



## Ascended Masters Spiritual Numerology & 2011 Insights

By Joy McMahon, Futuristic Intuitive

**2011 is now upon us. Are we ready for new foundations?**

This is going to be a very dynamic year filled with the essence of transformation. Our world and our nation are ready for the death of the old way of life for the new! We can expect an economic downturn that grows deeper, and then an upward climb into greater economic stability due to the will of the people demanding truth and practicality.

The old political games are way too obvious to people everywhere. We demand change and we get it through the power of the people taking back their inherent rights. This will not happen overnight, but change will begin to flourish in 2011 and finish up in 2012.

New foundations will begin to be built economically, and in education and health care as well. Other changes for the good will also begin. Social causes come to the front as values change. We demand order and transparency! We were promised it, and we never got it. Revolts against government policies still continue world wide, and in the United States.

New doors will open as old doors close and new policies will begin to take form. This is a reconstruction period. It is change, release and transformation. It seems as one thing is settled . . . another thing appears that demands attention.

Death and destruction and war still tops that list through this transformative time of the shift. We may learn of an assassination of someone quite prominent in government. When or where this attack will happen or who the target will be, may not be revealed at this time.. Through all the death and destruction let us remember that life force does not die in a 13/4 vibration, it just changes form as we walk through another door. Spirit always lives. We are Spirit in physical form.

The planet continues to rock and roll (earthquakes) and to belch up fire (volcanic action) for release of tension...as humanity fires itself up for change and release. Water rises and more floods occur, just as humanities emotions surface and run forth. The planet still experiences weather changes in extremes. Seasons as we have known them are fickle and erratic just like we have been.

This is a time for regeneration for our planet and for humanity.

It is the time for the Phoenix to rise out of the ashes following the dark night of the soul, which we will still be experiencing through part of 2011. . .until the energies of 2012 mesh 90 days before that infamous year. It is then that we will see if the Phoenix rises or not. It all depends on us as a collective consciousness.

There are no half way measures with this year's vibration number! There is enormous potential for ultimate attainment of our ideals, and equally great potential for destruction. It is all or nothing leading into 2012.

Let us all work toward regeneration for the good of everyone and every thing on the planet. In mass consciousness let us see that the Phoenix Fire Bird is released and

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### MOON PHASES

**New Moon 4th 4:03am**

**First Moon 12th 6:31am**

**Full Moon 19th 4:21pm**

**Last Quarter 26 7:57am**

**All times Eastern**

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**The Open Line**

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**Editors Notes**

This is the first of many on-line issues from The Open Line desk. After so many years of doing the printed paper and becoming limited in the new technology of what we could do for our subscribers, with counseling from guidance we are now publishing the first on-line newspaper.

I have had to add new programs and delete some that we were using to do many things. I am trying to find a good way to get the paper to you that will work for all of us.

I have cut the price of the on-line paper and had to increase the printed paper. It will be mailed first class because I do not have bulk mail anymore. I am sure things will change many times in our new adventure. I so appreciate all of your support in this. Thanks for the e-mails and calls from you after receiving the December issue and telling you of the changes.

It is taking me longer to do the pages because I am not use to this program and how it does things.

Some of the pages will have new titles and be changed. Some will be the same. There will be more ads, but as before I will test the products before advertising them. I am now testing a necklace that does many things. There is an ad in this paper on this. Some local people have also been testing it and their opinion is positive results. I will not be selling any of these products. I just do not have time to do that. In the past I talked about Amazon products, which I still take and are a great help to me. I am no longer in the selling part. I have been taking the clay products for about a year now and yes the clay does what is claimed, but it would be in your interest to buy the purest clays available. The information in the Clay ad is legit and they are the purest you can buy.

Govinda's article was very long this time and I only put in the monthly info. You can go to his website and read the rest. I encourage you to do that. Plan B on page 5 is a very interesting take on what is going on. He writes in a different way with lower case words, trying to tell us that we really can change things going about it in way that will work. There is a whole science out there that does statics on how words are used. More videos on events around the world.

Our planet is in more and more contact with different aspects of aliens. The orbs are a phenomena that still puzzles me. What are they really? Every time we get pictures of them with our local cameras and look at the orbs, they are different. What are they telling us? I know what some websites say, but I also know that some of this is not correct. The pictures of animals in some of the orbs are very interesting. They seem to stay closer to the ground, at least for now. Has a portal opened up that is allowing this? Orbs come in many sizes, colors, depth, etc. Take pictures with a digital camera after dark in the yard, and any time in the house, garage, and wherever. See what you get. Place your thoughts on taking pictures of orbs. When you practice and get some, e-mail me and let's share with the readers. The pictures are always exciting to see. We have pictures of a forest setting that have many pictures of people in the trees, mostly head shots. One of my favorite is a World War II pilot in his leather cap that they wore in the airplanes. There was an old army flying strip in this area.

Remember the saying that I put in the paper sometimes, if an article sets-up fear in you, DO NOT READ IT. Also remember you can change anything with your thoughts. There is no DEATH, only of the body we carry our soul in while on this planet. Dannon Brinkley will be here in May and has wonderful information on this with his 3 near-death experiences. We will have the time and place in this paper. Thank you for being there, LuAnn

The Open Line is a monthly on-line publication with occasionally being published more than once a month.

We will still print the paper for ones that do not have a computer. For those that do have a computer please do the on-line paper because it has more information than the printed version, is in color and so many links to websites, news, science, NASA, videos, YouTube and so much more. We will now be able to show you the UFO videos, the illuminate information, HAARP, the "real ones in charge", etc.

The printed version will only have 20 pages and will be mailed once a month. The on-line version on some months will have several issues. We are trying to set up 2 issues a month for on-line, but are not there yet.

Everything had to be changed, with using new programs so you could link to other places and do so much more.

**SUBSCRIPTION PRICES:**

ON-LINE \$15.00

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At first we will be sending this by e-mail. I may have to set up accounts for subscribers, but I know that each of us knows what karma follows when we do incorrect things. I will have an article on Karma in a later issue. An eye opener and life changing information.

# Whats Going On In Our Universe

## Egyptian archaeologist admits pyramids contain UFO technology

Michael Cohen  
m.cohen@allnewsweb.com

In a shocking statement, head of the Cairo University Archeology Department, Dr Ala Shaheen has told an audience that there might be truth to the theory that aliens helped the ancient Egyptians build the oldest of pyramids, the Pyramids of Giza.

On being further questioned by Mr Marek Novak, a delegate from Poland as to whether the pyramid might still contain alien technology or even a UFO with its structure, Dr Shaheen, was vague and replied "I can not confirm or deny this, but there is something inside the pyramid that is "not of this world".

Delegates to the conference on ancient Egyptian architecture were left shocked, however Dr Shaheen has refused to comment further or elaborate on his UFO and alien related statements.

## Biosynthetic corneas restore vision in humans, study says

by Andrew Nusca

Biosynthetic corneas can help regenerate and repair damaged eye tissue and improve vision in humans, according to a new study. Researchers at Ottawa Hospital Research Institute in Canada and Linköping University in Sweden conducted an early phase clinical trial with 10 Swedish patients with advanced keratoconus or central corneal scarring. (Diseases that lead to clouding of the cornea are the most common cause of blindness around the globe.)

Surgeons removed damaged corneal tissue from one eye of each patient and replaced it with a biosynthetic cornea made from synthetically cross-linked recombinant human collagen. What the researchers found over two years of follow-up is that cells and nerves from the

Patients' own corneas had grown into the implant, resulting in a "regenerated"—note the quite marks—cornea that resembles normal, healthy tissue.

Amazingly, the biosynthetic corneas became sensitive to touch and also began producing normal tears to keep the eye oxygenated. According to the researchers, patients experienced no reaction or bodily rejection, and thus required no long-term immune system suppression that's de rigueur for an implant from another human. Six in ten patients experienced vision improvement. After a contact lens fitting, vision was comparable to a conventional corneal transplantation using tissue from another human.

The study is the latest work from researcher May Griffith, who more than 10 years ago developed biosynthetic corneas using laboratory-produced collagen molded into the shape of a cornea. For this work, she collaborated with eye surgeon Per Fagerholm and used collagen from San Francisco, Calif.-based FibroGen. Their results are published in the journal *Science Translational Medicine*. "With further research, this approach could help restore sight to millions of people who are waiting for a donated human cornea for transplantation," Griffith said in a statement.

## Robots that deceive

by Deborah Gage

Wired spotted this paper from two researchers at the Georgia Institute of Technology who taught robots to fool each other. Their work was funded by the Office of Naval Research, which sees this experiment as a first step toward sending deceptive robots on search and rescue missions ("a search and rescue robot may need to deceive in order to calm or receive cooperation from a panicking victim") and to the battlefield, where a robot could mislead the enemy. I'm not sure what a robot would have to do or say to calm, rather than scare, an injured victim, but the researchers—Professor Ronald Arkin, who teaches in the School of Interactive Computing, and Alan Wagner, a research engi-

neer took on a more basic challenge, and they say they succeeded about 75 percent of the time.

Their experiment began with one robot telling another a lie. From Georgia Tech: ...the researchers ran 20 hide-and-seek experiments with two autonomous robots. Colored markers were lined up along three potential pathways to locations where the robot could hide. The hider robot randomly selected a hiding location from the three location choices and moved toward that location, knocking down colored markers along the way. Once it reached a point past the markers, the robot changed course and hid in one of the other two locations. The presence or absence of standing markers indicated the hider's location to the seeker robot. "The hider's set of false communications was defined by selecting a pattern of knocked over markers that indicated a false hiding position in an attempt to say, for example, that it was going to the right and then actually go to the left," explained Wagner. When the experiment failed, it was because the robot doing the hiding had trouble knocking over the right markers—i.e. lying.

The researchers say they worry about the ethical quandaries that deceptive robots create—deceiving, for instance, with the intent to harm—although the ethics of war are different from the ethics in hospitals or in classrooms or (sometimes at least) in corporate board rooms, where robots are being used or experimented with now. To deceive is human, though. Who has never fibbed to make somebody else feel better—or get them to do something you want?

Robots will learn to do the same, and they will look more human too. (See artificial skin that robots could wear). The more familiar they seem, the easier it will be for humans to attribute feelings and motives to them. The question in my mind is not whether we should create deceptive robots—but whether there are situations where we shouldn't use robots at all.



# HEALTH MATTERS. . .

## The fight for life against superbugs

by Boonsri Dickinson

Alexander Fleming, who discovered penicillin, would be surprised to know that 18,650 people died from a superbug infection in 2005. Some experts warn that we are at the end of the antibiotic era.

Methicillin-resistant *Staphylococcus aureus*, or MRSA, is a group of bacteria that lives innocently on our skin and in our nose. The trouble arises when antibiotics can't kill them. When the bacteria enters the blood stream, it begins to attack the body. This is when the infection can grow so large only surgery can get rid of the drug resistant bug.

My friend almost lost an arm after he was infected with MRSA. Fortunately, he recovered. But some can end up losing their limbs and can die if the staph infection takes over their body. Besides efforts to treat MRSA infections, researchers are hunting down superbug infections so they can monitor the spread of the drug-resistant bacteria:

The team sequenced the whole genomes of all the samples and were able to spot single-letter changes in the genetic code and identify differences between even the most closely related bugs.

From the results they created an "evolutionary tree" which showed that MRSA infections are often clustered in locations, but can be spread across borders [of countries] by patients traveling. As hospitals work on controlling MRSA, researchers are finding another type of superbug called *Clostridium difficile*, or C-diff, is on the rise. C-diff is found in the colon and can lead to diarrhea and a more serious condition known as colitis.

In a study done in 28 hospitals, scientists showed the infection rate of C-diff was 25 percent higher than MRSA infections. Aware of the growing problem, researchers are working on attacking the coating and the toxins released by C-diff. In the meantime, washing your hands will go a long way to prevent its spread.

For the bigger scoop on superbugs, read science writer Maryn McKenna's book, *Superbug: The Fatal Menace of MRSA*. Or just listen to her interview on NPR's "Fresh Air": "MRSA lives not just in people who are debilitated and ill and who are in hospitals but in all of us walking around all the time. But it was always

thought—from about the 1960s when it first sparked up to the 1990s—that the only place where it was successful in attacking people was in hospitals because [patients] are debilitated and ill. And then in the 1990s, a group of researchers at the University of Chicago noticed that they were seeing infections in children that looked very like those hospital infections and yet these kids had never been anywhere near a hospital. And it turned out that there was a slightly different strain of staph that had adapted itself to live in the community and cause infections that are serious—and sometimes more serious than the ones that were being caused in hospitals."

## Scientists can shut down a superbug's CPU

by Boonsri Dickinson

When antibiotics can't kill certain strains of bacteria, the pathogens become more infectious and dangerous. No doubt, these superbugs are worrisome. When the bug attacks, it can eat your flesh and even kill you. That's extreme, but superbugs are a growing health problem. Canadian researchers think of bacteria like a computer. McMaster University researchers have figured out how to render *Staphylococcus aureus* and its drug-resistant forms harmless. The scientists have identified a chemical that can shut down the bug's CPU. By stopping the chemical from synthesizing, the researchers figured out how to prevent the superbug from infecting other red blood cells.

According to McMaster University: "We've found that when these small chemicals in the bacteria are shut down, the bacteria is rendered non-functional and non-infectious," said Nathan Magarvey, principal investigator for the study and an assistant professor of biochemistry and biomedical sciences at McMaster. "We're now set on hacking into this pathogen and making its system crash." The discovery was published in *Science*—and is worth noting because it offers a new way to fight this virulent bacteria.

The antibiotic-resistant form of *S. aureus* is called methicillin-resistant *Staphylococcus aureus* (MRSA)—and has become a wide-spread problem in hospi-

tals around the world. Each year, there are 19,000 MRSA-associated deaths in the United States alone. Other strains of MRSA have made their way into the community including the superbug USA300 that has entered athletic locker rooms and community-associated MRSA that is common in places where people share close living quarters.

U.S. News & World Report reported that "MRSA may be the most frightening epidemic since AIDS, and it's already in our homes and schools in our communities." In it, Superbug author Maryn McKenna said: Before antibiotics were invented in the 1940s, infections used to be the leading cause of death. The scary thing is that now we're moving to a post-antibiotic era. They try drug after drug [to treat resistant bacteria like MRSA], and in some cases there's no antibiotic that works.

## Researchers discover first genetic risk factor for common migraines

by Larry Dignan

Researchers from the Wellcome Trust Sanger Institute in the United Kingdom have exposed the first genetic risk factor for common migraines. The study, examined the genetic data of more than 50,000 people and could open the door for therapies to prevent migraine attacks, said researchers. Researchers have found genetic mutations for rare and extreme migraines, but this discovery is the first for common forms. According to the Wellcome Trust Sanger Institute, researchers found "that patients with a particular DNA variant on Chromosome 8 between two genes—PGCP and MTDH/AEG-1—have a significantly greater risk for developing migraine." Meanwhile, the DNA variant appears to regulate glutamate levels. Glutamate is a neurotransmitter that transports messages between nerve cells in the brain. An accumulation of glutamate in nerve cell junctions may start migraine attacks.

Theoretically, future medicines could aim to prevent the build-up of glutamate. Migraines affect one in six women and one in 12 men. The economic costs of migraines rival diabetes. The researchers compared the genomes of more than 3,000 people from Finland, Germany and

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(Editor: When you read this article you have to get into the space the author is in to understand some of the ways he uses the language.)

## Plan 'B' . . .with respect, and awareness, let us begin. . . .

They, the powers that used to be, are trying it again.

You know, the whole “problem, response, solution” thing that they use to control large numbers of mostly hypnotized people on this planet. They create a “problem” that causes you to go into fear mode which is chemically triggered by the R-complex in your lower brain matrix, and then they control you through your emotions by manipulating events such that you agree to give them your power in exchange for them providing a “solution” to the “problem” that they caused.

They had thought that their “Israel versus Iran” problem would be sufficient to lever the planetary populace into a middle east focused global war. It did not work since so many of us were watching for so long.

Note, and you may certainly argue with me, that the planetary populace focus on the potential for a [nu-war] beginning with the [Israeli mistake] has contributed to the destruction of potential emotional energy for that war to exist. Also note I am not saying anything more than words from hph—\*participated\* in the process of grounding that potential war. It works on an energetic level beyond the condensate matter plane which is the “place” where your body, the planet, universe and all the pies exist. It works at this energetic level by concentrating “attention” which is a form of “directly focused consciousness (note...little “c” consciousness, not BIG “C”). This directly focused consciousness acts as a spot light may act on a particularly vulnerable area of a house, which is to say, preventing burglary and other mischief due to the “exposure” to the whole neighborhood.

So they fell back to Plan “B”...also please note that tptw (the powers that were) undoubtedly have Plan B as a bolded statement in their minds. This is due to their whole attitude of “we are the grown-ups in this world” and we have “really really serious plans”. Yeah. . .right (sarcastic derision here).

The Plan B, it appears, is to generate a war between/amongst the Korean peoples. Nope, not as good as getting the whole planetary populace whipped up about the Israeli's and Jews versus the Farsi and Islamists, but hey what can you do...it's a plan B. Ok, so mostly Korea is too far away from the energy (oil) center of the planet, (note that location matters to tptw in their magic plots, so to have to move their war is quite irritating indeed), and outside the usual emotional framework of the hundreds of millions of sheeple that tptw (the powers that were) are trying to herd, but what the hell. In cases of desperation, you take what you can get.

So they are trying to promote this latest [nu-war] effort into their [coup-de-grace] that would, in their twisted reptilian minds, lead to WW3, then the New World Order and their wet dream of the great harvest of souls.

They are desperately working their Plan B, this is, by the way, their response to the Chinese submarine continental ballistic missile signal off the coast of California. All this stuff is connected. . .in case you were not paying attention. The Plan B, again as an aside, is no where near their ideal energy draining control-of-planetary-humans optimum, and they, that is the former powers-that-be, are in a desperate, and intensely fearful state, as they realize just how shaky their position has become. They know they are in deep and sinking fast.

So look for them to be both stupid and careless.  
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### COMING TO SPOKANE AREA

Jan 11 7:30 pm *MRS Speaker:*  
Charles Lightwalker  
[www.thefamilyoflight.com](http://www.thefamilyoflight.com)

Jan 29 *Aromatherapy Class* by  
Serena 509-389-0927 Class limited to 8.  
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# NUMBER OF THE MONTH

## UNIVERSAL YEAR 2011/4

### LAW of MANIFESTATION

#### UNIVERSAL AND PERSONAL VIBRATIONS

The universal years flow to cycles of NINE. Each year, one universal principle of law will influence our world and will set a tone throughout the entire year. We will be presented with opportunities, experiences, and events that relate to the universal law of Manifestation. We can expand our thinking, allowing us to relate and act upon specific life lessons. We have the choice to create positive change in our lives and our world. Our actions individually and collectively will affect our world. To fully comprehend the Universal FOUR, we must look at each number individually, 2,0,1,1. The Two is the foundation and is in effect for 1000 years. TWO plants seeds that germinate very slowly under the surface and its influence will not be visible for some time. TWO'S feminine energy represents cooperation, partnership, love, harmony, peace, and diplomacy. The ZERO linked with the TWO represents judgment and spiritual attainment, achieved by hard work and overcoming obstacles. The ZERO is in effect for 100 years and its influence can remain latent for many years before its influence manifests. ZERO'S inner gifts and potential resources are infinite and can flow to unseen depths. The 2 ONE'S intensifies the traits of the ONE. The ONE is a masculine, independent, leader, pioneering forward into uncharted territory. ONE is a self-starter and will look at new ways to solve old problems and set new goals.

$2+0+1+1=4$ . The FOUR represents the universal law of Manifestation. It signifies solid foundations, structure, work, order and form. It denotes intelligence, honor, honesty and truth. The FOUR is associated with the earth and we are being called upon to bring healing and stability to our planet. Our planet will demand nothing less of us. Inner stability can be manifested by light-workers. Positive action can result in prosperity and economic growth. Governments can benefit if they work to balance budgets and focus on economic stability. World and local powers should implement practical programs to help the homeless, underprivileged and the jobless. For many this will prove to be a very difficult restrictive year, personally and internationally. Building a secure foundation is vital for lasting Success. Progress will be made, but it will be necessary to shake things up before we can bring things into balance. Geometrically the FOUR is symbolized by the tetrad/square, solid and fixed form; it is the very foundation of our planet. **It resonates to the healing color green and the heart chakra.**

#### PERSONAL YEAR READING

To find what personal year you are in: add the month, day of birth and the year of you last birthday and reduce it to a single digit. Example:  $6+10+2010=2026$ .  $2+0+2+6=10/1$ . You will not personally feel the full effect of the 2011 FOUR energy until your birthday is year. NOTE: if any of the function of the Personal year seems difficult or foreign to your nature, remember this is an opportunity to work with the energy presented, The ONE Personal Year of New Beginnings. It's a cycle of new experiences, laying the foundation for the next NINE years, making this a very important year to start with a clean slate. Many things started under a ONE year will continue throughout the NINE year cycle. The direction and choices taken now are very important; you will find many opportunities to create positive changes being presented to you. Have the courage to make change but be mindful to not act impulsively or head strong, as this will result in negative outcomes. Positive seeds planted this year will surface in your THREE personal year. **COLOR: Red. GEMSTONE: Garnet**

**The TWO** personal Year of Cooperation is a time of patience and diplomacy. It is not a year to strike out on your own. Advancement comes through partnerships and harmonious association and helping others without thought of personal gain. Be receptive to others ideas. Be patient; the seeds you plant during this cycle need time to germinate. Be open to new relationships, friendships and reconnecting with old acquaintances. At times, you will feel overly sensitive; try not to take things too personally. **COLOR: Orange. GEMSTONE: Carnelian.**

**The THREE** personal year of Creativity presents opportunities to put your ideas into action. Express yourself ideas verbally through your innovative thinking, creativity and imagination. THREE'S energy is outgoing and social. You will make new friends and renew old friendships. Positive seeds planted in your ONE personal year can resurface this year, as well as, any unfinished business; deal with it now and be done with it. If not, it will resurface again in the future. The many creative ideas and activities can cause you to feel scattered, stressed or emotionally tense; when this happened try meditating on grounding yourself with the green ray, use a green grounding stone or take a walk in nature. **COLOR: Yellow GEMSTONE: Citrine**

**The FOUR** personal year of Work and Career is a time to build strong foundations. Your success comes by applying your skills of origination and practicality. By **continue to page 10**

# *Astrology with Govinda*

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## Astrological Perspectives for January 2011 By Govinda

Edited by Janet Samadhi Rose  
2011

A Year of new beginnings and deepening spirituality. We are in the midst of profound transformations, upheavals and awakenings. This has been prophesized as The Mayan End Times, The Hopi Fifth World, The Turning of the Ages, the Ascension, The Great Awakening, and so on.

### FORECASTS FOR THE MONTH OF JANUARY 2011

*The following is a description of the cosmic energies that will affect you during this month. Remember, you always have free will to use these energies as you choose. If you know your Rising (Ascendant) Sign, you may apply the information for that sign as well as your Sun Sign. The specific dates given are accurate, give or take a day:*

**ARIES:** The Planet Jupiter transits you sign from January 22nd thru June 3rd, 2011—you are likely to feel an increase in self-confidence and optimism. Seek deeper meaning through meditation and introspection. Your intimate relationships and partnerships relationships require commitment, attention to details and absolute integrity. Anything less will not work. Career opportunities look good on January 2<sup>nd</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, and 13<sup>th</sup>. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**TAURUS:** In the year 2011, you can make great progress in your spirituality through the daily practice of meditation, contemplation and going inward with your mind. In January, workshops and seminars may empower your life and support personal success, especially on the 2<sup>rd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>. Your career and public reputation get a boost after January 19<sup>th</sup> take advantage of positive energies here on the 20<sup>th</sup>, 24<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**GEMINI:** January 22nd thru June 3rd is an auspicious time for expanding your horizons and increasing prosperity through your friendships, group associations and community activities. During the first 19 days of January, be sure to process all difficult emotions, which are coming up from your

unconscious to be healed. After January 19<sup>th</sup>, workshops, seminars and travel for the next 29 days will empower you. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**CANCER:** Beginning the last week of January, the year 2011 will bring positive opportunities for improving your career and public reputation. This is especially true if you take inspired, unique new approaches to serving humanitarian causes. These may include metaphysical and /or scientific activities.

In January, your social life, relationships and partnerships are a major focus for you. Take advantage of favorable energies to support positive expression and change in these relationships on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>. After the 19<sup>th</sup>, be sure to process the emotions that are coming up from your subconscious. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**LEO:** In the year 2011, travel, foreign cultures, workshops, seminars and higher education will favorably impact your health and work to enhance your understanding of why you are here. In January, powerful energies are active in the realms of health, work and service. You can make positive advances here on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>. After the 19<sup>th</sup>, your relationships, partnerships and public associations become more important. You can gain practical benefits from significant associations and partnerships on the 20<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> and 28<sup>th</sup>. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**VIRGO:** From January 22nd thru June 3rd, 2011, you may have opportunities to help others recognize their worthiness and support them in how to use their resources more effectively. During the first 19 days of January, your creative, artistic and romantic energies are heightened – take advantage of favorable energies here on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup>. Your health and work will benefit from spiritual, idealistic and alternative approaches combined with compassion for self and others. Be willing to delve deeply into understanding the underlying emotional causes of disease. Miracles are possible for you and for others (through you). You can make progress in your work, health and healing through

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**Metaphysical Research Society**  
 PO BOX 4061, Spokane, WA 99220 509-838-8155  
 7:30 PM 2nd Tuesday of month, 29th and Bernard.

**JANUARY 11, 2011**

**Membership Fee \$25.00 yearly**  
**First time at meeting FREE. \$5.00 each meeting after that.**



### Presentation on Medical Intuition

Introduction: Charles Lightwalker is a medical intuitive healer who lives in the Pacific Northwest. He can reveal not only your current state of health, but can also provide information regarding past health issues. This information can be gathered remotely, meaning regardless of physical proximity of client to practitioner. As a Medical Intuitive/Channeler/Intuitive Healer, Charles is able to provide holistic guidance to help restore strength and vitality to all areas of your life. His recommendations may include dietary and lifestyle changes, exercise and stress reduction techniques, progressive healing techniques, vitamin and mineral supplementation, herbal therapies, and referrals to other holistic health care providers & therapists depending on individual needs.

Disclaimer: Whatever your reason is for seeking a Medical Intuitive appointment with any Practitioner, do recognize fully that it is not the "be all and end all" of health service. Medical intuitive are not medical doctors. This means that they are not allowed, by law, to diagnose, treat, alleviate, mitigate, prevent or care for any disease of any kind, in anyway. If you have a health condition, it is important that you consult your primary care physician

International Association of Medical Intuitives or the I.A.M.I, is an educational & networking nonprofit organization, dedicated to enhancing public awareness of the benefits of using a medical intuitive. I.A.M.I is actively involved with promoting academic standards in educating medical Intuitives. I.A.M.I. is also involved in furthering the public perception and knowledge of medical Intuitives and their work in the medical community to promote responsible health care in the world.

How would I use a medical intuition scan? Most people seek a Medical Intuitive when they are trying to understand something that is going on with their body from a different angle. Many people have exhausted traditional and even holistic approaches in their attempt to get to the bottom of what is causing an imbalance in their body. Others are simply curious and want to get a portrait or another piece of the puzzle.

What is a Medical Intuitive? A Medical Intuitive is a psychic or intuitive counselor who specializes in perceiving information concerning the human body. A Medical Intuitive can energetically read the insides (organs, glands, blood, etc.) of our bodies.

What can a Medical Intuitive do? Medical Intuitive is one who has the gift of Clairvoyant Ability - to "see" into the physical and spiritual bodies of a person, in order to diagnose the cause of physical, emotional or even personal disease and difficulties.

How does this help and coordinate with doctors? Often times the Medical Intuitive will be able to explain the connection of the energy to an emotion or an event causing the illness. Intuited information can then be provided to the client's medical doctor and/or health care professional for further evaluation and discussion of possible treatments. Many medical Intuitives work with (or are) medical doctors themselves.

Can this replace the physicals we get from doctors? No. Although a Medical Intuitive can often see what a traditional examination may overlook a session with an Medical Intuitive is not recommended as a replacement for medical treatment.

What happens during an evaluation with a medical intuitive? During an evaluation, you will not experience any of the poking and prodding of traditional physical examinations nor will you experience any of the discomforts associated with conventional medical tests. Instead of labeling a disease or disorder, a medical intuitive may see inflammation in a body part, notice an imbalance in the functioning of an organ or gland, or validate a strong emotion that is impacting your health, but has been left unresolved for a long period of time.

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## Clay Uses - Clay Detox - EVERYBODY Needs To Do This!

The great majority of articles on detoxing and colon cleansing should be classified as colon cleansers themselves, because they will most certainly scare the poo right out of you! They explain how substances that are toxic to our bodies come at us from all directions: the air we breathe, the food we eat, the water we drink, the cleaning products we use, and the metabolic waste produced inside us. Studies have discovered various chemicals from our foods and environment that indicate man contributes 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. That's just the air! Add in the pesticides and toxins that are found in our water. Don't forget the chemicals that are routinely fed to the animals we eat, and the sprayed, preserved, and genetically altered plants we consume. And that doesn't even factor in the heavy metal poisoning that's occurring at a truly alarming rate - from the lead in our paint to the mercury in the fish we eat and the fillings in our teeth and everything in between. It's truly frightening. The reports are everywhere. You can spend weeks reading article after article, complete with pictures that will keep you awake at night. We, however, want you to rest easy. We have chosen, therefore, to concentrate on the benefits of detox - to emphasize the positive instead of beating you over the head with the all too prevalent negative. Granted, what we've done to our bodies and our environment is truly frightening, and the state of our digestive systems - and consequently our health in general - is nightmarish because of it. Enough said. Now, here's the good stuff!

### The Benefits of Detoxification

Science has shown that the effect of detoxification on our body's cells is nothing short of miraculous. The following is an excerpt from Natasha Lee's article "Could Detoxification be the Fountain of Youth?" "Dr. Alexis Carrel, of the Rockefeller Institute for Medical Research performed an amazing experiment in the early 1900's. He managed to sustain the life of cells from a chicken embryo by immersing it in a solution containing all the nutrients necessary for life and changing the solution daily. The cells took up nutrients from the nutrient-rich broth and excreted their wastes into the same solution. The only thing Dr. Carrel did each day was discard the old solution and replace it with fresh nutrient solution. The chicken cells lived for 29 years until one night Dr. Carrel's assistant forgot to change the polluted solution! We do not know how much longer the cell's life could have been maintained.

Dr. Carrel concluded at the end of his experiment

that the cell is actually immortal. It is merely the fluid in which it floats which degenerates. He is quoted saying "The cell is immortal, renew this fluid at intervals, give the cell something on which to feed and, so far as we know, the pulsation of life may go on forever." The average chicken lives about 7 years. His detoxified, properly nourished chicken cell lived for 29 years. It may be hard to believe that the body could live indefinitely; however, a similar level of vibrant health and life extension can be created in humans by following the obvious similar principal.

Every cell in our body excretes waste material which becomes toxic and poisonous to our bodies if we allow it to build up faster than we renew the fluid in which it floats. According to the above experiment, this is the cause of aging and degeneration. Factors such as "time" and ideas such as "that's just life" fade from the picture, with new data in view. The fact is, every 7 years we have a completely new set of bones, teeth, skin and hair. Logically, a person should be able to look and feel better than they did 7 years ago by changing and improving the way they take care of their own body as Dr. Carrel took care of his chicken cell.

Time alone is not a disease or poison, it is the toxins that accumulate with time that the body cannot withstand and so deteriorates from. In other words, time alone is not the cause of death. Poisons are the cause of death of life forms.

So, logically and from the above data by detoxifying your cells a person can freshen up and grow healthier and younger than they once were by practicing this principle. Periodically detoxifying the body, drinking lots of fresh water and staying smart on nutrition can appear to work miracles. Dr. Carrel however proved these amazing results are not miracles, just good science."

Kathryn Alexander, one of the leading experts in detoxification and dietary healing states it succinctly, "The legacy of 50 years exposure to persistent man-made chemicals combined with the denigration of the food chain has increased our susceptibility to chronic degenerative disease and cancer. Reversal can only come about by resolving these primary causes of disease. By releasing the toxic burden of the body and restoring its nutritional status, we can change our internal environment and achieve good health."

The most common symptom of auto-intoxication (self-poisoning caused by endogenous microorganisms, metabolic wastes, or other toxins produced within the body) is mental dullness and fatigue. Other common symptoms are headache, constipation, diarrhea, colds, general aches and pains, particularly up and down the spine and especially in the low back, skin problems, common infections (due to lowered immune-competence), morning sluggishness, gas, bad breath,  
**continue to page 16**

continue from page 6 number of the Month

remaining focused and disciplined you can accomplish many of your goals during this cycle. This is a good time to set goals, to make work and career changes. Achieve balance and financial security through practical application. Guard against becoming a workaholic. Enjoy the order and structure of the FOUR. The symbol of the FOUR is the square, At times, you may feel boxed in, restricted or stifled. When this happens take time to meditate on the symbol and visualize a window of expansion. Make only necessary change; don't make change for change sake. **COLOR: Green.**

**GEMSTONES: malachite Jade**

**The FIVE** is a year of Personal Freedom. Expect change in all aspects of your life; job, home, relationships. You will have a strong desire to create change in all aspects of your life but don't make impulsive or unnecessary change. Also be mindful not to make promises you can't keep not to hurt others, especially in matters of the heart. The many changes in your life may cause you to feel unsettled. Some changes will not be long lasting. **COLOR: Turquoise**  
**GEMSTONE: Turquoise**

**The SIX** year of Responsibility and Adjustments. You may need to pay extra attention to your home life to establish peace and harmony. This is a good time for home projects, especially those that make your home a more peaceful, harmonic environment. This is often a good year to buy, sell, or fix up your home. In a SIX year one often finds new romance, get married or engaged, on the flip side relationships can end. Financially speaking this is often a time of financial security. You may find others seeking you out for support or advice but don't interfere when not asked. **COLOR: Indigo.**  
**GEMSTONE: Sodalite**

**The SEVEN** year of Reflection is a time for introspection and review. More than any other year, this cycle demands attention to personal, mental and spiritual renewal; opening you to spiritual insights and inner awareness. It will be necessary for you to take time for yourself in solitude, rest, meditation, and health improvement. Nurture self. Renew the spirit. Make time for family outings, spend time with friends. It a perfect time for studying something new, to teach, research projects, and share your knowledge with others. This is not normally a time to begin new relationships or promote new business or for investments. One may prosper in a SEVEN year if it is not sought after. Your intuitive insights bring about added creativity. Trust the light within. **COLOR: Violet**  
**GEMSTONE: Amethyst**

**The EIGHT** year of Prosperity is a time for material and financial gain, business dealings, contract, investments, efficiency. You can experience new opportunities and advancements, obtained by using good

judgment. EIGHT'S balancing affect will bring new opportunities to repay old debts, accept them with gratitude. In turn, any old debts owed you will be repaid. This is a time to balance your spiritual and financial accounts, as well as, be open and receptive; the outcome will lead to career and financial prosperity. Be modest, arrogance will not be tolerated. EIGHT is the essence of Karma. **COLOR: Pink**  
**GEMSTONE: Rose Quartz.**

**The NINE** year of Accomplishment and Attainment. It is the end of a NINE year cycle, the time to tie up loose ends, especially those that no longer serve your highest good. Do not start any new projects; until your ONE personal year of New Beginnings. Settle within yourself any regrets or mistakes you made during the last NINE year cycle. Learn from them, forgive yourself, and resolve within self and move forward. Remember, our mistakes can bring great growth when we learn from them. Forgiveness of self means you will not have to repeat them. There is no judgment except what you carry. If you have lived the past eight years in spirit, good intentions, helped others when you could, and lived a positive life; your rewards can be bountiful, attainment, achievement, success, beauty. **COLOR: White**  
**GEMSTONE: Quartz.**

**The ELEVEN** Personal year of Intuition is a feminine vibration and a master number. It is the higher octave of the TWO. All master numbers are to be used for others, not self, to do so, invites failure. Success comes by demonstrating your ideals and putting them into action, especially in the spiritual realm. It can be a beneficial time to achieve personal goals, writing and artistic pursuits. Your intuition is heightened, be open to the angelic realms and your dreams. The messages you receive will enable you to help and inspire others. The high intensity of this vibration can, at times, cause you to be more emotional than normal. It is perfectly acceptable to revert to the TWO personal year vibration. You may also find yourself utilizing both vibrations. **COLOR: Silver**  
**GEMSTONE; Hematite**

**The TWENTY-TWO** year is the Master Builder, a time for inspiration and spiritual growth. Your success comes by maintaining your equilibrium, keeping your feet firmly planted on the ground while reaching for the heavens. You can realize your dreams and desires if you use this energy for the highest good of others. It is not to be used for personal gain, doing so, will lead to failure. The Master Builder TWENTY-TWO'S vibration belongs to humanity and has very little to personal concerns. If you are not ready to devote yourself to the betterment of others, it is best to revert to the base number of the personal year of FOUR. The spirituals highs are not as great but then neither are the lows when the energies are misused. It is much wiser to wait until you are ready. **COLOR: Gold**  
**GEMSTONE: Tiger-eye**



## Continued from page 1 Ascended Masters Numerology

soars high for the good of the world! The Phoenix rising is the sacred female fire bird, with brilliant red and gold plumage.

Originally, the Phoenix bird was identified by the Egyptians as a stork or heron bird called "bennu" which translates to: the knower from the book of the dead. The Phoenix rises from death of the old, to new life, carrying the egg of new birth within her. When she lays the sacred egg, the Sun God RA warms it into new life. She will lay the sacred egg this year at the appointed time...which is known only to her.

This morning I saw a beautiful Blue Heron one of the (symbols of the Phoenix mother bird of Egypt) fly out of the winter browned cat tail grasses by the pond where I live, which is now frozen. I was thrilled at the unexpected gift. My thoughts turned immediately to the symbol of the Phoenix bird of transformation, and new birth for myself and humanity!

As individuals we have a chance to fly as the Phoenix, and change ourselves into higher vibrating beings in this transformative year. Our psychic abilities will be enhanced. We can see right through people and their dark agendas. Let our idealism know no bounds as we work for regeneration and the re-building of values. We have limitless creative powers. Working together we can bring about change through peaceful acts and change the living standards of the world. Change is the basis of earthly manifestation. Release from the past is not easy, but release of the old is the renewal that brings the promise of fresh growth.

As an Esoteric Numerologist, I see 2011 as a 13/4 year. In numerology the master number eleven is never reduced to a 2. So I add up this year as 2+11, which is a 13/4 universal year. This equation means transformation. It is interesting to note that the number 13 is very sacred. There are the 12 disciples (astrological signs and months) with the SUN at the center. Jesus represents the Christ (son of light) and the central Sun of the universal consciousness. The number 13 is preserved in the measurements of the Great Pyramid! Expect new forms of being, and new life this year. And, perhaps more information about the mysteries of the pyramids will be found and released to the public.

Let us separate the numbers for this year for more understanding. The number 2 stands for balance and cooperation and/or a union with others. It symbolizes equal sharing and understanding. Two at its best is aware of the others point of view. It represents the union of polarities. The number 2 is feminine and masculine entwined. If these polarities do not come together with the ability to respect one another and cooperate together as one mind for the good of all, then we will still have power struggles and great misunderstandings. If we cannot rise above conflict then we will suffer the consequences as a mass, and individually as well, in even greater degrees than in the past.

The number 11 (the elevated 2) represents justice. It brings forth quick decisions that are usually presented legally. It represents fairness and honesty and balance. Teaching and education fall under this vibration along with growth for the good and welfare of all.

This 2011 year is a testing year. If we channel our energies positively we can accomplish much for the good of people everywhere. Master numbers offer master accomplishments through balance and cooperative efforts and the law of justice.

The 11 also represents Light. Expect some interesting things from the Sun and about electricity. Solar power may be harnessed in new ways. Light may be used in medical breakthroughs as well.

The vibration of the number eleven, is thought to rule the planet Neptune that brings spiritual revelations on the positive side of the coin and betrayal by secret enemies on the negative side. Eleven as the higher octave of the number 2 is the higher path that leads to spiritual awareness and higher knowledge. This vibration brings open mindedness, intuition, idealism and new visions. It also helps to balance the masculine and feminine polarities with-in and without. Women and men will endeavor to bring together the balance for equality. Women will begin to be more prominent in higher positions and roles, and be the bringers of wisdom and peace to the world...thus helping to re-balance the scales...where the masculine has ruled far too long, as a Mars warrior-ego energy. Now the more compassionate Goddess Venus energy becomes stronger as it comes to the front! This is when the great feathered Phoenix "She" says to her male counterpart, let us become one through the union of our hearts, and also in the yin and yang of our own beings. Let us create love, understanding and peace in the world as one!

### **ASCENDED MASTER SERAPIS BEY WILL OVERSEE THIS 4 YEAR**

*Serapis Bey is the keeper of the 4th cosmic ray. His color is white for the purification rite for the overcoming of the baser self. The Chakra he works with is the base (foundation) of the spine. His qualities are purity, joy and order, life energy as abundance in all forms, and discipline. Misuse of this energy is: disorder, chaos,*  
**continue to page 13**

## Continued from page 5 Plan B

Since the former-powers-that-be are trapped in ritualistic, even reptilian, thinking, they will re-run one of their previous hits, which is to say, expect another “gulf of Tonkin” incident. Only this time in the seas off of Korea, and considerably more violent. In fact, judging from our emotional quantifiers and the steady erosion of emotional tone sums within the FPTB (Former ThePowersThatBe) entity in our modelspace, they will likely have to pretty much totally destroy at least 1/one large, American carrier group in the Gulf Of Tonkin Incident, Part Deux.

Now please note. . .if you are ignorant of what the Gulf of Tonkin Incident is, and how it affected your life and the social fabric of the planet, you should go look it up now. We will wait till you get back....

Ok, she's back.

And now we have our cultural perspective, yes? The twisted humans that we all call minions, also known as scummy politicians, are being instructed by their masters, which include but are not limited to, the banksters, to “play” us all with a new war, and to do it NOW.

They will arrange for an “in your face” provocation to the North Koreans, that will NOT be visible to anyone other than the North Koreans. This will be their “problem statement”, that they anticipate will drive the North Koreans quite batshit, and they in turn will respond violently (as they have been trained by decades of trauma induced and planned by the old TPTB). The violent response is likely to be an unexpectedly sophisticated low flying missile attack on multiple ships in a carrier group. The attack, as tptw hope, would be devastatingly successful since the American fleet commanders are \*not\* aware that they are the sacrificial goats this time. The use of the word “goats” is quite specific as many of the upper echelon naval surface ship officers are masons (a secret society abhorrent to regular humans), and thus really should know better. But, probably they were out the day of the meeting and so were chosen to be the goat by everyone else. Yes, masons, I do know of what I speak and the mental image in your mind now is quite deliberate.

The resultant horrific destruction of ships and men, it is thought by the former-powers-that-be, would be enough to compensate, energetically, in sparking their global war. Will it?

You see, it is a question of energies, not only nuclear and armies of men and machines, but also of the energy of focused attention by humans. This is the woo-woo part in case you had not noticed. The focused concentration of all the planetary humans is now being directed to the stage play organized by a bunch of twisted/damaged minds around the traumatized Korean peoples. For them,

that is, the twisted f—kers who planned this, the situation \*appears\* to be a prime Plan B.

But, as any human knows, plans usually don't work out in manifesting universe, at least not as conceived inside the limitations of mind. To think otherwise is delusion. . .do not kid yourself.

So. . .what I am doing is to consider the problem of the Korean peoples not from the view being crafted by tptw and their loyal but stupid press minions, but rather to focus my attention on the whole production (getting my mind away from their narrow perception), and to consider the Korean peoples not as warring parties, but as a family of related humans, deeply traumatized by the insidious and hideous actions of a small group of power elite that behave as though they are not human.

Now then, what is to be done about Plan B? Well do not expect me to answer that question for you. There are thoughts I have, mainly of trying to heal the trauma state of the Koreans, and yes, some of the healing involves pie (if you don't get it by now, and can't smell the cinnamon wafting up in the warm scent of baked apples carried by the gently roasting wheat, then you seriously need to learn to bake). And yes, they, the thoughts are a good start, but obviously not enough. We live in the plane of matter condensed from the energy of universe. Some of the thoughts must express themselves on the material plane. . .thus this missive. Not a missile. Rather a string of words designed to excite other words in other minds until maybe, just maybe, within the storm of words, will arise the necessary vibrational harmonic that will begin the resonance that will derail Plan B.

We could tell the American navy guys, through their buddies in secret society criminal activities, the masons, that we know. But you can't warn them. . .that would probably be some kind of criminal act under the many constraining “laws” from the minions and tptw (the powers that were). But, we could express our sadness - to them, their families will find out soon enough so don't go adding to their up coming trauma and please stand by to aid and comfort all of the families of those who will be sacrificed for the political and banker welfare in this next new war. This needs to be treated with respect as these men and women will all soon be dead and deserve no less than our serious intent to preserve their lives, even if they think the wu-jo to be woo-woo, and their “mission” to be righteous. If you take their death and their mission seriously, and acknowledge their courage, even in the presence of the larger ignorance about their fate, then they may be reachable. Not that it would, or even could change much. Been there (military brat), so I understand the situation that traps these brave humans.

We could figure out a way to tell the Koreans that they are being “played by the elites”, but will they listen?  
**continue to page 14**

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*discouragement, greed, restriction, and impurity of thought and action.*

*Serapis Bey gives us a personal message that says, “It is time to depart from toxic situations. . . release yourselves. Conditions are ripe and perfect and the Universe supports you!” Serapis Bey is the helper that brings us into ascension. He is the bridge between Heaven and Earth.*

### **MOTHER MARY WILL BE ASSISTING SERAPIS BEY THIS YEAR**

*Mother Mary is the guardian of the 11<sup>th</sup> ray which is the higher octave of the 2<sup>nd</sup> ray. Her color is clear Aquamarine. She will be watching over everyone this year, but especially children and women. She is working to heal the heart of humanity and to instill a sense of balance in the actions between men and women and their families. Mother Mary offers us the sacred heart of bleeding love. Her qualities are, healing the wounded healer, and instilling love where love is not. The misuse of her loving energies by the ignorance of humanity are: Family abuse, the separation or non-union of the masculine and feminine, not honoring the feminine, and wounding the hearts of others.*

*Mother Mary gives us a personal message about nurturing. She says, “Balance your energies through giving and receiving. Nurture yourself and others in loving compassion. Open your hearts and live through your hearts.”*

*He is the bridge between Heaven and Earth.*

### **MOTHER MARY WILL BE ASSISTING SERAPIS BEY THIS YEAR**

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*Mother Mary gives us a personal message about*

*nurturing. She says, “Balance your energies through giving and receiving. Nurture yourself and others in loving compassion. Open your hearts and live through your hearts.”*

### **THE MONTH OF JANUARY IS REPRESENTED BY MASTER HILARION**

*Expect change! We are in a 4 year, and January is a number 1 month which equals 5.*

*Hilarion of the 5<sup>th</sup> cosmic ray gives us this message for January:*

*“Heal yourself and others through the power of your higher mind. Visualize a new uplifting vision for all of humanity and our planet.”*

*Let us take this 5 vibration deeper. We are in a 13/4 year so this means we are in a 14/5 month in January.*

*This just happens to be a very similar forecast as in the month of November in 2010 as numbers tend to repeat themselves periodically. (By the way all that is written below happened in November and flowed over into December.)*

*We can expect government and social issue changes along with repeated conflicts of interests. We find ourselves at a crossroads. Competitive situations continue to mount in politics, business and between countries as well. Anger may be high between certain nations, and political parties, so we need to find peaceful solutions to avoid more wars and social unrest, and political parties, so we need to find peaceful solutions to avoid more wars and social unrest, and economic strife. People want change. Temperance is needed.*

*Personally and collectively we need to slow down and re-think our choices.*

*We are now at a time of being tested by the universe with the choices we make...because we are at a critical point in our process of evolving. We must be diplomatic and consider many diverse points of view to get through our current challenges. Polar opposites need to blend. Master Hilarion stands by to assist us in our choices, however we must call upon him to help.*

**Namaste, and may you have a prosperous and Happy New year! Joy**

*For personal psychic readings, tarot, and/or numerology charts with yearly forecasts and more, please phone 509-844-7560 and/or visit Joy’s website at [www.joymcmahon.com](http://www.joymcmahon.com) for more information. You can also find out about her book “Ageless at 75” and learn how to be ageless at any age. Her book is available on Amazon and in local book stores in Spokane. Joy is also available for healing sessions and spiritual mentoring. (Editor: Joy wrote this on December 17, 2010 and some of the predictions have happened. *

**continued from page 12 Plan B**

Would they recognize the power that they have to step outside the paradigm being rapidly built to fence them in to a cage match? Would they, even if they understand the broader strategy employed against them, have the raw human courage to stand up and say, "I am human. I am courage personified. I fiercely fight for my family, my tribe, my country, my planet. I do not fight for profit and amusement for twisted minds. Your f—king war does not start with me." The Koreans that I know are such people as to say this. They are the Koreans of the Tae Kwon Do which is also an art of peace.

But I am open to suggestion. These are just my thoughts, what are yours?

If we don't do something, the obvious will continue. This Plan B does not suit me, how about you?  
clif

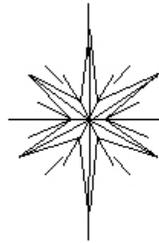
November 28, 2010

<http://www.halfpasthan.com/mastery.html>

**(Editors Notes:** What he is telling you is that we the people can change the outcome of the negative aspects that are being planned for our planet, people and animals. You are so much more than you think you are. When the author wrote this we were about to have our Korean experience with the missile being sent to the island held by S. Korea. It is amazing that this author picked up on what was going on with the different governments playing with these two countries.

Now think back to when the N. Koreans fired the missile and we were going to have an exercise with S. Korea with our Navy involving, big ships. Think how the press handled this affair. Much fear mongering going on. How much do you think the war machinery companies have to do with wars? Since they are part of our politicians, like our past Vice President owning one of the companies, which changes names, keep the same players and move them around, etc.

What this author is telling you is that WE CAN CHANGE THE OUTCOME. Read the article again and on page 5 the 4th paragraph towards the bottom of the paragraph he tells you about "directly focused consciousness". Read the rest again. It is exactly what we as metaphysicians' do. The outcome of the Korean exchange was changed. They will try again. As the author says, "concentrate on the people". We can send them loving energy, peace, joy, healing and understanding. Come up with other ways you want to help them. They have families that have been separated since the Korean war in the 50's. They have lost contact with part of their heritage and both sides have been fed different ideologies, although probably closer than we think. Our government is pretty good at making up stories.)



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**continued from page 4 Migraines**

The Netherlands with migraine 10,000 folks without migraines to spot differences. To check findings, researchers compared the genomes of a second group of more than 3,000 patients with more than 40,000 healthy people. While researchers say the discovery could lead to new therapies for migraines more studies are needed. 

**continued from page 15**

*lives in Priest River, Idaho and is available for consultations in person, by phone or through email.*

*You may contact Govinda at 208-448-2093 or email: [govinda@astrologywithgovinda.com](mailto:govinda@astrologywithgovinda.com)*

**Because we now have shorter pages than the old newspaper, I could not get all of the information that Govinda has for the year of 2011 for each sign. Go to his website to see the rest. He did a wonderful article for this month.**

[www.astrologywithgovinda.com](http://www.astrologywithgovinda.com) 

**WHAT YOU INVEST IN MENTALLY,**

**YOU BECOME**

continued from page 7 **Astrology**

beneficial energies available on the 2<sup>nd</sup>, 6<sup>th</sup>, 12<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup> and 30<sup>th</sup>. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**LIBRA: 2011 is a good year for expanding and improving your social life, intimate relationships and partnerships.** The month of January is a time to focus on your domestic and family relations – take advantage of helpful energies on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>. After the 19<sup>th</sup>, your creative and artistic energies are energized. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**SCORPIO: After January 22<sup>nd</sup>, 2011, your health and work will improve. This is especially true if you are willing to expand the scope of your approaches to include unique, unconventional and inspired possibilities.** During the first 19 days of January, mental activities, contracts, negotiations and travel are in the fore front and could strengthen your well-being – especially if you take advantage of helpful energies on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup>. After the 19<sup>th</sup>, your home and family will benefit from your creative attention. From January 1<sup>st</sup> thru February 3<sup>rd</sup>, transiting Venus blesses your self-esteem and ability to attract wealth. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**SAGITTARIUS: Your luck is improving in 2011. Speculations and playful, artistic and romantic endeavors will tend to work out in your favor from January 22<sup>nd</sup> thru June 3<sup>rd</sup>.** During the first 19 days of January, you may create and attract whatever you value the most. You may increase your material possessions, but be certain that they don't possess you. After the 19<sup>th</sup>, you may develop and express your mental capacity and understanding through travel, studies, writing and/or teaching. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**CAPRICORN: From January 22<sup>nd</sup> thru June 3<sup>rd</sup>, your living situation will improve as you choose for expanded possibilities and take advantage of positive living options.** In January, your vitality and charm are strong. It is good to reach out and connect with others. Take advantage of favorable influences that will support

your moving forward on projects the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>. After January 19<sup>th</sup>, financial matters are in focus for the remainder of the month. Take advantage of positive and prosperous energies on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**AQUARIUS: In the year 2011, from January 22<sup>nd</sup> thru June 3<sup>rd</sup>, you can achieve success and abundance through activities involving mental activities, teaching, publishing, contracts and travel.** During the first 19 days of January, it is important that you spend quality time alone in contemplation and meditation. Remember to do your emotional processes as emotions come up to be healed. After the 19<sup>th</sup>, your vitality and confidence improve. A Venus transit blesses your relationships with friends and groups from January 8<sup>th</sup> thru February 3<sup>rd</sup>. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

**PISCES: From January 22<sup>nd</sup> thru June 3<sup>rd</sup> 2011, you can expand your resources and finances by taking action with positive and optimistic perspectives.** During the first 19 days of January, you may have powerful experiences with your friends and group associations. You may benefit through favorable energies here on the 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup>. After January 19<sup>th</sup> thru February 18<sup>th</sup>, it is important to spend quality time in contemplation, meditation and introspection. Be certain to process any emotions that are coming into your awareness from your subconscious. Your finances look best on the 4<sup>th</sup>, 5<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Spiritual insights are most available to you on the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 30<sup>th</sup>.

*Note: If you would like a much more detailed and personalized reading of the cosmic energies affecting you now and, week-by-week, for the next 6, 9 or 12 months, you could benefit from a Current & Future Trends reading with Govinda. Or, for an overview of your life, and insights into your soul purpose and the energies your soul chose to develop and master during this lifetime, you may benefit from and enjoy a Life Reading. Govinda's emphasis is on helping you to recognize your strengths, master life challenges and develop personal happiness and wholeness. Please visit his website, [www.AstrologyWithGovinda.com](http://www.AstrologyWithGovinda.com) for more information about these readings and other services available.*

*Govinda Miller has over 37 years experience as a professional astrology and teacher of astrology and meditation. His writings on spiritual astrology have been published nationally and internationally. Govinda continue to page 14*

**“Clay Advantage” is a Rare living “Calcium Green Bentonite Clay” with Montmorillonite properties and a ph of 9.7. It absorbs, adsorbs, detoxifies and binds impurities, milled to a 325 screen mesh to provide a smooth, creamy powder texture. Our Clay is pure and 100% natural the way mother nature intended us to use it.**

### Calcium Bentonite/Montmorillonite Clay Analysis

All analysis performed on this mineral demonstrates that our unprocessed, natural clay is pure calcium bentonite/Montmorillonite, rich in trace minerals with primary anions of Magnesium, Calcium and Potassium. Independent laboratory studies have also concluded that this clay is free from pathogenic organisms and that in hydrated, colloidal form the clay inhibits the growth of staphylococcus aureus, including MRSA. ICP-Mass Spectrometry Analysis and Certification

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How does this "Energy Balance Hologram" pendant work? The Quantum Hologram is based on the idea of optimizing the body's natural energy flow. The hologram in this pendant is designed to resonate with and respond to the natural energy field of the body. If you've ever had someone run their balance tests on you, well, it's not hard to believe there's something going on there.

There are many companies that are putting hologram technology in clothing; Sanuk Sandals has inserted holograms into sandals. A brand called Levity in California is using them, A sailing company called Gastro puts them in all their jackets, because it completely stops seasickness and motion sickness. NASCAR drivers are using it. They're also finding it helps with focus and concentration. and now the US Military have begun integrating the tiny hologram into their clothing. The hologram is based on the reality of frequencies and that everything in life is vibration, in effect, is its own frequency just like a radio station is a frequency. The use of frequencies has been around for ages. It resonates with the frequency in your body similar to how you tune a guitar with a tuning fork.

### continued from page 9

foul-smelling stool, allergies, intolerance to fatty foods, premenstrual tension, breast soreness and tendency to repeated vaginal infections. The good news? Detoxification can relieve these symptoms!

### Using CLAY to Detox

So, how do we go about this detox business? The answer is simple - CLAY! But not just any clay. Only those clays within the smectite group have the ability to absorb as well as adsorb. This means that as the clay passes through your body, its negative ionic charge will draw to it anything with a positive charge (bacteria, viruses, toxins, etc.) and will remove them from your body. The clay adsorbs (positively charged particles are drawn to, and stick to its surface) and also absorbs these particles. The clay passes through your body, and the toxins are removed as waste. For this purpose, we highly recommend a pure Calcium Bentonite Clay.

Ran Knishinsky, author of The Clay Cure, is an advocate of eating or drinking clay daily. In his book, he states some of the benefits reported by people using liquid clay for a period of two to four weeks include: improved intestinal regularity; relief from chronic constipation, diarrhea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections. Clay works on the entire organism. No part of the body is left untouched by its healing energies.

We recommend taking clay daily to maintain a good, clean digestive system. Normal amounts for adults to take are as follows: Liquid Clay - 1 to 2 Ounces daily, Hydrated Clay - 1 to 2 Tablespoons daily. So, choose your method and stick with it! When taking clay internally, it is very important to keep the body hydrated by drinking 8 to 10 glasses of water daily. The water helps to soften and loosen impacted fecal material lining the walls of the small intestine and colon. This material is then absorbed by the clay and removed from the body through normal elimination.

To do a detox, however, higher doses are recommended. Take 3 ounces three times a day of the premix liquid for 4-6 weeks and then gradually reduce to 1-2 ounces a day for maintenance. And if you're taking any medication, it is recommended to wait 1-3 hours before ingesting clay, but please check with your physician, as medications vary in time release and content.

Getting Rid of Acne Once and For All! The BEST Internal Cleanser Clay Detox - EVERYBODY Needs to Do This! Parasite Removal—Yes, You Do Have Worms! How Eating Clay Can Help You Lose Weight Psoriasis and Eczema—Wipe Them Out with Clay

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## Diary of a Snow Shoveler

Author unknown

### December 8: 6:00 PM.

It started to snow. The first snow of the season and the wife and I took our cocktails and sat for hours by the window watching the huge soft flakes drift down from heaven. It looked like a Grandma Moses Print. So romantic we felt like newlyweds again. I love snow!

### December 9:

We woke to a beautiful blanket of crystal white snow covering every inch of the landscape. What a fantastic sight! Can there be a more lovely place in the Whole World? Moving here was the best idea I've ever had. Shoveled for the first time in years and felt like a boy again. I did both our driveway and the sidewalks. This afternoon the snowplow came along and covered up the sidewalks and closed in the driveway, so I got to shovel again. What a perfect life.

### December 12:

The sun has melted all our lovely snow. Such a disappointment. My neighbor tells me not to worry, we'll definitely have a white Christmas. No snow on Christmas would be awful! Bob says we'll have so much snow by the end of winter, that I'll never want to see snow again. I don't think that's possible. Bob is such a nice man I'm glad he's our neighbor.

### December 14:

Snow lovely snow! 8" last night. The temperature dropped to -20. The cold makes everything sparkle so. The wind took my breath away, but I warmed up by shoveling the driveway and sidewalks. This is the life! The snowplow came back this afternoon and buried everything again. I didn't realize I would have to do quite this much shoveling, but I'll certainly get back in shape this way. I wish I wouldn't huff and puff so.

### December 15:

20 inches forecast. Sold my van and bought a 4x4 Blazer. Bought snow tires for the wife's car and 2 extra shovels. Stocked the freezer. The wife wants a wood stove in case the electricity goes out. I think that's silly. We aren't in Alaska, after all.

### December 16:

Ice storm this morning. Fell on my ass on the ice in the driveway putting down salt. Hurt like hell. The wife laughed for an hour, which I think was very cruel.

### December 17:

Still way below freezing. Roads are too icy to go anywhere. Electricity was off for 5 hours. I had to pile the blankets on to stay warm. Nothing to do but stare at the wife and try not to irritate her. Guess I should've bought a wood stove, but won't admit it to her. God I hate it when she's right. I can't believe I'm freezing to death in my own living room.

### December 20:

Electricity's back on, but had another 14" of the damn stuff last night. More shoveling. Took all day. Goddamn snowplow came by twice. Tried to find a neighbor kid to shovel, but they said they're too busy playing hockey. I think they're lying. Called the only hardware store around to see about buying a snow blower and they're out. Might have another shipment in March. I think they're lying. Bob says I have to shovel or the city will have it done and bill me. I think he's lying.

### December 22:

Bob was right about a white Christmas because 13 more inches of the white shit fell today, and it's so cold it probably won't melt

till August. Took me 45 minutes to get all dressed up to go out to shovel and then I had to piss. By the time I got undressed, pissed and dressed again. I was too tired to shovel. Tried to hire Bob who has a plow on his truck for the rest of the winter; but he says he's too busy. I think the asshole is lying.

### December 23:

Only 2" of snow today. And it warmed up to 0o. The wife wanted me to decorate the front of the house this morning. What is she nuts!!! Why didn't she tell me to do that a month ago? She says she did but I think she's lying.

### December 24:

6". Snow packed so hard by snowplow, I broke the shovel. Thought I was having a heart attack. If I ever catch the son of a bitch who drives that snowplow, I'll drag him through the snow by his balls. I know he hides around the corner and waits for me to finish shoveling and then he comes down the street at a 100 miles an hour and throws snow all over where I've just been! Tonight the wife wanted me to sing Christmas Carols with her and open our presents, but I was busy watching for the goddamn snowplow.

### December 25:

Merry Christmas. 20 more inches of the !=3D@x@!x!x1 slop tonight. Snowed in. The idea of shoveling makes my blood boil. God I hate the snow! Then the snowplow driver came by asking for a donation and I hit him over the head with my shovel. The wife says I have a bad attitude. I think she's an idiot. If I have to watch "It's a Wonderful Life" one more time, I'm going to kill her.

### December 26:

Still snowed in. Why the hell did I ever move here? It was all HER idea. She's really getting on my nerves.

### December 27:

Temperature dropped to -30o and the pipes froze.

### December 28:

Warmed up to above -50. Still snowed in. THE BITCH is driving me crazy!!!!

### December 29:

10 more inches. Bob says I have to shovel the roof or it could cave in. That's the silliest thing I ever heard. How dumb does he think I am?

### December 30:

Roof caved in. The snow plow driver is suing me for a million dollars. The wife went home to her mother. 9" predicted.

### December 31:

Set fire to what's left of the house. No more shoveling.

### January 8:

I feel so good. I just love those little white pills they keep giving me. Why am I tied to the bed?

In most of the country we have had snow and I think it is beautiful but can be a lot of work.

I put this in to make you laugh. I laugh every time I read it. My husband thinks it funny but not as funny as he did before we had continuous snow for a while. He did get the snow blower working this year. Thanks you GOD!!



# Top 10 genetic findings of 2010

by [Boonsri Dickinson](#) | Jan, 2011

If you're looking for health insight, look no further than consumer DNA testing.

Well...it might not tell you how long you will live or if you will certainly develop a disease, but spitting out some saliva in hopes of learning some genetic information can offer some clues into your personal health - and even reveal some genetic findings that end up as real scientific research.

That's according to a roundup by genetic testing outfit [23andMe](#), which is based on 2010 genetic data from its customers and information taken from existing scientific research.

This is how their DNA service works: customers send in spit, 23andMe sends the spit to a lab to sequence the genome to look for mutations and then makes sense of all the data and then provides the customers with a personal readout of their DNA. Think about it as Facebook for your genes: when new studies are published that match your DNA, you get an update in your "personal" Health and Traits report. DNA testing reveals mutations called single nucleotide polymorphisms (SNPs, or common genetic variants).

So here are 23andMe's [top 10 genetic findings](#) of 2010:

1. **Body shape.** Does your body look more like [an apple or a pear](#)? The good news: Pears have it better. The bad news: People who are apple-shaped (with fat around their middle area) have a greater risk of developing heart disease and type 2 diabetes. And genetics plays a big role in body fat distribution, especially for women.
2. **Childhood asthma.** In the future, new treatments for asthma might help seven million children suffering from the childhood disease breathe a little easier. In two separate studies, researchers found genetic variants associated with the risk for childhood asthma.
3. **Rheumatoid arthritis.** This common autoimmune disease is caused by genetic and environmental factors, but a few studies published in *Nature Genetics* identified a few variants that might influence the risk of de-

veloping rheumatoid arthritis. In one study, the same variant that affected rheumatoid arthritis has some role in Crohn's disease.

4. **Insight into Alzheimer's disease.** According to 23andMe, "Until very recently, mutations in only one gene—APOE—had been conclusively associated with the more common late-onset form of Alzheimer's (there are other mutations associated with early-onset, familial Alzheimer's disease). In the last few years, however, research groups studying large numbers of people have identified variants in several new genes with small effects on the disease."
5. **Personalizing treatment.** In truth, drugs don't work the same in you as they might in others. 23andMe came out with a Drug Response report that can tell customers how they will respond to medications, how sensitive they are and if they will experience toxic effects. Think about the drug, Warfarin, a blood thinner. The drug now has a label on it saying that two gene variants, CYP2C9 and VKORC1, can affect the dose of the medication.
6. **Geri-Boomers lifespan.** Not sure why this one made the list, but 23andMe says any study claiming to have found genes associated with longevity are too good to be true. 23andMe complained about a paper published in *Science* that claimed to have found genes associated with living past the age of 100 and the scientists said they could predict if people had genes for longevity.
7. **First tooth moment.** Forget when your baby starts to talk, it's important to note when the baby's first tooth grew-in and how many teeth the baby had at age one. The scientists said that, "the discoveries of genetic and environmental determinants of human development will help us to understand the development of many disorders which appear later in life. We hope also that these discoveries will increase knowledge about why fetal growth seems to be such an important factor in the development of many chronic diseases."
8. **Your cousin, the Neanderthal.** There is genetic evidence that suggests humans and Neanderthals interbred. Eww. No doubt, our genes provide a unique look into our distant

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past. For instance, researchers figured out the genetic makeup of a man called Inuk, who is a human that walked the earth 4,000 years ago. Now, customers can actually log into their profile and compare their genes to Inuk's. I haven't done this, but I have checked my profile for genetic variants linked to blood type, earwax and BMI.

9. **Latino genetic ancestry.** Researchers found that Latino populations have very different genetic variations. People in Ecuador and Colombia are of mostly European and Native American roots. But people in Puerto Rico and the Dominican Republic have a lot of African ancestry.
10. **Web-based research is okay.** 23andMe published its first peer-reviewed scientific study in PLoS Genetics, claiming that customers can self-report their data just as well as trained scientists can.

A side note: I was one of the first people to send my DNA for 23andMe to interpret.

I am starting to meet more people who have gotten their DNA tested. You can now scratch your head over this: a Smartphone or order a DNA test online, as they have come into the same price range.

Harvard geneticist George Church once told me, "I suspect everyone who wants to have their genome sequenced could have it done in the next few years. It depends on the complexity of the social interactions. Even if the price is right, it depends on who else is getting their genome sequenced. If celebrities do it, then it will become a fad and will be accepted more quickly."

Just because the price of sequencing is dropping, it doesn't mean you'll learn useful information about yourself. The meaning of your genetic code depends on how it is read—and what you look for. And not everything can be found in these common variants, which is what 23andMe looks for.

Church said: One thing that they might do, is try to interpret the data the same way they did for companies like 23andMe and focus on common variants.

The real story is in the rare alleles. One in ten percent of us are very affected by these, and the sequencing tests reveal them as long as we are looking for them. Almost all common diseases have a rare allele component to it. What happened before is that we went through a fad. Scientists were looking where the light was in the common variants and they mostly ignored rare alleles.

The company, Knome, can test for all 1,800 genes that have known medically actionable rare alleles. While every gene has rare alleles, a lot don't have an impact. Clinical geneticists order these tests of rare alleles that have large and well-known impacts all the time, but just one or two tests at a time because it is so expensive. That's going to change. 

## Aromatherapy Oils & Their Healing Abilities

Have you ever had the opportunity to use aromatherapy oils and feel the vibration of the oils. Many years ago I met a lady that was using the oils and she invited me to go to a meeting with her. Gary Young was teaching classes on how to use the oils and how to mix them together. I was hooked and went to many meetings and started using the oils. Gary formed the Young Living Essential Oils here in Spokane, WA.

Computers were new to most people and there was not a lot of research on the computer on oils from this country. France and England had articles and Gary had gone to Europe and had done extensive research. He even had different herbs he was experimenting with to see how they would work for the body in their healing ability. I found one of those bottles the other day, Helichrysum, still had some in it. The frequency of this oil is 181.

We now have someone in the Spokane area again that is teaching classes on Aromatherapy Oils, how to use them, mix them and is offering a book, "The Gentle Art of Aromatherapy" by Serna LaSol and this will be part of the Class. Serna uses many oils.

### Aromatherapy Class

By Serna LaSol

January 29th 10—2pm

\$75.00

Learn about the makeup of oils, how to make different combinations, and much more.

"*The Gentle Art of Aromatherapy*" by Serna LaSol is included in the class.

**Aromatherapy Essential Oils Class is limited to 8 people.**

**509-389-0927**

# Scientific Research

## Scientists clone a human virus known to cause life-threatening illnesses

by Boonsri Dickinson

The human cytomegalovirus (HCMV) can be a deadly problem in people with HIV/AIDs or in transplant patients. Welsh scientists cloned the HCMV human virus. This cloned virus could open up a range of treatment options. Before this, scientists had a hard time replicating the HCMV outside the human body. Well, the virus' genome was so large it was hard to replicate.

To get around this issue, the scientists isolated the troublesome region of the virus and developed cells to grow the virus. Specifically, RL13 is thought to be the main inhibitor of replication. Being able to clone a virus will allow scientists to develop antivirals and vaccines against the virus. The fact that the researchers could clone the virus outside the body gives hope for new treatment options. HCMV is the highest priority vaccine that the US Institute of Medicine wants to tackle, as the virus is the major cause of congenital malformations in the world.

## Cloned Meat May Already Have Invaded Our Food Supply, Posing Alarming Health Risks

It's just a matter of time before we are eating clones, if we are not eating them now.

When Canadian agricultural leaders asked Agriculture Secretary Tom Vilsack last week after a scandal about unlabeled clone products in Europe if "cloned cows or their offspring have made it into the North American food supply," he said, "I can't say today that I can answer your question in an affirmative or negative way. I don't know."

And when AlterNet asked the USDA this week if cloned products are already in the food supply, a spokesman said the department was "not aware of an instance where product from an animal clone has entered the food supply" thanks to a "voluntary moratorium"-- but that offspring of clones, at the heart of the Europe scandal, "are not clones and are therefore not included" in the voluntary moratorium.

Sounds like Europe is not the only place eating milk and meat from unlabeled clone offspring. In fact, the BBC, UK newspapers and even a US grocer all report that US consumers are digging into clone food, whether or not they know it. Like bovine growth hormone and Roundup Ready crops, the government says clone products are so safe they don't need to be labeled. But the 2008 FDA report (PDF), Animal Cloning: A Risk Assessment and a report from the European Food Safety Authority released at the same time, raise questions about the health of cloned animals, the safety of their milk and meat and even the soundness of the clone process itself.

To clone an animal, "scientists start with a piece of ear skin and mince it up in a lab. Then they induce the cells to divide in a culture dish until they forget they are skin cells and regain their ability to express all of their genes," writes the Los Angeles Times' Karen Kaplan. "Meanwhile, the nucleus

is removed from a donor egg and placed next to a skin cell. Both are zapped with a tiny electric shock, and if all goes well the egg grows into a genetic copy of the original animal."

So far so good except that it turns out many clones lack the ability to "reprogram the somatic nucleus of the donor to the state of a fertilized zygote," says the FDA report and be the perfect replica a clone is supposed to be.

The reprogramming problem, called epigenetic dysregulation, means many clones—some say 90 percent—are born with deformities, enlarged umbilical cords, respiratory distress, heart and intestine problems and Large Offspring Syndrome, the latter often killing the clone and its "mother," the surrogate dam. Clones that survive epigenetic dysregulation often require surgery, oxygen and transfusions at birth, eat insatiably but do not necessarily gain weight and fail to maintain normal temperatures, admits the report.

While denying that such dysregulation is endemic to cloning, the FDA report nonetheless reassures readers that "residual epigenetic reprogramming errors that could persist" in clones will "reset" over time. The errors will also "reset" in offspring who, though "the same as any other sexually-reproduced animals," may nonetheless have them. Oops.

## “Soon you will know . . . a new spirit of hope is entering the Earth”

The world has had enough. . .of hunger; injustice and war. In answer to our call for help, MAITREYA, the World Teacher for all humanity, is now here..

- ◆ Maitreya creates miracles worldwide to capture our attention, and speaks the Truth behind all spiritual traditions.
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- ◆ He will soon be interviewed on international television and will invite all men and women of goodwill to join with him in the great work of planetary restoration.

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# WebSites Of Interest

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## Energy Medicine for Women

### Ancient Energy Techniques that Help Bring Complete Health and Balance to the Female Body

**Editors Notes:** I took several of Donnas classes when she came to Spokane several times some years back and I still use those tips today. They were so simple and so easy to do and easy to remember. I found some of them on videos and will share with you. Enjoy her website also. <http://www.innersource.net/em/>

Donna Enden 5-minute Energy Routine

<http://www.youtube.com/watch?v=gffKhtrRw4&feature=related>

When you watch this video there will be a list under the video of other videos. They are all very informative and easy to do. Donna is one of the few energy teachers that makes it so simple and easy. You can feel her energy flowing.

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**This Health site is filled with health information in various forms.**

**UPDATE Sites are being updated.**

<http://www.elementsofhealth.webs.com>

**The videos on Vibrational Sound is a must. They are in different hertz frequency for different things.**

<http://www.elementsofvibrations.webs.com>

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## HISTORY CHANNEL Ancient Aliens

[www.disclose.tv/action/viewvideo/63169/Ancient\\_Aliens\\_Unexplained\\_Structures\\_pt\\_1\\_3/](http://www.disclose.tv/action/viewvideo/63169/Ancient_Aliens_Unexplained_Structures_pt_1_3/)

[www.disclose.tv/action/viewvideo/63170/Ancient\\_Aliens\\_Unexplained\\_Structures\\_pt\\_2\\_3/](http://www.disclose.tv/action/viewvideo/63170/Ancient_Aliens_Unexplained_Structures_pt_2_3/)

[www.disclose.tv/action/viewvideo/63171/Ancient\\_Aliens\\_Unexplained\\_Structures\\_pt\\_3\\_3/](http://www.disclose.tv/action/viewvideo/63171/Ancient_Aliens_Unexplained_Structures_pt_3_3/)

**The history channel is doing some programs that take in Ancient Aliens plus many more places you can view on their web video pages.**

[www.history.com/shows/ancient-aliens/articles/ancient-alien-theory](http://www.history.com/shows/ancient-aliens/articles/ancient-alien-theory)

**History Channel January programs:**

*Mysterious Places* Wed Jan 26, 8/7 central time

*Chariots, Gods & Beyond*, Wed Jan 26, 9/8 central time.

**I found on Disclose.tv that when trying to go to another video and clicked on the ones on the right side of the screen, it went to an ad. Click off that and go to underneath the video and to the list there.**