

Hospitals and medical research labs are the third largest source of "low-level" nuclear waste. Military, and power plants are first, and second. (World Watch, April 1992). The nuclear waste generated by hospitals will exist five times longer than written human history.

Iatrogenic disease is disease caused by hospitals, and doctors. Side effects of drugs alone put 1.6 million people a year in the hospital, and kill 160,000 of them (Levine and Weiner, Medicine on Trial 1988).

take charge of your own life my friends. Herb gathering has become a part of my life. I learned from my beloved native Grandmother (and Mother) the Chief, and different tribes of plant life. The personality of the plant, or the Doctrine of Signatures that signifies or indicates the medicinal usage. The "like treats like" of homeopathy. Four semesters of botany in college under the watchful eye of one of the discoverers of natural cortisone reaffirmed my belief that plants and trees heal and teach.

If a tree is being attacked by insects, it will send out a warning or distress signal to the species in its area. They in turn will increase their protective shield--their endorphine level is raised. spirit dwells in all.

The magnificent oak in the front yard has endured stress, water, and food shortages, insect invasion, and wounds. The scars are visible, but it has recorded over 200 years of changing seasons, and sheltered many a four legged, winged, and reptile in its mammoth arms, now pitted with holes, here, and there. Yet, Grandmother continually produced offspring until the earth changes stepped up the level of unusual weather these last two years.

As I stand under her glorious, and welcome shade, I wonder what the future holds in store. Grandmother Oak is an excellent role model to follow.

The sign of the shaman, or Medicine Woman is a tree of life. Branches reach to the star worlds and heavens above, trunk in the middle world of earth life, and roots firmly anchored in the lower world of Earth Mother, and her spirit. Tree records all that happens and passes it along on the winds. She bends. She endures.

I must remember to always begin each new day with the grace, and beauty she displays. Live in the magic of Now, and truly listen, and hear the Music, and Voices of the Winds.... Be responsible for yourselves my friends. Keep your power. The four planes of spirit, and the three heavens are not that far away. Remember, the seventh generation is here, and the eagle's seventh whistle is close at hand. "And when he had opened the 7th seal, there was silence in heaven about the space of half an hour. Revelations 8:1.

We are all rainbow warriors, children of our Mother Earth, and the stars beyond. Think positive thoughts to keep the magnetic frequency pure.

The dewberries, and blackberries are now but a tasty memory. The grapes are due shortly. The wrens are nesting for the second generation of 1993 offspring. The cardinals, and mockingbirds are singing, and the wood thrush brings peace to dusk, with his haunting melody. Swaying trees, lavender horsemint, and golden yellow black eyed susans glorify the fields with their presence, as they