

# Aquarian Alternatives

## The Newsletter of the Aquarian Research Foundation

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Dear friends,

Our last newsletter was issued on Dec. 15th, and you might think A.R.F. has died. Actually, we're making a new start with a new life.

Early in the morning of Jan. 29th, Judy gave birth at home to very healthy baby boy named Joel Edward Sane Todd Daniel Rosenblum.

In December we expected a girl named "Heidi" - all the dreams and psychics said it was so. Serendipity, our five-year-old says it was a girl but she changed places with Joel so we got a boy instead. Joel is doing very well and we are more than satisfied with the services of our male midwife, Richard Jennings and his helper, Kathy who is also his wife.

But psychic senses are not always wrong. A week before the birth a laboratory told us that Judy had a blood problem that would rule out homebirth, and though the midwife double-checked everything with the lab, I sensed that they were probably wrong. We had an additional blood sample tested by the Red Cross blood bank and it was shown that the other lab was wrong. No reason for a hospital birth really existed.

### NEW LIFE - NEW PROJECTS

Later in this newsletter, Judy will share her own experience of Joel's birth, but first I'd like to write about other activities, insights and projects going on.

Most of the following projects are far too big for a little organization like ARF to tackle alone, but I feel that we have to give it a try anyhow in the hope that our example will move others such as yourselves to see what you can do and spread the word. I believe that all great movements start with individuals and small groups speaking out their concerns and finding allies who feel the same but have not yet shared their concerns.

### PEACE THROUGH LOVE

It is not coincidental that more and

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### *A Hug Is Good for You, Women's Group Says*

TULSA, Okla., Nov. 24 (UPI) — A women's group has found a force for raising money while promoting an activity that is said to relieve physical and emotional problems. The force is hugging.

"That's what we believe in, the reaching out," said Susanna Hill, associate director of the group, Resonance, which offers free counseling for women and workshops in developing skills for self-improvement. The group raised money by selling buttons and T-shirts last week that promoted hugging and persuaded Mayor Terry Young to proclaim Nov. 18-25 Hug Week in Tulsa.

"We got hundreds of phone calls," the group's director said. "Hug Week says to people, 'See, this is something I need and it's O.K.'"

She said scientific studies conducted in California and Kansas had showed that hugging relieved many physical and emotional problems and could help people live longer, maintain health, relieve stress and promote sleep.

A study in Texas reported that hemoglobin, the portion of blood that carries oxygen, increases significantly when people are touched. Oxygen, the study added, tones the body and speeds recovery from illness.

more people, movements and groups are opening themselves to a genuine movement of love and there seems to be a connection between these movements and the realization that we may be on the path to total destruction simply because we have been afraid to be affectionate. Our task in this change seems to be to help people understand how lack of physical affection in early years is a major cause of children growing up to accept violence and war as "normal". We have to make people aware of the scientific work of Dr. James Prescott who showed the clear link between insufficient affection and violence in later life.

Freud may have been a great scientist, but seems to have made a serious error in