing exercises and yoga. ...

For more, check out Dr. Sherr's website, drscottsherr.com. Other information on GABA at homehope.org. ■

Mental Fatigue? Indigestion?

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 Natural Ways to Relieve

Mental Fatigue withOUT

Prescriptions

The material below was largely but not exclusively obtained from naturalblaze.com/2023/11/8-powerhouse-substances. Originally from greenmedinfo.com, info supplied by Dr. Diane Fulton (Clayton State Univ). Reprinted as "fair use." Some modification for Pathfinder. Abridged, etc.

Editor's note: ALWAYS use ORGANIC food, teas (*organic foods in general). Otherwise you're compromising your body and self-sabotaging your efforts — which won't do if you're trying for health and well-being. Alas, it is difficult to find organic foods of the type you want in the right price range at typical supermarkets, one of the reasons we use online sources like [vitacost](http://vitacost.com), [iherb](http://iherb.com), [fruitfulyield](http://fruitfulyield.com), [mercola](http://mercola.com) and others. ◊

Here are 8 natural substances to relieve that mental fatigue*.

*Mental fatigue [i.e. drowsiness, difficulty concentrating, decreased alertness, disordered thinking, slow reactions, lethargy, reduced work efficiency.

1. Tart Cherries
2. Rosemary Tea
3. Ginseng
4. Rhodiola Rosea
5. Astaxanthin
6. Chaga Mushrooms (*Inonotus obliquus*)
7. Spirulina
8. Extract of Chicken* [*Editor's: Seems odd. A "tincture" of chicken? Not chicken stock or a pot pie? Chicken soup? Roast chicken? :)]

Top 7 Herbal Teas for Digestion

Material obtained from naturalblaze.com/2023/12/best-tea-for-digestion-top-7-herbal-remedies. Originally from [Jilly Hite](http://JillyHite.com) at studyfinds.org (Dec. 12, 2023)

Editor: Something under the radar that I've noticed is the difficulty in obtaining good 'ole reliable HOMEOPATHIC REMEDIES. Instead, I'm seeing a lot of US garbage products that are LESS HELPFUL and CONTAIN MORE HARMFUL INGREDIENTS. ◊

Some of the Best Teas for better digestion

1. Peppermint
2. Ginger
3. Fennel [seeds]
4. Chamomile
5. Licorice Root
6. Dandelion Root
7. Green Tea ■

Editor's postscript: I like to mix 2 or more teas for enhanced flavor!

News from the Front Lines—

Why we must FIGHT ... Weaponized Medicine

Ramp up. Keep up. Don't slack.

◆ "Lettuce Vaccines?", p 8 ◆ Air Vax?, p 8 ◆ Confirmed: Covid Jab mRNA enters Cell Nucleus, p 8 ◆ Chickens Gene-Altered into Virus Replicators?, p 9

◆ The SARS Creation Op, p 9 ◆ David Martin's Patent Forensics Indicts MD Murder, Inc., p 9

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"Lettuce Vaccines"?

© 2023 by Michael Nevradakis, PhD for Children's Health Defense

Material obtained from childrenshealthdefense.org (Sep. 27, 2023)

Massie Asks House to Bar FDA, USDA From Funding Transgenic Edible Vaccines

[REP. THOMAS MASSIE (R-KY.), introduced an amendment to the farm bill, H.R. 4368, to prevent the USDA and FDA from funding "lettuce vaccines" for fiscal year 2024. ... In an interview with *The Defender*, Massie said he introduced the amendment after learning about a recent project in Calif., funded by a \$500,000 grant from the National Science Foundation [NIH], that involves growing lettuce and trying to get the lettuce to produce mRNA vaccines that are intended to be consumed by humans who eat the lettuces.

Massie:

...plants cross-pollinate and pollen from these modified plants, food-producing plants, could carry in the wind to other fields and contaminate them. And we could really contaminate a lot of our food supply with unknown doses of vaccines that would deliver unknown dosages.

Plants release pollen and it can go anywhere with the wind or with insects, and I just think it's a bad idea.

Claire Robinson, managing editor of *GMWatch*, [to *The Defender*]:

Rep. Massie is right to be concerned. Genetically engineering a potent immunogen into food plants is irresponsible in the extreme.

All the usual risks of GM [genetically modified] plants – the DNA-damaging effects of the GM transformation process leads to changes in gene expression and biochemistry of the plant, which can include the production of toxins or allergens – apply to these vaccine-producing plants, with additional risks on top.

In the case of vaccine-producing plants, you are intentionally engineering a plant to elicit an immune reaction. This increases the level of risk exponentially.

According to a 2013 scientific paper, transgenic edible vaccines "are prepared by introducing selected desired genes into plants and inducing these genetically modified plants to manufacture the encoded proteins." ...

Francis Boyle, JD, PhD, a bioweapons expert and professor of international law at the University of Illinois who drafted the Biological Weapons Anti-Terrorism Act of 1989, said that such research may also violate international law and globally recognized ethical standards.

The deployment of these transgenic edible vaccines would involve a gross violation of the Nuremberg Code on Medical Experimentation, and thus constitute a crime against humanity... Their release

"...lipid nanoparticles that the mRNA and DNA fragments are encased in 'facilitate getting the DNA inside the cell ... But once it's in the cytoplasm, bits of DNA go to the nucleus...'"

Univ. of S. Carolina professor Phillip Buckhaults ... confirmed the presence of dsDNA [double stranded DNA] in the COVID shots. ... he was 'alarmed about this DNA being in the vaccine... as there is a very real hazard' of the dsDNA integrating into a person's genome and becoming a 'permanent fixture of the cell' that can result in autoimmune problems and cancers."

into the environment would violate the Precautionary Principle of customary international environmental law. They would also be subject to the same human health objections to GMO foods that are too numerous for me to list. ...

Massie:

How do you control the dosage when you put it in food? ... I just think this is a really bad way to deliver vaccines to people or animals. ... I think we should have learned our lesson. If we believe that COVID-19 was a lab escape and the result of human experiments, which I do and most Americans do, then I think you should be concerned about these outdoor labs. Here we're talking about greenhouses or open fields.

Along similar lines, Boyle said, "We know that COVID-19 mRNA vaccines have produced a massive number of deaths and adverse events that have been thoroughly documented in the professional literature. [Ed's: 10s of millions directly and many more millions subsequently in the "excess deaths" statistics.] ... □

Michael Nevradakis, PhD, based in Athens, Greece, is a senior reporter for *The Defender* and part of the rotation of hosts for *CHD.TV's "Good Morning CHD."*

Air Vax?

Analysis by Dr. Joseph Mercola Fact Checked (Sep. 29, 2023)

YALE UNIVERSITY RESEARCHERS have developed a new airborne method for delivering mRNA right to your lungs. The team has also used the method to vaccinate mice intranasally, opening the door for human testing in the near future. ...

In a study on mice, Yale scientists created polymer nanoparticles to encapsulate mRNA, making it inhalable so it can reach the lungs. Courtney Malo, editor with *Science Translational Medicine*... published the study... [The research team was led by cellular and molecular physiologist Mark Saltzman]...

US Government [Military] – Guilty of Past Bioweapons Release ...There is a history of carrying out secret bioweapon simulations on Americans. In 1950, the US Navy sprayed *Serratia marcescens* bacteria into the air near San Francisco* over a period of six days. [Ed's: And over the St. Louis area as well. This bacterium is the reddish crud that forms on just about everything after a couple of days on things that aren't continually cleaned and sterilized.]

Dubbed "Operation Sea Spray," the project was intended to determine how susceptible the city was to a bioweapon

attack. ... It spread throughout the city, as residents inhaled the microbes from the air. While the US military initially thought *Serratia marcescens* wouldn't harm humans, an outbreak occurred, with some developing urinary tract infections as a result. At least one person died "and some have suggested that the release forever changed the area's microbial ecology," *Smithsonian Magazine* reported. ...The US government carried out many other experiments across the US over the next 20 years. So, while it's disturbing to think of an air vax experiment being conducted on an unsuspecting public, it's not unprecedented.

Insane Academe Promotes Covert, Compulsory Bioenhancement Adding to the story is academic endorsement of the use of compulsory, covert bioenhancements. Writing in the journal *Bioethics*, Parker Crutchfield with Western Michigan Univ., Homer Stryker MD School of Medicine, discusses moral bioenhancements... Crutchfield... goes so far as to suggest "a covert compulsory program promotes" [is more effective than a covert one. So here we have evidence of academic support for covertly releasing drugs and other bioenhancements onto the public. This, combined with the creation of an airborne mRNA vaccine and the government's history of experimenting on the public, paints an unsettling picture of the future. ... Informed consent is essential for any medical procedure, including vaccinations. The development of airborne mRNA jabs, however, makes the possibility of informed consent being taken away all the more real. □

Confirmed: Covid Jab mRNA enters Cell Nucleus

Analysis by Dr. Joseph Mercola Fact Checked (Oct. 03, 2023).

IN EARLY APRIL 2023, microbiologist Kevin McKernan – a former researcher and team leader for the MIT Human Genome project – posted a preprint paper detailing massive DNA contamination in Pfizer's and Moderna's bivalent COVID booster shots. ...

The highest level of DNA contamination found was 30%, meaning nearly one-third of the content of certain vials was plasmid DNA, the presence of which dramatically increases the likelihood of genomic integration and cancer.

What this means, in plain English, is that the shots could potentially alter your DNA, which is something vaccine makers, health authorities and fact checkers have vehemently denied and written off as "impossible." ...

Regulatory Agencies Were Aware of the Problem In a May 20, 2023, *Substack* article, McKernan pointed out that regulatory agencies were clearly aware of this problem early on, as Pfizer submitted documents to the European Medicines Agency (EMA) showing sampled lots had a broad range of double-stranded DNA (dsDNA) in them. ...

In a sane regulatory environment, this kind of contamination would have resulted in a massive recall, considering the known and suspected dangers of dsDNA [double-strand DNA] contaminants. Yet nothing was done about it.

Since McKernan's paper was posted, others have confirmed the presence of dsDNA contaminants in the COVID shots. To be clear, DNA should not be present in a commercial product that has been made under good manufacturing practices. ...

Multiple Credible Sources Confirmed DNA Contamination Univ. of S. Carolina professor Phillip Buckhaults has since confirmed the presence of dsDNA in the COVID shots. Sep. 13, 2023, he testified to this before the S. Carolina Senate Medical Affairs Ad-Hoc Committee on the Dept. of Health and Environmental Control (DHEC).

Buckhaults is a molecular biologist and cancer geneticist with extensive experience in DNA sequencing, and initially set out to debunk McKernan's claims. To his shock, he replicated McKernan's findings instead.

In his testimony, he explained how these DNA contaminants can integrate into your genome and disrupt the function of other genes, either long term or permanently, and may be passed on to offspring for generations.

He told the senators he was "alarmed about this DNA being in the vaccine," as "there is a very real hazard" of the dsDNA integrating into a person's genome and becoming a "permanent fixture of the cell" that can result in autoimmune problems and cancers.

Buckhaults suspects high levels of DNA contaminants may also be causing some of the more serious side effects of the jabs, such as lethal cardiac arrest. ...

COVID Jab mRNA Can Enter the Cell Nucleus According to a 2022 study, both the SARS-CoV-2 spike protein and the spike protein mRNA [entered] into the nucleus of infected human cells. ...

As noted by Buckhaults, the lipid nanoparticles that the mRNA and DNA fragments are encased in "facilitate getting the DNA inside the cell – just inside the cell membrane. But once it's in the cytoplasm, bits of DNA go to the nucleus just by random chance."

He told investigative journalist Maryanne Demasi:

We do this in the lab all the time. We take pieces of naked DNA, put them in a solution that delivers genetic material into cells [lipo-

See "Fight Weaponized Medicine," cont. on pg. 9

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

fectamine], and by "magic," [quotes added] some of the pieces integrate into the cellular DNA, and permanently modified the cells.

I've been doing this since I was a graduate student, so I know that this happens. The only question is, what is the frequency of this happening across a vaccinated population? ...

IF genome modification is happening, it's just a matter of time before one of these fragments hits a tumor suppressor gene and initiates the beginning of cancer in a single stem cell.

Also, there have been reports of myocarditis. I'm wondering if it's possible that these little bits of DNA actually encode pieces of the spike protein ... There's a lot of of... pieces of DNA that code for peptides that don't belong in humans and are neo-antigens.

My concern is that some of these pieces of DNA could transform long lived stem cells in, maybe the myocardium, or pericardium, or maybe the liver, or lymph nodes ... and now that tissue makes a long-lived expression of some neo-antigen that could be causing a long-term autoimmunity type response like myocarditis. ...

COVID Jab Can Have Intergenerational Effects

Another 2022 study found that mice injected with the COVID mRNA shot passed on their acquired immune traits ... to offspring, [suggesting] that the mRNA can enter the nucleus of the cell, [and] be permanently integrated into chromosomal DNA and have intergenerational effects. ...

To date, 72.3% of the total population has been injected at least once with a COVID-19 vaccine ... [Increasing] evidence has shown that ... they do not produce ... immunity, allowing people to suffer frequent re-infections.

Additionally, recent investigations have found abnormally high levels of IgG4 [immunoglobulin G, an antibody found in lymphatic serum, unable to effect normal immune function, but actually suppresses normal white cell immune activity] in people who were administered two or more injections of the mRNA vaccines ... [and] could promote unopposed SARS-CoV2 infection and replication by suppressing natural antiviral responses. ...

Got the Jab? Take Action to Safeguard Your Health

If you already got one or more jabs and now have concerns about your health, what can you do? Well, ...never take another COVID booster, another mRNA gene therapy shot or regular vaccine. You need to end the assault on your system.

If you developed symptoms you didn't have before your shot, see protocols developed by the Front Line COVID-19 Critical Care Alliance (FLCCC) called I-RECOVER. Download it from covid19criticalcare.com. - Dr. Pierre Kory, who cofounded the FLCCC, has transitioned to treating the vaccine injured more or less exclusively. □

More on post-jab treatments can be found at Dr. Pierre Kory's site, DrPierreKory.com and Dr. Peter McCullough, at PeterMcCulloughMD.com.

Chickens Gene-Altered into Virus Replicators?

© 2023 by Mike Capuzzo for Children's Health Defense (Oct. 17, 2023)

What Happened when Scientists Used CRISPR Gene Editing to Make Chickens Resist Bird Flu

UK RESEARCHERS used the gene-editing technology CRISPR to alter chicken DNA to create birds resistant to deadly bird flu viruses like H5N1. But the study was a

[Jonathan Latham, executive dir., Bioscience Resource Project, master's in crop genetics and PhD in virology - on the bird flu op]: "Virus samples collected from infected, genetically altered birds showed the virus had made several mutations that seemed to allow it to bind to the ANP32A protein to replicate in the chickens ... [the] mutations also helped the virus replicate more efficiently in human cells. ... The authors of the Nature Communications study 'caused a flu to evolve that, according to their test, was more infectious in human cells. ... They thus created what they intended to prevent."

"By 2022, deadly H5N1 outbreaks in poultry and wild birds had occurred in 67 countries in five continents, with more than 131 million domestic poultry lost due to death or culling ... researchers didn't check to see if contaminating DNA from the CRISPR* machinery remained in the chicken, a known risk of gene editing..." [*cut-and-paste genetic altering]

[On Operation Mockingbird]: "We're in the midst of a social engineering project that poses a serious existential threat to our personal liberty and freedom. We're all exposed to it daily, and have been for years."

failure, according to one critic, because the technology also helped the virus replicate more efficiently in human cells...

Critics of a new study in the journal Nature Communications told The Defender.

The authors of the study, led by researchers at Imperial College London and the Univ. of Edinburgh Roslin Institute and Royal School of Veterinary Studies, altered the genetic code of 10 chickens to make them resistant to a bird-flu virus and then exposed them to the virus. ... Altering a species' DNA ... can be passed down through all the gene-edited animals, to all the offspring.

But Jonathan Latham, executive director of the Bioscience Resource Project, who has a master's degree in crop genetics and a PhD in virology, told The Defender:

The experiments were ultimately a failure of 'the operation was a success but the patient died' variety. ... When the 10 genetically altered chickens were exposed to a much higher dose of bird flu - more in line with what the chickens could be exposed to in nature or a factory farm setting - five of the 10 chickens developed the flu.

Virus samples collected from the infected, genetically altered birds showed the virus had made several mutations that seemed to allow it to bind to the ANP32A protein to replicate in the chickens, the study reported.

The virus also mutated a workaround to bind to two other related proteins for replication. Worse yet, according to Latham, mutations also helped the virus replicate more efficiently in human cells. ...

The overarching concern about avian flu is not that chickens will die... It is that large commercial flocks allow flu types acquired from wild birds to evolve in them, and those flu types then go on to infect and actually kill their human owners, farmworkers and potentially cause a pandemic.

The authors of the Nature Communications study "caused a flu to evolve that, according to their test, was more infectious in human cells," Latham said. "They thus created what they intended to prevent."

Editor's: Gee, do you think that possibly that was another reason for this insane academic pursuit? Incidentally, following Dr. David Martin's hypothesis and mode, if you "follow the money," and filed patents, you'll see that the CDC, NIH et al actually CREATED THE BIRD FLU, and its various forms. Guilty on all counts. Hanging to follow.

By 2022, deadly H5N1 outbreaks in poultry and wild birds had occurred in 67 countries in five continents, with more than 131 million domestic poultry lost due to death or culling in affected farms and villages. Another 14 outbreaks were reported this year, mostly in the Americas.

By March, the largest bird flu outbreak in US history had struck the American poultry industry, leading to the deaths of millions of chickens, higher egg prices, supply shortages and the Biden administration considering mass vaccination of poultry.

The virus infected wild birds and more than 58 million farmed chickens in 47 states, jumped to mammals like raccoons and bears, and could mutate and spread to humans, raising the "frightening specter of a human pandemic." ...

The researchers didn't check to see if contaminating DNA from the CRISPR machinery remained in the chicken, a known risk of gene editing, he said.

Latham saw the study as unfortunately typical of science journals, edited down primarily to publish, with "things left out, artfully presented, flaws hidden." ... □

Mike Capuzzo is the managing editor of The Defender. He is a former prize-winning reporter for The Philadelphia Inquirer and The Miami Herald, a science writer. He has won more than 200 journalism awards as a writer, editor and publisher.

The SARS Creation Op

© 2023 by Dr. Joseph Mercola, Fact Checked (Nov. 3, 2023).

Editor's Note: This is another summary of the great crime that has been committed against humanity. Much of this material has been covered in earlier issues of Pathfinder, but the egregious and callous character of these crimes needs to be repeated; after all, the Pharma-MIC-lie machine never stops repeating its mind poison.

LATE IN MAY 2020, MEDIA PRODUCER MIKKI WILLIS released the first part of his documentary "Plandemic," featuring Judy Mikovits, PhD, a cellular and molecular biologist whose research revealed many vaccines are contaminated with gammaretroviruses, due to the viruses being grown in contaminated animal cell lines. The 26-minute film was banned on every social media platform after going "viral" [quotes added] Aug. 18, 2020, Part 2, titled "Plandemic - Indoctrination," was released.

Plandemic - Indoctrination Part 2 is a full-length feature, revealing the driving force behind the vaccine agenda. It looks at the roles of the World Health Organization, Tedros [Ghebreyesus WHO dir. general], Bill Gates, Dr. Anthony Fauci, mainstream media, Silicon Valley tech giants, Big Pharma and many others, connecting the dots between them. [He interviews a variety of individuals, among which are] Sherri Tenpenny, DO, Dr. Rashid Buttar, medical director for the Centers for Advanced Medicine [now deceased, possibly by medical malfeasance], Dr. Meryl Nass, physician, researcher and writer, Prof.

Dolores J. Cahill, PhD, a molecular biologist and immunologist Prof. Luc Montagnier [also now deceased], a Nobel Laureate, medical researcher and virologist [and quite a few others].

Event 201 The film starts out by reviewing Event 201, a pandemic preparedness simulation hosted by the Johns Hopkins Center for Health Security, the World Economic Forum and the Bill and Melinda Gates Foundation in Oct. 2019 - 10 weeks before the COVID-19 outbreak first began in Wuhan. This scripted tabletop exercise included everything we now see playing out in real time, in the real world, from ... lockdowns and removal of civil liberties to mandated vaccination campaigns, riots, economic turmoil and the breakdown of social cohesion. ...

Operation Mockingbird Never Ended Just Privatized The film also reveals how SARS-CoV-2 has been turned into a profit center, the possible origins of SARS-CoV-2, and how Silicon Valley tech giants are controlling the narrative, pushing fearmongering and censoring differing views.

What we're seeing is straight out of the Operation Mockingbird playbook, a clandestine CIA media influencing campaign launched in the 1950s. During the Cold War, the CIA used it to spread propaganda. It recruited journalists to pen fake stories that disparaged communist ideologies. ...

Shockingly, the reason this shadow government - led by government contractors, privatized intelligence companies* - is able to manipulate public opinion is because they've been illegally siphoning the data collected by the NSA [National Security Administration] from all Americans, and privatizing it. [*Ed's: Coming out of the corrupted Illuminati-Freemason contingent.]

All of our personal data, combined with artificial intelligence and so-called localization strategies, allows sophisticated computer programs to predict which action or public message will result in a particular outcome. - We're in the midst of a social engineering project that poses a serious existential threat to our personal liberty and freedom. We're all exposed to it daily, and have been for years. It's just that now it's become so pervasive, it's blatantly obvious for anyone willing to see it. ... [The following segment fleshes out Dr. Martin's findings.]

The Biological Weapons Anti-Terrorism Act of 1989 ... passed unanimously by both houses of Congress and signed into law by George Bush Sr., states:

Whoever knowingly develops, produces, stockpiles, transfers, acquires, retains, or possesses any biological agent, toxin, or delivery system for use as a weapon, or knowingly assists a foreign state or any organization to do so, shall be fined under this title or imprisoned for life or any term of years, or both. There is extraterritorial Federal jurisdiction over an offense under this section committed by or against a national of the United States. ... □

David Martin's Patent Forensic Indicts MD Murder, Inc.

Analysis by Dr. Joseph Mercola (Dec. 9, 2023)

Material obtained from above site. Excerpts reprinted as "fair use." Abridged. Retitled. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted. Most of the quoted material, indented, is by Dr. Martin.

See "Fight Weaponized Medicine," cont. on pg. 10

"Fight Weaponized Medicine," cont. from pg. 9

Exposing COVID-19 Crimes, with Intent to Kill

Mercola's foreword: The featured video is from a lecture David E. Martin, PhD, gave in Dormach, Switzerland, in late October 2023. Martin is a national intelligence analyst and founder of IQ100 Index, which developed linguistic genomics, a platform capable of determining the intent of communications.

This technology has allowed Martin to scan and review millions of patents, resulting in a paper trail that conclusively proves SARS-CoV-2 is a manmade bioweapon that has been in the works for 58 years.

Unambiguous Admission of a Premeditated Pandemic As he is now in the habit of doing, Martin opens his lecture with a quote by Peter Daszak, president of EcoHealth Alliance [Ed's: a Bill Gates-vax offshoot].

During a March 27, 2015, forum on *Medical and Public Health Preparedness for Catastrophic Events*, Daszak noted that unless an infectious disease crisis is at an emergency threshold, it tends to be ignored.

Daszak: To sustain the funding base beyond the crisis, we need to increase public understanding of the need for MCMs (medical countermeasures) such as a pan-influenza or pan-coronavirus vaccine... A key driver is the media, and the economics follow the hype. ... Investors will respond if they see profit at the end of the process.

Martin:

This is the admission, unambiguously, which states without any equivocation, that the reason for the global terror campaign that began officially in the minds of most people in late 2019, was a premeditated plan of terrorism, collusion, coercion and, ultimately, murder ... This quote is the admission of four felonies, regardless of which side of the Atlantic you're on.

"Why Do We Need a Vaccine for an Eradicated Infection?" Martin goes on to note that a Pan-Coronavirus Vaccine Program was actually publicly announced during the moratorium on gain of function on coronaviruses in the US, which was in place from 2014 until 2017.

That gain of function moratorium was going on while we were announcing a global plan of global terrorism, a pan-coronavirus vaccine which... the World Health Organization ... declared eradicated a year earlier ...

The 58-Year Timeline of SARS-CoV-2 As explained by Martin, the virus called "coronavirus" was first described in 1965. Two years later [1967], the US and UK launched an exchange program where healthy British military personnel were infected with coronavirus pathogens from the US "...as part of our biological weapons program." [Ed's: Baric says this?]

In 1992, Ralph Baric at Univ. of N. Carolina, Chapel Hill, took a pathogen that used to infect the gut and lungs and altered it with a chimera* to make it infect the heart, causing cardiomyopathy. [*An artificially constructed or genetically modified organism.] ...

[Then] on Nov. 2000, Pfizer patented its first spike protein vaccine, [research that] had been going on since late 2000. So, the COVID shots were 19 years in the making by the time they were rolled out. The problem is that during those 19 years, none of the coronavirus vaccines worked.

Every single trial, from Nov. of 2000 until [2019], had killed all of the animals into which the experimental injections were placed...

As noted by Martin, it would be quite page 10

"Kitty Homeopathy," cont. from pg. 8

kidney stones or other obstructions in the urinary tract, *Berberis vulgaris* can be used to alleviate the irritation and pain often accompanying these conditions.

Emotional Stress and Anxiety

9. Rescue Remedy A popular remedy among pet owners, Rescue Remedy contains a blend of Bach flower essences that helps alleviate stress and anxiety in animals. It's particularly useful during thunderstorms, fireworks, or other situations that cause fear or panic in your cat.

10. Calcarea Carbonica Cats suffering from separation anxiety or fear of loud noises may benefit from Calcarea Carbonica. It can also help ease general anxiety, nervousness, and stress.

Joint Pain and Arthritis

11. Rhus Toxicodendron Rhus toxicodendron can help relieve joint pain, stiffness, and inflammation caused by arthritis. It's especially useful for cats that experience stiffness upon waking or experience pain and discomfort that seems to improve after movement.

12. Arnica Montana Arnica Montana is a versatile remedy for cats experiencing pain or inflammation due to arthritis, injury, or surgery. It can help reduce swelling, alleviate discomfort, and speed up the healing process.

These common homeopathic remedies have been proven beneficial for cats experiencing a wide range of health concerns.

[Ed's. Here the author recommends consulting with a vet to make sure of dosage, etc.; however, I've found to our pet's detriment that most vets are NOT ON BOARD with homeopathic remedies due to their faulty education which doesn't include energy medicine and other non-toxic healing methods.]

By embracing a holistic approach to your cat's health, you are supporting their natural healing abilities and setting them on a path towards a healthier, happier life. □

Preparation of Homeopathic Remedies

© Dr. Margit Gabriele Muller

Material from cats.com/homeopathy-for-cats

Editor's note: Some of the material below repeats the information preceding, but is worth including again.

HOMEOPATHIC REMEDIES are prepared in a very special way. The doses are diluted and mixed vigorously in the succussion process [shaken]. This methodical serial dilution and succussion is called "potentization" [quotes added]. ...

Potencies Many people are often confused about the description of homeopathic medicines such as C, X, D or mother tincture. All those potencies [describe] the level of dilutions.

For example, "mother tincture" [quotes added] is the source material, the lowest possible dilution of a substance. C stands for a 1:100 dilution whereas X (or D) is a 1:10 dilution. The [number] after those letters reflects

the numbers of doing the dilutions. Those potencies are administered either in little round bits, [in] lactose pills, powder, or liquid preparations...

Homeopathic Benefits Homeopathy has major benefits compared with conventional drugs. The main one is that they do not have side effects and can be well used for all different kinds of diseases. ... They can be used for a wide variety of animal species.

Moreover, they do not destroy the gut and intestinal flora which is the case in antibiotic treatments. Homeopathic remedies do not have a negative impact on the immune system, and they do not cause allergies.

In contrast, there are some dilutions that can help to improve the immune status of the patient. Long term treatment even over several years can be performed without any damage to the organ system.

Its cost efficiency and easy storage helps to use them also in developing countries. ...

Due to its dilution process, homeopathic remedies are safe as they cannot be overdosed like conventional drugs. Furthermore, they are not toxic. ...

The best way of using homeopathic medicines is always to use them alone as this shows their efficiency very clearly. [Ed's: This site says that conventional medicines and homeopathic remedies can work together. However, this is a matter of personal conviction and individual prac-

See "Kitty Homeopathy," cont. on pg. 11

"inconvenient" [quotes added] to have safety data showing it kills animals. No one would line up for a shot like that, no matter how many free cheeseburgers you throw at them.

How Do We Know SARS Was a Weapon?...

[Behind these crimes is another crime. Each of them, in and of themselves, is horrific.] But the sum of them becomes much, much, much more problematic.

Let's go ahead and jump to the... creation of the patent that was filed in 2002, which is actually the reason why I am done with everybody who ask the question 'Was there a novel virus; was there novel disease?' Let's stipulate, with the facts, that there were neither.

There's not a novel virus. There WAS a variety of biological weapons designed off the back of the patent that was filed in 2002, which was the "infectious replication-defective clone of coronavirus. ...

"What does 'infectious replication-defective' mean?" 'Infectious' means we want to target a cell in the body to make sure the thing that we're injecting goes into the cell. ...

'Replication-defective' means we want the information that we inject to infect that cell, but not replicate and spread to others, which means that the bioweapon itself was engineered as a weapon to hit a target, but not proliferate.

[That's what the patented technology and when we had SARS 1.0 in 2002 and 2003, we were told there would be dead people everywhere; but as hard as they tried to make it into a pandemic, they could only kick 900 people off the mountain.] If you exposed somebody to the toxic agent, they died. But they didn't spread it to others, which is the reason why we did not have the transmission of SARS 1.0, because you can't transmit a thing that's designed not to replicate.

But worse still: What is the definition of a virus?... [In simplest terms], 'A virus is a replicating protein sequence... Replication-

defective means we took the virus out of a virus. It was not a replicating device. It was in fact a weapon.

Now, I've got tons of people [saying], 'Dave, you're crossing the line, don't say it's a weapon. You offend [these killers] when you call it a weapon.'

[Hey], I didn't call it a weapon; 'the guy who built it called it a weapon'.

mRNA Spike Protein is a Biological Warfare Agent Indeed, mRNA spike protein was publicly described as a bioweapon 18 years ago. In 2005, at a conference hosted by DARPA* and the Mitre Corporation in the US, the mRNA spike protein was hailed as a 'biological warfare-enabling technology'. Does that sound like it has any public health-related applications? [*Defense Advanced Research Program Agency, a militarized think tank.]

No, as Martin insists, "biological warfare-enabling technology" means it's a biological warfare agent. ...

[It was called that in 2005, and was rewarded a dual entry budget, where ... the Univ. of N. Carolina, Chapel Hill, received money from Anthony Fauci's NIAID/NIH budget, and at the same time ... a second checkbook came from the DOD Pandemic Preparedness Program... an equal matching noncompetition grant ...

Big Pharma Owns All N. Carolina Universities Over the past two years, a lot of information has come out exposing how Daszak funneled millions of research dollars to the Wuhan Institute of Virology (WIV) in China for gain of function research on coronaviruses. ... According to Martin, at least \$141 million went to the US bioweapons program led by the Univ. of N. Carolina Chapel Hill.

Martin continues:

...in 1984, the state of N. Carolina, not just the Univ., sold itself to ... GlaxoSmithKline and the Wellcome* companies. ... and they

did it because of AZT*

*Editor's aside: AZT - Fauci's hand-picked treatment for HIV that he and the NIH created. Also, after a bit of research into the Wellcome companies, I discovered that the founder, Henry Wellcome, was a high-level Illuminati-Freemason. This suggests that others in this self-rewarding murder-web are also high-level IFs.]...

In 1984, Reagan appoints Fauci to the NIH and they invent HIV*, with but one treatment: AZT. ... From 1991 to 1996, the world was told that the only treatment for HIV was AZT [*Ed's: Over 100,000 victims with that venture. Review recent Pathfinders, if you still have them, to see the Fauci-HIV-AZT connection.]...

Martin:

(Murder for Hire) ... The NIAID decided that UNC Chapel Hill was its go-to institution to begin the process of doing HIV vaccine research ... Undemeath that you have Ralph Baric genetically modifying and making chimeras of this coronavirus thing to create an HIV vaccine, which is rolled out in 1997, as the patent on AZT expires.

[Then the problem was how to get the gastrointestinal and flu problem to become a heart problem: Because you need to get that package, that little envelope around what we call coronavirus ... to deliver the HIV vaccine. There are hundreds of papers on this.]

This is why this question of 'are there HIV fragments somewhere in [the COVID shots?]' is nonsense. The answer is, of course there is. It was designed into it. ...

*Ed's note: Luc Montagnier, a Nobel Laureate, worked on the mathematical recurrent segments of the viral DNA and noted several anomalies, such as HIV fragments and even malarial insect-derived sections, if my memory is correct. Perhaps

See "Fight Weaponized Medicine," cont. on pg. 11

"Kitty Homeopathy," cont. from pg. 10

tice, and I've found that "conventional medicines" make everything worse, and we've done pretty well by avoiding them. But there are times when the "allopathic" approach may be needed.]

Homeopathic remedies ... can boost the cat's immune system which is especially helpful in kittens with respiratory problems such as cat flu. ... **Complex remedies are efficient in conjunctivitis in cats and infectious diseases such as enteritis.**

A study revealed that out of 270 cats, the **disease most frequently treated with homeopathy was skin problems** followed by **kidney failure, hyperthyroidism**, and lately ... conditions such as **arthritis and over-grooming**. In 80% of the surveyed cats, moderate or major improvement was achieved in cases of arthritis. Skin problems or dermatitis improved in 69.6% of cats, and hyperthyroidism in 66.7%.

Even in kidney failure cases, still a moderate improvement of 57.1% could be observed with homeopathic treatment. This has been confirmed by another study even in the case of **chronic kidney insufficiency** which helps to stop the progression of the disease.

Gingivitis

- ◆ Belladonna ◆ Acitum nitricum
- ◆ Arsenicum album ◆ Mercurius solubilis
- ◆ Carbo vegetabilis ◆ Kreosotum
- ◆ Echinacea

Vomiting (gastrointestinal, constipation)

- ◆ Nux vomica

Allergies

- ◆ Echinacea ◆ Allium cepa
- ◆ Natrum muriaticum

Sneezing, cough

- ◆ Ferrum phosphoricum

Swelling, Itching, Scratching, Skin Allergies, Flea Allergy Dermatitis

- ◆ Sulphur

Allergies

- ◆ Histaminum Hydrochloricum

Skin Abscesses

- ◆ Silica

Skin Infections

- ◆ Rhus tox

Scalds, Burns

- ◆ Cantharis

Kidney Problems

- ◆ Cantharis

Pancreatitis

- ◆ Pulsatilla ◆ Phosphorus
- ◆ Arsenicum album ◆ Nux vomica
- ◆ Iris versicolor ◆ Berberis vulgaris
- ◆ Solidago virgaur

Homeopathic remedies are very affordable ranging between \$ 4-10 and up to \$20. ... [Ed's: Compare these prices with "vet medicines." The benign field of homeopathy is man and nature working together towards a more harmonic state.] ■

Dr. Margit Gabriele Muller, MBA MRCVS D Vet Hom. is board certified in Veterinary Dentistry, author of "Your Pet, Your Pill," "member of the Royal College of Veterinary Surgeons, and more. Visit her site at cats.com/homeopathy-for-cats.

It's not enough to keep the ground from being taken from us, we have to...

Fight to Keep our Heavens Clear

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Editor's foreword: Those who like to check out what's happening in space, like by visiting spaceweather.com, may see many photos of incredible colored clouds, and light configurations. However, I wonder how many of those awed by these spectacles take note of the noxious chemicals being sprayed all over our skies by privateers like Elon Musk. I cannot take joy in witnessing chemical pollution causing such "bright, crazy" skies, and "night sky death." **Connecting the dots, folks. ◇**

Elon Musk's New Mega Rocket

NASA's New Artemis Space Program

© by Brian Shilhavy, healthimpactnews.com (Nov. 14, 2023)

Material obtained from above site. Abridged, etc.

[Fri., Nov., 17, 2023, SpaceX's [Elon Musk's extravaganza] largest rocket, the "Starship," was launched and exploded before it could encircle the earth. **This was the second big failure of Musk's rocket to achieve its goal. SpaceX's first launch in April exploded shortly after liftoff.**]

Editor's comment: Hey! This kind of exploding thing with rockets happened

routinely during the late 50s' and early 60's. This ain't "progress," but a grotesque, sky-dirtying step backward.

The Starship and [its] **Super Heavy launch system is the world's tallest and most powerful rocket. It stands nearly 400 feet tall (121 meters), has a touted lift capacity of 165 tons (150 metric tons) and is designed to be fully reusable. SpaceX aims to use Starship as a workhorse heavy-lift launcher, as well as for deep space missions and has already sold flights around the moon to space tourists. NASA also plans to use the Starship rocket to land Artemis astronauts on the moon [and later establish a path to Mars*.]**

***Editor's note:** For the record, as it were, there are space travel researchers like Jim Marrs and Len Kasten who present whistleblower evidence in convincing detail that "we," i.e., "they," already have sophisticated space travel that doesn't depend up rockets, and that Mars colonies are already established. There is also a rather disturbing bit of information channeled about the "slave" camps on Mars. Not good.]

What is this mega-rocket going to be used for? ... On Sunday, SpaceX launched 23 satellites from Cape Canaveral in the morning, and 22 more from Vandenberg Air Force Base in the evening. This brought the total number of operating satellites irradiating the Earth to about 8,800. - SpaceX has been sending up satellite-laden rockets every few days this year, in its haste to satisfy an insatiable demand for bandwidth by the billions of human beings who use cell phones. But SpaceX is not the only one. Hundreds of companies are competing for a share of the global market to supply Internet from the sky to the world's population.

Space Junk (Satellite) Proliferation On Jan. 5, 2022, I sent out a newsletter listing **147 companies and government agencies from 34 countries that were operating, launching, or planning fleets of satellites that, if they were all launched, would total about half a million in our skies, far outnumbering the visible stars...**

Freemasons in NASA* and the Artemis Space Program - "Star Wars" again? Well one thing we know for sure, is that **NASA's new space program, "Artemis," has already contracted with Musk and his SpaceX "Starship" to become part of the Artemis space program. Since its inception, the US space agency NASA has used the names of Greek Gods and Goddesses... to name their spaceships and space "exploration" programs. "Apollo" was one of the first names used. - Many trace the history of NASA to Operation Paper Clip. [Ed's: where the CIA, NSA, etc. bring in Nazi scientists for to perfect their work here at home].**

***Editor's note:** Readers should make themselves aware of this connection. You can see in their own logos what they're doing in plain sight. Yes, NASA seems to be a Freemason organization. Shocking, isn't it? By the way, Artemis is a Goddess who fires off arrows, and is a hunter-goddess, twin sister to Apollo, daughter of Zeus. Does that say something about the "unspoken" part of the Artemis project? [See note on Artemis the Goddess at the end of this article.

Artemis, Robot-Human conflation The Artemis program is a robotic and human

See "Fighting for Clear Space," cont. on pg. 15

that is why a drug created to treat malaria worked so well, i.e., ivermectin.

Not surprisingly, from '96 to '99, Ralph Baric begins the weaponization of this allegedly synthetic coronavirus envelope to become a vaccine vector. **1999 comes along, and lo and behold, Baric and Fauci create what I affectionately call FrankenCoV... That is the monster, that's the chimera. That's the idea that we can change surface glycans, we can change surface spike proteins, we can change surface oligomerization, we can do all kinds of things to modify this thing - this package shell, the outer edge of coronavirus. We can allow that to be the carrier of getting anything we want into any cell we want. Which is the reason why the 2002 patent becomes interesting.**

NIAID Funded Research to Increase Human Pathogenicity Next, **Martin shows a letter, dated Oct. 21, 2014, from NIAID to the Univ. of N. Carolina Chapel Hill, declaring that Baric's grant I1077810-02 had been deemed subject to the moratorium on gain of function research involving coronaviruses. ...**

The NIAID gave Baric a free pass to decide whether he wanted to abide by the moratorium or not. ...

Who Can Be Held Accountable? ...Because this research project was placed under the WHO's GAVI Vaccine Alliance, and under Article 5, Section 13 of the WHO's charter, they cannot be investigated or prosecuted for any crimes committed*. GAVI, headquartered in Geneva, Switzerland, also has diplomatic immunity and cannot be investigated by local authorities there either.

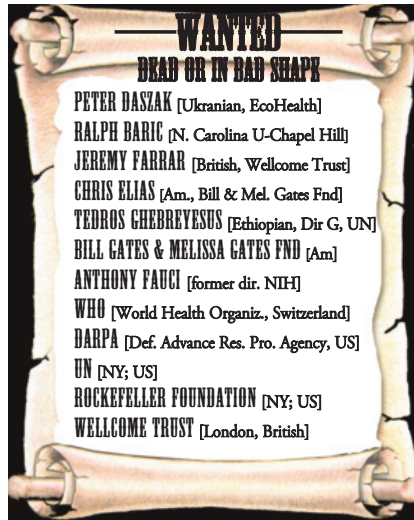
***Editor's comment:** I say, YES WE CAN, by fiat (decree), just do it, as the legalities of protection from consequences were fraudulently created and implemented, just a legal cover story for Mass Murder. Therefore, I say, 'Let us take all of these malefactors and punish them, as no legal construct can be "legal enough" to permit the killing of millions or billions of people.' Period. Their crimes

are manifold and global. The only just punishment is Death, and confiscate everything all of these criminals acquired in their decades-old mass murder scheme for Victim's Funding and the Planetary Restoration Fund.

Timeline Toward the end of his speech, Martin summarizes some of the key items on the timeline of the conspiracy to commit global genocide [which actually goes back to 1965]:

- **2002, US scientists developed the weapon.**
- **2003, the US Centers for Disease Control [CDCP] and Prevention patented the weapon in its first commercial deployment (SARS).**
- **2005, mRNA spike protein was declared a biological "warfare-enabling" technology.**
- **2016, Proceedings of the National Academy of Sciences published "SARS-Like W1V1-COV Poisoned for Human Emergence." ...[They] not only state that the virus is ready for release, but they also detailed the best ways to release it.**
- **Sep. 18, 2019, the Global Preparedness Monitoring Board, jointly founded by the WHO and the World Bank, warned that "a rapidly spreading pandemic due to a lethal respiratory pathogen (whether naturally emergent or accidentally or deliberately released) poses additional preparedness requirements."**
- **Sep. 2020, the "Progress indicator section specified the commitment by donors and member countries to finance and develop a universal influenza vaccine and other therapeutics." [Tacit admission by the WHO that they were going to release 'a lethal respiratory pathogen'... evidence that we can use in a criminal case to say, 'This was not an accident. This was an actual premeditated act of lethality.' ...'We're going to release the pathogen so that by Sep. 2020, the world [will have to accept] a universal vaccine.' That is prima facie terrorism, collusion, racketeering, criminal conspiracy and murder.**

"These individuals, in violation of racketeering, antitrust and anticompetition laws, colluded to create the largest act of global terrorism known to Earth and announced the



plan to do it on Sep. 18, 2019, with premeditation and with the intent to kill...

The Damage Is Done Martin points out that even if they don't unleash any other bioweapons, [the massive death toll looked for by these psychopathic technomedico conspirators] can be achieved] **because they used pseudouridine* in the mRNA shots, which is causing "turbo cancers." [*Pseudouridine is involved in RNA transcription, replacing normal RNA uracil] suppresses cancer-controlling agents and promotes oncogenic activity in the body, and this has been known since 2018, so its inclusion was hardly an accident. The shots [also target reproduction]. It's not just infertility. Prostate, ovarian and uterine cancers make it more difficult to have sex, and hence more difficult to have children. ... It's a global conspiracy by identifiable agents who have, for nearly 60 years, plotted to commit, and profit from, the greatest genocide the world has ever seen, while hiding behind the false veneer of "public health." ■ Editor's postscript:** As they say in Westerns, "Are we gonna let them get away with it?!" I say, "NO! Let's hang them!" **Turning your back on this Crying Need for Justice is not "humane," it's complicity in a unprecedented Mass Murder that is still claiming victims. ◇**

A perspective most won't get. In several parts.

The Palestine-Israeli 100 Years' War, Pt 1

© 2023 by Chris Hedges

Material obtained from therealnews.com /the-war-on-palestine-has-gone-on-for-over-100-years? (Dec. 1, 2023). Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Author's foreword: [The Zionist colonization of Palestine], a process still playing out before our eyes to this day, has definite historical origins at the turn of the 20th century, when Zionism was born and the encroachment of Palestinian land began. Historian Rashid Khalidi, author of *The Hundred Years' War on Palestine: A History of Settler Colonialism and Resistance, 1917-2017*, joins **The Chris Hedges Report** for a look into this essential history, and how it can help us frame Israel's present war on Gaza.

Editor's foreword: With the Armageddonists' and Jihadists' support from global bankers, *et al* (and other arms of the "cabal") hard at work with their mutual demolition project, I think that instead of being a "slave" to the prevailing verbiage, I wanted to present some kind of cogent historical view of "modern" Zionism. I say, "slave," in the sense of being but an active repeater of propaganda via "mindlock" or "group think" to beguile and confound the ignorant, mislead the mentally and spiritually lazy (or asleep).

When you look beneath the banner motto, "Israel has a right to exist," Zionism begins to appear to be the initiatory round of world conquest we see manifesting several steps long the way. So, it's worth knowing some of this history - but, unless you are divinely guided to search in the right places, you will get nothing but managed news, a script for the unconscious, and smudging of significant details that are obvious only if you look beneath the script in general.

From what I see, read, analyze, synthesize and perceive, the artificial insertion of Zionism into the Middle East was just that - creating by artificial, "fiat" means, birth of a nation within another nation, thrust into the region. There are other words for this action taken by Illuminati-Freemasons in Britain (lots there) and America (lots here), but don't want to use them here, but "parasitical" invasion comes close.

But readers are encouraged to look into this more deeply, and avoid as much as possible, what's being poured out of hypnoscreens everywhere. ◊

Introduction

Chris Hedges: The conflict between the Palestinians and Israel... is the outcome of a 100-year-old colonial occupation by Jewish Zionists in Israel backed by major imperial powers, starting with the British and a century later with the US.

*This century-long [Zionist] assault has one objective: to force an indigenous people from their land**. The historian Rashid Khalidi breaks what he calls "The Hundred Years' War on Palestine" [quotes added] into six periods. [*Ed's: Reminiscent of white confiscation of Native American lands.]

* The first - British support for Jewish Zionists during the British occupation of Palestine from 1917-1939.

* The second - declaration of war, the 1947-1948 Nakba or catastrophe that saw Zionist militias ethnically cleanse 750,000. Palestinians from historic Palestine, and carry out a series of massacres.

[Khalidi]: "The essential motivation for the British [to establish a homeland for Jews via the Balfour Declaration] was imperial and strategic: Britain wanted to create a buffer to defend the eastern frontier of Egypt under British control... 10-11 years before the Balfour Declaration. They also wanted to control the Mediterranean terminus of the shortest land route between the Mediterranean and the Gulf ... which was essential obviously to their connection to their Indian empire."

* The third - 1967 war when Israel seized the West Bank, East Jerusalem, and Gaza, and expelled roughly another 250,000 Palestinians.

* The fourth - declaration of war on Palestine with Ariel Sharon's invasion of Lebanon and the siege of Beirut, followed by the departure of the Palestinian Liberation Organization fighters to Tunisia and other parts of the Arab world.

* The fifth - Israel-backed militia in 1982 massacre mostly Palestinians in the Sabra and Shatila refugee camps.

* The sixth - the 1987 uprising... begins with the First Intifada*, continued with the Second Intifada, and is taking place with the Israeli assault on Gaza now. (* "shaking off")

The backdrop to this century of war by Israel and the Palestinians is the failure of Arab leaders to offer meaningful support to the Palestinian people. In fact, these leaders often colluded with Israel to weaken the Palestinian resistance movement.

The following is a transcript of an interview with Rashid Khalidi, the Edward Said Professor of Modern Arab Studies at Columbia Univ., and the author of *The Hundred Years' War on Palestine: A History of Settler Colonialization and Resistance, 1917-2017*...

Let's begin with on the eve of the Balfour Declaration, [when] only 6% of the residents of historic Palestine are Jewish. [You] lay out the importance of the backing of superpowers, first Britain and then the US, in pushing through this Zionist project.

Rashid Khalidi: Thanks for having me, Chris. I chose to start this narrative with the Balfour Declaration of 1917 because the framing of the conflict as one between Zionism and the Palestinians or between Israel and the Palestinians is basically false.

Of course, there is a national conflict there, and that's central to it - but without the external support that Zionism received from the British, none of what we have seen in the past century and more would've happened as it did.

British and later American and other external support was absolutely essential to the success of the Zionist project from the very beginning... [The Hundred Years' War begins, then, with Balfour Declaration of 1917, which gave support of the power of the greatest empire of its day, the British, to the Zionist project.] Calling for, in the words of the Balfour Declaration,

"the establishment of a Jewish national home in Palestine."

[The] Balfour Declaration and the mandate that follows it never mentioned the Palestinians ... Removing the Palestinians, eliding [suppressing] the Palestinians, is and has always been part of, not only the Zionist project but of the project of the great powers that supported it.

Chris Hedges: You're right. The British

Empire was never motivated by altruism. Britain's strategic interests were perfectly served by its sponsorship of the Zionist project as they were served by a range of regional wartime undertakings. Explain.

Rashid Khalidi: Exactly. There are many motivations for the British issuing the Balfour Declaration and some of them that have been induced are "philo-semitism" or Christian Zionism: The belief in the 19th century among Protestant evangelicals in Britain that the return of the Jewish people to the Holy Land was a Christian duty. These are minor, in my view, elements in the motivation for the British.

The essential motivation for the British was imperial and strategic: Britain wanted to create a buffer to defend the eastern frontier of Egypt under British control, they wanted to do this 10-11 years before the Balfour Declaration. They also wanted to control the Mediterranean terminus of the shortest land route between the Mediterranean and the Gulf. Thinking at that time of a railway and later on creating in that space that runs from Haifa through what is now Jordan to Iraq, creating a road system, creating an oil pipeline, and creating a series of air bases.

So the British had these objectives in mind: Protecting Egypt's defenses from the east by controlling Palestine and controlling the Mediterranean terminus of this shortest land route between these two bodies of water, which was essential obviously to their connection to their Indian empire. That's what motivated Britain and strategic motivations were also what led them to change their policy at the end of the 1930s.

Chris Hedges: Can you talk about the rise of nationalism? In historic Palestine, they had been ruled by the Ottoman Empire for 20 centuries from the 7th century until 1948. And you deal with that issue [in your book]...?

Rashid Khalidi: From the 16th century.

Chris Hedges: 16th century*. Sorry, sorry. 16th century, yes. Can you talk about that and how it affected Palestinian identity? [*Ed's: Astrologers, this is a good period to look into with outer planet transits. It is also interesting to see a 20 year period between the various Israeli "incur-sive wars" with indigenous Palestinians, a signature of the Saturn-Jupiter conjunction, though I haven't look at this astrologically.]

Rashid Khalidi: Well, nationalism was developing all over the Ottoman Empire, not only among Arabs, among Turks, among Armenians, and among Greeks. It was also developing among Jewish communities in Eastern Europe, which is where Zionism comes in ...[through] a national movement among persecuted Eastern European Jews.

...You have similar things happening

in the Balkans and in Eastern Europe: The rise of national consciousness and demands for national independence and self-determination in the period before World War I, during, and after World War I. And that's what happens in Palestine, as in other parts of the Arab world.

Chris Hedges: ...It's one of the nice layered textures of your book is that your family was involved at very high levels with this Zionist project... Initially, the opposition is nonviolent and democratic, they form congresses, they have leaders, and it goes nowhere.

Rashid Khalidi: Well, the opposition actually began before World War I. The opposition is parliamentary... the press [and a little bit by peasants to their removal to different parts] of Palestine where Zionist colonies are established. ... [After World War I, there were congresses and delegations to London, and petitions to the high commissioner in Palestine. All of this, as you say, goes absolutely nowhere.] There were violent outbreaks in 1920 and 1921, and again in 1929 but the thrust of the Palestinian National Movement up until 1936 was essentially [peaceful] demonstrations, strikes, boycotts, petitions, congresses, newspaper articles, and so forth. And it achieves absolutely nothing.

The British are unyielding in their support for the Zionist project. Meanwhile, Jewish immigration is growing because of persecution in Europe, the Nazis come to power in Germany in 1933, and immigration shoots up. The Jewish population as a proportion of the whole goes from 17% in 1930-1931 to 31% by the end of the 1930s, as a result of people fleeing the Nazis and not being allowed to go anywhere else. The US shut its doors to immigration. Britain has shut its doors to immigration.*

*Editor's: Interesting that these masonic nations, UK, US, create the problem then "close its doors" to the results of the assault.

People who could and would certainly have been saved from the Holocaust are basically shut out of most Western democracies. And that's part of the tragedy; these people are forced, in a sense, to go to Palestine, whether they want to or not, because it's the only country where immigration is unlimited thanks to the British mandate, which says that there should be unlimited Jewish immigration to Palestine. So this changes the demographics of Palestine in a period of six or seven years.

Editor's comment: Do you see the evil machination for what it is? This is basically straight out of the Masonic handbook for takeover; the "Protocols of Zion."

Through something called The Transfer Agreement, the Zionist movement negotiates with the Nazis. People are allowed to bring some of their capital and some of their property with them. And that leads to an influx, not only of the German-Jewish population which is highly educated and skilled and motivated, but also of a lot of capital [and] the economic balance in Palestine shifts. Even though the Jewish population is under 35%, it controls more than half of the economy by 1935.

Chris Hedges: I want to talk about the duplicity of the Zionist leadership. Chaim Weizmann, you write for example, told

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[Khalidi]: The idea of ethnic cleansing... inherent in Zionism ... [pushes] people into the south of the Gaza Strip ... to ... create a majority Jewish state in a majority Arab country."

"...it was essential to argue that the only people with legitimate rights in this country were the Jewish people... now part of the Israeli Constitution... passed in 2018 ... part of the platform of the Likud party from 1977 ... part of the program of the current Israeli government..."

several prominent Arabs at a dinner in Jerusalem in March 1918,

To beware treacherous insinuations that Zionists were seeking political power.

You write the Zionist movement leaders understood that,

Under no circumstances should they talk as though the Zionist program required the expulsion of the Arabs because that would cause the Jews to lose the world's sympathy.

This duplicity, of course, continues to this day, as all of us who covered Gaza and the West Bank, would file our reports, and then watch the Israelis reflexively lie. But talk about this duplicity and its importance.

Rashid Khalidi: Yeah. It goes right back to an incident that I detailed at the very beginning of the book. *An ancestor of mine who had been a member of the first Ottoman Parliament, who had been mayor of Jerusalem, lived in Europe, taught in Vienna, and knew German; he knew about Zionism.* We know that from his papers and from the books and Viennese newspapers that he received that are kept in the family library to this day... So he wrote to Theodor Herzl in 1899, two years after the first Zionist Congress, with full knowledge that the objective was a Jewish state in Palestine. And he tells him that *we respect the Jews, they're our cousins, we understand your suffering, and there's nothing more noble than the idea of the Jewish people having a state, but not here; There's already a people here. ...*

If you look at Herzl's diaries, he's talking about *spiriting the population discreetly across the borders. We're talking in the 1890s. ... You have to get rid of the Arabs to have a Jewish state in a majority Arab country, there's no other way to do it. And that in fact, is always the driving motive of Zionism. ...*

What Weizmann is saying is profoundly deceptive [in 1918 or 1919], because it was always understood that the objective was a majority Jewish state in what was, at that point, a majority Arab country. ...

The idea of ethnic cleansing... inherent in Zionism ... [pushes] people into the south of the Gaza Strip ... because there's no other way to, as I've said, create a majority Jewish state in a majority Arab country.

Chris Hedges: You quote the Israeli sociologist, *Baruch Kimmerling*, this term "*politicide*" of the Palestinian people. Explain that.

Rashid Khalidi: Well, it was essential to argue that the only people with legitimate rights in this country were the Jewish people*. This is now part of the Israeli Constitution, as of a law that was passed in 2018, only the Jewish people have the right of self-determination in the land of Israel. That's part of the platform of the Likud party from 1977, that's part of the program of the current Israeli govern-

ment, but [always inherent in the Zionist project]. ...

The Palestinians are never mentioned in the Balfour Declaration*, except as the non-Jewish population of Palestine. They're never described as a national entity. *They're never described as having political rights. The only rights that are to be allowed to the overwhelming Palestinian majority are civil and religious rights.*

*Editor's note: Again, I say, this is just about what the White Man did to the Red Man, but, to be fair to Zionists, the suppression of minorities is also inherent in Islam, and exclusions like this were practiced everywhere Muslims took by conquest. ...

You look at all the *proposals made to the Palestinians, they're never for full sovereignty.* They're for some form* of autonomy under Israeli sovereignty. *That approach has been central not only to Zionism and the diplomacy of the state of Israel after 1948, but to the approach of the great powers, certainly of the US and before Britain. [*Like "reservations" for the "natives."]*

Chris Hedges: Let's talk about the 1936-1939 Arab revolt. I didn't understand until I read your book how bloody it was. *The British, if I remember correctly, sent in 100,000 troops. They armed Jewish militias.* But this came, of course, after decades of essentially nonviolent tactics that had failed.

Rashid Khalidi: The spark for this is a growing militancy among young Palestinians [and those] who see the extraordinary rise in Jewish immigration. ... So in response to the ineffectual leadership of the Palestinian elites that dominated the national movement, and [the] unwillingness of the British to respond to Palestinian demands, a general strike broke out in 1936 ... The traditional elite leaders are taken by surprise.

The general strike went on for six months; it's ended with the intervention of the Arab governments which were afraid that this would lead to instability and were trying to do the bidding of their British masters, so the king of Egypt, the king of Iraq and so forth, intervene. ■ [*"The 100 Years' War between Palestine and Israel," continues' Pt 2, the Mar/Apr 2024 Pathfinder.*]

Credits to The Real News Network and its production team, consisting of Cameron Granadino, Adam Coley, David Hebdon, and Kayla Rivara. Visit chrishedges.substack.com.

Wait! Don't throw that out!

10 Creative Things to do with Old Spices and Herbs



Above image from mountainroseherbs.com. Beautiful!

Material obtained from blog.mountain-roseherbs.com/10-way-to-use-old-spices-and-herbs (Nov. 11, 2023). Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

How long do spices and herbs last? Your senses will tell you a lot. The vibrancy and aroma of botanicals fade as they oxidize over time. If you notice that your herbal allies are no longer smelling or looking like they should, it's time to refresh your stock... We recommend using herbal powders within one year of purchase.

For cut or whole herbs and spices, 1-2 years is an ideal timeframe. Roots and barks, however, are generally potent for about 2-3 years. In general, older herbs just lose their potency, so they won't work in the way that you are likely intending to incorporate them into your wellness routine.

All is not lost if your herbs are a bit stale, though. There are still some fun and useful ways to enjoy them.

Creative Ways to Use Old Herbs and Spices

As an individual who values a zero-waste lifestyle, I've come up with some creative ways to utilize these less-than-fresh botanical goods. Here are some of my favorite sustainability hacks for you to try.

1) Stovetop Potpourri: By adding herbs and spices to a pot of simmering water on the stove, you can enjoy the aromatic components in your personal space.

2) Homemade Soap with Herbs: Adding an herbal infusion from cut or whole herbs or herbal powders adds a nice element to homemade soap, and using the herbs and spices topically is a wonderful way to get some of the benefits of our past-their-prime plant allies.

3) Body Scrub: I learned this hack when I couldn't bear to discard my herbs after making herbal infusions. By blending herbs together with oil, you can create an herbally-awesome body scrub! If working with powder, you'll cover the material with just enough oil to make it workable. For cut or whole herbs, you can use a blender with added oil to mac-

erate the material. If you prefer more grit, you can add some salt or sugar to the mixture, though I like to make mine a finer consistency to create a micro-derm-abrasion type of effect.

4) Herbal Carpet Freshener: Sprinkle herbal powders (ones that don't stain!) into your carpet and vacuum as you normally would. Some good choices include lavender, rosemary, and peppermint powder.

4) Scented Candles: Add powdered herbs to your favorite scented candle recipe. (You will not want to use cut or whole herbs as this can pose a fire hazard).

6) Herbal Fairy Dust: For all of the magical-minded children out there, making an aromatic "fairy dust" from older herbal powders is a fun way to invoke creativity and give the plant material a life better suited for its diminished level of freshness. Some fun choices are rose, lavandin [a member of the Mint family like lavender], rosemary, or chamomile powder. Simply add aromatic powders to an upcycled spice shaker and sprinkle the love about!

7) DIY Fire Starters with Herbs: I found these artful fire starters to be a great way to use up old herbs and spices. They make great gifts, and create quite the aromatic ambiance when lighting your fireplace or campfire.

8) Herbal Mandala Art: Herbal mandalas are just about the most fun and artistically creative use of older herbs. You can make your herbal eye-candy in a way that can later be composted, or you can add some glue to a board and create herbal art to enjoy for longer.

9) Cleaning Vinegar: Infuse your past-prime plant pals in vinegar to add some zest to your DIY cleaning solution.

10) Compost: And then there is the old faithful solution of composting. Composting plant material is a great way to feed your garden for the coming season. Anything we can do to add vitality back to the land is always a win. When you compost, nothing is truly ever wasted! ■

Glad you asked...

"So, Robert, What's It Really Like Being Psychic?"

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You will note that I did not say what is it like being a psychic. (If you want to know about

Robert The Psychic go to my ad and check out my website.)

I tell people this and they don't believe me: If I gave you a pill that would make you psychic for 24 hours, you would be back the next day demanding another pill. Seriously, I have been doing this for over thirty years (almost half my life) and there is still stuff I'm discovering.

To begin with, I was born on the cusp of everything – September 23rd, real close to, if not on the Autumnal Equinox – the cusp of Virgo and Libra. Some books would say I am a Virgo, some said I am a Libra*, between two poles of experience – ideally seeking balance between the whole (Libra) and a part of the whole (Virgo).

A Beginning Anyway, at the age of fourteen, I bought my first Tarot deck. (No, I

did not suddenly become Robert the Psychic. There was the Navy, then theater, writing, and comedy for a while. Twenty years later I found psychic.) The Libra in me knew there was SOMETHING to this psychic stuff. I planned to write a book about it, then leave it alone.

That was over thirty-two years ago. I guess this article, for now, is the closest I am going to get to describing what it's like becoming psychic.

Doorways Open Let's say you lived your entire life indoors. One great big box with no windows. Here was everyone and everything you know or will ever know. But you heard stories. Stories about "outside."

You read books, seen movies and saw television shows about Outside. There was green stuff called grass coming

up out of what you call the floor. There were also bigger green and brown things called trees. And air that moved by itself called wind. And living things that didn't look like you or the others. These were called animals. But these were all just stories. There was no such place as outside. That was all made up. Right?

OK, one day you come to a door you have never seen before.

You ask someone about the door.

"That door does not exist."

A while later you ask someone else about the door.

"If you go out that door you will die!"

Then you ask another person.

"It is very simple," they explain. "This is everything. You go out that door you will simply end up back in here."

One door. Three answers*. [*See Editor's comment at the bottom of the article.] One day you are standing by this door and it starts to open. Air from the other side of the door is pushing it open. Wind? No! You push the door open a bit more and you see grass. You open it more and wind hits your face, and in the distance you see a tree. You step out of the door. High above there is this very bright thing. What did they call that in the stories? The Sun? And what are those things moving over there? Animals? Really?

See "How is it being Psychic," cont. on pg. 15

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In the Stars by CASSANDRA JOAN BUTLER Astrologer and Teacher
 Check out my Youtube link at: youtu.be/1o3q68PZLYc

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*** Pluto in Aquarius: "power to the people," or mind-lock conformity. Aries Solar Eclipse, Apr. 8th. Jupiter begins a new cycle on May 26th, ingress into Gemini. ***

<p>ARIES (MAR 20 – APR 19)</p> <p>This year, create the best version of yourself and assert your authenticity with confidence (thanks to the N. Node in Aries, and the Solar Eclipse, Apr. 8th). As Jan. unfolds, focus on your long-term career goals (10th H). Set a new agenda at work after the New Moon of Jan. 10th. Late Jan. through Feb. your focus is on networking for business and pleasure. Pluto's ingress into Aquarius promises a transformation of your social life (11th H) this year and two decades to come. Set a new course socially after Feb. 9th. Towards the end of Feb., initiates a time for you to rest and relax, retreat and daydream (12th H)!</p> <p>TAURUS (APR 20 – MAY 20)</p> <p>This year, reinvent your leadership skills through your community or career (10th H, Aquarius), as Pluto return to that sign. This may involve developing a career built around the spiritual principals of Active Good Will (N. Node in Aries). So, as Jan. unfolds, expand your life through studies, travel, and/or teaching (9th H, Capricorn). By Jan. 20th-Feb. 18th, colleagues will notice your expanded capacities. Assert a new more confident you after Feb. 9th (10th H, Aquarius). Late Feb. is excellent for coalition and friendship building with those who have weathered many storms (11th H, Pisces).</p> <p>GEMINI (MAY 21 – JUN 20)</p> <p>For 2024, find a new friendship circle (11th H, Aries). Those with an active disposition will draw you thanks to the Solar Eclipse of Apr. 8th. Create a better long term financial plan after the New Moon of Jan. 10th (8th H, Capricorn). From Jan. 21st-Feb. 18th, expand your world through travel and learning, but remember, these are more learning than pleasure (Saturn still transits Pisces, your 10th H). With Pluto in your expansion sector (9th H, Aquarius) for the next two decades, you'll see your beliefs transformed. As Feb. ends you'll be able to secure a stronger career path (10th H, Pisces), maybe a promotion, or more responsibility, possibly more recognition as well.</p>	<p>CANCER (JUN 21 – JUL 22)</p> <p>Your career (Aries, 10 H) lights up this year. Don't hesitate. Meanwhile, Jan. is your partnership time (7th H) when you can identify the best and leave the rest, especially around the New Moon of Jan. 10th. As the sun and Pluto travel through your transformation sector (8th H, Aquarius), Jan. 20th-Feb. 18th, identify a path to "make-over" your joint finances and intimacy sector. Psychological and spiritual insights will deepen over the next 20 years (Aquarian-Pluto transit). As Feb. ends you are inspired to take a trip, or at least an intellectual adventure (9th H, Pisces).</p> <p>LEO (JUL 23 – AUG 22)</p> <p>2024 is your year to cultivate authentic relationships, as Pluto transits Aquarius (7th H). A Power-Power enhancement. The Solar Eclipse of Apr. 8th accentuates powerful new insights you're receiving (9th H, Aries). In Jan., your 6th H, buckle down and bring more discipline to your health practices, especially with the New Moon of Jan. 10th. From Jan. 21st-Feb. 18th, set a new partnership agenda (7th H, Aquarius). Relationship questions are answered after the New Moon of Feb. 9th. Clarity gives you the impetus to deepen or end partnerships as Feb. unfolds, and finishes up with a focus on joint finances and enhancing intimacy (8th H).</p> <p>VIRGO (AUG 23 – SEPT 20)</p> <p>2024 is your year to focus on making sweeping changes with your long-term financial goals and intimacy needs (8th H, Aries), emphasized by the Solar eclipse of Apr. 8th. As Jan. unfolds, your "good time" sector is activated (5th H, Capricorn). As the sun joins forces with Pluto after Jan. 21st, you shift into work mode (6th H), with "transformation" being the keyword. Also, this transit impacts your health sector (6th H). Ramp up your health routine. The last week of Feb., the pendulum moves over to the relationship sector (7th H). Open your sensitivity and compassion to significant others.</p>	<p>LIBRA (SEP 21 – OCT 20)</p> <p>2024 is your year to connect and commit to a significant partner for business or pleasure (7th H, Aries). You are launching a new powerful relationship cycle thanks to the Solar Eclipse of Apr. 8th. As Jan. unfolds you'll want to make your home more inviting (4th H, Capricorn). Finish domestic projects so that you have a more solid foundation. Family connections are clarified with the New Moon of Jan. 10th. From Jan. 20th-Feb. 18th, the fun sector gets a boost (5th H, Aquarius). Pluto activating this sector over the next 20 years will deepen your creativity and spark love relationships. Late Feb. begins a time of ambition, productivity and more health discipline (6th H, Pisces), due to the presence of Saturn.</p> <p>SCORPIO (OCT 21 – NOV 20)</p> <p>2024 is the year to realign your work and health thanks to the Solar Eclipse of Apr. 8th (6th H, Aries). Jan. highlights learning, communication, and the exchange of ideas, goods, and services (3rd H, Capricorn). The New Moon of Jan. 10th enhances your ability to speak your truth. From Jan. 20th-Feb. 18th, energy shifts to home and family (4th H, Aquarius). Pluto in this sector points to major transformations in your domestic and psychological foundations, especially emphasized especially after the New Moon of Feb. 9th. As Feb. ends you become more serious about your creative pursuits (5th H, Pisces).</p> <p>SAGITTARIUS (NOV 21 – DEC 20)</p> <p>2024 signals a time for you to cultivate joy through fun, romance and creativity (5th H, Aries), emphasized by the Solar Eclipse of Apr. 8th. As Jan. begins, you'll want to develop more ways of generating income (2nd H, Capricorn), especially with the New Moon of Jan. 10th. From late Jan.-Feb. 18th, focus on enhanced communication skills, and deeper contacts (3rd H, Aquarius), after the New Moon of Feb. 9th. Assert your truth in a more focused way. The Pluto shift in your communication sector (3rd H) will assist you as a "truth bearer" for the next 20 years. Late Feb., it's family and home time (4th H, Pisces).</p>	<p>CAPRICORN (DEC 21 – JAN 19)</p> <p>2024 is your year to stabilize home and family, thanks to the Solar Eclipse of Apr. 8th (4th H, Aries). Pluto leaves your sign after its long transit which began in 2008, and now enters your financial sector (2nd H, Aquarius), where your values will be tested over the next 20 years. As Jan. begins, embrace opportunities that highlight your honed leadership abilities. The New Moon of Jan. 10th provides you with feedback from a partner. The New Moon of Feb. 9th, conjoined with Pluto emphasizes the need to rectify and regenerate a more sound money strategy. Late Feb. is a time for communication, negotiation and local organizations (3rd H, Pisces).</p> <p>AQUARIUS (JAN 20 – FEB 18)</p> <p>2024 is your year of reinventing yourself and transformation thanks to the Pluto ingress in your sign (until 2044). What festered in the background (Capricorn) will be released as insight, which can help you create a better you. Meanwhile, Jan. prepares you for an exciting year ahead through enhanced prayer, meditation, and retreat (12th H, Capricorn), especially with the New Moon of Jan. 10th. The New Moon of Feb. 9th clarifies your goals for growth. Late Feb. emphasizes personal values and income enhancement and possibly more belt tightening (Pisces, 2nd, Saturn transit).</p> <p>PISCES (FEB 19 – MAR 21)</p> <p>2024 can benefit your finances as the Solar Eclipse of Apr. 8th is in your 2nd H (Aries) sector. Meanwhile, Jan. represents a time to network (11th H, Capricorn). Identify true friends around the New Moon of Jan. 10th. Spiritual goals take over from Jan. 20th-Feb. 18th, as Pluto reenters Aquarius, your reclusive-retreat sector (12th H). Expect your intuition and "field of dreams" to grow over the next two decades. The New Moon of Feb. 9th inspires you to pay attention to dreams for psychic messages as well. In late Feb. you'll feel more confident and project a stronger persona, as you continue to work on yourself, thanks to the ongoing Saturn transit. ■</p>
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"How is it being Psychic, cont. from pg. 14

You now know three things:

1. The door exists.
2. You are not dead
3. You are NOT where you used to be.

You turn around to see people you asked about the door reaching for you and begging you to come back in.

Were they lying to you or just didn't know any better? You move away and are suddenly aware you have spent your life in a box.

It begins to Set In Simplistic, but you get the idea. Yeah, my family, older friends, and the Catholic Church are waiting for me to get off this "psychic kick."

Even as a psychic, I have found my fellow psychics in their own boxes. *What is keeping them in there?* Money and/or fame. They are making money and have no interest in exploring any of that "spiritual/pagan/magic" stuff.

Don't get me wrong. I have no issue with making money. As my late father was fond of saying, "If they are crazy enough to pay you, you are crazy enough to take it." But I also am reminded of the sage advice Sci-Fi writer Ray Bradbury gave to some writers just starting out: "Get a job! Just like writing, psychic is a gift. If I make money using it, that's fine too." ...

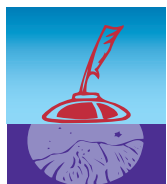
What it Is Why do many people think magic and psychic are the same things? **Psychic is passive.** If I see something, I tell you. **Magic is active.** You are affecting or changing something. (Do I cast spells? Yes! I cast a spell on you to read this article. If I had not cast my spell you would not be enjoying this article. You're welcome.)

Magic is simply asking the higher power (I call it The Universe) for something, or to do something you cannot do. (That's why I go for my helpers, symbols, and things to focus on, e.g., I have three blessing stones in my front yard: Peace, Happiness, and Prosperity.)

On the subject of asking the Universe for money – it's been my experience that the Universe does not understand the difference between a million dollars and a penny. (This is why I pick up any coin I find. I am showing the Universe I accept any money it sends.)

And then there is **Protective Magic:** I have two very nasty looking gargoyles sitting on my Peace and Happiness blessing stones and two dragons protecting my Prosperity blessing stone. **This is to show the Universe I mean to keep my peace, happiness, and prosperity.** (For the most part, this has worked.) ■

**Editor's note: Astrological rule of thumb: cuspers would benefit by reading both signs, as traits will likely be spread over both. See what fits you. But, to go beyond basic Sun Sign readings, look at your Ascendant and Moon signs as well. You'll get a deeper view of you. One more thing: there are many doors, some leading into various times, some to places "not of this earth." The adventure of opening doors just continues. :) ◊*



"Pluto in Aquarius," cont. from pg. 3

"...we'll see the shadow sides of all the technology, especially internet-based technology, on our bodies and psyche, and be forced to deal with that in a much more advanced way."
 "...the French Revolution, a very bloody part of history ... eventually led to the Grand Terreur [Great Terror, 1794] where revolutionaries killed basically everyone who didn't agree with 100% of their own values..."
 "Whatever makes you different from others and others from you, it's being highlighted under this transit..."

that in a much more advanced way.

There will likely be breakthroughs in the exploration of space and also the realm of quantum physics specifically* ...

**Editor's comment:* Possibly unleashing the potential of frequency and quantum healing. Early pioneers of these kinds of healing techniques e.g., Rife and others – who had been persecuted by the proponents of the Materialist Paradigm – will be fully vindicated. Music, color and other "new age" techniques like psychotronics, a form of dowsing, will not have to apologize for being effective. ... ◊

Education and Distribution of Knowledge

One of the absolute main themes of the past three passes of Pluto through Aquarius have to do with education and distribution of knowledge [see editor's note above] and how those were completely transformed and radically changed.

◆ In the 13th-14th century pass, universities /colleges were built all over Europe (the first university/college had been built under Pluto in Capricorn's influence just before this transit; now the idea spread).

◆ [During the 16th century, education became secular, too, and not just dependent on the pope's take on the bible...]

In the 16th century pass of Pluto through Aquarius (1532-1553), the translated versions of the bible had been spread enough for people to actually have a basis for questioning the reigning papal authority on a worldwide basis. This was the time of war between Catholics and Protestants of various denominations, a time for people to kill and die for their beliefs in how the bible should be read and who should interpret them – ideology, in other words. It even got to the point that structures that helped the people, such as infirmaries and charities for the poor, were razed down and destroyed, and the people who worked there were often murdered and even tortured because they were associated with the wrong denomination of Christianity...

War of ideologies One of the best-known timeframes of Pluto through Aquarius was 1777-1798, mainly because this was the time

"Fighting for Clear Skies," cont. from pg. 11

Moon exploration program led by the US' NASA along with six major partner agencies – the European Space Agency (ESA), the German Aerospace Center (DLR), the Japan Aerospace Exploration Agency (JAXA), the Canadian Space Agency (CSA), the Israel Space Agency (ISA), and the Italian Space Agency (ASI). [Now expanded to 29 countries, including Brazil, S. Korea, Mexico and the United Arab Emirates, as of Sep. 2023.]

The Artemis program is intended to reestablish a human presence on the Moon for the first time since the Apollo 17 mission in 1972. The main parts of the program are the Space Launch System (SLS),

the [colonies defeated the Brits and officially became their own country] based on the most Aquarian ideals of all: equality, liberty, independence, freedom of speech... and so on. It's Aquarius in a nutshell, and it transformed the world. (Now, obviously the "equality" part had some exceptions...)

The success against Great Britain led to a chain reaction that [encouraged] the French Revolution, a very bloody part of history that took the ideals of freedom and equality and a specific brand of humanitarianism and put them above other values... This eventually led to the Grand Terreur* [Great Terror, 1794] where revolutionaries killed basically everyone who didn't agree with 100% of their own values... the streets of Paris were drenched in blood.

**Editor's note:* This mindless blood bath went on and on devouring even its creators (or engineers). It took Napoleon (a Leo) and his cannons to finally quell the mob. ◊

Under Pluto in Aquarius, we'll always see extremism of ideals that leads to horrific results – but also changes that make the world a bit better. We also see people lose the core of their own beliefs in order to fight for ideals in extremist ways – as evidenced by Protestant Christians who destroyed hospitals for the poor in Medieval times, just because they were associated with nunneries. We also see radicalization in people of different beliefs in general.

Whatever makes you different from others and others from you, it's being highlighted under this transit, and while this doesn't have to mean that there's persecution, people are quick to try and eradicate (Pluto) the differences (Aquarius) they see in others and the world at large. ■ ["Pluto in Aquarius, Pt 2" will appear in the Mar/Apr 2024 edition of Pathfinder.]

Alexandra provides astrological insights and readings through her website. Visit astrologyfromthesoul.com.

the Orion spacecraft, the Lunar Gateway space station, and the commercial Human Landing Systems.

The program's long-term goal is to establish a permanent base on the Moon to facilitate the feasibility of human missions to Mars. [See editor's earlier statement about existing Martian colonies.] ...

The Artemis* program was formally established in 2017, during the Trump administration. ... [The Freemason "Artemis Accords" currently has a \$53 billion budget. On May 5, 2020, Reuters published an exclusive report that the Donald Trump administration was drafting a new international agreement for mining on the Moon, which would draw from the 1967 Outer Space Treaty...]

—Sidebar—

Some Pluto Factoids

Material obtained from universetoday.com/14344/how-long-is-a-year-on-pluto/. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

At its closest, Pluto actually crosses Neptune's orbit and gets closer to the Sun. This orbital pattern takes place once every 500 years, after which the two objects then return to their initial positions and the cycle repeats. Their orbits also place them in a 2:3 mean-motion resonance, which means that for every two orbits Pluto makes around the Sun, Neptune makes three.

The 2:3 resonance between the two bodies is highly stable, and is preserved over millions of years. The last time this cycle took place was between 1979 to 1999, when Neptune was farther from the Sun than Pluto. Pluto reached perihelion in this cycle – i.e. its closest point to the Sun – on Sep. 5, 1989. Since 1999, Pluto returned to a position beyond that of Neptune, where it will remain for the following 228 years – i.e. until the year 2227.

Sidereal and Solar Day Pluto also rotates on its axis. The time it takes for it to complete a single rotation on its axis is known as a "Sidereal Day," while the amount of time it takes for the Sun to reach the same point in the sky is known as a "Solar Day." But due to Pluto's very long orbital period, a sidereal day and a solar day on Pluto are about the same – 6.4 Earth days (or 6 days, 9 hours, and 36 minutes).

Seasonal Change It has been estimated that for someone standing on the surface of Pluto, the Sun would appear about 1,000 times dimmer than it appears from Earth. So while the Sun would still be the brightest object in the sky, it would look more like a very bright star than a big yellow disk. But despite being very far from the Sun at any given time, Pluto's eccentric orbit still results in some considerable seasonal variations.

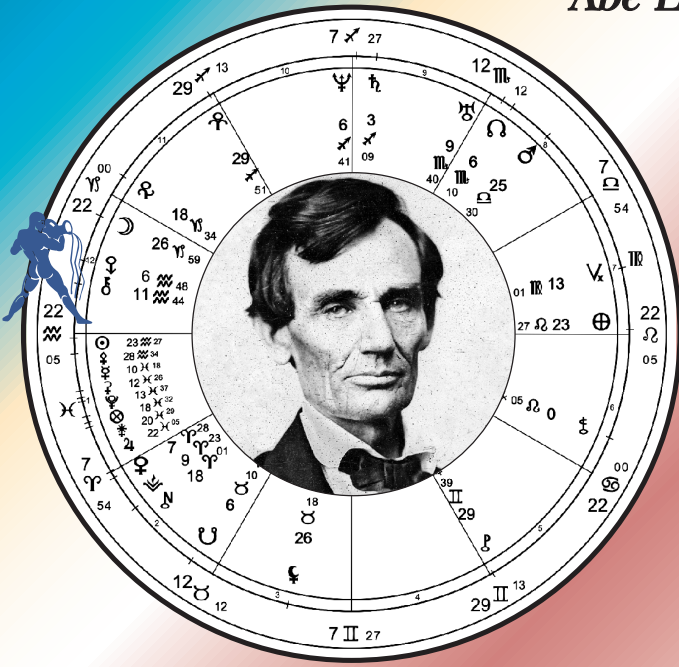
Compared to most of the planets and their moons, the Pluto-Charon system is oriented perpendicular to its orbit. Much like Uranus, Pluto's very high axial tilt (122°) essentially means that it is orbiting on its side relative to its orbital plane. This means that at a solstice, one-quarter of Pluto's surface experiences continuous daylight while the other experiences continuous darkness. This is similar to what happens in the Arctic Circle, where the summer solstice is characterized by perpetual sunlight (i.e. the "Midnight Sun") and the winter solstice by perpetual night ("Arctic Darkness"). But on Pluto, these phenomena affect nearly the entire planet, and the seasons last for close to a century. ❖

Footnote:
 *Goddess Artemis: From greekmythology.com/Olympians/Artemis/artemis.html: As a huntress, she is also often referred to as "arrow-pouring" or "deer-shooting." Just like her brother [Apollo], she may be occasionally called "bright" or, even more, illustrative of her function as a moon goddess, "torch-bringer." ◆ Editor's note: There are some troubling aspects of this mythology, seen in the excerpt above, e.g., "arrow-pouring," "torch-bringer"? NASA claims this program is to "help monitor" Earth's environment. Yeah. I really believe anything NASA says anymore. Not. ❖

Chart Focus on Aquarians

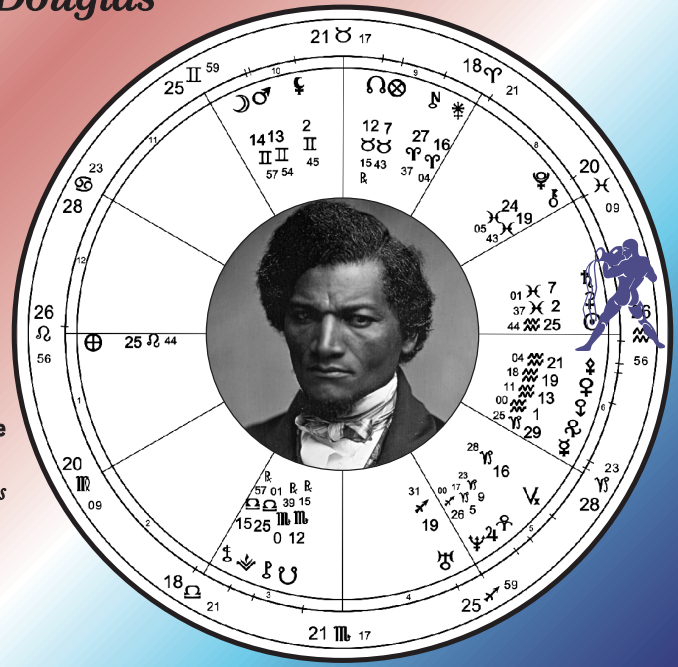
– Waterbearers, stubbornly bearing the weight of change –

Abe Lincoln, Frederick Douglass



Abraham Lincoln
b Feb. 12, 1809, 6:54am LMT
Hodgenville Ky. (*Lugubrious [sad] man who took on the task of keeping the Union together, no matter the cost [which was very, very high]. Had some humor inside that didn't get much chance to get out and about. More ambitious than is generally portrayed.*)

Frederick Douglass
b Feb., 14 (?) 1818, 5:37pm (rectified; time unk); Talbot County, Maryland
(*Eloquent, basically self-taught, and as far as the US is concerned, the first major advocate of nonviolent protest. However, as we know, espousing a High Ideal doesn't matter that much when the crowd wants to hang you. Handsome as Lincoln wasn't.*)



Quotes by Abraham Lincoln (16th president)

Material obtained from azquotes.com/

"We the people are the rightful masters of both Congress and the courts, not to overthrow the Constitution but to overthrow the men who pervert the Constitution."
"Nearly all men can stand adversity, but if you want to test a man's character, give him power."
"I see in the near future a crisis approaching that unnerves me and causes me to tremble for the safety of my country... corporations have been enthroned and an era of corruption in high places will follow, and the money power of the country will endeavor to prolong its reign by working upon the prejudices of the people until all wealth is aggregated in a few hands and the Republic is destroyed."

Material from goodreads.com

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."
"My Best Friend is a person who will give me a book I have not read."
"Whenever I hear anyone arguing for slavery, I feel a strong impulse to see it tried on him personally."
"There are no bad pictures; that's just how your face looks sometimes."

Quotes by Frederick Douglass

Material from azquotes.com/

"Liberty is meaningless where the right to utter one's thoughts and opinions has ceased to exist. That, of all rights, is the dread of tyrants. It is the right which they first of all strike down. ... Equally clear is the right to hear. To suppress free speech is a double wrong. It violates the rights of the hearer as well as those of the speaker."
"You are not judged by the height you have risen, but from the depth you have climbed."
"It is easier to build strong children than to repair broken men."
"I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence."
"If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. ..."
"A man's rights rest in three boxes: the ballot box, the jury box, and the cartridge box."
"Power concedes nothing without a demand. It never did and it never will."

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.

Abraham Lincoln bio

Material from britannica.com/biography/Abraham-Lincoln. Abridged, etc.

Among American heroes, Lincoln continues to have a unique appeal for his fellow countrymen and also for people of other lands. *This charm derives from his remarkable life story - the rise from humble origins, the dramatic death - and from his distinctively human and humane personality as well as from his historical role as saviour of the Union and emancipator of enslaved people.* ... In his view, the Union was worth saving not only for its own sake but because it embodied an ideal, the ideal of self-government. *In recent years, the political side to Lincoln's character, and his racial views in particular, have come under close scrutiny, as scholars continue to find him a rich subject for research....*

Early Life Lincoln was born in a backwoods cabin 3 miles south of Hodgenville, Ky, and was taken to a farm in the neighbouring valley of Knob Creek when he was two years old. *His earliest memories were of this home and, in particular, of a flash flood that once washed away the corn*

and pumpkin seeds he had helped his father plant. His father, Thomas Lincoln, was the descendant of a weaver's apprentice who had migrated from England to Massachusetts in 1637. Though much less prosperous than some of his Lincoln forebears, Thomas was a sturdy pioneer. On June 12, 1806, he married Nancy Hanks. ... Thomas and Nancy Lincoln had three children: Sarah, Abraham, and Thomas, who died in infancy... Both his parents were almost completely illiterate, and he himself received little formal education. He once said that, as a boy, he had gone to school "by littles"—a little now and a little then—and his entire schooling amounted to no more than one year's attendance. His neighbours later recalled how he used to trudge for miles to borrow a book. According to his own statement, however, his early surroundings provided:

...absolutely nothing to excite ambition for education. Of course, when I came of age I did not know much. Still, somehow, I could read, write, and cipher to the rule of three; but that was all.

Apparently the young Lincoln did not read a large number of books but thoroughly absorbed the few that he did read. These included Parson Weems's "Life and Memorable Actions of George Washington" (with its story of the little

See "Abe Lincoln," cont. on pg 17

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 modification for Pathfinder.

Frederick Douglass

Editor's note: Although most accounts agree that Douglass was born in 1818, there are a few that say that his year of birth was 1817. I'm going with the crowd this time. Also, the source for this, the Britannica Encyclopedia, uses the word "enslaved" repeatedly, but I've elected to replace that with the more direct word, "slave," but retain British spelling conventions. Also, although I appreciate the capitalization of the word "black," since "white" is not capitalized when dealing with racial issues, I use lower case "black" wherever it appears.

Aside: I wonder why we don't have a Frederick Douglass national holiday? While I'm asking, there are plenty of Native Americans who would qualify for such distinction, e.g., those tribes who provided this nation with a blueprint for the Constitution. *Douglass' life is fascinating!* ♡

Frederick Douglass (born Feb. 14, 1818, Talbot county, Md...) African American abolitionist, orator, newspaper publisher, and author who is famous for his first autobiography, "Narrative of the Life of Frederick Douglass, an American Slave, Written by Himself." He became the first black US marshal and was the most pho-

tographed American man of the 19th century.

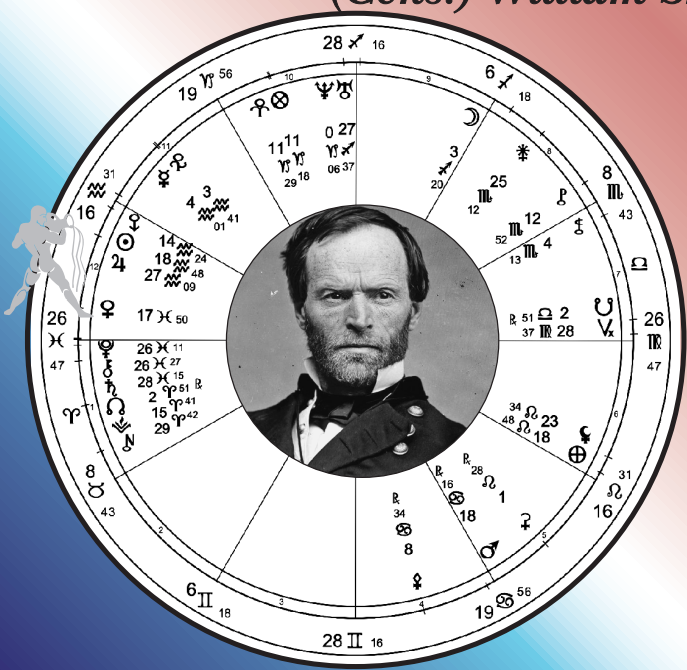
Douglass was born Frederick Augustus Washington Bailey (on Holme Hill Farm) in Talbot county, Maryland. Although the date of his birth was not recorded, *Douglass estimated that he had been born in February 1818, and he later celebrated his birthday on February 14. (The best source for the events in Douglass' life is Douglass himself in his oratory and writings ... the details of which have been checked when possible and have largely been confirmed...)*

Douglass was owned by Capt. Aaron Anthony, who was the clerk and superintendent of overseers for Edward Lloyd V (known as Colonel Lloyd), a wealthy landowner and slaveholder in eastern Maryland. *Like many other slave children, Douglass was separated from his mother, Harriet Bailey, when he was very young. He spent his formative years with his maternal grandmother, Betsey Bailey, who had the responsibility of raising young slave children. [Douglass] described her as "tall and finely proportioned, of dark, glossy complexion, with regular features, and amongst the slaves was remarkably sedate and dignified." She died when he was about seven years old. As an adult, Douglass learned that his mother had been the only black person in what was then Talbot county who could read,*

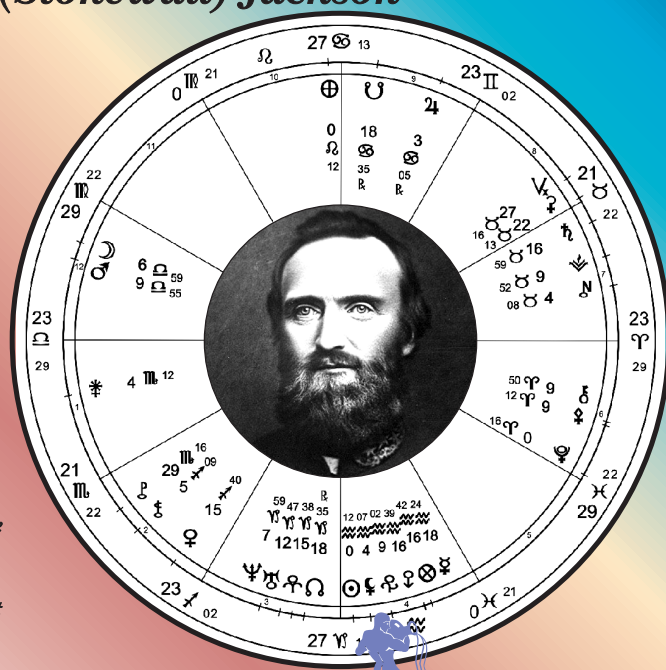
See "Frederick Douglass," cont. on pg 17

Two Aquarian Generals

A "hell-fire" Union advocate for all-out war ; the other a religious-stalwart tactician for the South
(Gens.) William Sherman, Thomas (Stonewall) Jackson



William T. Sherman
 b Feb. 8, 1820, time unk, using
 8:45 am, speculative time.
 Lancaster, Oh.
*(Rigid applier of the proposition
 that "might makes right." Mostly
 known for his "scorched earth" pol-
 icy and the burning of Atlanta,
 and everything on his way there.
 Also, the inspiration for the
 "Sherman Tank.")*



Thomas (Stonewall) Jackson,
 b Jan. 20, 1824, 11:59 pm LMT
 Clarksburg, W. Virginia
*("Stonewall," indeed. Holding the line
 successfully against Union troops –
 Gen. Robert E. Lee's "right hand
 man" when he needed him. Career cut
 short after only two years on the bat-
 tlefield. Prayerful and tenacious.)*

Quotes by Gen. William T. Sherman

Material obtained from history.com/news/9-things-you-may-not-know/

"Government resting on the caprice of the people is too unstable to last... [All] must obey. Government, that is, the executive, having no discretion but to execute the law must be to that extent despotic."

"We have for years been drifting towards an unadulterated democracy or demagogism. Therefore our government should become a machine, self-regulating, independent of the man."

Material obtained from azquotes.com/

"War is cruelty. There is no use trying to reform it. The crueller it is, the sooner it will be over."

"I am tired and sick of war. Its glory is all moonshine. It is only those who have neither fired a shot nor heard the shrieks and groans of the wounded who cry aloud for blood, for vengeance, for desolation. War is hell."

"Courage - a perfect sensibility of the measure of danger, and a mental willingness to endure it."

"The North can make a steam engine, locomotive or railway car; hardly a yard of cloth or a pair of shoes can you make. You are rushing into war with one of the most powerful, ingeniously mechanical and determined people on earth - right at your doors. You are bound to fail. Only in spirit and determination are you prepared for war. In all else you are totally unprepared..."

Quotes by Gen. Thomas (Stonewall) Jackson

Material from azquotes.com/

"The patriot volunteer, fighting for country and his rights, makes the most reliable soldier on earth."

"I have so fixed the habit in my own mind that I never raise a glass of water to my lips without a moment's asking of God's blessing. I never seal a letter without putting a word of prayer under the seal... I never change classes in the section room without a minute's petition on the cadets who go out and those who come in."

"Never take counsel of your fears."

"Always mystify, mislead, and surprise the enemy, if possible; and when you strike and overcome him, never let up in the pursuit so long as your men have strength to follow; for an army routed, if hotly pursued, becomes panic-stricken, and can then be destroyed by half their number. The other rule is, never fight against heavy odds, if by any possible maneuvering you can hurl your own force on only a part, and that the weakest part, of your enemy and crush it. Such tactics will win every time, and a small army may thus destroy a large one in detail..."

"People who are anxious to bring on war don't know what they are bargaining for; they don't see all the horrors that must accompany such an event."

General Sherman: 9 Things You May Not Know About William Tecumseh Sherman

© 2014 by Evan Andrews (Updated: Nov. 14, 2019; original: Nov. 14, 2014)

Material obtained from history.com/news/9-things-you-may-not-know-about-william-tecumseh-sherman. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Editor's note: This Aquarian is one of the most un-Aquarian people I've read about. But, in a way, perhaps, he presages what may come. Beware the inhumanity of this supposedly "humane" sign, in its fascination and application of a "machine" approach to human beings and everything else. ◊

1. He was named for a Shawnee chief. William Tecumseh Sherman (known as "Cump" to his friends) was born in Lancaster, Ohio, on Feb. 8, 1820. His father gave him his unusual middle name as a nod to the Shawnee chief Tecumseh, a magnetic leader who built a confederacy of Ohio Indian tribes and fought with the British during the War of 1812. A relative later wrote that Sherman's father always shook off concerns that he had given his son a "savage Indian name" by arguing, "Tecumseh was a great warrior."

2. He married his foster sister. After losing his father at the age of 9, Sherman was sent to live with Thomas Ewing, ... who later served as a sen-

ator and the US Secretary of the Treasury. The young Sherman grew close with Ewing's eldest daughter, Ellen, and they regularly corresponded through letters during his tenure at West Point and his early military career... The two were married in 1850 in a Washington, DC, ceremony attended by Pres. Zachary Taylor, Henry Clay and Daniel Webster. The couple later had eight children, two of whom died from sickness while Sherman was serving in the Civil War.

3. He played a role in triggering the California Gold Rush. While stationed in San Francisco in 1848, Sherman helped convince military governor Richard Mason to investigate one of the first reported gold discoveries in California. He was on the scene during a mission that confirmed the existence of rich gold deposits along the Sacramento River... Sherman and Mason's [discoveries] set off a wave of gold fever in the US.

4. He had a rocky career in business. Sherman left the military in 1853 to run a San Francisco bank. While he proved a competent businessman, the move corresponded with the bursting of the Gold Rush bubble, and his branch collapsed in the ensuing financial hysteria. ... Many military friends - including future Civil War generals Braxton Bragg and George Thomas - had entrusted money to him. To help cover their losses, he eventually liquidated some \$20,000 worth of his own assets.

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Stonewall Jackson, bio

Born Thomas Jonathan Jackson

© by Charlton W. Tebeau, for britannica.com/biography/Stonewall-Jackson. (Last Updated: Dec 5, 2023.)

Confederate general in the American Civil War, one of its most skillful tacticians, who gained his sobriquet "Stonewall" by his stand at the First Battle of Bull Run (called First Manassas by the South) in 1861.

Early life and career The early death of his father, who left little support for the family, and his mother's subsequent death, caused Jackson to grow up in the homes of relatives. He had little opportunity for formal education in his early years, but he received an appointment, in 1842, to the US Military Academy at West Point. [Eventually] commissioned as a second lieutenant assigned to artillery. He joined his regiment in Mexico, where the US was then at war. In the Mexican War he first met General Robert E. Lee, who later became the commanding general of the Confederate armies, and it was here that Jackson first exhibited the qualities for which he later became famous: resourcefulness, the

ability to keep his head, and bravery in the face of enemy fire. At the end of the fighting in Mexico, having been promoted to first lieutenant and to the brevet rank of major, he was assigned to the occupation forces in Mexico City.

Finding service in the peacetime army tedious, he resigned his commission and became professor of artillery tactics and natural philosophy at the Virginia Military Institute (VMI) in 1851. ... A stern and shy man, he earned a reputation for eccentricity that followed him to the end of his career. His strong sense of duty and moral righteousness, coupled with great devotion to the education of cadets, earned for him the derisive title "Deacon Jackson" and comparison with Oliver Cromwell.

Upon the outbreak of the Civil War he offered his services to his state of Virginia and was ordered to bring his VMI cadets from Lexington to Richmond. Soon after, he received a commission as colonel in the state forces of Virginia and was charged with organizing volunteers into an effective Confederate army brigade, a feat that rapidly gained him fame and promotion.

His untimely death only two years later cut Jackson down at the height of an increasingly successful career, leaving unanswered the question of his capacity for independent

See "W.T. Sherman," cont. on pg 17

See "Stonewall Jackson," cont. on pg 17

Chart Focus on 4 Aquarians: Major Figures in the Civil War

"Abe Lincoln," cont. from pg. 16

hatchet and the cherry tree), Daniel Defoe's Robinson Crusoe, John Bunyan's Pilgrim's Progress, and Aesop's Fables. From his earliest days he must have had some familiarity with the Bible, for it doubtless was the only book his family owned.

In March 1830 the Lincoln family undertook a second migration, this time to Illinois, with Lincoln himself driving the team of oxen. Having just reached the age of 21, he was about to begin life on his own. Six feet four inches tall, he was rawboned and lanky but muscular and physically powerful. He was especially noted for the skill and strength with which he could wield an ax. He spoke with a backwoods twang and walked in the long-striding, flat-footed, cautious manner of a plowman. Good-natured though somewhat moody, talented as a mimic and storyteller, he readily attracted friends. ...

After his arrival in Illinois, having no desire to be a farmer, Lincoln tried his hand at a variety of occupations. As a rail-splitter, he helped to clear and fence his father's new farm. As a flat-boatman, he made a voyage down the Mississippi River to New Orleans, Louisiana. (This was his second visit to that city, his first having been made in 1828, while he still lived in Indiana.) Upon his return to Illinois he settled in New Salem, a village of about 25 families on the Sangamon River. There he worked from time to time as storekeeper, postmaster, and surveyor. With the coming of the Black Hawk War (1832), he enlisted as a volunteer and was elected captain of his company. Afterward he joked that he had seen no "live, fighting Indians" during the war but had had "a good many bloody struggles with the mosquitoes." Meanwhile, aspiring to be a legislator, he was defeated in his first try and then repeatedly reelected to the state assembly. ... Already having taught himself grammar and mathematics, he began to study law books. In 1836, having passed the bar examination, he began to practice law...

"Instrument of Providence" Early in life Lincoln had been something of a skeptic and freethinker. ... He went on to explain that he had believed in the doctrine of necessity, "that is, that the human mind is impelled to action, or held in rest by some power over which the mind itself has no control."

Throughout his life he also believed in dreams and other enigmatic signs and portents. As he grew older, and especially after he became president and faced the soul-troubling responsibilities of the Civil War, he developed a profound religious sense, and he increasingly personified necessity as God. He came to look upon himself quite humbly as an "instrument of Providence" and to view all history as God's enterprise.

"In the present civil war," he wrote in 1862, "it is quite possible that God's purpose is something different from the purpose of either

See "Abe Lincoln," cont. on pg 17

"Frederick Douglass," cont. from pg. 16

an extraordinarily rare achievement for a field hand. ...

Leased out, Moving again and again In March 1832 Douglass was sent from Baltimore to St. Michaels, on Maryland's Eastern Shore [where] Capt. Thomas Auld became Douglass's owner. Teenage Douglass experienced harsher living conditions with Auld, who was known for his abusive practices.

In January 1833 Douglass was leased to local farmer Edward Covey. Leasing or hiring out slaves was a common revenue-generating practice. Farmers would pay slaveholders a monthly fee for slaves and take responsibility for their care, food, and lodging. — Covey was known as a "slave breaker," someone who abused slaves physically and psychologically in order to make them more compliant. According to Douglass, Covey's abuse led to a climactic confrontation six months into Douglass's time with the farmer. One day Covey attacked Douglass, and Douglass fought back. The two men engaged in an epic two-hour-long physical struggle. Douglass ultimately won the fight, and Covey never attacked him again. Douglass emerged from the incident determined to protect himself from any physical assault from anyone in the future.

In January 1834 Douglass was sent to William Freeland's farm. Living and working conditions were better under Freeland; however, Douglass still desired his freedom. While living with Freeland, he started a Sabbath school at which he taught area blacks how to read and write. Along with four other slave men, Douglass plotted to escape north by taking a large canoe up the coast of Maryland and to proceed to Pennsylvania, but their plot was discovered. Douglass and the other participants were arrested. Captain Auld then sent Douglass back to Baltimore to live again with Hugh and Sophia Auld and to learn a trade.

Hugh Auld hired out Douglass to local shipyards as a ship caulker. Now working as a skilled tradesman, Douglass was paid by the shipyards for his efforts. He would then submit his earnings to Auld, who gave Douglass a small percentage of the wages. Douglass would eventually hire out his own time, which meant that he paid Auld a set amount every week but was responsible for maintaining his own food and clothing. During this time, Douglass became more involved in Baltimore's black community, which led him to meet Anna Murray, a freeborn black woman, whom he would eventually marry.

Escape from slavery, changing names along the way Douglass moved about Baltimore with few restrictions, but that privilege came to an end when he decided to attend a religious meeting outside of Baltimore on a Saturday evening and postpone paying Auld his weekly fee. The following Monday, when Douglass returned, Auld threatened him. After that encounter, Douglass was determined to escape his bondage. He escaped in September 1838 by dressing as a sailor and traveling from Baltimore to Wilmington, Delaware, by train, then

See "Frederick Douglass," cont. on pg 17

"Gen. W. T. Sherman," cont. from pg. 17

A despondent Sherman left the banking world for good in 1858. He later signed on as the first superintendent of the Louisiana State Seminary of Learning and Military Academy — the school that would become Louisiana State University.

5. He may have suffered a nervous breakdown during the Civil War. Following a promising performance at July 1861's First Battle of Bull Run, Sherman was promoted to brigadier general and eventually given command of Union troops in Kentucky and Tennessee. Sherman hadn't wanted the role, and in short order, the weight of its responsibilities took a toll on his mental health. He vastly overestimated the size of Confederate forces in the region, griped in his dispatches to President Lincoln and appeared constantly on edge. ... The general's bizarre behavior eventually found its way into the papers, some of which labeled him insane. Sherman requested to be relieved from his position in early November 1861, and remained sidelined until that December, when he was reassigned to the Western Theater. He was later placed under the command of Gen. Ulysses S. Grant, and following a crucial victory at April 1862's Battle of Shiloh, the pair forged a winning partnership that lasted for the remainder of the war.

6. He cut off all lines of communication during the march to the sea. Sherman's March to the Sea was one of the most stunning operations of the Civil War, yet few people outside of Georgia knew anything about it while it was underway. Before leaving Atlanta, Sherman intentionally severed all telegraph links to the North to help shroud his moves in secrecy. The plan meant the Confederates could only speculate about where Sherman and his 60,000-strong rampaging army were headed, but it also left the Union high command in the dark about the mission's progress. When asked about Sherman's whereabouts, a worried President Lincoln is said to have responded, "We know what hole he went in, but we don't know what hole he will come out of." Sherman would finally reappear on December 22, having slashed and burned his way through the heart of Georgia. Upon reaching the sea, he sent a famous message to Lincoln that read: "I beg to present you as a Christmas gift the city of Savannah."

7. He offered lenient terms of surrender to defeated Confederates. Despite his reputation for "hard" warfare, Sherman could also be surprisingly — perhaps even naively — generous in victory. When he accepted Confederate General Joseph E. Johnston's surrender in Durham, N. Carolina, in April 1865, Sherman offered very forgiving terms that granted general amnesty to the rebels and even allowed for the Southern states to immediately re-enter the Union upon swearing an oath of allegiance. The sweeping agreement enraged US Secretary of War Edwin Stanton, who rejected it out of hand and criticized

See "W.T. Sherman," cont. on pg 17

"Gen. "Stonewall" Jackson, cont. from pg. 17

command, which his rapid rise suggests he might have achieved.

Battle Tactics Jackson's first assignment in the Confederate cause was the small command at Harpers Ferry, Virginia (now West Virginia), where the Shenandoah River flows into the Potomac. His mission was to fortify the area and hold it if possible. When Gen. Joseph E. Johnston took over the Confederate forces in the valley, with Jackson commanding one of the brigades, Jackson withdrew to a more defensible position at Winchester.

Battle of Manassas In July 1861 the invasion of Virginia by Federal army troops began, and Jackson's brigade moved with others of Johnston's army to unite with Gen. P.G.T. Beauregard on the field of Bull Run in time to meet the advance of Gen. Irvin McDowell's Federal army. It was here that he stationed his brigade in a strong line, withholding the enemy against overwhelming odds and earning the sobriquet "Stonewall." The spring of 1862 found Jackson again in the Shenandoah Valley, where his diversionary tactics prevented reinforcements being sent to Federal army general George B. McClellan, who was waging the peninsular campaign against Richmond, the Confederate capital. Jackson's strategy possibly accounted for Lee's victory later in the Seven Days' Battles.

Lee, then chief military adviser to Confederate president Jefferson Davis, suggested to Jackson that he use his troops to attack Federal troops in the valley and thus threaten Washington. By rapid movement, Jackson closed separately with several Federal units and defeated them. In April he struck in the mountains of western Virginia; then on May 24-25 he turned on General Nathaniel P. Banks and drove him out of Winchester and back to the Potomac River.

He then quickly turned his attention to the southern end of the valley, defeating the Federals at Cross Keys, Virginia, on June 8, and at Port Republic on the next day. Lee then brought Jackson's troops by road and railroad to Richmond to envelop the right wing of McClellan's army. But Jackson arrived a day late, and his reputation lost some of its lustre, possibly because of his lack of experience in large-scale action; nevertheless, McClellan was beaten back and was ordered to evacuate the peninsula.

Lee at once joined Jackson against the Federal forces regrouping under Gen. John Pope. He sent Jackson, by a wide encircling movement, to attack the rear of Pope's forces and bring on the Second Battle of Bull Run, in which Pope was soundly beaten. Lee next crossed the Potomac [to secure] Maryland. To protect Richmond, Lee detached Jackson to capture Harpers Ferry, which he did in time (September 13-15) to rejoin Lee at Antietam. After his return to Virginia, Lee divided his army into two corps, Gen. James Longstreet commanding the first and Jackson, now a lieutenant general, the second. At Fredericksburg, Va., in December, Jackson was in command of the Confederate

See "Stonewall Jackson," cont. on pg 17

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 ♓

"Abe Lincoln," cont. from pg. 18

party - and yet the human instrumentalities, working just as they do, are of the best adaptation to effect His purpose."

Lincoln was fond of the Bible and knew it well. He also was fond of Shakespeare. *In private conversation he used many Shakespearean allusions, discussed problems of dramatic interpretation with considerable insight, and recited long passages from memory with rare feeling and understanding.* He liked the works of John Stuart Mill, particularly *On Liberty*, but disliked heavy or metaphysical works.

"Frederick Douglass," cont. from pg. 18

on to Philadelphia by steamboat, and from there to New York City by train. Black sailors in the 19th century traveled with documents granting them protection under the American flag. Douglass used such documents to secure his passage north with the help of Anna...

Douglass ...changed his name from Frederick Bailey to Frederick Johnson. A chance meeting with black abolitionist David Ruggles led Douglass to safety. Anna arrived in New York several days later, and the two were married by the Reverend JWC Pennington. ...

Douglass chose to change his name again. Nathan Johnson suggested the name Douglass, which was inspired by the name of an exiled nobleman in Sir Walter Scott's poem, "The Lady of the Lake." ... Douglass remained an avid reader throughout his adult life. When he escaped to New York, he carried with him a copy of "The Columbian Orator." In New Bedford he discovered William Lloyd Garrison's abolition-

ist newspaper, "The Liberator." Inspired by it, Douglass attended a Mass. Anti-Slavery Society convention in Nantucket in the summer of 1841. ...Abolitionist William C. Coffin, having heard Douglass speak in New Bedford, invited him to address the general body. [As an agent of both the Mass. Anti-Slavery Society and the American Anti-Slavery Society, Douglass traveled the country promoting abolition.] The American Anti-Slavery Society supported "moral suasion" abolition [i.e.] through non-violent means. Douglass strongly promoted this philosophy during the early years of his abolitionist career. ...The tension around slavery rapidly increased in the 1850s [and] Douglass's Rochester home was part of the Underground Railroad. ... During the latter years of his life, Douglass remained committed to social justice and the African American community. ...At the end of his life, Douglass, an American icon who fought for social justice and equity, became known as the "Lion of Anacostia." ■

Though he enjoyed the poems of Lord Byron and Robert Burns, his favourite ...was the work of an obscure Scottish poet, William Knox. Lincoln often quoted Knox's lines beginning: "Oh! why should the spirit of mortal be proud?" He liked to relax with the comic writings of Petroleum V. Nasby, Orpheus C. Kerr, and Artemus Ward, or with a visit to the popular theatre. ■

"You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time."

"The best way to predict your future is to create it." ■

ist newspaper, "The Liberator." Inspired by it, Douglass attended a Mass. Anti-Slavery Society convention in Nantucket in the summer of 1841. ...Abolitionist William C. Coffin, having heard Douglass speak in New Bedford, invited him to address the general body. [As an agent of both the Mass. Anti-Slavery Society and the American Anti-Slavery Society, Douglass traveled the country promoting abolition.] The American Anti-Slavery Society supported "moral suasion" abolition [i.e.] through non-violent means. Douglass strongly promoted this philosophy during the early years of his abolitionist career. ...The tension around slavery rapidly increased in the 1850s [and] Douglass's Rochester home was part of the Underground Railroad. ... During the latter years of his life, Douglass remained committed to social justice and the African American community. ...At the end of his life, Douglass, an American icon who fought for social justice and equity, became known as the "Lion of Anacostia." ■

"W. T. Sherman," cont. from pg. 18

Sherman for giving up "all the advantages we had gained from the war." ...

8. He also used his "scorched earth" brand of warfare against Native Americans. After the Civil War, Sherman was given command of the Military Division of the Mississippi and tasked with pacifying the Plains Indians during the building of the transcontinental railroad. Sherman took to the job with characteristic vigor, orchestrating the relocation of the tribes ... To help break the natives' spirit, Sherman [used his] Civil War playbook and set his sights on destroying the buffalo. Beginning in the late 1860s, he organized the killing of some 5 million bison in an effort to drive the

creatures to the brink of extinction. Sherman continued his harsh policies [and] in 1869, and by the 1870s, he had helped force most of the Plains peoples onto reservations.

9. He repeatedly declined to run for president. Sherman made no secret of his disdain for politics, [saying] that he would rather spend four years in jail than in the White House. Nevertheless, during the 1870s and 1880s, Washington DC, movers and shakers often tried - and failed - to convince him to make a run at the presidency. [In 1884, he turned down an invitation to become the Republican candidate* by saying, "I will not accept if nominated and will not serve if elected."] ■ - Ed's: "They" tried to recruit Gen. Smedley Butler in a similar way about 49 years later in 1933, but that was an actual attempt to remove Roosevelt.

"Stonewall Jackson," cont. from pg. 18

right when Federal general Ambrose E. Burnside's rash attack was easily repulsed and he was crushingly defeated.

In April, Gen. Joseph Hooker, Burnside's successor, attempted to turn the Confederate position on the Rappahannock River, south of Washington. ... Leaving a small detachment to meet Federal troops on the Rappahannock, Lee moved his main body, including Jackson's corps, to meet Hooker's threatened envelopment in the woods of Chancellorsville. He divided his army again, keeping only 10,000 men to demonstrate against Hooker's front, and sent Jackson to move around Hooker's right with his entire corps. The maneuver was completely successful. On the evening of May 2, Jackson rolled up the flank of the unsuspecting Federal forces. [But, in the moment of victory, tragedy struck. Jackson, who had ridden forward to organize the pursuit, was accidentally shot down by his

one of own men*. He was seriously injured, but survived.] Although his left arm was amputated successfully, pneumonia set in and he died a week later. Lee could not replace him; for while Jackson had lost his left arm, Lee had, indeed, lost his right arm. That Jackson was the ablest of Gen. Robert E. Lee's generals is rarely questioned. In him were combined a deep religious fervour and a fiercely aggressive fighting spirit. He was a stern disciplinarian, but his subordinates and his men trusted him and fought well under his leadership. A master of rapid movement and surprise tactics, he kept his intentions sometimes so veiled in secrecy that often his own officers did not fully know his plans until they were ordered to strike. ■

*Editor's note on Stonewall's demise: This "accidental shooting" struck me as particularly helpful to the North. Accidents do happen, but, the question arose, was there a "ringer" among his regiment? Dowsed this as "true." What do you think? ◇



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— C. S. Lewis

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Pathfinder readers and supporters have said:

- ◆ I reckon it's the best... (C. W.)
- ◆ I always enjoy reading Pathfinder...
- ◆ This is important for people to know...
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- ◆ Gives me something to save in every issue.
- ◆ Pathfinder may have saved my life.
- ◆ I love the Pathfinder!
- ◆ Wow, Rose! (May/June 20) 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, geoengineeringwatch.org)
- ◆ Pathfinder performs such a good service to the community!
- ◆ Thank you Rose! And I really mean for everything you do for all of us! - (S. S.)
- ◆ I finished reading the Pathfinder (Nov/Dec 23). As always I love your editorial [this issue, on feelings]. Loved the article on the mighty Pine Tree! (It reminded me of Grandma. I can hear her singing "O Tannebaum" in German.) I have pine essential oil that is use a lot but you've given me more ideas [and] more ideas for frankincense, too. The article on glycine, collagen, and supplements was very interesting; government and propaganda (eye-opening); really love the article on Hygge; the "My Christmas Gryphon!" was magical! The 'Mission to Planet Earth' was compelling. Looking forward to the next installment of "A Tale of Two Bunnies"! I had known about Ada Lovelace and, to a lesser degree, Arthur Clarke but the article was fascinating. I love the quotes you give. I wish I would have had some quotes from Ada Lovelace posted in my classroom! The astrological information is always so [informative]. Again, I enjoyed the issue so much. It is always such food for thought; something will come up in my day-to-day activities that connect to an article and I'll remember the Pathfinder. Looking forward to the next issue! - (P. S.)



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