

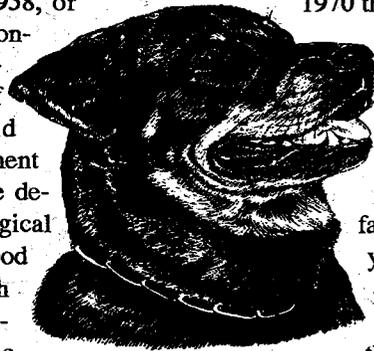
Vol. 5, No. 4, Spring, 1994

LONGEVITY CIRCUIT

The quarterly newsletter dedicated to perpetuating techniques which contribute to a longevity lifestyle. **PLEASE SEND YOUR DONATION TO: P.O. BOX 9624, SANTA FE, N.M. 87504.** Phone (505)983/5911.

CURRENT TRENDS

The Dog: that is this year's animal for the Chinese New Year and if you were born in 1934, 1946, 1958, or definitely your year. Confident, he's loyal, affectionate and prosperous (pets are treated well); but if neglected, defensive and is political with movement thus a year for change and activity. Western astrological trends so this is a good year to broaden your approach values to solve material-



1970 then you are a Dog and this is the dog: he's man's best friend, he's loyal, affectionate and prosperous (pets unattended to, he's forbidding-threatening. The Dog Year toward the liberal side and spite all the worries and negative factors this year meld with these year to loosen up a bit and to life by bringing in spiritual issues.

Walking into this new year with the dog is Saturn in Pisces (♄ ♋). We had our first peek at this new energy back in June and July. Coming events cast a shadow so revive that time in your memory in order to get a glimpse of how this next 2 1/2 year ♄ cycle will be for you. Saturn (♄), the planet of structure, form, Karma or fate, will be infused with the energy of Pisces (♋) relating to self-healing, secret enemies, healing and meditation, to name a few. We will be able to choose

(Cont. on page 4)

TIME vs. TIMING or The Next 4 Minutes

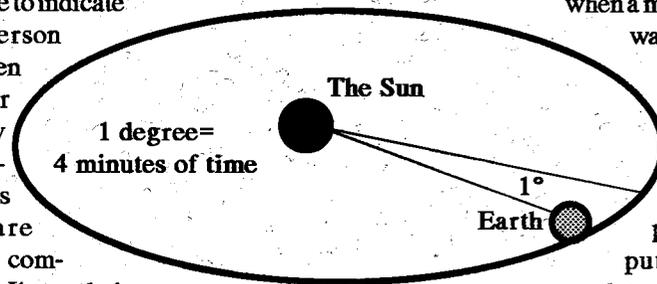
The timing of the daily events in your life is the evidence that Creative Intelligence is in charge of your existence."

Adano C. Ley

TIME AS MOTION

Astrology is the science of bad timing. And as long as we feel victimized by our lives (read astrology) then we know we are not living synchronously within time. Every four minutes, the earth moves one more degree around the sun indicating that time is based on movement (the atomic clock in Washington, our national time standard, defines a second as 9,192,631,770 "vibrations" of a cesium atom). It all sounds very absolute. Yet Einstein pointed out that one minute with a beautiful girl seems like a second, while one minute sitting on a hot stove seems like an eternity.

Do you remember the old Art Linkletter show in which Art challenged a person in the audience to indicate when a minute was up while the person was being interviewed? When you are or psychologically in-time becomes relative. When we are playing a game on the computer, "time crawls." When I'm updating my data base, "time stands still," "we'll be there in a sec," "I haven't got any time," "I've got too much time on my hands," "time out," "I'll call you back in 5 minutes," "Have you got a minute?" all mean different things to different people.



Yet we know that time is motion. You hear a lot of people saying that time has speeded up. It certainly feels that way. Life is extraordinarily full and intense these days.

(Cont. next page)

Time vs. Timing



None of us have time to process, to reach a plateau of growth and enjoy it anymore. We are constantly going from one crisis, change, or evolutionary step to the next.

TIME AS INTENSITY

Is there any basis for this? Yes, in the planetary *motion* of Pluto. This tiny but dense planet which normally inhabits the farthest orbit around the Sun has an unorthodox ellipse for an orbit. It has recently reached perihelion (point closest to the Sun) in its path around the Solar system. When this happens, Pluto is actually inside the orbit of Neptune and catapults around the Sun like the tail of a whip, doubling its usual speed. When Pluto was in Taurus in the 1800s, it took 35 years to go through that constellation, yet in 1983 Pluto entered Scorpio, the opposite sign from Taurus, and will have travelled through it by November 1995, a mere 12 years!

Stop and think about your life in those last 12 years and you will find a lot of descriptions of Pluto's activities. Look at the upheavals, intensity, exposure of hidden things, sexual encounters both negative and positive, transformation, deaths and births, illness from cells that eat you, money problems and solutions, shared experiences and responsibilities. Look at the political issues (almost every one is Plutonian): aids, abortion, right to die, political corruption, and the overthrow of countries, institutions, and large businesses. Out with the old, in with the new, you might say.

If you live in the city or are people-centered you will have probably noticed the change in pace (time) more than people who are agrarian-centered. There is a certain protection that comes from isolation but even this is changing as the city comes to the country bringing all the Plutonian issues of change with it.

Pluto has killed, once and for all, monastic consciousness and the Piscean age of renunciation. It is transforming us to experience the little death, the invisible ranges and the merging with the totality of all existence. If relativity of time is dependent on our emotional and psychological attitude, its no wonder that Pluto makes us feel time is going by quicker. We *are* doing more, feeling more.

TIME AS SEPARATENESS

Maybe the ultimate use of time is to allow us the illusion of separateness. When you believe in reincarnation you believe in time with a past, a present and a future; but when you experience multidimensional personality there is

only now. If you're reading a wonderful book, you want it to last forever; if you're at the dentist, you want it to be over yesterday. We want to live forever, yet the Great Ones tell us there is only Now. We equate immortality with endless time in the body, yet Enlightenment tells us the totality of all existence is in this very moment. Gangaji says, "You don't have to do anything; but realize That which you have now."

Adano once mentioned to everyone in the room that everyone present could be Christ realized now. Yogananda chanted, "Will my days fly away with out seeing thee, My Lord?" So time is not only motion, it's also separateness. The heart stops, or time stops at the moment of seeing the beloved, of merging at least temporarily. Time also stops in suspended animation, being in the Delta brain level state, merging with one's higher Self. Living in the now is conscious awareness, the place of no stress, the awareness that we all share the same common denominator, as C G Jung says.

TIMING IS MORE ACCURATE THAN TIME.

Clocks may be wrong, but good timing never is. Another favorite expression of Adano Ley's, when you were running late for an important meeting, was, "I'll be on time, they'll be late!" And according to the eye witness report of a friend of mine, once when Adano was almost a day late starting a cross country trip to New York to meet an airplane, he still arrived on time because he made all the traffic lights! And how many times have you walked in the door just as the phone begins ringing?

SO WHAT IS TIMING?

Timing is a Xerox machine, your car, being in the right place at the right time for the right experience, Solar nutrition, coincidences, Jung's idea of synchronicity.

Time is an illusion, timing is reality. In a learning research project conducted by Jean Houston, Jean used artists in an experiment to draw a tree under several different conditions. The control group was told they only had five minutes to draw a tree. The results were crude and hurried. The other group was put in a trance state and not told the time allotted to draw a tree but they were stopped after five minutes. They produced exceptionally detailed work. One of the Peter Principles is "the time it takes to complete a job is equal to the time available."

HOW CAN YOU IMPROVE YOUR TIMING?

- Develop your intuition.
- Observe your environment.
- Eat Solar.
- Live in the moment.
- Relax, "go with the flow."
- Heal your childhood traumas.

BREATHEBREATHE



LOOK! HERBS FOR HEALTH

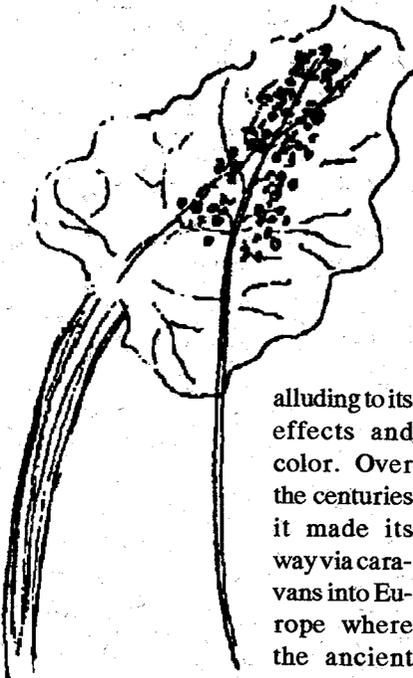
Janet Snowden, L.Ac. O.M.D. brings another readily available herb to enhance your longevity lifestyle and a line drawing to aid in its identification. For more information, write to Jan at P.O. Box 1731, Silver City, New Mexico, 88062 or call her at (505)388-5288.

RHUBARB

Rheum palmatum, of the Buckwheat Family *Polygonaceae*, Rhubarb, the perennial internal "spring cleaner," is once again in season and may be popping up in your gardens or appearing in the produce section of your grocery store. What seem to be the thick reddish "stems" of this plant are technically succulent petioles. Buy some and try...

Its origins are in the cool mountain grasslands and forests of Tibet and Northwest China where it has been used medicinally since 2700 B.C.

The orientals called the root *Da Huang* meaning "Big Yellow",



alluding to its effects and color. Over the centuries it made its way via caravans into Europe where the ancient Greeks

named it Rheo or Rha, meaning "to flow."

In the 1600s the Russians set up a "Rhubarb Office" on the Siberian-Mongolian border for the purpose of trade; it was the only official trade post

open from China to the West besides the port of Canton in the south. The commission's reputation for importing superior quality rhubarb was well known and it managed to maintain this exclusive monopoly for well over a century.

But by the 1800s China had opened the rest of her ports to the West and the Rhubarb Office was abolished and with the lack of trade regulations, rhubarb export quality was found to be deteriorated or adulterated. The Europeans were forced to cultivate their own plants, and the English managed to do so with great success.

The garden variety, *Rheum rhabarbarum*, is what we are most familiar with in the West, and the petioles (or stems), sour in flavor, are the most commonly used part of the plant. The large leaves are considered to be quite toxic and are discarded while the dried processed root is employed for medicinal purposes.

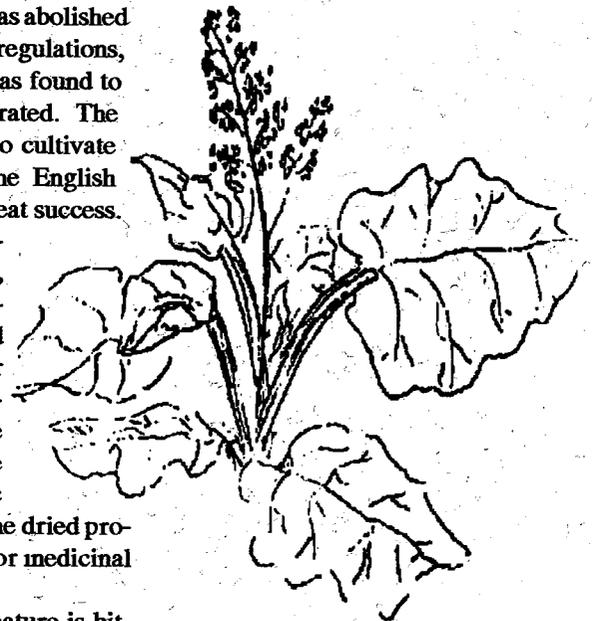
Rhubarb root's nature is bitter and cold; its action is paradoxical according to how low or high the dosage. It contains tannins which in small amounts have an astringent effect and relieve diarrhea; in large amounts its anthraquinones or purgative components outweigh the tannins and create a laxative effect.

By increasing the secretion of bile and gastric juices, it rids the intestines of stagnation and toxins which tend to accumulate during the winter months. It invigorates blood circulation with its downward energy targeting abdominal congestion, and as a diuretic it draws excess water accumulation down and out.

Because of its antifungal and antibacterial properties and cold nature, it is applied externally to treat a

variety of inflammatory skin conditions: a paste is made with the powered root combined with water or aloe vera gel; the petiole tea would be a complementary internal supplement to this treatment.

Other rhubarb constituents in-



clude iron, magnesium, vitamins B and C, and oxalic, gallic, and cinnamic acids. Because of the high percentage of oxalates it is contraindicated for use with a "gouty" constitution or a proneness to urinary or renal calculi; nor is it advisable for women to take it during menses, pregnancy, or breast feeding.

For first time users, try the petioles which are mildest and safest and may be purchased fresh or frozen from the grocer. It may be prepared as a simple stew or dessert with honey or concocted into jams, pies, wines and liqueurs. An old cookbook from your grandmother's kitchen might introduce you to some delicious and healthy new recipes.

CURRENT TRENDS, cont.

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

depression, isolation, illnesses due to avoidance or addiction, or commitment to inner growth and completing Karmic tasks that have been left unattended. We may become paranoid and defensive; and hidden things or things from the past may come home to roost or come to the surface. However, there is also the opportunity to understand the importance of service, to balance materialism with one's spiritual principles, and to commit to or further one's wholistic growth. Physically you may find that you don't respond to medications in a typical way or that an illness may be hard to diagnose or misdiagnosed.

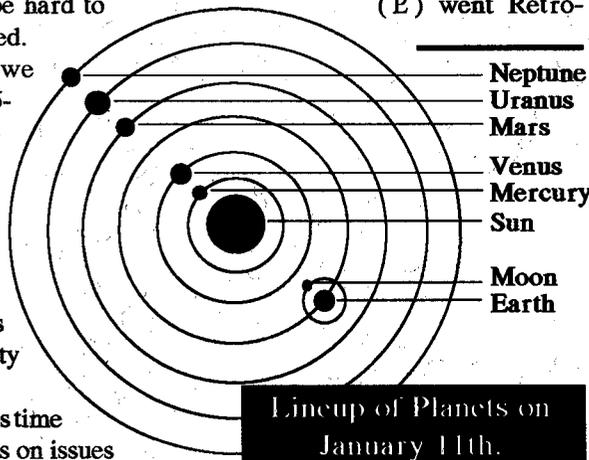
Historically we find that the ♃/♁ in 1935-37 brought the Social Security Act and big gains in the labor union movement. Again, 30 years ago in 1964-67, there were the Watts riots; and the Civil Rights Bill and the Water Quality Act were passed.

Similarly, in this time frame expect more focus on issues relating to the underdog or disenfranchised; oil and gas, pollution and problems with fish and other foodstuffs that come from the sea or rivers. There will be continuing issues around drugs and self-medication as we watch the battle between the wholistic "healers" v. the drug and medical cartels. We may make headway in the grassroots movement but it will be unorganized and wishy-washy until pushed to its limits. Recreational drugs will continue to be a source of conflict in terms of handling the problem nationally: whether to use education or incarceration as correction.

Spring comes on Sunday, March 20 at 1:28 P.M. MST. And an early Easter season follows with the full moon on the next Sunday with Palm Sunday and Passover. Both Passover and Easter are based on the astrological calendar: the former begins on

the first full moon after the vernal equinox, while Easter is the following Sunday, April 3rd. It's another Ancient festival honoring equal days and equal nights: the love of light in an otherwise dark world. The Son/Sun is resurrected, you might say. And so is Daylight Savings! Set your clocks forward to conform to the commercial world, but leave one with Standard Time for your health's sake!

Currently, planetary energy is changing. On February 28th, Jupiter (♃) went Retrograde (R) at 14° Scorpio (♏) and the next day, Pluto (♇) went Retro-



grade (R) at 28° Scorpio (♏). That's right in the tail of the Scorpion where the sting is, so don't be surprised at the increased intensity as ♇ begins his exit from his own sign. And I doubt he will leave without a "gesture."

Neptune (♆) and Uranus (♅) go retrograde (R) the last week in April. In June, Saturn (♄) will join the crowd bringing a slow-down to all the forward motion we've been experiencing since Christmas. These apparent backward motions of the planets give us breathing room, some respite to allow for introversion of their energies. The seed that got planted needs time to take root before the first shoots appear. Planets work the same way. Since most of these retrograde planets are the so-called transpersonal planets, the emphasis of change will be on the personal self until the illu-

sonary backward motion rights itself by the placement of the earth in relation to those planets in the late summer and early fall.

We have a couple of eclipses coming in May: an eclipse of the Sun on May 10 at 19° Taurus (♉) and one of the Moon two weeks later on May 25 at 3° Sagittarius (♐). Eclipses signal a focus of attention in the area of your chart in which they fall. If they conjoin with a planet in your chart their emphasis is greater and is described by the planet they affect. Lunar eclipses tend to bring out emotional issues, and Solar eclipses directional issues. This is a simplification, but will get you started on the right direction.

Eclipses in the charts of governments can predict big issues: in the "first breath" chart of the USA these eclipses fall in the 3rd and 9th house axis indicating issues around international affairs, the Supreme Court, law, religion, the Post Office, and education. There may also be some subtle manipulation of the news by the media or the government. Watch for this and research it. For instance, the Christmas issue of Longevity Circuit, predicted an earthquake. Unfortunately we didn't know where it would occur but the planets clearly foretold that it would happen. In case you are interested, here is the line up of the planets on January 11th that caused the imbalance of electromagnetism on Earth (see diagram).

The Stairway to SUCCESS

S-hare
S-ervice
E-ver new models
Co-existing
C-reativity
U-nlimited resources
S-tructure: we're all winners.
Thanks, Adano!

SOLAR NUTRITION

Solar Nutrition is a lifestyle of eating for potential-oriented people that was reactivated by Swami Nityananda as a method of realigning the body to synchronize with the planet in order to eliminate stresses, conserve energy and contribute to longevity.

There are five basic awarenesses that make up the structure of Solar Nutrition, four of which are discussed from time-to-time in this newsletter. They are:

1. There is a time, a place, and a season for everything.
2. A little of anything is medicine for the system, too much is toxic.
3. Eat to get sick.
4. Eat to get well.
5. Live to eat in order to live not to eat.

Solar Nutrition is the cornerstone of Swami Nityananda's premise that we can "live to live" instead of "living to die," and often Adano, (Swami Nityananda) was heard to say, "Eat your way to butterflyhood." Presumably, 'butterflyhood' would be the non-decomposing body such as Yogananda's which, encased in its glass box at the Pacific Palisades in California, has not rotted.

Adano also used to say that we can turn the carbon body into the diamond body. Yet these may be metaphors for a lifestyle committed to God realization and that yes, living to live presumes that we can overcome disease, and that age is a state of mind, but also that we can overcome death even though we shed the body. Who amongst us knows the answers to these implied questions until we have experienced the truth for ourselves. Philosophy and conjecture do not hold the same importance as proving one's truth to one's self.

Solar Nutrition:

The spirit vs. the letter of the law.

Much of what was taught in the Solar Classes related to brain chemistry and its resulting emotional output. That is, all emotions can be traced to the elements. For instance, nitrogen gives you will power, manganese helps you to be honest with yourself and to make decisions, and phosphorus is needed to generate love and compassion. Every emotion has its source in biochemistry. This is how it we can use Solar Nutri-

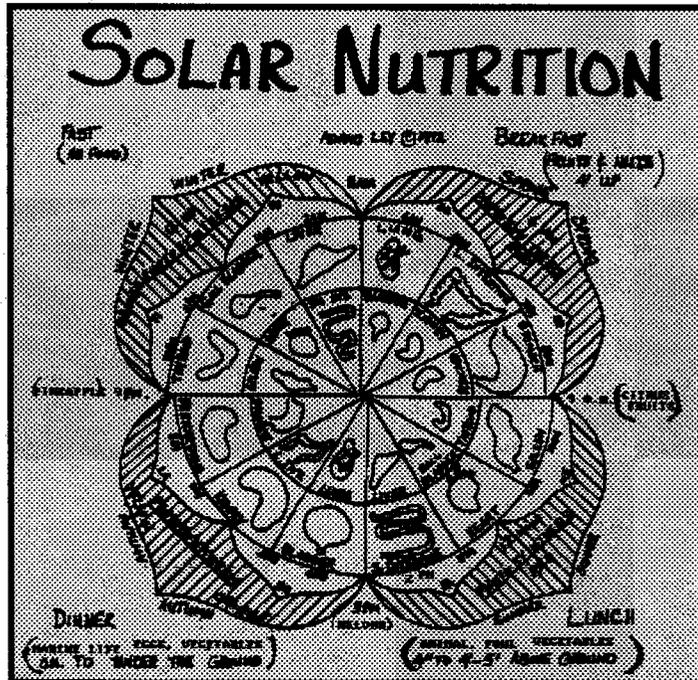
Recently we've heard quotes that Adano said that if one could follow Solar Nutrition 80% of the time then it would be effective. So does this mean we should eat a Solar breakfast and lunch then have a one-pound T-bone steak with our baked potato for dinner? Well, as Adano might say, "Yes, No, Maybe..." You may be at a friend's house and you are offered a steak dinner that took hours to lovingly prepare. Yes, by all means, enjoy.

Conversely, you may be an A or an AB blood type and you *lovesteak*

(or maybe there is an unresolved childhood trauma). You would love to have it every night and twice on Sunday. It might be more healthy to look at the trauma instead of the meat section of the supermarket. Finally, maybe discrimination can be used here to shift eating habits into the "spirit of the law" category. You happen to walk by the meat section and your eye is caught by a particularly fresh steak. Have it for lunch on Saturday and have a little red wine to aid digestion. Or save that craving for the day of the full moon, then indulge. Solar always

gives us another option to express our healthiness.

Adano once said in a class, "Tissue (tis-sue) is set up to do its own correction." If you don't give your body cells their due, they will sue you by correcting themselves, i.e., illness and dis-ease. Our bodies have innate intelligence and will always tell us the truth. This "truth" can be difficult to identify in the early stages of Solar eating, due to trauma locked into foods, but sticking it out brings us to the point of taking responsibility for our healthiness, the "spirit" rather than the "letter."



tion to help release trauma. Eating foods out of their natural time cycle, and eating the same foods too frequently, locks the trauma *biochemically into the body* and this is why following the spirit of S.N. becomes so important. For instance, drinking Folgers coffee is preferred because of the genus of the coffee bean. Yet some, who follow the letter, and not the spirit, drink folgers instant coffee, whose chemistry has been drastically altered and consequently adulterated. The chemistry with the maple syrup and cocoa will not produce the desired hormone balancing results.

CARS: The Indicator of Your Basic Energy Type

A good way to find out what energy field you use the most is to look at the kind of car you drive. We can use the same night dream symbols to tell us about our waking hours. In dreams, cars tells us about our life direction, our ego, and how we want to be seen in the public eye and the eyes of the world. It shows our energy used for forward motion, for good or for bad.

The Planets

In astrology the car is reflected in the Sun Sign, the Moon placement, the Ascendant, and Mars. The House position of these luminaries and planets can also be a factor. But what we are considering here is the basic type demonstrated through one's choice in cars.

☉ The Sun sign holds our basic sense of will and self-expression: is your car new, leased, bought used, borrowed, in bad repair, etc.

☾ The Moon rules our comfort zone, habits and attachments. Does your car have heated seats, torn-up upholstery, air-conditioning, etc.

♈ The Ascendant equals our presentation to the world, and the way we protect ourselves from the environment. Is your car heavy, small, dented, or pitted?

♂ Mars traditionally rules motor driven vehicles as well as use of our personal energy. What kind of a car do you have?

Astrological types

♈ The basic **Aries** energy person likes a fast car, probably red, maybe a hotrod. He might be a tailgater, leader of the pack on the highway, or peels out at the stop sign.

♉ The basic **Taurean** wants a solid, dependable and/or economical

car. He could be a low rider/slow rider but comfortable with plush seats maybe. And if his car gets 60 miles to the gallon, all the better.

♊ The basic theme for **Gemini** is frequent change and lots of use. They love to travel and often opt to drive rather than fly. They often have two cars with different purposes such as an all-terrain vehicle and a luxury car.

♋ The **Cancerian** car is traditional and reflects its owner's "station-in-life." He might buy a station wagon, a large status car or something like a Volvo with its added extra bullet-



proof steel. He may also be an antique car collector.

♌ The **Leo** car is often flamboyant and noticeable, the favorite color being fire-engine red. Picture the Hollywood chauffeur-driven stretch limo. And although Leo tends toward the aristocratic, he is also able to use the junkheap equally well to gain attention: consider the old car leaving a cloud of burning oil in its wake.

♍ **Virgo** energy is refined, detail-oriented, and professional. He likes the accepted executive car with quality and practicality. He usually researches before he buys and like to have someone else do the driving.

♎ **Libra** asks himself before buying, "Whose going to be in the car?" preferring to do things with someone else. Thus, he often chooses a two-seater, or 2-door car that's up to date, fashionable and new.

♏ **Scorpio** is into power and

secrecy and usually chooses the fast or dark-colored car whether it is sleek or a monstrosity and darkly tinted windows. Being a sexual sign, maybe his car sports a "bra" to keep off the bugs!

♐ **Sagittarius** is the world-traveller, the lover of challenge. Consequently he chooses a car that will go far like a recreational vehicle or a van, but one that is dependable. He may prefer a foreign car, especially one from a country to which he feels connected.

♑ **Capricorn** lives for the approval of others and his self-esteem is wrapped up in his car. He wants a car that looks good and chooses the deluxe model or a traditional success car such as a Rolls or BMW, whatever gives him prestige and has long life. Also look for leather seats.

♒ **Aquarius** types get energy from groups of people. Look for a car that is filled with people or has room for lots of people. They love convertibles which allow for the sensation of fresh air blowing through their hair and often drive in even the coldest weather with the top down. (Leo types do too, but for the attention rather than for the sensation.) Aquarius also loves speed and all the electrical extras like lock and doors.

♓ **Pisces** loves to tow things. Look for a tow-hitch on his car and watch him back-up and pull forward as he hauls his boat or trailer. He might also be a truck-driver carrying a heavy load, or drive a pick-up truck. If his trunk or back seat are loaded with stuff, you know you're with a Pisces type. They also love watery colors and are often content with an old junker.

Note: You might want to give your car a name, especially one that enhances your current life goal, like Lakshmi (prosperity) or Ganesh (longevity).

etc.

Did you notice that *Longevity Circuit* has new software? In 1988 when I first got interested in computers and began this newsletter, I started with an astrology shareware program that cost \$5.95. Since then the writer of that software and I have grown together, and finally he wrote the program I have imagined in my mind together with fonts that have the astrological glyphs. Now we can use those glyphs in the newsletter.

A lot of you might find them distracting and/or confusing. But the mysteries and the meanings of the planets and constellations are hidden in those very glyphs and need to be learned to understand astrology. Yes, it is a new language, but think of all the languages that modern times require: all the computer languages, including those games you love to play, medical languages, (we no longer say a person had a heart attack, we now say he had a myocardial infarction!), etc.

So my strategy is to teach those glyphs to you subliminally. I'll add the glyphs to all the words, and gradually you will come to recognize the signs! And for those of you more aggressive in your studies, here is a list of the planets and constellations with their glyphs.

THE CONSTELLATIONS

Aries	♈
Taurus	♉
Gemini	♊
Cancer	♋
Leo	♌
Virgo	♍
Libra	♎
Scorpio	♏
Sagittarius	♐
Capricorn	♑
Aquarius	♒
Pisces	♓

THE PLANETS

Sun	☉
Moon	☾
Mercury	☿
Venus	♀
Mars	♂
Jupiter	♃
Saturn	♄
Uranus	♅
Neptune	♆
Pluto	♇

The Spring constellations are:

- Aries ♈
- Taurus ♉
- Gemini ♊

Their ruling planets are:

- Mars ♂
- Venus ♀
- Mercury ☿

Also a note to those of you who feel *Longevity Circuit* is too scientific or advanced. This newsletter goes to hundreds of astrology fans of various levels of expertise. We try to include subjects for everyone. If there is something you are especially interested in, please write so we can include your interest.

LETTERS TO THE EDITOR

Recently we received a letter from a friend in Flagstaff, Arizona who felt we had not been correct about the Solar Nutrition discussion in the Winter Issue of *Longevity Circuit*. We said that Solar Nutrition is used to "slow down the aging process," but he felt that Adano Ley had indicated that one could overcome the aging process. We have tried to address this issue in the current section of Solar Nutrition.

The two Editors of L.C. have had plenty of healthy discussion about this issue: can man indeed overcome physical death, or is immortality rather a realized union with Higher Consciousness in which death is seen as an illusion? Is physical existence real? If not, what is? Adano often said, "Freedom comes when you know What you are, not who you are." And Yogananda speaks about Jivan Mukta, the awareness of freedom from the elements.

One thing the two Editors did come to agree on is that we must make every effort to stay in the body until we have had the "Fifteen Minutes Silence in the Soul." We also realized we would not know the answers to this mystery until we had personally experienced it.

And finally, thank you so much for your provocative letter, John!

Potts Poetry

Jacked up car
shows off its privates
leaving a trail
of adolescence.

Coffee with The Stars

Why do they tease
just after the sports section
and just beyond Dear Abbey
with signs of bulls and lions
in the A.M.
before we are able to inhale
pots of dark
liquid
brain-brightener.

Thanks, Andrea! ☺

Your car may reveal your secrets! Turn to page 6

Are you on time or in time? See page 1

First Class Mail

LONGEVITY CIRCUIT
P.O. BOX 9624
SANTA FE, N.M. 87504



Some interesting astronomical facts:

Perihelion and *aphelion* are words that tell about the closest and farthest distance to the Sun in a planet's orbit. Periodically, planets approach perihelion, or closest point, or aphelion, the farthest point. Look in your Ephemeris for this information.

Pluto was discovered in 1930 by Clyde Tombaugh at Lowell's Observatory in Flagstaff, Arizona because astronomers, in noticing that both Uranus and Neptune were wandering around their orbits, believed that there must be another planet causing these irregular motions. They figured out what to look for mathematically and were right. Pluto is a very strange planet with a very eccentric orbit which when he reaches perihelion brings him inside the orbit of Neptune. This occurred in 1989. In 1978, a small moon was found and was called Charon and surprisingly has an identical revolution to Pluto's rotation. In other words, they appear to be completely synchronized.

HAPPY SPRING!

love, quqra