

**DISASTER WARNINGS:
SIGNS AND SYMPTOMS OF APPROACHING TORNADOES, TSUNAMIS, QUAKES,
SOLAR FLARES, AVALANCHES AND VOLCANIC ERUPTIONS**

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A Hidden Ability of the Human Body

It is usually surprising for most people to learn that the human body has, among other things, been designed to serve as a disaster detection system in some millions of people, wherein pains in each part of the body can provide clues to incoming upheavals in nature and the environment. The sensitive people who pick up approaching disasters have historically been referred to as environmental sensitives, and have been studied by scientists for over forty years since their specific preview symptoms can alert municipalities to imminent upheavals.

Discovering Your Inner Early-Warning Systems

The key purpose of this article is to galvanize the reader to become more attuned to their own body's unique disaster pre-cursor symptoms which can alert them to imminent danger, and to become astute observers of Mother Nature. Those who study the signs and symptoms included in this article will become skilled in noticing sudden or gradual changes in themselves, in animals and birds, the sky, the weather, and in noticing sounds from bodies of water and from the Earth that indicate imminent, unexpected and potentially catastrophic events. Although millions of people are probably seismic sensitives, not everyone is one, and it seems that more women than men have that ability to know about imminent disasters through bodily clues.

The "Earthquake Lady" Who Confounds Scientists

Perhaps the best-known environmental sensitive is Charlotte King of Salem, Oregon, who has developed her own coding system for pinpointing specific on-coming events of Mother Nature. Her website is TheCharlotteKingEffect.com and periodically provides alerts for quakes in various parts of the globe which are indicated by symptoms which Charlotte feels in her body. She says that the symptoms for various quake locations will be felt in the same places by other quake sensitives. Charlotte has been studied by three West Coast universities over the years as well as by geologists, seismologists, journalists and others.

She cautions people to **visit their health practitioner** if they have extreme symptoms and to **keep journals** of their symptoms and to check them against actual events that occur during the time window of their symptoms, for example from twelve hours to two weeks later. To become a helpful seismic sensitive that can benefit others, for example, takes astute self-observation skills, and the discipline of noting down quake locations, magnitude ratings and precursor symptoms on a regular basis in order to discover patterns in one's own body that take place before quakes or volcanic eruptions in certain places on the globe.

Since discovering, over thirty years ago, that I am also an environmental sensitive, I also became aware that half a dozen friends also share that dubious "gift." By comparing our environmentally-induced symptoms periodically, we have been able to alter travel plans, to get needed rest in advance of an event, and to alleviate the symptoms by various means mentioned toward the end of this article.

The following charts list a few of the signs and symptoms that often accompany volcanic eruptions, quakes, land-slides, tornadoes and tsunamis.

PRE-VOLCANIC ERUPTION SYMPTOMS IN HUMANS

Birds, insects, reptiles and mammals also register incoming environmental changes but we will only casually touch on their symptoms in this article. Remember that your symptoms usually relate to distant events rather

than to potentially upheaving events in your area, although you could periodically register local or area quakes or eruptions when they happen.

1. Before a volcanic eruption somewhere on the globe you might **suddenly feel chilled** for no reason, even on a very hot day, or when indoor temperatures are also warm.
2. **Blood pressure changes** can signal imminent volcanic eruptions or earthquakes. Blood pressure in sensitives **goes up before quakes and down before eruptions**. Immediately sit down or lie down if you are standing or walking when this happens.
3. People can **feel anxious, volatile or jittery** for no reason. You might feel as if you are like a giant soft drink container that is about to explode in a fizzy eruption.
4. **Temper flare-ups** can accompany a building quake, solar flare or volcanic eruption, even if it is in another hemisphere across the planet.
5. The sudden onset of **great fatigue or uncontrollable sleepiness** is common.

NATURE'S TORNADO WARNINGS: PROTECTING YOURSELF

1. People in the path of a tornado may feel a **deep sense of dread or anxiety**.
2. **Pressure changes can cause earaches or intense headaches**.
3. The **hairs on your arms, head or back** of the neck might "stand up" in fright.
4. You will probably **hear a loud roar, as if a train is rumbling toward you**.
5. Watch the **sky! It can turn greenish-gray and display tell-tale anvil-shaped clouds**.
6. **The wind can pick up and an eerie sensation can descend on the landscape**.
7. If you are caught outside, **quickly run to a ditch, ground depression, or take shelter in a building**.
8. If you are **inside, run to a basement or to an interior bathroom and get into the bathtub**.
9. **Avoid flying debris, falling trees and signage** that can suddenly take flight. Protect your **head and spine** the best you can.
10. If you are driving and if you keep a **hard hat or bike helmet in your car**, put it on.

SOLAR FLARES, SOLAR HALOS AND FILAMENT COLLAPSES

1. Solar flare related pains can **mimic a gall bladder attack**.
2. There can be a sudden onset of **pressure in the sternum** that moves through the body to the upper mid-back from 12 to 72 hours before the appearance of solar flares, sun halos or filament collapses. If the pain in the sternum **doesn't ease off after a few hours, or if it gets much worse, get immediate medical attention**. The pain can indicate severe gall bladder blockage, such as a gallstone, or can even indicate a cardiac event. **Women, unlike men, can get stomach pain, shoulder or back pain before a heart attack**.

3. Before solar events, **tempers can flare up for no discernible reason.**

SIGNS OF APPROACHING TSUNAMIS

1. The ocean can make **strange sounds**, especially at night, like thunder rumbling, like a jet fighter plane, or like a speeding train. Immediately move away from the water. Sounds do not always accompany tsunamis, however.
2. An **inconspicuous rise in sea level** can be the first small tsunami wave, unnoticed by most people.
3. A **second wave normally comes in** within ten minutes.
4. Strange **bubbling or swirling in sea water** is a warning sign.
5. Water can **recede unusually fast**. Run away from it quickly! Don't stand and watch it. When it swiftly returns you may be knocked down or dragged into an undertow.
6. **Strange animal behavior** becomes apparent. In tropical areas large birds such as flamingos leave low-lying breeding grounds. Elephants scream and run to high ground. Globally, dogs won't go outside and zoo animals rush into shelters, refusing to come out. However, dogs and cats can run away and stay away before a quake.
7. **Vertigo** is common in humans.
8. **Intense earaches** can be a sign.
9. **Sharp heart pains** can indicate that there will be a tsunami or an under-water event of 6.5 or greater.

YOUR SENSIBLE RESPONSE TO A TSUNAMI

1. **Don't rush to the exposed sea bottom** under any circumstances.
2. **Warn others:** "Tsunami! Run to high ground!" Pick up babies and toddlers, small dogs and run to the top of a hill, or a concrete building on the outside stairwell, if there is one.
3. Always **run fast in the opposite direction of any collapsing railings, ledges, wharfs or fencing, rather than rushing to inspect the damage.**
4. Listen to your local **warning signals on radio, or on community sirens.**
5. If you are walking along a beach and are suddenly **knocked off of your feet**, leave the beach immediately and run to higher ground.
6. The timing of tsunami arrivals can take place from five minutes to an hour or more from the first indications.

SIGNS OF IMMINENT AVALANCHES, MUD-SLIDES OR LAND-SLIDES

1. You feel anxious or nervous. Look up and out. Is the **land moving, shaking, rumbling or undulating?**
2. There **may be dust coming from the Earth**, or gravel, dust or rocks tumbling from a hill or cliff. Run fast in the opposite direction.

3. You may feel a **rumbling** that starts in your feet and moves up your legs before a slide.
4. The skin **around your eyes, inside your eyeballs, or on your face feels as if tiny soft drink bubbles are hitting your face.**

CAUTION: Never yell, sing, yodel or scream when you are in a snow field, a snowy mountain-side, or near a gravelly hillside. You could start a slide that could take your life and that of others in population centers below, to say nothing of smothering vital roads, homes and buildings at lower altitudes. Don't ride motorcycles or ATV's on glaciers or snowfields, which can cause the same disastrous results. When visiting new areas on vacation, always ask local people if there are any precautions you should follow regarding wilderness hikes, dangerous bike or horse-back rides or other explorations. For your own protection, strictly obey all national and state park signs and postings about carefully securing food and trash and not feeding wildlife. When visiting coastal areas, but sure that you obtain tidal charts for timings of high and low tides.

EARTHQUAKE SYMPTOMS IN HUMANS AND OTHER CREATURES

1. **Nausea** or upset stomach with no fever can indicate a mounting quake anywhere in the world.
2. **Nose bleeds sometimes occur.**
3. **Blurred vision and muffled hearing** are common precursors. Your ears may feel plugged up as they do at high altitude.
4. **Mood swings such as crying, depression, crankiness** can occur without warning.
5. **Migraine headaches** are common.
6. Hearing sounds in the ears is often an indication of imminent off-shore ocean quakes near Oregon. You might hear a sound like a **whistle, a fog horn, a crystal wind chime, or a low moan.**
7. **Clumsiness** is common. You might bump into walls, drop things, trip while walking.
8. **Lack of energy** or severe sleepiness is an indication of quakes building.
9. Dogs and cats can have **diarrhea**, as can humans.
10. **Ants invade buildings** a day or so before a quake, then suddenly leave twelve to twenty-four hours before it hits.
11. **Bad Hair Day:** Your hair texture can suddenly change. For example, my hair is naturally curly and before a quake it will become limp and straight. Straight hair might become frizzy or unmanageable. This could have to do with a change in humidity before a quake. Since I am the only person that I know that has this symptom, I'd be interested if others have noticed a hair-texture change before a quake. **Does your hair texture change when you develop a seismic headache?**
12. **Wedding rings or other gold rings can turn your finger a greasy, greenish-black color** that can smear onto fabric or paper before a quake.

13. Earthquake **clouds look like rainbows, or feathery, multi-colored clouds** and can spread across the entire sky. This effect could be brought about by changes in the magnetic field before seismic events, according to Charlotte King, "since clouds are ninety percent water, which gives them a polarity that changes in response to the electromagnetic field of the Earth before seismic events." Quake clouds can occur an hour or two after sunrise to several hours before sunset but are not restricted to appearing then.

14. **Depth perception can be unreliable**, especially when a person is on stairs, curbs or escalators.

15. A person may experience a **sudden onset of unaccountable weepiness, which can indicate that a dozen or more people will perish soon in a disaster. Such calamities can include airline crashes, multiple shootings, quakes, eruptions, hurricanes, or tornadoes. Such weepiness can include imminent suicides, large car pile-up wrecks, military action, and further, seismically only relates to quake events in Chili, Bolivia or Argentina. The location or the group involved is usually not known at the time.**

Feeling tearful can also relate to the death of a friend or loved one, or of a **president, prime minister or similar leader. The name of the person, unless it is a loved one, is usually unknown.**

16. History has shown that people anywhere in the world who are **bi-polar, manic-depressive or schizophrenic**, may need to have their physician adjust their medications regarding a Chilean seismic event. (Remember that seismic pains below the waist refer to Central or South American quake locations. Pains in feet and ankles can refer to Chile and Argentina.) Such patients can become aggressive or otherwise emotionally unstable. (Recommendation: Order Charlotte King's book to become familiar with the locations to which biological symptoms relate. Her contact information can be found at the end of this article.)

HOW TO FIND RELIEF FROM INTENSE EARTH ENERGIES

1. Take a **warm bath with two to three cups of Epsom salts to soothe aching joints and limbs.**
2. Drink hot, sweet **peppermint tea** and soda crackers. For some reason this works.
3. Eat **popcorn because the body craves the choline in the corn.**
4. Drink lots of pure **water.**
5. Don't over-work or push yourself. Rest as much as you can.
6. Keep a record of your feelings and symptoms, the date and time, and any noteworthy observations in yourself, pets, livestock, wild birds and animals, clouds, sounds.
7. Remember that this educational article is not meant to cause readers to become overly-absorbed in various aches and pains, but to help them to adjust to them while living a normal life by caring for themselves and re-adjusting their schedules when they feel unwell. Other people who are not biological sensitives often find such discussions boring, so avoid mentioning your symptoms to those who are not interested scientists or other biological sensitives.

SOME KEY PRINCIPLES OF UNUSUAL QUAKES OR OTHER EVENTS

* **Distance is not an issue. You might feel indications of a quake or eruption that is thousands of miles from you.**

* Most of the time **quake magnitudes will have no bearing on the severity of your symptoms**. Low Richter-rated quakes can be more painful than higher ones. You might need to lie down for a few hours during a 4.5 quake but be relatively unaffected during a 7.0. It is not necessarily the size of the event or its proximity to you that is significant. In other words, **you are simply more sensitive to a particular vibrational frequency of a tectonic plate movement or a fault-line movement that triggers pain in you**.

* Biological symptoms **can occur suddenly and can leave just as suddenly**.

In addition to experimenting with which exercises and yoga positions help to relieve your achy symptoms, you may wish to **form a group of environmentally-sensitive people to share information on biological disaster warning signals, to alert and collaborate with geologists and seismologists** as to imminent events, and to mutually educate and support each other during the extremely active seismic and volcanic times ahead. You can also **study maps, globes and key fault lines and pray for people in those volatile areas**.

NOTES AND RESOURCES

Connie Shaw is an author, an international speaker and workshop facilitator, a healing facilitator, an environmental sensitive, a visionary intuitive, and a co-founder of Quantum Gazing programs with her husband, Jim Wright, who is an engineer by training and who is a retired Director of a multi-national corporation. Ms. Shaw is appreciative of the contributions to this article by famed biological sensitive, Charlotte King, of Salem, Oregon.

Charlotte King's Blog can be found at www.TheCharlotteKingEffect.Com.

Biological Earthquake Prediction: Pioneered and Taught by Charlotte King can be purchased for \$25.00, including shipping for U.S. residents. For overseas shipping add \$3.00. The booklet is a fascinating "must-have" resource for people everywhere and includes periodic warning updates of imminent global quakes and volcanic eruptions via free email alerts.

Email address: charking@viser.net.

Solarham.com is a free online resource that cites current solar phenomena and their potential dangers to the Earth.

Spaceweather.com provides news about solar flares, meteor showers and near-Earth asteroids.

An outstanding earthquake link is www.emsc-csem.org/Earthquake.

Live Global Earthquakes has several reporting stations for each quake: <http://quakes.globalindicentmap.com/>

The National Tsunami Warning Center site is <http://wcatwc.arh.noaa.gov/>

The USGS main site is: US 2.5+ and world-wide quakes.

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