

May Newsletter

Connecting you with yourself

Edition 4 volume 5

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May Celebrates Warmth, Mothers and Blossoms

May is a great time to reconnect with nature. Take a walk in [the Lilac Garden](#) near the Sir Adam Beck Power Plant. Lilacs should be in full bloom but you must hurry lilacs don't last very long. This month we are packed with informative articles for you to read as you bask in the warmth of May.

[Carolina](#) describes abilities of the fluorite and invites you to explore Haven Global.

[Christine's](#) article delves into the presence of fear in our lives.

[Reyna](#) helps us remember balance in all things with her article Grocery Line Eye Witness.

[Jitaska](#) explores the dark side of the moon.

[Caleb](#) takes us on his healing journey and reveals his discoveries.

If you have ideas or videos that you would like us to share you can email me at Kathy@spiritualniagara.ca

Namaste,

Kathy Upper

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CRYSTAL CONNECTIONS with [Carolina Lipinski](#)



STONE OF THE MONTH:

Fluorite

Rays of purple and green, this multi-dimensional stone does so much, here are some of the properties: very protective from psychic manipulation, cleanses and stabilizes the aura. Fluorite assists if focusing, confidence, and academic pursuits and is effective against computer and electronic stress. Fluorite is spiritually awakening, and heightens intuitive powers. Healing benefits include: drawing out stress & disease, such as colds, sinuses, arthritis, rheumatism, shingles, eases cancer remission. Also Fluorite is beneficial for teeth and bones and sexual libido.

Quote of the Month: May is the month to celebrate womanhood, motherhood, and the Goddesses! Happy May Day or Bealtaine – ancient Pagan lore

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LIGHTWORKER'S WAY *Column 31*

YOU AND WHAT MAY SCARE YOU: A Simple Explanation

By Christine Whelan

Happy May Days, my lightworker friends! All is awakened within Mother Nature! What part of you woke up this spring?

I'm reporting to you from high up on my red, flying carpet. I've been having a ball! This shift, if you let it, freakin' rocks!

Ok, let me just park this thing and sit with you for a bit. I wanted to share something with you.....

The path I chose has been proven to present me with a *double-edged sword* – actually a series of them – it is what it is. The first edge can be sweet. Providing I handle it with care, it grants me a sense of purpose, individuality, immense creativity and strength. On the flipside, there I am – the freak.

In moments when I'm requested to "tell my story" as we all get the opportunity here and there along our journeys, I often see two different types of responses in both people's body language and energy fields as they listen in silence until I finish, often shifting to relief when I'm done. For this, I rarely describe my life, what I have chosen and what I have been given. I have been both honoured and distressed by it all.

I realized there had to be a way to explain things – not just my things but things in general, those things we dare not speak about – something simple to ease people's minds while creating an image that clarifies so much.

It came to me in the winter of 2012 while doing readings at Crystal Earth in Niagara Falls. The owner wanted to be reassured with some understanding, that all was safe in her store. I tested my explanation. I tested it again a week later. Hah! It worked! People got it.

Now, I do not enter this topic with drama and unease. I enter into it with lightness and love. It is what it is.

What it is in life, it is in the afterlife.

By now, we have all heard of a variety of theories and beliefs about the changes that are to occur during these days. Now that we are in "these days", it appears that the changes are very personal. Each individual appears to be encountering their own personal set of experiences, meant to excavate, surface, and release the old and bring in the new. From my own life experience and from the many stories I've listened to and read about, this "new" brings the shift in our life existence. We begin to live authentically – being guided by and making decisions based on what comes from the inside of us, rather than from outside influence.



For some people – for many people, in fact – a part of their shift brings to them, a closer and more intimate relationship and partnership with the spirit world as their energy begins to vibrate at a higher frequency, enhancing their intuition, and connecting them with like minds to receive essential validation.

Nope, you're not crazy, they are there. And they come in range of diverse forms, emotional states, levels of memory and agendas. More and more of the human race is feeling, seeing and smelling and sensing them. Not as many are accepting them.

All the while, the veil continues to thin.

Many members of our beautiful but complicated and let's face it stubborn human race are becoming frightening. It's that fear of the unknown, I've come to realize, for as I gained more knowledge on this topic, I felt the fear factor decreasing in direct proportion, in balance.

Knowledge absolutely, is power.

OK, so here it is. Think of this...

We know that there is negative presence on earth – among the living. Those who can cause us harm. What do we do about it?

Just as everything else in this world, we each have choice. Remember – Life is 10% what comes to us and 90% how we deal with it.

Well, we know we can choose to deny it – ignore it. However, if we deny there is darkness in the living – “nope, no such thing as serial killers, no rapists, no pedophiles” – then we might live life with less stress, singin’ along the path with those metaphorical *rose coloured glasses* on. We would probably also live life in a very vulnerable and careless way. We would put ourselves and our loved ones in harmful situations. As a woman, one might go for a walk, alone, at 1:00am down a dark, back alley, or as parents, we might let our 5-year-olds roam the neighbour or the mall by themselves.

On the flipside, we know it’s not healthy to focus on all of this – to live life in constant fear of the possibility that danger is lurking around each corner – to cause ourselves to endure unrealistic fears and nasty nightmares. No, we learn necessary precautions, incorporate them into our everyday routines and continue living our lives.

And we leave the dealing with these troubled ones to people who feel it is their mission to deal with them; the ones who have natural abilities and take the time to train, equipping themselves with the necessary tools – the police and other specialized law-enforcement.

Everything is in balance.

So this, my friends, is the same with living among negative, spiritual energies. We need to be aware that they are there. Passed is the time to deny their existence. We all need to learn about them, but not dwell on them. (We must remember that constantly thinking about them and fearing them, only strengthens them.) We can take the necessary precautions and protection into our daily lives – and carry on with life. We can leave the dealing with these dark forces to those who feel it is

their mission in this lifetime to deal with them. They are the ones who are equipped for it and are drawn to it.

There is another group of energy. This group is among us all, in life and in afterlife. Someone asked me once, “Christine, in one word, how would you describe evil?” Oh ya, now there’s an easy question. (Can you hear the sarcasm?) It took me quite a while with a lot of reflection. My answer surfaced. *Manipulation*.

Manipulation surrounds us. But it is what it is. Life is 10% what comes to us and 90% how we deal with it. It is a part of our lives, but only if we consent to it.



So, how do you deal with mental manipulation?

Next month, I plan on writing about the malevolent, ever-presence of manipulation – what exactly is it and how does it affect us? How can we arm ourselves with the tools to protect ourselves from this ever-present occasion, rising above to shine even brighter?

I bring all this to you with lightness and love, my fabulous friends. I have learned not to face negativity with fear, anger, defense or drama. Oh no, it’s the opposite. When faced with the dragon, I’ve learned to simply smile, push forward some of that good stuff and whisper, “I love you.”

Love indeed is the answer.

Keep it real!

~ Christine

Check out Christine’s webpage, “Protect to Empower”
<http://christinewhelan.weebly.com/protect-to-empower.html>

Have you heard?

Angels Landing will be hosting a weekend with
Grandmother Shaman
Nancy Dancing Light Sherwood
Brought to you by Lori Folkins
Contact Lori for more info
afolklor@gmail.com



Ask Jewelee

Hi Jewelee

Thanks for taking the time to read my question. I feel a strong urge to contact you for help are you able to tell me anything about my health and money?

Thank-you so much

Your Dear Friend

Carolyn, Scorpio

Carolyn ,

This is such a general question that it will be hard to pinpoint specifics but I will try my best. I hesitate to answer health concerns so generalized because we all have issues and at some time or another we will all have to face things. What I am going to look for with your health is any type of serious health concern. Let me explain if you have high blood pressure and have had it for years I will not see it as a health concern because it is stable and being managed. It's part of you and how you live your day to day life. Now if that same blood pressure concern was going to cause a heart attack I would see that because it is life threatening. I hope this makes sense to you. Now let's have a look first at your health then your finances. With regards to your health I see you as a very strong independent woman but there are some sort of limitations. I am not seeing hospitalization or surgery but I do have you a little bit off-balance and I am seeing choices that need to be made. These choices are causing a lot of stress and anxiety I almost feel like there may be an underlying influence of depression there, again I don't get you as a depressed person I think it's something that you're going through or something is causing this. I am seeing more anxiety, stress, or even panic attacks more than a mental illness. I am not sure if what I'm seeing is a mental anxiety that's causing physical symptoms or physical symptoms that are causing a mental anxiety, but the main thing is I don't have a life-threatening illness. Whatever is going on please try not to let the emotions get to you as you can have a tendency to over analyse and worry too much.

With the finances I do see financial struggles at this time. I feel again alot of stress and anxiety. I am not seeing bankruptcy or anything like that just a struggle. Kind of like if there was a dual income and one person lost their job or if someone got laid off they would get unemployment but you have to wait for it and live on less but the bills get paid. This is the type of financial difficulties I'm seeing. I do have clarity and freedom from the financial difficulties so whatever is causing them it will ease up and it is not going to be a long long time. For both your concerns health and finances I am looking at about a 6mth time frame. I hope this answers your questions/concerns

Jewelee

[Send in your question for Jewelee](#)

Jewelee is the owner of the [Ask Jewelee Store](#) at 4911 Victoria Ave, Niagara Falls, ON. You can submit your questions for [Jewelee through our website](#). Your question can be something personal for yourself or others or you might have questions about being a psychic. If you would like to meet with Jewelee for a private reading contact her directly through her website or by phone. See [Jewelee's profile on Spiritual Niagara](#).

Grocery Line E yewitness

By Reyna Puri

Have you ever been in the grocery line and bore witness to the intestinal choices of the guy in front of you? You eye his basket and feel automatically relieved about your own food choices. He's got all kinds of junk food; from canned this to processed that. You look, but can't find any greens and few veggies. The sight, forces your shoulders back a bit. I'm on the right track, you think. But don't be so quick to issue him a Hell's Kitchen 'F'. Its okay to indulge every once and a while, everyone has to live a little. Just as we should not abuse our bodies, neither should we abuse our emotions. Don't be too hard on yourself about your diet and food choices. Remember to be AMY- A Modern Yogi is to be free. This includes mind, body and spirit. It's not a Yogi sin to not be vegetarian. Especially, if you're vegetarian simply to appease others. Let your food selections be choice, not pressure. Don't allow yourself to be spiritually bullied, by those who proclaim themselves righteous. Yes, vegetables are great and a vegetarian diet is a helpful reminder of our connections to nature; but this is not a rule. It is simply one of many spiritual guidelines that help us to better understand an enriched lifestyle. Spiritual guidelines are useful, but I warn you, a true AMY life cannot be lived through the heart of others. You MUST master your own identity. To live AMY is to live FREE. This is an all-encompassing freedom.

If your grocery cart looks more like a garden than a convenience store, it's okay to slip in an unnatural treat sometimes. If the little debbies remind you of childhood, or you can't pass up your friend's mac and cheese on holiday, its okay. The key is moderation. The goal of an AMY grocery list, is to create feel good foods. Feel good foods, should leave you feeling energetic, light and healthy. On occasions, 'other' foods can accomplish this. But a heavy junk food diet will leave you feeling heavy and lethargic with low energy. If you find yourself, like the grocery store guy ahead of you, with a basket full of goods, unrecognizable in nature, re-evaluate how you feel, physically. Are you tired or uncomfortable? If your answer is yes, start with a small change. Try giving up a food that you really like, sweets, burgers, or soda. Whatever you choose, look at this as an opportunity to sharpen your mind and learn true discipline. It isn't necessary that this be a permanent choice. You control the duration of your of

abstinence. The goal is to see how the absence or presence of this food makes you feel. You may find a creative replacement for that cheeseburger you gave up. The beauty of giving something up is the reward of gaining something else. Something new, that you could not have gained without giving up in the first place. Sacrificing a food you really enjoy will open your mind perception. You will gain the inner strength you never knew you had. Sensory pleasure will be experienced in new heights.

Don't bother yourself with the concerns of what other yogis or spiritual beings are doing. My fellow yogis, healers, light workers you are on a liberated path. You are not them. You are wonderfully unique by your OWN representation of energy!

We each have arrived here with a special spiritual spark. Trust the master that you are; and you will earn the respect

of the wise, who see that you have risen above yourself and conquered doubt. I have been fortunate enough to meet many spiritual people all over the world. Each was distinctively different, as they should be. Think of how boring a world it would be, if all spiritual people were the same. Each spiritual guide we meet stimulates a new thing in us. The spiritual needs diversity, to represent the diverse power and energy of the universe.

A truly spiritual life is lived freely. We have been gifted with freedom in everything, this includes food. Indulge in the Free concept. Freeing yourself from food restrictions and addictions is all a part of the journey. If you elect to be a vegetarian by all means, be a free vegetarian. But don't restrict yourself in

the name of Spiritual life. Be your own mindful master. The goal is not to change who you are, but to enhance your true nature. You are not imprisoned by diet, but freed to truly enjoy the foods you love. You now are empowered to put a twist on the old favorites. Go ahead, have quality meals with the occasional indulgence. A moderation of the 'forbidden fruit', will allow you to truly live it up. You'll have a little bit of this and a whole lot of everything.

Reyna Puri aspiring actress turned spiritual leader, healer and writer. She lived In India to eventually become a healer. She spends her time between the East and West spreading her uniquely modern style of spirituality for almost a decade. Look for her book "We Can All Be A.M.Y"- Fall 2013
Visit her at www.amodernyogi.com.



The Physical / Emotional Link, And Why Disease Is Meant To Heal

By Caleb Booker

Nobody has ever calmly, serenely drifted away into a relaxing heart attack. Your body and your emotions are intimately linked.

I've been fortunate enough to have suffered a few rather painful events over the last year. These were lessons that I was blessed with when I just couldn't learn any other way. Sure, it would have been nicer if I had just come to grips with my personal issues in a more healthy and wholistic manner, but I was in a hurry to get my inner demons dealt with and so Divine Providence obliged.

First there was the gall bladder attack, which was about as much pain as I am able to imagine a man can experience. I'll spare you the gory details but basically it was hours of wincing out to doctors that yes, my pain was still at a 10 of 10, please do something. This was all the encouragement I needed to sign myself up to have the vestigial organ removed. This, in turn, led to a nightmarish surgery and a period of time where I could barely move for fear that something would come loose inside.

By the time I got home from the hospital I finally got my wits about me, and was able to set my mind to the healing process. This I did in record time, and within a week I had almost no pain and even the ability to bring the groceries in myself.

I was able to do this by acknowledging a simple truth: both the attack and the surgery, as horrible as they were, were both meant to heal my hurts. The physical injuries were part of my spiritual healing process. Once I acknowledged and truly accepted this, it all became easier.

I'd spent so much time in the past trying to be calm and positive that when a healing opportunity came up I'd ignore what was festering inside. I wouldn't want to feel the anger I had hidden inside, for instance, so I would turn away from it. This didn't make the anger go away. In fact just the opposite: it shielded the anger from any attempts to heal it.

The memories I didn't want to face were there, waiting for me to deal with them. Instead of dealing with them, I just kept asking for healing and enlightenment... so eventually my body said: "Fine, if you won't deal with these things, I will."

Once I understood that, the rest was easy. I spent each day of recovery asking myself:

- What is this meant to teach me?
- What is it in me that needed this to happen to move things in a positive direction?
- Can I forgive myself and all of those involved for that old hurt?
- Can I love and accept myself even if I can't forgive, even if I never get better?
- Can I be grateful for this process?



The chronic pain would allow me to dip in and out of sleep, where I could consciously examine what I was just dreaming about and acknowledge what my mind was doing way deep down inside. Finally I could come face-to-face with old shames, old fears, and old wounds. Finally I could let them go, one by one, and replace them with love.

Apparently I got so much out of the process that I repeated it by giving myself the shingles recently, which is ridiculous at my age. Still, I engaged in the process above and have healed very quickly, with a lifetime of revelations and only the mildest of nagging symptoms. Having said that: if you ever get the option of suffering from the shingles, I really don't recommend you take it. It isn't all that much fun.

I think the only reason I've been doing all of this is that I'm impatient to grow, and I've been willing to deal with everything all at once. This could all be the consequence of impatience, and perhaps I should just be patient... but hey, the progress has been amazing. Patience is overrated, and I love adventure.

Ultimately, as spiritual healing modalities go, I wouldn't recommend disease for everyone. Still, if you've got to suffer, you might as well make the most of it.

Caleb is a psychic tarot reader, writer, and video blogger. His lifetime of study on spiritual matters began in early childhood. A reading from Caleb is focused on delivering one thing: the words you needed to hear to change your life for the better. For more information see [his profile page at Spiritual Niagara](#).

Dark Side of the Moon

By Jituska

In the duration of the past month, we will have experienced three Eclipses. The first was a partial eclipse in Scorpio which occurred April 25th. The second was a Solar Eclipse in Taurus on May 9th and the third will be another Lunar eclipse on May 25th, this time during the full Moon in Sagittarius.

What do all these eclipses mean and how do they affect us? In ancient times the eclipses were believed to be omens or warnings, as they were seen as blocking the light. An omen is basically a sign messaging you to become more aware of something. This can only be done upon reflection. Every month we are reminded to do so at the dark time of the Moon. This is just before we can see the sliver of the new Moon appear. Depending on what sign the Moon is going through (and where it appears in your chart) this will be where we will need to pay attention and place our focus upon. After doing many Moon teachings I have come to the conclusion that there are strong messages not only in the dark cycles of the Moon but also during the eclipses. It is when we are brave enough to look at the shadow that the truth appears. The old adage to, "know thyself" can only be understood by going within. At first it is dark but as we learn to sit in the silence and be present we become more aware of not only our true self but the existence of the divine. It is there that the light appears. During an eclipse an incredible amount of energy is released thus it is the remedy for stagnation. This carries an even deeper message to the inhabitants on Earth as a whole. The synergy of the three eclipses this past month had us looking at our values. The polarity between Scorpio and Taurus had us dealing with issues of money...our own and as well as other people's money. We can see this globally as well as in our personal lives. What in fact do we value and what are we willing to sacrifice with regards to our own comfort zones? What in essence actually holds true value? The third eclipse concludes in Sagittarius asking us break away from the old paradigms of finances. Is it possible to have a spiritual relationship with money? Is it after all nothing more than an exchange of energy? The more we have the more we can share. This can apply to everything. We need to meditate on the truth for Sagittarius cannot tell a lie. To seek truth we must go deep into our belief systems.

WARNING: The truth may not be pretty! Where did we get stuck? Are we living in accordance to our truth or others beliefs? What do we in fact truly believe about our relationship with money? Do we get caught up in the polarity of good and bad...or do we see it as a vehicle allowing us the freedom to move? Take some time this Full Moon in Sagittarius eclipse to reflect upon these things.

Many Moon's Blessings)O(

Jituska

Jituska is an educator and advocate of Natural Health and Healing here in the Niagara Region. She is an independent advisor and actively involved in many facets of integrative medicine providing natural health care solutions to the public. She is the founder of the Niagara Holistic Lifestyles Pavilion located on Park St. in Downtown Niagara Falls. Re-Opening June - October 2013. Along with building a Sacred Healing Garden the prime focus is on bringing together the Niagara community by providing a public forum for displaying local talents and products. This will include artisans and speakers on health and wellness; A 'Holistic' grassroots, homegrown organic market. Her background includes, herbalism, homeopathy and astrology which she integrates into her workshops, teaching astrological gardening to how to's of herbs and their preparations. If you would be interested in joining a workshop or a moon meditation both are held monthly. For more info contact Jituska on Facebook at either [Niagara Holistic Lifestyles Pavilion](#) or [Pagan Association Niagara](#).

Niagara Holistic Lifestyles Pavilion is re-opening June 1st.

They are looking for Holistic Health Speakers

Contact Jituska [through Facebook here](#)



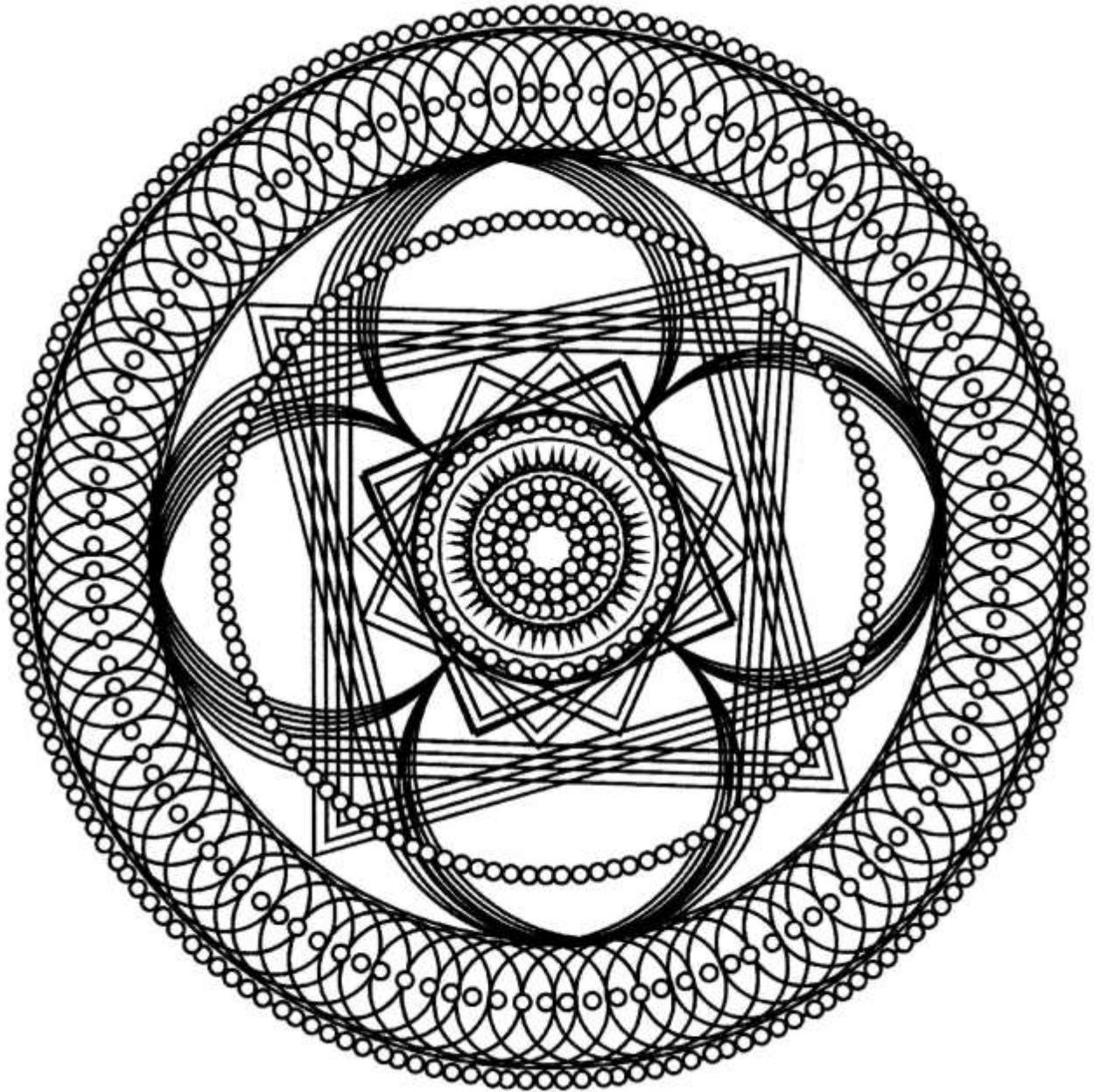
Mandala Colouring

with Nancy Broerse

Explore the Magic of Mandalas

How to Get Started

1. You will need crayons, pencil crayons, chalk, pastels, paint or markers in a variety of colours.
 2. Find a quiet and comfortable place. Play soft meditative music if you can or open the windows and listen to the soothing sounds of nature.
 3. Start colouring. Don't think about your choice of colour too much and don't worry about matching colours. Let your instincts guide you. After you've begun with the first colour, the rest will follow naturally.
 4. Begin from the middle to release hidden energy. Colour in from the outside to the centre to find your own meditative centre. Keep the direction you have begun and colour until you think it is finished.
- "One color on the mandala invites another, like a guest who asks to bring his friend to your party."



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Angels, Mediums, Intuitive Readings

Energy Readings
2013-2014-2015-2016-2017-2018-2019-2020-2021-2022-2023-2024-2025-2026-2027-2028-2029-2030-2031-2032-2033-2034-2035-2036-2037-2038-2039-2040-2041-2042-2043-2044-2045-2046-2047-2048-2049-2050-2051-2052-2053-2054-2055-2056-2057-2058-2059-2060-2061-2062-2063-2064-2065-2066-2067-2068-2069-2070-2071-2072-2073-2074-2075-2076-2077-2078-2079-2080-2081-2082-2083-2084-2085-2086-2087-2088-2089-2090-2091-2092-2093-2094-2095-2096-2097-2098-2099-2100-2101-2102-2103-2104-2105-2106-2107-2108-2109-2110-2111-2112-2113-2114-2115-2116-2117-2118-2119-2120-2121-2122-2123-2124-2125-2126-2127-2128-2129-2130-2131-2132-2133-2134-2135-2136-2137-2138-2139-2140-2141-2142-2143-2144-2145-2146-2147-2148-2149-2150-2151-2152-2153-2154-2155-2156-2157-2158-2159-2160-2161-2162-2163-2164-2165-2166-2167-2168-2169-2170-2171-2172-2173-2174-2175-2176-2177-2178-2179-2180-2181-2182-2183-2184-2185-2186-2187-2188-2189-2190-2191-2192-2193-2194-2195-2196-2197-2198-2199-2200-2201-2202-2203-2204-2205-2206-2207-2208-2209-2210-2211-2212-2213-2214-2215-2216-2217-2218-2219-2220-2221-2222-2223-2224-2225-2226-2227-2228-2229-2230-2231-2232-2233-2234-2235-2236-2237-2238-2239-2240-2241-2242-2243-2244-2245-2246-2247-2248-2249-2250-2251-2252-2253-2254-2255-2256-2257-2258-2259-2260-2261-2262-2263-2264-2265-2266-2267-2268-2269-2270-2271-2272-2273-2274-2275-2276-2277-2278-2279-2280-2281-2282-2283-2284-2285-2286-2287-2288-2289-2290-2291-2292-2293-2294-2295-2296-2297-2298-2299-2300-2301-2302-2303-2304-2305-2306-2307-2308-2309-2310-2311-2312-2313-2314-2315-2316-2317-2318-2319-2320-2321-2322-2323-2324-2325-2326-2327-2328-2329-2330-2331-2332-2333-2334-2335-2336-2337-2338-2339-2340-2341-2342-2343-2344-2345-2346-2347-2348-2349-2350-2351-2352-2353-2354-2355-2356-2357-2358-2359-2360-2361-2362-2363-2364-2365-2366-2367-2368-2369-2370-2371-2372-2373-2374-2375-2376-2377-2378-2379-2380-2381-2382-2383-2384-2385-2386-2387-2388-2389-2390-2391-2392-2393-2394-2395-2396-2397-2398-2399-2400-2401-2402-2403-2404-2405-2406-2407-2408-2409-2410-2411-2412-2413-2414-2415-2416-2417-2418-2419-2420-2421-2422-2423-2424-2425-2426-2427-2428-2429-2430-2431-2432-2433-2434-2435-2436-2437-2438-2439-2440-2441-2442-2443-2444-2445-2446-2447-2448-2449-2450-2451-2452-2453-2454-2455-2456-2457-2458-2459-2460-2461-2462-2463-2464-2465-2466-2467-2468-2469-2470-2471-2472-2473-2474-2475-2476-2477-2478-2479-2480-2481-2482-2483-2484-2485-2486-2487-2488-2489-2490-2491-2492-2493-2494-2495-2496-2497-2498-2499-2500-2501-2502-2503-2504-2505-2506-2507-2508-2509-2510-2511-2512-2513-2514-2515-2516-2517-2518-2519-2520-2521-2522-2523-2524-2525-2526-2527-2528-2529-2530-2531-2532-2533-2534-2535-2536-2537-2538-2539-2540-2541-2542-2543-2544-2545-2546-2547-2548-2549-2550-2551-2552-2553-2554-2555-2556-2557-2558-2559-2560-2561-2562-2563-2564-2565-2566-2567-2568-2569-2570-2571-2572-2573-2574-2575-2576-2577-2578-2579-2580-2581-2582-2583-2584-2585-2586-2587-2588-2589-2590-2591-2592-2593-2594-2595-2596-2597-2598-2599-2600-2601-2602-2603-2604-2605-2606-2607-2608-2609-2610-2611-2612-2613-2614-2615-2616-2617-2618-2619-2620-2621-2622-2623-2624-2625-2626-2627-2628-2629-2630-2631-2632-2633-2634-2635-2636-2637-2638-2639-2640-2641-2642-2643-2644-2645-2646-2647-2648-2649-2650-2651-2652-2653-2654-2655-2656-2657-2658-2659-2660-2661-2662-2663-2664-2665-2666-2667-2668-2669-2670-2671-2672-2673-2674-2675-2676-2677-2678-2679-2680-2681-2682-2683-2684-2685-2686-2687-2688-2689-2690-2691-2692-2693-2694-2695-2696-2697-2698-2699-2700-2701-2702-2703-2704-2705-2706-2707-2708-2709-2710-2711-2712-2713-2714-2715-2716-2717-2718-2719-2720-2721-2722-2723-2724-2725-2726-2727-2728-2729-2730-2731-2732-2733-2734-2735-2736-2737-2738-2739-2740-2741-2742-2743-2744-2745-2746-2747-2748-2749-2750-2751-2752-2753-2754-2755-2756-2757-2758-2759-2760-2761-2762-2763-2764-2765-2766-2767-2768-2769-2770-2771-2772-2773-2774-2775-2776-2777-2778-2779-2780-2781-2782-2783-2784-2785-2786-2787-2788-2789-2790-2791-2792-2793-2794-2795-2796-2797-2798-2799-2800-2801-2802-2803-2804-2805-2806-2807-2808-2809-2810-2811-2812-2813-2814-2815-2816-2817-2818-2819-2820-2821-2822-2823-2824-2825-2826-2827-2828-2829-2830-2831-2832-2833-2834-2835-2836-2837-2838-2839-2840-2841-2842-2843-2844-2845-2846-2847-2848-2849-2850-2851-2852-2853-2854-2855-2856-2857-2858-2859-2860-2861-2862-2863-2864-2865-2866-2867-2868-2869-2870-2871-2872-2873-2874-2875-2876-2877-2878-2879-2880-2881-2882-2883-2884-2885-2886-2887-2888-2889-2890-2891-2892-2893-2894-2895-2896-2897-2898-2899-2900-2901-2902-2903-2904-2905-2906-2907-2908-2909-2910-2911-2912-2913-2914-2915-2916-2917-2918-2919-2920-2921-2922-2923-2924-2925-2926-2927-2928-2929-2930-2931-2932-2933-2934-2935-2936-2937-2938-2939-2940-2941-2942-2943-2944-2945-2946-2947-2948-2949-2950-2951-2952-2953-2954-2955-2956-2957-2958-2959-2960-2961-2962-2963-2964-2965-2966-2967-2968-2969-2970-2971-2972-2973-2974-2975-2976-2977-2978-2979-2980-2981-2982-2983-2984-2985-2986-2987-2988-2989-2990-2991-2992-2993-2994-2995-2996-2997-2998-2999-3000-3001-3002-3003-3004-3005-3006-3007-3008-3009-3010-3011-3012-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