



# Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

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*Bonus Shot of  
Espresso*

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## **Bonus Shot of Espresso: The Earth Just Sped Up-No One Bothered to Tell Us-From Olivia of Troye**

You ever feel like the days are flying by? Turns out, they literally are. On July 9th, the Earth spun so fast it set a record for one of the shortest days in modern history, shaving off 1.4 milliseconds from the usual 24 hours. Not making this up. Not metaphorical. Time is actually speeding up.

Scientists say it's caused by the Moon's gravitational tug wobbling Earth's rotation. Here's the kicker: it has happened six times since 2020, and by 2029 we may need to add a negative leap second, meaning clocks would briefly skip backward to keep up with our planet's faster spin.

Why this matters:

- It messes with GPS, trading systems, and atomic clocks.
- Our entire digital infrastructure is built on precise timekeeping.
- No one's completely sure why this is accelerating now.

The planet's in a hurry. The rest of us are just trying to hang on. Next time someone says "what's the rush?" say "hey it's not me, it's the planet!"

 [Space.Com: The Earth is Spinning Faster](#)

## The Clean Fifteen

1. Pineapples
2. Sweet Corn, Fresh and Frozen
3. Avocados
4. Papaya
5. Onion
6. Sweet Peas (frozen)
7. Asparagus
8. Cabbage
9. Watermelon
10. Cauliflower
11. Banana
12. Mangoes
13. Carrots
14. Mushrooms
15. Kiwi

## What are the Best States for Older Workers in the USA

<https://www.seniorly.com/resource-center/seniorly-news/best-states-for-older-workers-2025>

## New Tax Deduction Until 2028 for Older Americans

<https://www.aarp.org/money/taxes/what-to-know-new-tax-law-2025/>

## Natural Laundry Scent Booster

Here is how to make this booster to add to your laundry.

### Supplies:

- [Glass Jar with lid](#)
- 1.5 cups of [Epsom Salts](#)
- 25 drops of [Essential Oils](#)
- ½ cup of [Baking Soda](#)
- [Measuring cup](#)

## Your Gut Microbiome: Food Revolution Network

[https://foodrevolution.org/blog/gut-health-recipes/?frn\\_source=sfmc&frn\\_medium=email-blo&frn\\_campaign=hf-eft&frn\\_content=newbies-welcome-6-gut-healthy-recipes&j=354839&sfmc\\_sub=220854170&l=137\\_HTML&u=5510059&mid=514008241&jb=24](https://foodrevolution.org/blog/gut-health-recipes/?frn_source=sfmc&frn_medium=email-blo&frn_campaign=hf-eft&frn_content=newbies-welcome-6-gut-healthy-recipes&j=354839&sfmc_sub=220854170&l=137_HTML&u=5510059&mid=514008241&jb=24)

You know what else is a crucial behind-the-scenes partner to amazing achievement? Your [gut microbiome](#).

Virtually unstudied until recently, the gut microbiome is now seen as the key to many aspects of health – digestion, immune function, even cognition and mood. And while Max Martin may prefer to stay under the public radar while he plies his craft, the human microbiome is now under the microscope, as it were, of public scrutiny.

With new popular awareness of the importance of the trillions of little critters that make their homes on and in our bodies, social media, blogs, and mainstream news outlets bombard us with tips on how to keep them strong and healthy. And like much of medical and wellness info these days, there's at least as much misinformation as valid and useful guidance.

Blueberry Ginger Smoothy-Food Revolution Network

Yields [2 Servings](#)

Prep Time 10 mins. Total Time 10 mins

(Continued on following page)

## Ingredients

1 ½ cups blueberries (fresh or frozen)  
1 cup organic romaine lettuce (chopped)  
1 cup plant-based milk (unsweetened, unflavored)  
4 tbsp organic rolled oats  
1 tsp ginger (minced)  
½ tsp ground cinnamon  
ice (as desired)

## Directions

Add all ingredients to a blender and blend until smooth.

Divide between two serving glasses and top with an additional sprinkle of cinnamon, if desired.

Taste for additional ingredients of choice (more greens, berries, ginger, or cinnamon).

## Chef's Notes

### *Substitutions*

Substitute another berry of choice for blueberries, such as organic strawberries, raspberries, or blackberries.

Substitute hemp seeds in place of oats.

### *Make it sweet*

Add 1-2 pitted dates or 1-2 tablespoons of [date paste](#) before blending.

### *Storage*

Store leftovers in an airtight container or mason jar for up to 3 days.

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*Edgar Cayce*

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## Thursday, July 24

"Walking is the best exercise, and in the OPEN as much as possible."

Edgar Cayce reading 4633-1

## Wednesday, July 23

"Peace must begin within self before there may be the activity or the application of self in such a manner as to bring peace in your own household, in your own heart, in your own vicinity, in your own state or nation."

ECRL 3976-28

## Monday, July 21

"As there is the music of the spheres, there is indeed the music of the growing things in nature. There is then the music of NATURE itself! There is the music of the growth of the rose, of EVERY plant that bears color, of every one that opens its blossom for the edification, for the sanctification even of the environments thereabout!"

ECRL 949-12

## Friday, July 11

"Keep in as cheery and as active a mood as possible. Always see the funny side. Laugh at every condition that comes."

Edgar Cayce reading 480-30

## SOMETHING AS SIMPLE AS MAPLE SYRUP MAKES A BIG DIFFERENCE IN NURSING HOMES

I know it doesn't sound like much, but something as simple as maple syrup makes a big difference in the lives of people in nursing homes. Nursing homes are called "skilled nursing facilities" today, but from what I have seen, most of them, are anything but. These nursing facilities have full time patients living there, often far away from their families. They live there for years at a time, many until their passing. A lot of the patients are mentally fine, but physically immobile. They exist in a confined space of about 6 x 12 with a curtain between their neighbor. They share a community bathroom, sometimes with as many as 4 other patients. Most of the places are much cleaner than they were before the Steward Hospital scandal. It was really awful during that time. The State came in and enforced some standards. The places are cleaner now.

There is not enough help in these facilities and now with the immigrants gone it has gotten even worse. Yesterday, patients in the ward were banging on tables asking for help, begging to be cleaned and changed. They only had one CNA. The woman in the bed next to my client reeked of urine. NO ONE IN OUR COUNTRY, *home of the free and the brave* should be ending their days like this.

My Administrator and VP of Ops and I are trying to bring back "candy striper/youth volunteer" efforts. As you can imagine there is a lot of red tape. Red tape is mostly due to things like liability insurance. These institutions are "for profit institutions!! Ugh!

Our efforts aim to improve the lives of these people one book, one audio tape, one tape player, mirror or maple syrup at a time. One of our clients has no teeth and is unable to get teeth. Her money is managed by her children who live states away. Most of the people in these homes have no one or very few people visiting them, because family live so far away. She lives on Ensure, but enjoys a mushy breakfast, if maple syrup can be added. She showed me her maple syrup. It was literally watered down and colored like maple syrup, but was anything, but maple syrup. For just \$2.50, we were able to provide a bottle for her. We were able to brighten up her breakfast. She was thrilled and grateful. We are very careful with the money we receive for outreach. And we ensure that it is being put to good use. Use that improves the lives of people and makes them happy, even for just a little bit of time. These people look forward to these visits. If you would like to join us in our efforts, let me know.

In the past, these facilities have run out of wash clothes, and clients have run out of socks or needed sweaters to be warm. It is amazing what you can buy in dollar stores. We will be expanding our operation in the 4<sup>th</sup> quarter. We cannot thank enough, the people who have already helped sponsor this work. The funds you have provided continue to help immeasurably.

If you have not had a chance to sponsor and would like an explanation on how you can sponsor our work monthly, please let me know. If you would like to donate one or more times, you can also use this link: <https://eibeing.com/> (then click, Sponsor).

I hope to be able to write more often to fill you in on our best efforts! - Thanks much! - Jean

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