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VOLUME 18, NO. 1

MAVIS McCOVEY
A Medicine Way of Life

DEANNA CAMPBELL
Saving Tibetan Culture

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January - Sedona

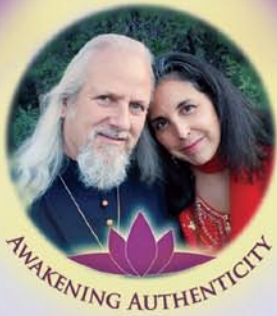
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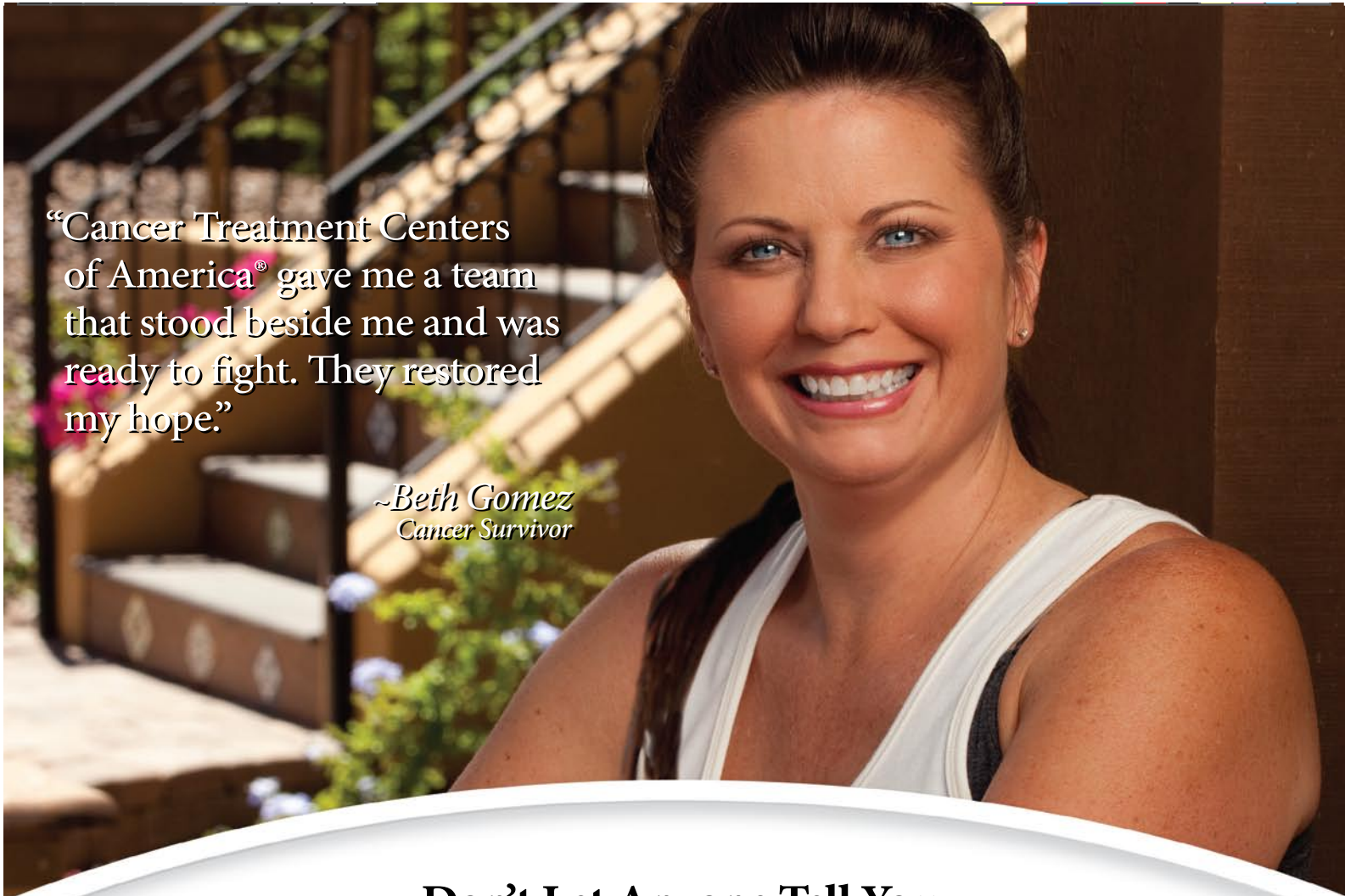
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Mavis McCovey

A Medicine Way of Life

By Donna Strong

Mavis McCovey is a Karuk medicine woman who has lived in the Klamath River area of Northern California her entire life, now 77 years. Her book *Medicine Trails: A Life in Many Worlds*, written with Anthropologist John Salter, is a compelling and wrenching story of the upheaval and genocide of tribal people in this area and their way of life, beginning with the gold rush influx of European settlers in the mid 1850's.

A Native elder whose training began when she was three years old, Mavis has learned to move through many worlds, the Native community around Orleans where she grew up, the white cultural world, and spiritual dimensions that are beyond this physical dimension, the visionary reality of a Karuk medicine woman. Her ability to move through all of these worlds makes her a master of mobility, for it is arduous work.

Mavis was originally trained by the medicine women of her tribe to be a Fatawanun's woman. In Karuk life, a Fatawanun is a priest that does ceremony, calls upon spirit to gather power and bring it back to bless the people and the land. A woman who is chosen to be a Fatawanun's woman is herself a medicine person, and these women are usually a decade or so older than the man, to keep the focus more on the service aspect than a romantic liaison between them in their union.

As Mavis explains, it is the job of the Fatawanun to fast and go through very rigorous rites during the White Deer Skin Dance that takes place every other year of the Pikiawish world renewal ceremony to correct imbalances from the past year. A tribal medicine

man chooses the Fatawanun and prays with him to begin the process.

The Fatawanun fasts for 2-3 days and abstains from even

work of the Fatawanun's woman to find the man when he is drifting and set him back on the trail so he can return safely.



Photo by: Dawn Gurule

taking in water, and then begins to go up into the mountains around Orleans for about a ten-day period. During this time there are rounds of going to the river to pray, to the sweathouse, and leading ceremonial dances. Each day he goes to a portion of the fifty-seven miles of medicine trail terrain to visit the tribe's sacred altars, doing ceremony at each one.

In this spiritually emancipated dream-like state, the Fatawanun might go off the medicine trail and this could be deadly dangerous. It is the

In *Avatar*, paraplegic hero Marine Jake Sully uses another form in order to move around and mingle with the locals on the faraway world of Pandora. In Klamath River country, real world medicine woman Mavis has had her own experience with changing form to move through visionary worlds.

By an accounting of her beloved husband Darrell, when she was doing spirit work, her physical form would disappear from their home for hours at a time. Mavis says "I'm not sure if I just go there in my mind, or if I'm going up the trail in an

altered state. I can't see myself — I just know where I'm going. Something changes and I'm not sure what, but my husband swore I would disappear. He'd look for me. I'd say to Darrell, "You know I was here," and he'd say "Why?" and I'd say, "Because you know I wouldn't walk and the car was still outside!" (chuckle) This Karuk woman is reticent to launch into a detailed description of what happens as she journeys on the medicine trail, and perhaps it doesn't really matter. But the Western mind wants to know — did she sprint out the door on her way to do good medicine for her tribe, or is she using other ways of moving through the world?

Although Mavis was trained to become a specific type of medicine woman, the Fatawanun whom she was to work with was never born, so her original assignment didn't happen. Instead, she was released from this form of potential service when she was in her teens and shortly thereafter, at age fifteen, met the man who would become her husband for fifty-six years.

To give a sense of what it was like in up country Northern California at the time, Darrell walked seventeen miles each way to see Mavis while they were dating. Married in 1950, Mavis and Darrell had five children and she describes this fifteen-year period of time in her life as the 'happy years.'

As is tradition, she moved to the Yurok area of her husband's family in Klamath River country when they married. Around 1965, Mavis was called back to Orleans where she grew up to care for her ailing aunt Caroline, a Karuk medicine doctor, who had helped raise her after both Mavis' parents died when she was six.

The timing of the move was quite synchronistic. When she

returned, the visions began in earnest and she was to remember the words of her medicine woman aunt — that she would “pick up her power” when she was around age forty-five because maturation of the mind happens around this time.

“So when it pulled me out of the kitchen and picked me up, I didn’t have any choice in the matter. I didn’t do anything to get picked up like that. I had no conscious effort in it at all — suddenly I was gone for three or four hours, but it seemed like fifteen or twenty minutes. When that happened, I didn’t make the choice, I was chosen and picked up.”

In a passage from the book Mavis notes, “I had been told that when the time came I would pick up my power, but in fact the power picked me up. So I don’t think the power is mine. I’m like a conduit and this spiritual power is somewhat like electricity.

It comes through me when I need it or it needs to use me, but it isn’t something that I walk around with all the time. I think it comes from the spirit world when I need it; the spirit world sends what power I need at the time.”

When asked what she thinks is happening, she responds, “We have God and the holy spirit. I don’t think I am talking to God, but I think the spirit of God is coming to me. It also sounds insane (chuckle). I think the medicine training was quite imperative, really. We would get guidance all the time, and they (elder medicine women) would interpret the visions for you and start teaching you what you are seeing, so it convinces you that you are not crazy.

“Like what they say in the Bible, it’s like looking into a mirror darkly, which later you shall see face-to-face. So when you look at your vision, it’s not clear-cut, you have to interpret. Sometimes it will just scare the hell out of you. At the same time it is scaring you, you have to look at it piece-by-piece, because a lot of times it is showing you something you don’t want to see.”

Mavis has seen many things that brought a deep sense of unease because of what was

potentially being foretold in the vision. When this happens, she will do what her tribe’s people have done for many generations, she will ask to ‘change the face of it.’

When asked how this occurs, she responds, “You just talk. You don’t get up and say a ritual prayer. You talk like you would to anyone and say, I don’t want this to happen in this way, is there any way you can change this? Is what you are showing me really true? Can it be changed?”

That’s when we say, can you change the face of it so it will look like something different? Sometimes it works and sometimes it happens like you saw it.” When asked if Mavis thinks from her experiences that reality can be shaped and changed, she replies, “I think so.”

The deepest sense of concern is raised with visions that don’t show the face of a person because these are showing it is someone she is close to. When Mavis was young, the medicine women had told her that not all of her children would live long. Mavis lived with this possibility, and indeed two of her five children have already preceded her in death.

One year Mavis began to have visions about three men being dead in the woods, and she knew it was a warning that someone really close to her could be involved, because the figures had no faces. The same vision came repeatedly for months and she enlisted her friend Josephine Peters to pray with her. When she drove through Orleans she could feel and see the vision.

Then one day the recurring vision scenario began to play out in this realm. Her son Long Gone went into a local bar when a man came in and upon seeing him said, ‘I came here to shoot Bart Starritt, but instead I’ll shoot you.’ He proceeded to open fire. Both Long Gone and another man, Dennis Donahue, did their best to dodge the line of gunfire in their direction, but they were shot.

Fortunately, both men lived. Long Gone was very lucky, he survived a bullet behind

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Mavis...

(Continued from page 7)

his aorta that caused him to lose half his blood. Evidently though, the prayers were able to 'change the face' of the haunting vision of death that shadowed Mavis for months.

The Karuk have a saying, 'Life is good, but it isn't easy.' The clash of cultures that began with the gold rush one hundred and sixty years ago changed their way of life forever. It has taken a lot of fortitude to rebuild since their tribe was decimated from both outright slaughtering attacks to immune deficiencies that caused a significant die off of their small population.

The main diseases proving to be most deadly after initial contact with the new settlers were measles and chicken pox. The Karuk in the area didn't have good defenses to ward off the influx of gold prospectors or the diseases they carried, and between the 1880's

and 1920, their population dipped down to a low of about 800 from earlier estimates of 1500-2700 in the 1850's. The Natives who lived have been intermingling with the settlers since the European influx.

While it proved a good thing for both populations to share their genes in terms of immunity, it has been more precarious for the Karuk to maintain the continuity of their tribal ways while living in Klamath River country. Along with the European infusion came a lot of judgment that Native ways were inferior.

"With drugs and stuff that started in the 1970's and the drinking that started when the miners came, it's been a struggle to keep the culture alive." The Karuk have had their problems, like other people, but the temptations of the white world have posed a particular threat to maintaining balance in the Karuk way of life from the perspective of this elder tribal member.

While the original plan for Mavis' medicine-woman train-

ing wasn't realized, her broader role of picking up her power was, and she came into her purpose to help make the world a happy place, a much needed offering to the Karuk community. When asked what this looks like, Mavis offers, "All I do is just talk to people. They come in and visit like ordinary people. Some are looking for something like peace of mind from what is distracting them, and I spend more time with them."

This humble heroine demurs when recounting her contributions. As a medicine person, she has spiritual power that she uses to help others become more focused in their lives because she sees that they can use some support.

While Mavis often works in subtle ways as a medicine woman, she has also been outspoken about injustice where she felt the need was calling her. The local Indian wisdom is to 'live very carefully,' yet at times Mavis stepped out because she felt much harm was being done, even though she

was warned it could be quite dangerous to her own life.

In the 70's there was a time when the Forest Service began spraying herbicides on broad-leaf plants as part of a plan to make more room for conifers. At the time Mavis worked as a community health representative at the tribal clinic, and her role shifted to become an environmental activist in favor of the community's health as she realized what was happening. Mavis' husband Darrell used to call her 'Earth Mama' and it particularly suited her role in this situation.

She got to witness directly the evidence that herbicides were having a dramatic effect; "It came to our attention that they were spraying the hillsides and in the morning it would come down into the valley." Odd symptoms began cropping up in copious ways. "I was telling the doctor, something's going on — three hundred bladder infections? Then mothers and pre-school kids started getting these little sores with pustules.



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I said something crazy is going on — then the miscarriages happened. Of twenty-four women who were pregnant in this little town, everyone lost their babies!" From 1976-1978, not one Karuk pregnancy was carried to term in the Orleans area. Mavis commented that the Karuk women rarely miscarried.

"Finally, I said it was the spray, since the only new thing around here was the spray. The Indian community didn't want to get into it. I got into it anyway because there was too much happening and it was bothering people's health."

Mavis put her involvement into perspective by offering what she told the officials at that time, "You have to believe it's so. I'm a reliable source because it would be better if I kept my mouth shut with my daughter and my daughter-in-law both working in the Forest Service and my husband and sons working in the woods."

After years of community campaigning in Orleans and elsewhere, another group won a court case against the spraying. Eventually the spraying ended around Orleans, but not before there was a very destructive effect on the people and the land.

According to Mavis, it took ten years for local birds and lizards to repopulate one particularly decimated area near the G-O Road. Although the chemical being used was only one molecule different from Agent Orange, the Forest Service saw no problem spraying the valley community for years. It is worthy to note that once the spraying stopped, eventually so did the epidemic of miscarriages and bladder infections that had plagued the community.

While the local tribes people didn't receive any compensation, it showed solid vision and leadership for Mavis to speak up when most Karuk community members didn't want to raise the issue. This is another way Mavis has used her medicine ways to change the face of a dire situation, applying herself with tenacity in this realm, to sustain the Karuk way of life on their ancient lands.

Few can claim the heritage

they have in the Klamath River country. Archeological evidence suggests Karuk have lived in this area for at least 8,500 years. This ancient culture has survived many changes in their long tenure upon this land. As Mavis shared, it is an abundant area, so usually, as peaceable people, they would just move over a bit to make room when newcomers arrived.

Avatar has struck a resonant chord in so many, not only as a visionary animated action feature film, but how it touched upon a pain that has been largely unacknowledged for destroying the way of life for many of the first peoples and their honoring connection to the Earth.

Not only does art sometimes imitate life, sometimes it serves to express what the collective has not yet been able to adequately address and therefore fulfills a great role. Unlike so many stories that have been recorded, in *Avatar*, we get to watch the course of cultural and environmental destruction averted, as the people and creatures of the Earth claimed the strength of their real power to affirm life.

Like other indigenous peoples, the Karuk have had their fair share of upheaval in the last one hundred and sixty years. While life hasn't been easy, even with all the challenges, they still say it is good. The work of medicine woman Mavis McCovey hasn't been all that easy either, yet she has one of the best job descriptions — working to help the people in Klamath River country to be happy.

She has learned how to do her work well and has made an enormous contribution to this tribal community that is her home. Despite enormous setbacks to her culture, Mavis is a living legacy of continuity, of gathering power and sharing good medicine with her people.

"Medicine Trails: A Life in Many Worlds," published by Heyday Books, is available at local bookstores. For more information about Mavis' work, contact: www.heydaybooks.com.

Donna Strong's first book is "Coming Home to Calm." Visit her at www.donnastrong.com and spiritsynergy.wordpress.com

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Saving the Tibetan Culture...

An Interview with Deanna Campbell

By Randy Peyser

So many of us in the Mind, Body, Spirit community want to “save the world.” Deanna Campbell is one woman who is actually doing it. After a chance meeting with Khenpo Tashi Kailash, Tibetan Buddhist monk, during a meditation seminar, Deanna was shocked to learn that the region where he came from had been without a school for two generations. With a degree in education and having served on various school boards, the retired executive thought there must be something she could do.

About a year after meeting Khenpo, and at his suggestion, Deanna hired a 4x4 and bounded off to “do the Mount Kailash Kora,” which involved circumambulating Mt. Kailash in the Himalayan Mountains. The Kailash Kora is considered to be the highest spiritual pilgrimage for both Hindus and Buddhists.

After traversing 18,000 foot passes during her spectacular experience, she crossed over the Tibetan border and made her way to one of the most remote villages in Nepal. There were no roads, no phones and no electricity, outside a recent appear-

ance of some hydro-electricity and solar electricity.

Deanna refers to the villagers as “the forgotten Tibetans” because the Chinese consider them Nepalese and will have nothing to do with them, while the Nepalese will have nothing to do with them because they live so remotely. Compelled to make a difference, Deanna founded an organization, and within the last five years, the “Antahkarana Society” has created three schools, educating children, teaching the village women to read, and more.

Randy Peyser: What happened when you first met the villagers?

Deanna Campbell: When I first spoke with the villagers, they wanted a school. They had very grand ideas. Basically, they wanted a replica of the schools in Dharamsala and other places in India they had heard about. This was totally impractical because it is not possible to get the same kinds of building materials needed to create a big school, and there were no teachers who wanted to go there, much less administrators.

I came back the following

year and told them for now, the best thing would be to take children into the Tibetan schools established in Nepal by the Dalai Lama’s Department of Education. They would get a good Tibetan education and be able to go to college if they so desired.

Each village was divided into wards. We took three children from each ward in each of the three villages. It turned out to be about 28 children. We enrolled them in Namgyal School in Kathmandu.

That year, I made a documentary film. The next year, we went back to the village to get more footage, but we got snowed out. When the villagers heard I was coming they thought I was coming to get more children to take to school in Kathmandu. While we were snowed out from the direction of Kathmandu, several children crossed the border of China into India and back into Nepal to come to Kathmandu; it took them 30 days of walking!

When I arrived back in Kathmandu, there were fourteen more kids who had come to join our program. We managed to quickly rebuild our hostel to make it big enough to accommodate these kids.

One of the most marvelous things about the whole experience was that these kids came from villages that didn’t have schooling for two generations. Their parents were illiterate. We worked with them in our hostel in Kathmandu for six months.

We were able to bring them up in Tibetan, English and Nepalese to meet entrance requirements into a very academically-challenging school. After only six months of study, one-third of our children were performing at the top of their class. It is an astonishing demonstration of the will to learn.

Randy: How did you teach them?

Deanna: We used fairly innovative techniques involving some Montessori and a lot of close attention. The following year, the Dalai Lama made a decision that the children in these schools should be 12 years old in order to be accepted into the dormitories. Taking kids when they’re seven years old from their villages was very trying for the kids and parents, although these kids were very happy because they’d never had such good food, comfort, and attention, and they loved being in school.



Photos courtesy
of the
Antahkarana Society



Opposite page L-R: Tibetan children from the local village, Deanna with the village elders. Above L-R: a Tibetan welcome from the villagers, Deanna conducting outdoor school lesson. Left: an impromptu lesson from the Tibetan phrase book.

I understand why the Ministry of Education would want kids to stay in their villages longer. So, that meant we had to build small schools in the villages. We now have schools in three villages and use the same teaching techniques.

Miraculously, Tibetan youth who managed to get an education through Dharamsala volunteered to go back into the villages as teachers. Early on, our critics said: "You'll educate the kids, but they'll just flee the village. They won't go back there." We found this not to be the case.

We have youth who are now going back to their villages as teachers. Others are working on tourism so they can bring groups to the villages in the summertime. They're very entrepreneurial and they are reviving their villages. It's a remarkable thing to see.

Randy: How old are these youth?

Deanna: Mostly 18-24. Some are in their 30's. We pay them as teachers, and with that money they are able to care for their aging parents. It took me a while to understand how things work. It doesn't disrupt the pattern of

life for the young people to leave the village, earn money, then go back in the summertime and help their elders with the planting.

This has been the way of life for hundreds of years. In the wintertime the men do the trading. They were the traders on the Silk Road. They would leave the women and children to go trade during the winter when the villages were snowed in.

Randy: What were they trading?

Deanna: In the days before being poverty stricken, they had traded wool and craft items that were made from wool, and other mostly agricultural products. Summertime they would stay in the village and help with planting, then stay to help with the harvest. Now they leave in winter for work in India or Nepal. But some are staying in the villages as teachers.

Eventually, we'll get people trained as doctors and nurses and other kinds of professionals. They will go back to their villages and serve. It's amazing to watch the evolution of several villages coming back to life.

Randy: What other programs do you offer?

Deanna: We have a women's literacy program. One time, I was doing a meditation and mantras with the villagers. I noticed the men would take out Tibetan scriptures and chant other things, while the women chanted the very simple, "Om mani padme om." Afterwards, I asked why the women didn't chant the other text as well. The village leaders looked at me and said, "The women can't read." I replied, "Well, we're going to fix that."

I started evening classes for women to learn to read Tibetan so they could participate at a higher level in spiritual practices. We have a tour program to take people on Buddha pilgrimages in India. Young people help as guides and managers.

Randy: How do you fund your programs?

Deanna: Mostly by founder donations — that's me. I also do programs where I play our DVD, talk about the work, and invite people to donate or go to our website and sponsor a child for a very small donation every month. We are actually looking for board members to assist us in reaching the next level of funding.

Randy: Do you speak all these different languages?

Deanna: No. I usually have Khenpo Tashi with me. He speaks English and Tibetan. Oftentimes, we have a third person with us who speaks Nepali. Most people in Nepal who are in public service speak English.

Randy: What was your background before all of this?

Deanna: Everything I've done in my life turns out to have paid off in the experiences I've had in this work. My undergraduate degree is in Education. Later I got an MBA from Pepperdine University. I worked as an executive for PacBell and other technology companies.

When my children were quite young, I founded a Montessori School. As they grew, we got involved in camping and hiking with the Scouts. I also served on numerous school boards. Unexpectedly in 1989, my husband passed away.

We had just moved to Montana and acquired two horses. For grief therapy, I joined Back Country Horsemen, and spent two summers riding in the mountains and sleeping out under the

(Continued on page 12)

Tibetan...

(Continued from page 11)

stars or pitching a tent. I also held a high-powered job.

One day, I decided it was time for me to retire, and shortly after that, I met Tashi. Everything just came together; management, teaching, non-profit boards, wilderness living — it's all a fit. Just doing what was in front of me in life prepared me for this particular work, and I love doing it.

Randy: How frequently do you travel there?

Deanna: I go every year. This year, I am going very briefly because we have a staff of village youth who are managing the work very effectively. I also take a small group on a fundraising tour every year. This year, the group will tour China, Tibet, Mt. Everest and Kathmandu. I will meet with the staff and help them with the training and planning for next year. My biggest job right now is fundraising, and I can do that best in the United States.

Randy: What do you want to accomplish next?

Deanna: We want to raise more money for our schools. Every year we have to add new classrooms and more teachers as the children graduate to the next grade and younger ones enter.

Additionally, when I go to Kathmandu, people line up outside my office begging me to take their children, or come to their village and build a school.

We can't. We are now at a place where it takes all our resources to fund the programs we have going right now. My dream is to build an endowment fund that would allow us to expand our programs from village to village.

Randy: Who builds schools?

Deanna: Antahkarana Society funds the schools, pays the teachers' salaries, and purchases the materials, but the villagers build the schools. They build them out of stones in the village. Wood has to be brought in by yak from other areas because these villages are way above the timber line.

Wood is very expensive, but the villagers help and we do get some money from the Nepali government for some of the construction. However, we don't anticipate government funding will last.

Randy: Can you share a story about someone whose life has been turned around as a result of your efforts?

Deanna: A precious eleven-year-old girl named Trinley comes to mind. She was in the first class to come to Kathmandu. She quickly rose to the top of her class. Had she not had an opportunity to enter school, she would have spent her life illiterate, working in the fields, and in her home, caring for her elder sisters and mother. She would have had no way to shine and she would have been married fairly young.

Now she is a happy and bright

young girl looking forward to continuing her education and returning to her village as a doctor. This is something that could never have happened, except that she has this opportunity to get an education.

Randy: Do the parents support the girls as much as the boys?

Deanna: They do. The Tibetans do very well by their girls. The boys are sometimes first to get an education if there is a choice to be made, but the girls are very well-supported.

Randy: Did you ever run into any problems with the government?

Deanna: No, not with the Chinese or the Nepali, but there are Maoist insurgents. Nepal has been fighting a civil war for the past 10 years. The Maoists are guerrilla fighters and organizers. Nepal became a democracy in 1997, but democracy never got traction.

The Maoists started a revolution and the insurgency lasted until two years ago when a truce was called. However, it was short-lived. Many NGOs curtailed their work during that decade. We didn't. We continued working. The villages we go to are so remote, the Maoists never bothered us. However, if the Maoists call a strike in Kathmandu, things really get disrupted.

Randy: What are you most proud of?

Deanna: I'm most proud of the youth who go back into the villages as teachers and tour guides. They're spiffing up their parents' homes to make them suitable as trekker's guest houses. I'm also very proud of how well the kids do in school. They are driven to get an education. Their parents and village elders know that education is the way out of poverty. They're highly motivated and work very hard.

Randy: What is the message you want to get out to the world?

Deanna: It is important to preserve Tibetan/Buddhist culture in its native indigenous form. We know the plight of the

Tibetan refugees, and people respond very quickly to them. But people don't know about these Tibetans. They are living in their villages and have a deep desire to remain there, but at the same time, they want to come into the modern world.

I don't know any other organization that is devoted to preserving indigenous Tibetan



Zhang school children.

culture as is Antahkarana. The Dalai Lama said he was conceding the fact that the Tibetan Buddhist culture in Tibet was lost and the only way it would be preserved would be to preserve the culture in the Himalayan region. That was his statement in 2009. We have been engaged in this work since 2005.

Randy: What does Antahkarana mean?

Deanna: Antahkarana means "inter-connectedness or network." I chose that name because I was thinking of people all over the world taking responsibility for themselves and for others. We really are all one. With a sense of "Antahkarana," you understand you cannot let another culture languish without a part of you also languishing. That's why I do the work.

There is an immediate critical need and a greater purpose as well. I know we are right on the mark in terms of what needs to be done for Tibetan culture. I would like for the whole world to support this effort because we have a mission and a model that works. We just need more hands on deck and more resources.

For more information, visit www.saveTibetanCulture.org.

Randy Peyser is the author of "The Power of Miracle Thinking." She also edits books, writes book proposals, and helps people find literary agents and publishers. www.AuthorOneStop.com.

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The Sacred Ceremonial Pipe

By Stan E. Hughes, aka Ha-Gue-A-Dees-Sas

(As published in *Medicine Seeker*, Northern Lights Press, Spring 2010)

THE BROKEN PIPE

Medicine Grizzly Bear Lake, Karuk shaman from northern California, found out through a frantic phone call from his wife that his young son, Wind Wolf, was deathly ill. Only six years old, yet this frail child's fever was so high that he was convulsing and drifting back and forth into periods of unconsciousness.

The emergency room personnel at the local hospital could not determine the reason and worked frantically to keep his temperature in check while waiting for a specialist doctor to fly in from Seattle, Washington to diagnose the illness. They were gently packing him in and among mountains of ice bags.

The Medicine Man was in great fear for the life of his son. He prayed unceasingly and had a frightening vision of sorcerers and witch doctors digging up family burial grounds to burn human bones in a cave. He was convinced that this was a direct assault by evil spirits on the lineage of his wife, a traditional tribal leader and Indian doctor from the Yurok Tribe, also from northern California.

In times like these he needed the strength of a 'high place' and stronger power, so entreated me to drive him to the foothills of California's Mt. Shasta. This massive monolith dominates the eastern horizon and is considered a 'power center' and an object of reverence and devotion to the local Native tribes. I honored his request without question.

We let his wife know our plan and headed into the moonlight. Bear wandered into the forest singing and chanting ancient sacred healing songs. I felt a deep stirring in my heart as the words and music wove themselves among the stones and trees. All of this was of the Earth.

He broke off his sonata and asked me in desperation, "Did you bring your pipe? The 'spirits' are telling me that I have to make smoke!"

"It's in my medicine bag." A Holy Man had given me an old and precious medicine pipe. It was just a grey stone bowl without a stem, but was deeply tobacco stained from ages of use in sacred ceremonies. I kept it wrapped in white deerskin and carried it in a rough hand spun wool purse Thomas Banyaca, the keeper of the Hopi prophecies, had given me some time earlier.

He loaded my pipe with tobacco, then resuming his song, walked back into the forest. I followed at a respectful distance and saw him as he climbed over a small rock ledge and scrambled down the adjacent hillside. Out of sight, I heard the most painful and heart-wrenching moan. In fear for his safety, I ran to the rocks and peered down into the moonlit depression. He was on his knees in the dry earth, hands apart, looking skyward in total anguish.

"Are you okay? What happened?"

"I broke your pipe in two!"

He held up a piece in each hand, tears streaming down his cheeks. "This is a terrible, terrible sign..."

I tried to console him: I could repair the pipe... I never used it anyway... It would be okay... It was an accident... A little Super Glue, and all would be just fine. My words fell on deaf ears as he held the shards against his chest and was lost in prayer.

"We've got to bury the pieces! Here in this place!"

"What?" Do you know what you're saying?"

"The mountain said that she would accept the pipe and send her power to help Wind Wolf."

I was flooded with mixed feelings. I did not deny the sincerity of his statement... but it was my pipe! More than that, it was a special gift from a very exalted person. Even if it was broken, it still had value to me as a precious artifact and collectible. Something to keep in the family.

"We have got to dig a hole and bury it..."

The ground was as hard as concrete. Years of northern California drought did not make the earth easy to work with... and a person does not necessarily have a pick and shovel in his vehicle. Thoughts raced through my mind: Would a jack handle work?

He began to kick at larger stones and the hard ground. "Find something to dig with!"

Despite misgivings, I turned in compliance.

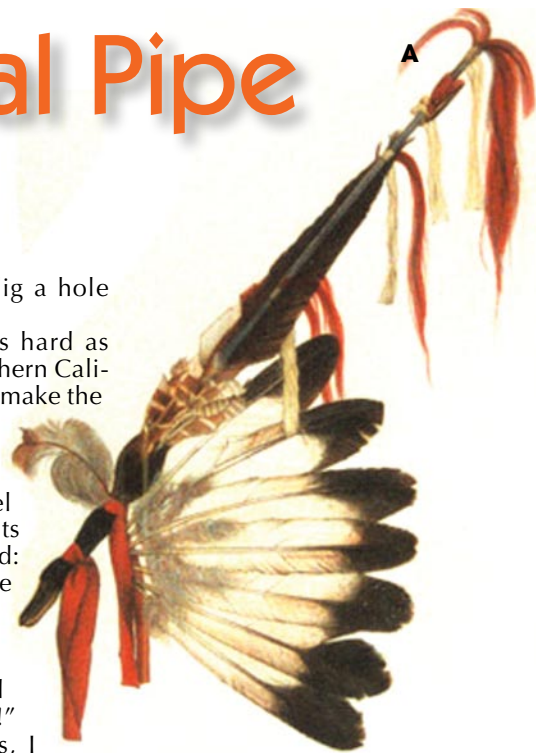
"Wait! We're okay. Look!"

Beneath a stone he had kicked over was a small opening; possibly a former tunnel entrance for a ground squirrel or an old unused snake hole. The pieces of my medicine pipe fit easily into the gap and could be pushed well below the level of the ground.

He covered the opening with dry earth, sprinkled tobacco on it as an offering, and then replaced the rock. He then stood up facing the Holy Mountain, lit the end of a piece of *Incish* (Grizzly Bear root or Angelica), and sang his Mt. Shasta prayer song.

Within minutes, large dark clouds shaped like bears began to gather over the crest of the snow covered peak. Then lightning and thunder roared and seemed to be moving rapidly northward. Unsure of what exactly was going on, I felt regret knowing I would never have a pipe again and wondering what this had to do with the illness of his son anyway.

While we were on our prayer vigil, Wind Wolf's fever broke and he was recovering in his hospital bed. Later, we found out from his mother that his fever broke the same instant my pipe was buried; and strangely, lightning and thunder and a driving hail storm raged for over an hour — but only over the area around the hospital!



PRECIOUS GIFT

I eventually resigned myself to the fact that one of the most important pieces of my Native American collection was languishing away in a hole somewhere in northern California. Months later I was having lunch with my spiritual advisor and wife of Medicine Grizzly Bear, Tela Starhawk Donohue, in a fast food restaurant.

Two Indian men came in: Tired looking, unkempt, and smelling of diesel fumes. I found out they had been riding a freight train in an effort to get to warm weather before the winter set in. I did feel some compassion for their plight, so when they returned, I struck up a short conversation with them, much to Tela's discomfort.

As they turned toward the door, I asked if I could give them a 'donation' to help them as they continued their journey. They gratefully accepted the money and inquired if there was a mini-market nearby where they could buy some food for the road. The larger man turned back to me, and with soiled hands and dirt-filled nails, made a circular bridge with his fingers, reached over and held them near me, smiled, and said simply, "What goes around... comes around."

I mulled over his comment, and wondered what that had to do with anything. I soon

found out:

Later that year, in of all places a modern hotel room in the Chicago area, I received my pipe. During a conference, I met an Ah-oh-ze' named Loren Woerpel (part Indian in Dakotah Sioux), and like me from the Upper Peninsula of Michigan. We naturally gravitated toward each other from the first moment. We were soon talking like brothers and sharing Native American justice issues. I did not realize how the loss of my pipe remained with me until that topic emerged as part of the conversation.

He invited me to join him in his room and when we sat on the floor, he unfolded a small buckskin blanket and placed two items wrapped in white leather on top. "I knew these were for you as soon as we chatted about your ceremonial pipe being broken," he stated.

He motioned me to untie the leather pipe bags. In one was a rose and ivory-colored pipestone bowl, and in the other was a beaded and hand-carved wooden pipe stem. Two turtles facing each were crafted at the bowl end of the stem. It was truly a magnificent work of art.

"I made the pipe," Loren commented. "In fact, I have three pipes and I knew I had to do something with this one. That's why I brought it." The bowl was carved and sanded smoothly and made of stone from the Pipestone National Monument in southwestern Minnesota. The stem was constructed and hollowed-out from a single tree branch, expertly handcrafted in every way. I was deeply touched by his gesture and vowed to honor the pipe for the rest of my life, before passing it on to my son at the appropriate time.

According to tradition, the next step for the pipe would be having it blessed and consecrated to the Creator which is a required and time-honored validation procedure. How could this be arranged? While attending another conference at the Warm Springs Indian Reservation in central Oregon, I was able to contact one of the Confederated Tribe's Chiefs, Delvis Heath.

Early one morning, facing the rising sun, Chief Heath, a vital and energetic elder with a special spark in his eyes, blessed my pipe and presented it to the

Great Spirit in his native language. When he concluded the ceremony, I inquired about what he had been saying.

He explained that if I mistreated or disrespected the pipe or done anything unacceptable out of ignorance, he asked the Creator to punish himself and not me. I was amazed by this statement and learned something very important about leadership that day. A true chief exists to serve his people and also stands first in line to take retribution and punishment for his people.

Not long after Chief Heath consecrated the ceremonial pipe, Medicine Grizzly Bear found out that I now had a new pipe. He displayed great joy after feeling deep regret that I had lost my first one. In ceremony, he made smoke with it for the first time and introduced it to the Sacred Directions, the Earth Mother, and Father Sky. He stared at the beautiful beadwork on the stem, and his eyes widened, "That is your signet! I have seen it in dreams!" I had no idea what that meant.

"Each person has a design unique only to him or her. The color combinations in the beadwork are the ones I have seen that represent you. This pipe was for you... before it was ever made."

Stan E. Hughes, aka *Ha-Gue-A-Dees-Sas* (Seneca for "Man Seeking His People"), is a retired public school administrator. Although not enrolled in a federally-recognized tribe, both of his grandmothers were of Native American descent and his father considered himself an Ah-oh-ZE (half-breed) of the Blackfoot Nation.

Hughes was born among the Yakama Indians of Washington and grew up in the Black Hills of South Dakota, considered sacred by the Dakotah Sioux. Trained by traditional Shamans from northern California, he participated in the Rite of Passage to warrior status following a seven-day fast and vision quest in the Big Horn Mountains of Wyoming.

Stan Hughes will be offering presentations, book signings and workshops throughout the So. California area in 2011.

For more information, he may be reached at: Hughes6060@aol.com or through his publisher, Northern Lights Press at sammie@norlightspress.com, or visit: Norlights Press.com

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The 13 Grandmothers Circle Moves to the Pacific

By (Grandmother) Ma'ata Tukuafu

"It will be the feminine energy that helps usher in the new age," Grandfather Warren told us. "I give you my blessings to awaken the teachings within the Pacific cultures."

These were the words of a respected Native American elder to

is twelve plus one, and it is the power that comes along with the number that will restructure our nations again, to get back to the natural way of being."

By creating the independent grandmother circles in different areas, Whitlow and Stanton hope

tures, such as the Hawaiian culture suffered greatly due to the influx of Christianity and western influence. Ancient wisdom once lived by the people on a daily basis was made taboo, almost wiped out and keepers of knowledge had to go underground in order to preserve the knowledge of their ancestors.

This loss of culture affected almost everything; the ancient art of navigation by stars was forgotten, *hula kahiko* (ancient hula) was forbidden, the Hawaiian language almost completely obliterated, and indigenous ways of the people were lost.

Only since the late 1970s has there been a resurgence of interest in the ancient Polynesian ways. Hawaiian Immersion Schools have cropped up to teach the new generations their Hawaiian lan-

guage. Seafaring by stars and nature has been renewed, and strong cultural traditions in the arts are being revitalized.

Yet, the loss of identity among the Pacific indigenous peoples has had a detrimental effect, and many of the Hawaiians and Polynesians face the same problems that our sister cultures in North America face.

"Gathering of grandmother circles allows us to begin sharing knowledge," said Grandmother Whitlow. "It is time. We need to find out what our medicines were before we chose to accept our western options."

Called *Kontiya'taro:ron* (meaning Women are Gathering,) the 13 Grandmothers and 13 *Tutu Wahine* (representing cultures from Hawaii, Tonga,

Fiji, Tahiti, and New Zealand), assembled on the Big Island of Hawaii.

Little was known about how the three-day gathering would flow; organizers felt strict outlines would not allow for organic development. There had been no time to meet before the general gathering to discuss what would be shared. Yet, as attendees and grandmothers gathered, a strong sense of sisterhood was palpable.

The mission statement for gathering of the Pacific Grandmothers read: Working through indigenous Grandmothers to bring teachings and ceremony from all directions together. To put in place a spiritual plan for the next seven generations and to define and implement indigenous philosophies for all five-fingered people. To develop a strong network of resources to support, share and implement and unite our peoples. (Sustainable communities, bartering, trading, language preservation, indigenous knowledge sharing, medicines, healing, etc.)

Ultimately over 300 people attended the 13 + 13 gathering, represented by women and men in a very wide age range, all of different cultures and backgrounds. As the February gathering progressed, it became very clear what issues most needed to be discussed.

Break-out sessions formed, and solutions were shared by both attendees and the Grandmothers/*Tutu Wahine* in four focused areas: 1) ancient wisdom and teachings, 2) environmental issues, 3) drug abuse issues and 4) finding ways to support our *Tutus*, many of whom are primarily raising their grandchildren.

A movement was started and all were inspired. Attendees gave input, many offered to volunteer, some came forward to assist in grant writing, and ideas were generated and shared.

Grandmother Marjorie Wright who joined the 13 Grandmoth-



Closing ceremony honoring Pele at the edge of Kilauea Crater. From left to right: Grandmother Robin Youngblood, Tutu Wahine Nahi Guzman, Tutu Wahine Ma'ata Tukuafu, Grandmother Elizabeth Babin, Grandmother Ojate Debbie Bono and Grandmother Marjorie Wright. Photo courtesy of Tiffany Hunt

Grandmother Susan Stanton and myself in the summer of 2009. Little did we know what work was ahead of us as we started preparing the way for the first 13 Grandmothers Gathering on the Big Island of Hawaii in February of 2010.

After the initial 2004 International Council of Thirteen Indigenous Grandmothers came together, other grassroots grandmothers circles began to spring up around the United States. Susan Stanton of Illinois and Gail Whitlow of Ontario, Canada formed such a council and began to assist grandmothers in many states to form their own circles.

"We use the number thirteen because of the sacredness of it," said Grandmother Whitlow. "It

to empower various communities to assist with the present-day issues that may affect them.

After setting up such a grandmothers circle in Mimbres, NM in 2009, Stanton and Whitlow, along with two other grandmothers on their council, Elizabeth Babin and Corinne Tooshkenig began gathering nine other Grandmothers to meet in Hawaii.

The purpose of this first gathering in the Pacific Region was to share indigenous teachings with a new circle of Polynesian Grandmothers or *Tutu Wahine* as they are called in the Hawaiian Islands.

Although there are many South Pacific cultures that have been able to retain much of their indigenous teachings, other cul-

Human Strength Versus Spiritual Strength

By Swami Kriyananda

ers from Hazelton, BC, Canada, said she was very moved by the ceremonies. After she returned to her home, she wrote: "I was humbled and honored that your people allowed me to come to your region and participate in such an important way. I felt that this was the purpose I was there... to honor your way, on your land. I was there to be shown and for me to learn in the process... that your group would remember the old ways. I think it was beautiful."

The goal for the 13 Grandmothers Pacifica Council is to assist in the creation of circles of 13 grandmothers on each of the Hawaiian Islands and eventually to all island cultures of the Pacific.

In October of 2010, Grandmothers Robin Youngblood, Kathy McDuff, Sylvia Cenzano, Maile Orme and Lina La'anui organized the council of 13 Grandmothers on the island of Maui, for people to gather and share ceremony, wisdom teachings and to find solutions for issues they face on that island.

And in November of 2010, the council of 13 Grandmothers was started in Aotearoa (New Zealand), linking the North and South Pacific in circle. Grandmothers Ma'ata Tukuafu, Susan Stanton, Cynthia Sterling and Billie Schibler traveled to New Zealand to share the teachings and help initiate these new Council groups.

While most of the Grandmothers and Tutu Wahine are from indigenous tribal lineages, we consider 'indigenous' to be a state of the heart rather than blood quantum. Our circle invites anyone who cares about our children, our elders, our earth and our future, to join us as we re-remember our indigenous ways and become more balanced.

The next 13 Grandmothers Pacifica gathering will take place at Kilauea, Volcano on March 31-April 3 of 2011, and a new circle gathers on the island of Oahu in April of 2011.

For more information, please visit: www.13grandmotherspacific.org (13 Grandmothers of the Pacific); www.tsonkwondiyonrat.viviti.com (Pacifica Indigenous Grandmothers); www.ancestralvoices.ca (Ontario Canada Indigenous Grandmothers & Elders) or www.grandmotherscouncil.com (The International Council of Thirteen Indigenous Grandmothers).

I once had a very interesting conversation with Yogananda about my earthly father. I wanted to know where he stood spiritually. I told Yogananda that my father was very honest, honorable, and kind — that he had many virtues, but that he didn't seem to think about God or to seek any spiritual values.

Strength of character is not enough

And Yogananda's single comment was, "The road to Hades is paved with good intentions." That was a rather harsh answer but a true one, because if you don't include spiritual realities in your life, sooner or later something will come along that you won't be able to transcend.

My father was very courageous. He had great strength of character and will power. But in the last year or so of his life, he experienced illness that left him totally incapacitated. If he fell down, he was incapable of lifting himself up. He simply had to wait until someone came. Once he had to wait for quite some time.

I could never have imagined my father weeping but he would weep at his own helplessness. What my father lacked was spiritual strength. He had strength of character, but it didn't bring him to a level of wisdom that enabled him to meet the tests he encountered later in life.

Saints are outstanding examples of spiritual strength. Their inner joy is so great that they simply don't care whether their bodies are well or not. Yogananda, St. Francis of Assisi, and St. Teresa of Avila — they all had that strength.

Your life will always fluctuate

There's a point beyond which your human strength fails you unless you also have spiritual strength. Don't think that your life will always be on an upward curve. It cannot be.

Creation exists on a principle of duality. There will always be

opposites. Every plus must be balanced by a minus, every gain, canceled out by a loss. Things will always fluctuate from one extreme to the other.

Inevitably, the time will come when things will stop going right for you. The actions of the past, or the mass karma of the people around you, will hit you. And unless you have learned to live calmly at your center, you won't be able to meet those tests successfully.

You can't do it on your own

Spiritual strength comes from being in tune with God. You won't gain this strength merely by affirmations or trying to live a good life. You can't do it on your own.

You have to let God do it. Jesus said, "Whosoever will save his life, shall lose it; but whosoever will lose his life for my sake, the same shall save it." (Luke 9:24).

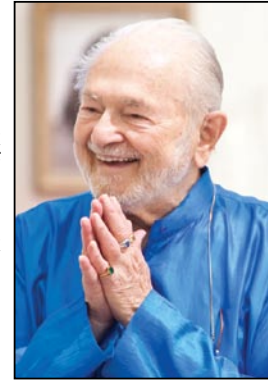
"Lose his life for my sake" doesn't mean only being a martyr. Not many of us get a chance to be martyrs. Jesus was also speaking of the ego. You have to reach the point where you can offer your ego up to God and allow Him to transform you into Himself.

Calm, determined self-giving

In meditation, after becoming calm, you need to offer your heart to God with the attitude that your life belongs to Him, that you want only Him, and that you want nothing for yourself. You need to say, "God you take charge of my life and work through me."

In this type of calm, determined self-giving lies the secret of spiritual strength. It requires meditation, devotion, and humility. And it doesn't happen overnight. You have to offer yourself repeatedly.

But as it says in the *Bhagavad Gita*, even a little bit of the practice of this inward religion will free you from dire fears and colossal sufferings.



An aura of protection

The more you can give to yourself inwardly in this way, the more you know that everything works out for the best, and that things happen as they should. An aura of protection will

surround you and things won't touch you in the same way.

The greatest tragedies aren't anything once you have a divine attunement. Yogananda said that the martyrs who died in the Roman arena, under the gladiators and lions, with their faith in God unshaken, didn't even feel pain.

When you have divine attunement, you have security — you have strength. When you have Him, your problems are nothing because you know that He is everything.

Swami Kriyananda is one of the world's most revered spiritual leaders and the last still-teaching direct disciple of Paramhansa Yogananda (*Autobiography of a Yogi*). Author of more than 140 books and composer 400 pieces of music, Swami Kriyananda is one of the world's foremost experts on meditation, yoga, and spiritual practice.

Visit www.Anandala.org to learn more about Ananda LA, an intimate community that provides yoga, meditation, classes, fellowship, guidance, and a sanctuary from stressful living, and to find out about Swami Kriyananda's appearances and activities in Southern California. Check out Swami's video home study course: "Six Weeks to Lasting Success and Happiness."

If you want to
change the world,
BE that change.

— Mahatma Gandhi

A Mayan Encounter with Earth Changes

Surviving Volcanoes, Sink Holes and Storms

By Sri Ram Kaa and Kira Raa

"There but the grace of god goes I." A popular phrase often invoked in recognition that perhaps your life is really not all that bad, especially when compared to another! The breath you are enjoying while reading this article supports you to enjoy the experience of living and the gift of reading this article supports you to expand through the living experience. These are two universal truths that propel us all through eons of time: the experience of living in form and the energy of expanding through it.

To fully understand these two energies is to also let go of any and all need to control them. Your choice of these two experiences on THIS PLANET, at THIS MOMENT in time is to also call forth the greatest gift of all... your soul's completion of a mission you consciously started long ago.

What does this really mean and why should you care?

Have you noticed that our beloved planet is starting to speak to us in ways she has not done before?

Has your internal knowing started to heat up to the point where you "know" that something "big" is getting ready to come forward on our planet?

Does your heart keep calling you to wake up to a greater reality?

Since you are reading this article right now, most likely the answers to most of those questions, if not all of them, is yes! The ignition of the two primary energies of experience and expansion, are not limited to simply the human. This energetic propulsion is fully present for ALL sentient beings and the planet herself. This energy is also the dynamic fuel that sends the signal throughout the universe that support and continually re-ignite our collective missions.

Over the past three years we have been honored to develop a beautiful and lasting relationship with the indigenous Maya of Guatemala. With each visit and

extended time spent in the highlands, we experience expansion in ways distinctly in contrast to the linear minded/solution oriented fast pace of technologically-advanced cultures.

Here we live and expand through what is naturally brought forward each day. Sometimes it is as simple as the choices of food for the evening meal based solely upon what was made available from the field, and on some days, it is as large as dealing with the immediate experience and expansion that is thrust upon an entire village through a sudden volcanic eruption and tropical storm.

This was our exact experience during the last week of May, 2010.

Nothing can ever fully prepare you for the immense impact of the earth changes so many have predicted. You cannot mentalize your way through a large-scale natural disaster of biblical proportion. You cannot make deals with god in the moment or hide behind an illusion that this only happens to others.

You are Here! You are Ready! And, if you are open to fully harnessing the gift of experience and expansion, you are also guided to flow with all experience as you allow the greater forces of the universe to express and lovingly direct you through the perceived chaos.

We had just left our beloved Lake Atitlan retreat center and were on our way to Guatemala City to board a plane to the U.S. the next day. Our intuition had guided us to stay outside of the city that evening, and without questioning this, we found a lovely spot in the beautiful city of Antigua, (about an hour outside of Guatemala City).

The weather was unusually ominous and there was a stark

air of stillness in the energy of the area that was not "usual". As we prepared to make our way to dinner an urgent text message arrived from our friends in Guatemala City announcing that the Pacaya Volcano had just erupted.

They were on their way to join us and were also being met by torrential rain that was making their journey hazardous. Stunned by the news, we sat, took in a deep breath and

friends as we watched the streets outside begin to flood in record time as the sky emitted an eerie glow from the volcano.

Hours later our friends appeared, tired and strained, yet safe. They too, were here overnight and unable to return to their home just an hour away. As we sat together and held presence, the news came in. A tropical storm named Agatha was on her way and promised to be powerful. The airport was



Many families are now living in single room shacks. This is some of Michael's family, all 15 living in a 10x10 space. All photos by Sri Ram Kaa.

began to ask others about the situation.

"Yes," the girl at the front desk shared, "the Pacaya has started erupting spewing rocks, lava and a great amount of ash into the sky. It is covering the city and this has not happened for many years. The last time I remember I was a very young child. I believe they will close the airport, and suggest you stay here and do not try to go to the city any time soon."

Making sense of what she was saying, we agreed to stay and focused our energies upon our

going to be closed down for many days.

Waking up the next morning we were greeted by torrential rains, very dark skies and news that the volcano had erupted again overnight, killing many. There had also been the sudden appearance of a large sinkhole in the center of Guatemala City that had literally swallowed a three-story building and looked so perfectly formed one would think that only Hollywood could have created it. As if that was not enough, we were told that the storm was moving in a direct



This sinkhole swallowed up a three-story factory where many young boys had been working only one hour prior.



One of the 22 mudslide areas in San Antonio Palopo. This was an area filled with homes prior to the storm.



A mudslide area with rock covering homes that tumbled down the sides. Rescue efforts to dig out those affected were slow and in this area there were no survivors.

path toward our village at Lake Atitlan, San Antonio Palopo.

This beautiful remote village is one of the few remaining authentic Maya towns. The people still wear traditional beautifully hand-woven clothing, and a deeper experience of true community exists here in all ways. While our retreat center is a 20-minute boat ride from the village, our connection to the village is strong. We are the god-parents of several indigenous children, assist with school supplies, employ as many villagers as possible, and assist with ongoing education and environmental projects. This is our village too!

The next two days were a blur. Torrential Rain, ominous thunder, ash, darkness... it was a surreal mix of awestruck presence and the recognition that we ARE IN THE earth changes of 2012 NOW.

We awoke on the third day to calm skies and a hint of blue and sun; our hearts were warmed and optimism ran high. During our breakfast we were given the first of the news that would forever shift our focus in a large way.

Our beautiful village of San Antonio Palopo had been struck by 22 mudslides. At least 15 villagers were dead with many still missing. Homes had been literally carried away and roads into the village were impassable.

Acting quickly, we started making calls to those who we knew in the village. The first one we reached was Michael, the father of our Godson. He was in shock and his voice trembling as he shared that during the deluge he and his family suddenly felt the need to go visit his wife's brother. They arrived at what had been his home within moments of it having been swept into a ravine. They discovered his brother-in-law hanging down the ravine with his young son in his arms. Because of their quick action, they were able to pull him out prior to his falling using a rope lying by the ravine.

As they visited more of the family, they found them already dead. The mudslide claimed most of their immediate family, and all who survived are now living in his tiny 10ft x10ft home (about 15 of them).

We next contacted Agapito, a beautiful man whose family

is 100% supported by TOSA La Laguna and the TOSA Miracle Team. His immediate family was OK, however they had lost their home and six members of their extended family were dead with three more missing. He was busy helping to dig out as many bodies as possible and relocating his family to safer shelter. He was one of the lucky ones, they found a house to rent that was still standing.

Within a 24-hour period, this sleepy, beautiful village was virtually washed into the lake by mud, and over 600 people lost their homes and all belongings. Most were left with the very literal clothes on their back, and nothing more. No food, no money, no shelter, no water, all gone within 24 hours.

You would think that they would be defeated. You would think that they would be consumed by their tragedies. And, while the shock of the 24 hours was still setting in, what did come forward was a truly magnificent experience of ascended community in action.

Together, this village began digging for their lost loved ones. Those who had the skills began creating a makeshift water pipeline deep into the lake to pump water. Boats were driven to nearby villages to get food so that at least even one small meal a day could sustain the victims. Funerals were attended by everyone and together they modeled the power of love in action.

There was no looting. And there were no crimes committed against each other. Food is not being hoarded, all is being shared and all are calm as they move forward with their lives.

These humble people love the land. These beautiful beings are not cursing Gaia for sending the mudslides through their village. These light-filled villagers are caring for each other and the energy of *mine is yours* is abundant everywhere.

Through this "tragedy" humanity is being gifted, as a planet, with a model of true community; the opportunity to lift through self-defeating experience and join together for the higher good. In this space there is no room for ego, there is no room for competition, there is simply the room to BE.

(Continued on page 20)



The first group of homeless families offer gratitude for direct contributions received from TOSA.

Mayan...

(Continued from page 19)

Tonight as you lay your head on your pillow on a bed that is comfortable and safe, and as you drink a glass of clean water and notice that your stomach is not yearning for food, we invite you to recognize that your life is really quite amazing.

All your needs are met. And, the greater needs of our planet

are inviting us all to pay closer attention. Gaia is speaking, loudly, are you listening?

A humanitarian aid effort is underway to assist with the people of San Antonio Palopo. To learn more about this project and offer donations, (100% goes to the people directly), please visit www.SriandKira.com and click on the TOSA La Laguna tab under Perspectives.

San Antonio Palopo Update!

December 2010

The gentle breezes are once again blowing across Lake Atitlan as she has risen to a historic 60 year high. (Over a 9 feet rise in water level that spreads across the entire 12 mile long by 7 mile wide span of the lake causing many to have lost homes, farm land and more!) This rise began with the storm that created what turned out to be the first of two significant mudslides causing great damage to this tiny remote village.

As the rainy season came to a close, many discovered that the gift of impermanence is one we are all being called to harness. The villagers demonstrate a resilience and trust in their innate ability to move forward in spite of physical loss. Multiple challenges faced this village, and yet the village lives on.

Our humanitarian relief effort literally saved lives, prevented an outbreak of cholera and kept many from starving. Our current relief efforts are focused on assisting a newly formed co-op to bring their stunning hand-woven textiles to a global market while offering the women of the village an opportunity to become fully self-reliant.

We encourage you to gift yourself with visiting this extraordinary people and this extraordinary village in the heart of Guatemala, and we welcome you to come discover your own Heart Center in alignment with the upcoming galactic center. **2010 is now complete, the year ahead is calling... you are ready... you have spent a lifetime preparing... let this be your moment!**

Merkaba

By Suzanne Banken

The Merkaba is a divine light vehicle of geometric fields created through consciousness to connect with and reach higher dimensional realms. It is an eight-pointed geometric shape consisting of two interlocking tetrahedrons (3D triangles). When seen in 2D it resembles the Seal of Solomon. In ancient days this formation would naturally vibrate in and around us. Over time our vibration slowed to the point that it became non active.

This Vehicle of Light was instrumental for many things including access into all possible dimensions, and in each dimension utilized the laws of that dimension to manifest and extend life on this planet. Reactivating your personal Merkaba can assist individually and collectively during this momentous time in history.

The adventure of reactivating my personal Merkaba began 5 years ago, when a friend gave me a Merkaba Crystal. I was fascinated by the formation and loved it, but knew nothing about it. A short time later, I came across a meditation at www.crystalinks.com, and for the next 3 months devoted myself to the meditation daily. I began noticing "interesting" things.

During one session (with two other people present) the Merkaba Crystal actually changed weight depending on which hand it was held in. Other times, I would notice that I had better command over my breath, elongating it much further than what

had previously been normal for me. There was a marked enhancement of my intuitive abilities. I was able to expand and increase my capacity to see auric colors around others. I knew that I had to teach this to others...

I scheduled the first class and began an incredible journey with a new style of teaching that has become most rewarding, but at the time, the scariest way I had ever taught. Through channeling, I was told that Isis and Thoth would be giving me information over the coming months. I had scheduled and begun setting up for the class when I became aware that the books I had ordered to give me background information were not to arrive until the very week before the class started!

I had no choice but to trust that all would be unveiled to me at the proper time. And it was. The channeled information, given to me by Isis and Thoth (predominantly by Isis), has been and continues to be life changing for me and has transformed the lives of my students.

This Merkaba class, as dictated by Isis, goes through the eight main chakras (she has shared that there are 8 main chakras in lieu of the traditional 7) removing debris and expanding the light capacity of each vortex (chakra). This process allows everyone's personal vibration to more easily attain an expanded level and not atrophy. In this awareness, the person can have access beyond space and time limitations, remembering their Divine status.

For more information about this Merkaba course (taught at the Common Ground) please go to www.directintuition.com or contact me directly at (949) 325-3055.

Suzanne Banken is a gifted Intuitive, Channeler and Reiki Master (teaching and consulting) and teaching Intuitive Development classes. She also hosts a weekly radio show answering questions intuitively regarding career, relationship and personal development. Suzanne teaches in California and across the Midwest. For more information, visit www.directintuition.com, www.academyofreiki.org and www.Blogtalkradio.com/DirectIntuition.

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Finding the Gift in Shift 2011: Transcendence

By Corinne L. Casazza

The Fifth Annual Finding the Gift in Shift Conference is being held at the Poco Diablo Resort and Spa in Sedona, AZ, January 21-23. This year's theme is Transcendence: going beyond our boundaries, limiting beliefs, and unconscious thoughts to find the peace that is always within us.

During these turbulent times, it may feel as if the entire sands of our existence are shifting beneath our feet. It's not always comfortable, but it is manageable. The peace that we truly are is always available to us no matter what external circumstances look like.

Stellar Productions has put together a line-up of outstanding metaphysical speakers, teachers, authors and film makers to give you the techniques to transcend transitions and challenges, and navigate new paradigms and opportunities. We would like to extend great gratitude to our generous sponsors, Stone Nation, the Sanctuary at Sedona and Awareness Magazine.

This year's opening address will be given by Sarah McLean. A recognized expert in meditation and stress relief, she will discuss transcendence through meditation: exploring the space within. Transcendence leads to an expanded awareness in every aspect of life. Sarah will teach you a profound, timeless practice that helps you transcend the experience of time, space and local reality.

You'll begin to uncover the ways you depend on transitory experiences to define your identity. Discover how to shift your reference point through transcendence to actualize the qualities of the unchanging aspect that underlies creation and your soul or self. Learn ways to infuse these qualities of bliss, creativity, and wholeness into your everyday experience.

Gregg Braden's Friday eve-

ning keynote will address *Deep Truth: Igniting the Memory of Our Origin, History, Destiny and Fate*. He'll reveal four new discoveries that forever change the way we've thought of ourselves in the past. It's these truths that must be considered as we address the great crises of our time.

Saturday, the dynamic Cynthia James is our keynote. Rev. James is admired and respected for her passion to empower and transform people's lives. Her life-changing ministries at Mile High Church in Denver have touched and transformed her congregation and have gathered diverse peoples to make the world a better place on a global scale.

A survivor of childhood abuse, Rev. James has developed effective tools that have assisted thousands of individuals, families and couples in transcending and healing from the wounds of abuse and trauma in their lives. She will speak about what will set you free in this time of accelerated living.

Dr. Rocco Errico is the Sunday keynote speaker. He is an ordained minister, author, spiritual counselor, international lecturer and one of the nation's leading Biblical scholars.

Dr. Errico is proficient in Aramaic and Hebrew exegesis, helping thousands of readers and seminar participants understand how the Semitic context of culture, language, idioms, symbolism, mystical style, psychology, and literary amplification — the Seven Keys that unlock the Bible — are essential to understanding this ancient spiritual document.

Dean Taraborelli is founder of The Sanctuary at Sedona, an alternative healing retreat center focusing on addiction and other

self-defeating behaviors. Dean is dedicated to offering individuals a unique environment to heal and make sustainable life shifts to reconnect with their authentic selves and soul's journey.

Sparked by his second near-death experience, Dean left a lucrative career to study the energy medicine practices and wisdom teachings of the indigenous Americans. He was initiated into the Native American shamanic lineage of the Peruvian Q'ero in 2003, stepping into his true vocation as a healer, wisdom teacher and intuitive. Dean is discussing how to integrate, activate and co-create with new energies coming in.

Other life-changing speakers include: Rod Bearcloud, Sunny Dawn Johnston, Paul Perry, Dr. Raymond Moody, Bert Janssen, Ronna Prince, Dr. Donald Backstrom, Dr. Patricia Cota-Robles, David Sereda, Jane Elizabeth Smith, Randall Libero, Dr. Chet Snow and Tom Zender.

A number of pre-conference workshops will be conducted on Friday, January 21. New York Times best-selling author Paul Perry and Corinne Casazza, author of *Walk Like an Egyptian*, will teach *Making Mind Matter: Automatic Writing*. Sunny Dawn Johnston will lead *Healing the Heart and Moving Forward*.

Bert Janssen and Heather Clewett-Jachowski are offering *Meet the Circle Maker: Unlocking the Deeply Buried Treasure Within You*. Michael James presents *The Irony of Forgiveness*, and Sharon Hooper brings *Vision Mapping Strategies that Make Your Heart Sing*.

For more information on pre-conference workshops and to register, visit the Stellar Productions website.

This year's conference will include Transcendent Cinema: the premieres of two new metaphysical

films. *Sacred Journey of the Heart* premieres Thursday, January 20. Producers Ronna Prince and Dr. Donald Backstrom will be on hand to answer questions.

Join New York Times best-selling author turned film maker Paul Perry and Dr. Raymond Moody, the father of near-death experiences (NDEs), on Saturday night from 8-10 for the premiere of *Afterlife*. This new film includes the NDEs of both men and poignant, moving interviews with those who have seen the other side. Paul and Dr. Raymond will speak and answer your questions.

To learn more about the Gift in Shift conference and to register, visit StellarProductionsLive.com. Check out our Facebook Fan page at facebook.com/StellarProductions and follow us on Twitter at twitter.com/stellarevnts. You can e-mail us at Karen@StellarProductionsLive.com or by phone at (928) 282-2450 or (866) 304-8700.

Corinne L. Casazza is a freelance writer based in Sedona, Arizona. Her latest novel, "Walk Like an Egyptian" is available from Amazon.com and BarnesAndNoble.com



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Five Simple Steps to Ultimate Physical, Mental, and Spiritual Fitness

(Part 1)

By Dr. Juliet Tien (Dr. J), D. N. Sc.

This article has three parts. Part 1 addresses how you can educate yourself and remove toxins in your body. Part 2 discusses how you can regenerate your glands and organs, and cleanse your mental toxins. Part 3 explains how you can regenerate your physical and mental metabolic functions.

When people try to guess my age, they tend to think I am 15 years younger than my chronological age, because I am young and fit in body, mind, and spirit. Some people “blame” it on my Asian heritage. However, **once upon a time, I was called “Little Pig” because I was fifty pounds overweight.** In addition to weight problems, I also suffered from:

- agonizing migraine headaches that caused me many sleepless nights;
- dizzying sinus congestion that caused me to pass out in school;
- poor mental concentration that made my grades fluctuate;
- itchy and painful eczema, so bad that I could not wear shoes;
- bloating and acid reflux that caused me frequent stomachaches; and
- arthritis-like aches and pains that made me feel very old, even though I was in my early teens.

After a long, dark journey, I finally discovered the secret to getting rid of all these disabling symptoms, and lost 50 pounds too! **I found out that what I suffered from was a severe case of yeast and parasitic infection.** For over thirty years, I have maintained my ideal weight, kept my energy level high, and taken charge of my life through a simple but effective approach: **yeast-free living.**

This journey has led me to choose a career in which I use yeast-free nutrition, herbal therapy, and positive mental attitude to facilitate healing. This

approach has helped countless people from all walks of life — from infants to the elderly, from the mentally ill to the physically disabled — and across several continents. In this article, I have broken down the healing process in five simple steps, so you too can achieve vibrant health!



Step 1: Educate Yourself

Most Americans are on the **Standard American Diet (SAD)**. It is loaded with sugar, dairy, wheat, yeast, alcohol, caffeine, nicotine, and chemicals. In addition, many people are suffering from “Hurry Syndrome”: no time to eat, rest, meditate, love, be loved, recollect and reflect only time to hurry, and to eventually get sick! If you are one of these people, you definitely need to educate yourself!

In my books, “Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing” and “Healthy and Tasty: Dr. J’s Anti-Yeast Cooking,” I provide you with detailed information to help you **understand why** you are suffering from physical, emotional, and spiritual imbalance, and **learn how** to restore the **balance**. You can check them out at your local public library in Southern California.

Step 2. Remove Toxins in Your Body

Step 1 is to get yourself educated to avoid feeding the yeast and parasites in your body with their favorite food (**SAD**), and to nourish your body with the right kind of food to prevent further abuse. However, if the abuse has been going on for many years, you need to remove the existing toxins so your body has a chance to heal!

The two most important factors in removing the toxins from your body are: controlling the

overgrowth, and removing the excess yeast and parasites.

Controlling the Overgrowth of Yeast and Parasites:

Yeast and parasites are like “Siamese Twins.” They go hand in hand. In the herbal market today, you will find herbal formulas for yeast or parasites, but not for

both. In order to enjoy long-lasting health benefits, you need to use a formula that removes yeast and parasites from your body simultaneously and very quickly. A good formula will enable you to see the evidence in your toilet almost instantly. The following are some of the evidence that you can expect to see.

Yeast Debris:

- * Cotton- or hair-like stuff floating in the urine.
- * Mucous in the urine or stool
- * Cloudy urine
- * Dark-colored urine with foul odor

Eggs of Parasites:

- * Sesame seed-like stuff in the stool
- * Sunflower seed-like stuff in the stool
- * Broken corn-like stuff in the stool
- * White or colored specks in the stool

Worms:

- * Pin worms: Undigested fiber-like stuff sticking out from the stool, or tiny pin-like stuff floating in the toilet
- * Hook worms: Spaghetti-like stuff in the stool
- * Flat worms: Dark green-colored, broken tree leaf-like stuff dancing in the water when the toilet is flushed

The above are most commonly seen among people in Northern America. **Not only do these terrorists within (yeast and parasites) suck your energy, they**

also deposit toxins after they have a rock ‘n roll party in your body. That’s why you often feel fatigued and suffer lots of allergic reactions.

Cleansing the Debris and Toxins

When you take a good formula to remove excess yeast and parasites from your body, the “civil war” begins immediately. Quickly, there will be defeated bodies of yeast and parasites on the battlefield (your body). Therefore, you need to take a formula designed to flush the debris and toxins. Once the toxins in your body are reduced or eliminated, your body’s innate intelligence will begin to work for you. As a result, your immune system will be strengthened!

(To be continued in Part 2)

Dr. Juliet Tien (Dr. J) is a leading expert in yeast and parasitic infection, weight, and addiction control, a former UCLA professor in Psychiatric/Mental Health Nursing and a cable TV Producer & Host: *The Holistic Approach to Health and Success*. She is also the best-selling author of “Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing” and “Healthy and Tasty: Dr. J’s Anti-Yeast Cooking.”

For more information, please contact: Dr. J’s Academy of Vibrant Health, (800) 715-3053, 1100 S. Hope St., #808, Los Angeles, CA 90015. Website: www.drjbest.com

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Ancient Tibetan Healing Examined

By Menghak Rinchen, PhD

In the past couple of decades the influence of Eastern energetic healing modalities has been embraced by the West as a complement to traditional therapy or an alternative method to the healing process. Many of these therapies such as Reiki or Jin Shin Jyutsu have seen widespread interest among practitioners, to the point of being accepted by mainstream institutions as an aid in the healing process.

Meditation, Yoga, Ayurvedic, Tai Chi, and Qi Gong are all methods that have seen success and broad appeal. Their interest and success is the combination of a mind/body relationship embracing the effort of being in physical, mental, and spiritual balance.

Over the past decade, there has been a global interest in Tibetan medicine and various systems it employs. Whether in pulse diagnosis, plant medicine, or advanced yoga methods, Tibetan approaches to well-being have been examined and studied by Harvard Medical, Johns Hopkins, Cornell, and Duke, to name just a few.

Asian scholars see the influence of Tibetan healing practices in Indian and Chinese medical systems, and this interest has led to a careful examination of the Tibetan methodology.

But in looking at the Tibetan system, overwhelming evidence is surfacing that the Tibetans adopted many of these methods from an ancient neighboring kingdom known as Zhang Zhung, whose influence had significant impact not only on their culture but their spirituality as well.

Long before the Tibetan kingdom gained prominence in Asia, Tibet was part of the Zhang Zhung kingdom and adopted their philosophical system known as Bon. Within Bon we see the ancient Asian beginnings of Astrology, Herbal Medicine, Divination, and the close embrace of working with the elements and earth spirits.

When we think of Tibet, we visualize an exotic land with the trappings of red monks' robes, the hanging of prayer flags, and

esoteric philosophical systems. All these cultural identities are from Bon, and that influence is why Tibetan Buddhism is far different than their Indian neighbor.

Many, if not all the Tibetan healing systems go back to their Bon beginnings, and as we examine these, we come to view with great importance the Zhang Zhung connection to all of this.

It has only been recently that Lamas from the Bon tradition have travelled to the West, which is the primary reason our knowledge of this 18,000-year-old system is new to us.

In March of this year, one of the highest Lamas of the Bon Tradition will visit Claremont, CA to talk about the Bon tradition and host a 2-day Ancient Tibetan Healing retreat at the Claremont Forum.

Tog Den Won Po Geshe Chongtul Rinpoche is one of only a small group of Lamas within the Bon tradition to have been trained in many healing therapies that originated in Zhang Zhung.

He is a Tulku (re-incarnated teacher), who speaks English very well, and his teaching manner is engaging and spirited. This is an unprecedented opportunity to learn more about some of man's earliest energetic healing modalities, directly from a teacher within an 18,000-year-old Oral Tradition.

His Claremont visit will engage students in a system that almost became forgotten, but

nevertheless, survives to this day as a testament to how critically important this information is at this time. Seating is very limited and preregistration is required.

Tog Den Won Po Geshe Chongtul Rinpoche will host a free public talk on Friday evening March 18th, and a 2-day Healing Retreat on March 19th and 20th. Interested students can register with Phyllis Douglass (909) 967-0246 or phyllis@soundbodyarts.com




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Insights and awareness of ancient energetic healing practices will be presented by Tog Den Won Po Geshe Chongtul Rinpoche, a Tulku in the Bon Tradition of Tibet. These ancient instructions were passed into Tibet from Zhang Zhung, until present day through an unbroken lineage, spanning 18,000 years. Bon is the authentic spiritual tradition of Tibet. Learn more about this in the Free Public Talk on 3/18. Seating is limited for the Healing Retreat, Early Registration is Advised

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Humbled At His Feet A Healing by John of God

By Debi Bird

I've spent hours upon hours, lying in a sweat, trying to figure out if I am going to die, and, if so, how long will it take and how much will it hurt. Breast lump number three is growing at the speed of light, concrete hard, and unmoving — all signs that it is cancerous and not a cyst. The free insurance for my state told me that my eligibility ran out today, the very day I called to ask for help, and the federal program which helps everyone said that they couldn't see me for two months.

Several years ago a dedicated Swami told me about John of God, the healer from Abadania, Brazil, now my only remaining option. Not being a world traveler nor personally drawn to faith healers, it was solely the purity of this individual making the suggestion that allowed me to undertake such a quest.

STANDING BEFORE JOHN OF GOD

Thankfully, I arrive a day before the activities at the Casa begin. The Casa is the friendly name for John of God's healing center. This day of rest and grounding is crucial after the chaotic twenty-four hour journey here. Claudio and Miriam, the hosts at my inn, join me at the otherwise empty breakfast table for good cheer and chatting. After breakfast, they gather me up, and whisk me off in their car to the Casa and into the arms of their good friend Marissa, a dedicated Casa translator. I feel grateful that such complete strangers have taken such a loving interest in me.

After standing in line for forty-five minutes, the last remaining person between John of God and me moves to the side. I absolutely cannot look at him. Sobs eject themselves from my throat. All I can do is weep. Tears all at once wet with two years of non-stop anxiety that I was going to die, and wet with the ecstasy of having crossed the portal into this

sacred process. The intensity of his being consumes me.

All of us birthed from the loins of the New Age movement are humbled at the feet of the man with no ego. The man who wants nothing... the man who claims nothing... the man who accepts ongoing physical pain and emotional suffering for one

of a walnut and hard as a rock. The scariest part is that it feels like someone is poking me in the back with a sharp stick, which makes me believe that it has spread to my back."

John of God talks right over the Casa attendant reporting this description to him: "One crystal bath and then an operation

juvenates visitors in ways that go beyond what even the nicest spas in America can achieve. I am feeling refreshed and amazed at the anxiety I have released in a few short days. The pandemonium of my life has faded and I am excited and nervous about my operation.

All the patients needing operations file into the operation room and sit on wooden benches side by side. "Sit with your eyes closed. It is very important not to open your eyes. Put your hand on the part of your body that needs help or put your hand over your heart." We sit in the described posture for along time.

I wait to hear the prayers from John of God, a process I remember from my previous trip. Then I hear someone singing in Portuguese, lightly, happily and rather loudly. I feel a wave of intense and unfamiliar emotions wash over me.

A Casa interpreter explains to me later and matter-of-factly that this is Dom Inacio, who likes to sing. Of the unusually large number of spirits who communicate and heal through John of God, Dom Inacio is considered to be the most powerful. After sitting in this fashion for about thirty minutes, surgery is complete and we are directed to get lots of sleep.

I have permission to withdraw, to vegetate and to recuperate from a high-pitched chaos of disease remediation. The soft rainy then sunny weather is very much like Hawaii. I welcome the sleep that happens after operations — there is no sleep like this sleep. Although I slept well last night, I sleep soundly for several more hours. Claudio and Miriam, who brought the healing soup of the Casa to my room before my nap, now bring supper to my room.



Left: John of God stands at the entrance to the current healing room.



Below: Casa attendant, Marissa, schedules crystal baths.



purpose — to help us. In previous times, government authorities have persecuted, beaten and thrown him in jail for his efforts to heal others free of charge.

Before entering the Casa, I spent fifteen minutes talking to Marissa, explaining my disease, frantic that I wouldn't explain it carefully enough and therefore would not be healed. "It started out as a small lump, the size of a grape seed, on the outside layer of my breast. I had it removed and it was diagnosed as stage one cancer... that was eighteen months ago." I continue on to describe the reoccurrence: "A few months ago, I started having discomfort at the inside core of my breast, which quickly grew into a large lump about the size

at two p.m." I am not sure if I should feel slightly discouraged or slightly encouraged about this encounter. Ultimately, no one at a higher level feels the need to clarify; it simply isn't necessary. What's the purpose in clarifying faith — it's a bit oxymoronic.

THE TREATMENT

The modesty and friendliness of this isolated country town re-

THE HEALING

Over the six-week period I have spent here, I have had op-

erations and crystal baths, visited John of God several times, taken blessed herbs, and spent time in the healing current rooms and at the sacred waterfall. During this time, what started out as a walnut-sized lump in my breast, shrunk to grape-sized and is now pea-sized.

In the land where bizarre is the standard, the bizarre has happened. More importantly, the "sharp stick poking me in the back" feeling is no longer present. But most important of all, for the first time in over a year, I have no anxiety over having cancer and no fears that I am going to die.

I am reminded of a few verses from the Course in Miracles: "Miracles are natural. When they do not occur something has gone wrong," and "Miracles enable you to heal the sick and raise the dead, because you made sickness and death yourself, and can therefore abolish both."

Debi Bird is a business and personal coach living near Sedona, AZ. After leaving a position as a Securities Broker with a large financial institution, she began investigating ways to make the

world work better. As a result, she founded an environmental organization, became an alternative healing enthusiast, and embraced spiritual life. Gathering together what she has harvested from her intense search, she now provides her own brand of coaching. She has an MBA in Finance from George Washington University and has been a lifetime student of the Vedas.

Debi can be reached for coaching sessions and general information at Email: debi@debibird.com; Visit: www.debibird.com; Blog: www.debibird.com. Phone: (928) 202-7052.

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The Winter Solstice

By Martin Jones

*Journeying around the sun,
at Yule, she turns furthest from the light.
Here In the dark of the long night she is veiled,
and here she comes to the fullness of her union with
creation.*

*To enter is to hold Death closest to our hearts.
And as we do, Death has her sensuous way.
Slowly, we come to a clearing, and the solstice.
And in deep stillness, we enter.
Our journey from the sun has come to its full,
and we wait in a rare quality of quietness.
Time is no more.*

*Here in this place, we gently slip into the emptiness,
and depth of the void,
and bathe in the energies of creation.
when we are cleansed, and fully drunken from the cup,
she continues on her journey around, and we edge back
closer to the light.
slipping out through her veils in birth, we are new,
and journeying to the sun.*

Martin is offering a Free Audio Breathing Meditation for the Winter Solstice. This audio talk features the principles of the Winter Solstice, and the transition of Death, The Void, Creation and Birth. For a link to the audio lecture, visit: <http://mbf.cc/YuEj>

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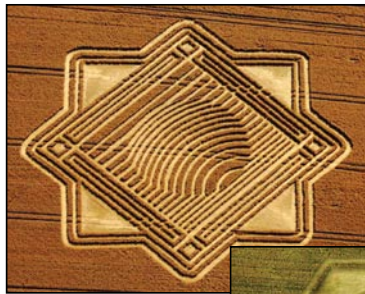
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Ghosts From The Past Missing Bishops ~ Missing Circles

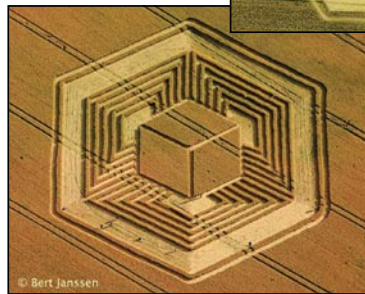
By Heather Clewett-Jachowski

Journal Entry, May 2010:

Darkness is about to descend and finally, there's a break in the cold rainy weather of Wiltshire, England. Wiltshire, in particular the Vale of Pewsey, has been home to most of the world's amazing crop circles for over 30 years. These artworks of simple beauty and complex geometries have always been interwoven with great mysteries. The 2010 crop circle season proved to be the most mysterious so far.



**2010 Crop Circles:
Worm Hole
Cubical Cross
Cube**
Photos by
Bert Janssen



As the rain stops, I get out of the car with my husband, Bert Janssen, who is an internationally-known crop circle researcher, author and lecturer (www.CropCirclesandMore.com), and we begin walking up Woodborough Hill in Wiltshire. I want to see what all the local gossip is about for myself. I'm curious to see the 2010 crop circle ghost of last year's owl formation at Woodborough Hill. For the uninitiated, a crop circle ghost is the repeat of a previous crop circle

pattern. The copy may appear a season or two after the original formation.

As we're walking, I wonder, *how can this happen?* In 2009, the owl crop circle appeared in a field of wheat, but the 2010 ghost of the owl is in a field of canola. Also, the owl appeared in the late season of 2009 on August 10. Because it was in the second week of August very few people were left in Wiltshire to visit the owl.

Furthermore, the owl was harvested just days after it appeared. So, the 2010 ghost of the 2009 owl cannot be due to hundreds of people visiting the owl or because the formation was in the field for a long time.

Hmmmm. Yes, it's true that occasionally some crop circles do leave a ghost for the next one or two seasons, but not as perfect as this one. Standing atop Woodborough Hill, I can see the crop circle ghost below. As the sun sets, nature quiets as it gives way to the place between light and dark.

The ominous sound of thunder tells me that more rain is approaching rapidly. But then I listen again. I listen more carefully, more quietly. There is another sound faint and off in the distance, coming closer to me. A primeval screech that chills me to the core of my being — a sound like the wheels of a train rounding too sharp of a turn — metal wheels scraping against a metal track.

Thunder shouts overhead, the rain begins to pour and a large black bird the size of a Condor like those from the Peruvian Andes glides over the ghost of the owl. It hovers for just a minute before disappearing into thin air over the ghost leaving behind an eerie supernatural feeling. A chill goes up my spine. It seems

the large Condor-like bird was stating, "This is my domain."

Heading back to our B&B we



**2009 Crop Circle Owl
2010 Ghost of Crop Circle Owl**
Photo by Bert Janssen

were abuzz with the ghost of the owl, and what looked like a Crebain — a large Crow-like blackbird from J.R.R. Tolkien's *Lord of the Rings*. Back at the Pelican Inn, we were too excited to sleep.

Since the bar was still open, we told the managers of the hotel all about our experiences with the ghost of the owl and the Crebain. We reminded ourselves and them that Crebains were used as spies in the War of the Ring to get information on the ring-bearer.

With great enthusiasm we showed them pictures of the 2009 owl formation in wheat, and the 2010 owl ghost in canola. We stayed up for hours talking about crop circles. What I didn't know then was how different the 2010 season would be from all the previous seasons I had been in England.

During the night at our Inn, strange electrical experiences kept occurring in our room. Things like the lights flashing on and off, the TV coming on by itself, and off in the distance at least twice, I thought I heard that same eerie primeval cry of a Crebain.

As daylight flooded into our room, we were both convinced that neither of us had slept a wink, but that is a common story in the magical land of crop circles. We made some coffee, and started mapping out our day.

We made a mental note to mention the electrical problems to the managers.

As we opened the door, an employee of the B&B came rushing up the stairs. She had the look of death on her face and fright in her eyes, and was carrying a single candle. This memory is etched into my mind's eye forever, as if it just happened. We looked at each other, and Bert said, "Maybe this is not a good day to mention electrical problems to the manager."

As we go downstairs, the entire staff is staring upstairs as if they've seen a ghost. Everyone starts talking at once: "Elaborate suit with a diamond-shaped design," "older man, on the couch," "behind the mirror." "A GHOST!"

"Slow down, be calm " I say. "What happened?"

After tea with B&B managers who shared the housekeeper's ghost story, we went back to Woodborough Hill to view the 2010 owl crop circle ghost again in the daylight. From the hill, I could see several other fields in the famous Vale of Pewsey that had crop circles from the 2009 season.

I couldn't believe it! I could see five crop circle ghosts from last season. What's going on? There are no NEW 2010 crop circles in this area, which has been the hotbed of crop circles for 30 years. There are only the ghosts of crop circles past.

Ghosts from the past in the fields of England and in our B&B. What from our past is attempting to get our attention? And why was one of the spies, the Crebain, of middle earth watching us? Who is the ring-bearer that the Crebain is watching? We went back to our B&B to see how it all turned out. We thought it might make more sense over a pint of Guinness.

When we arrived the managers told us they had contacted the previous proprietor of the Inn, who said. "Oh, you finally met Harry." "Yes, Harry the

house ghost has been at the Inn since the beginning." I asked the managers if they had ever seen or heard him before. They both said a loud and punctuated, "No!"

They told us they had managed the Inn for two years, and nothing — nothing, like this had ever occurred. They had decided that Harry the house ghost had something to do with Bert and I staying at the Inn. They thought it was our fault that Harry woke up. Well, we were talking about crop circle ghosts the night before, and now, we had even more ghosts to talk about.

That night, we turned in early, exhausted from lack of sleep the night before. Of course, sleep was not so easy to come by since the lights were again flashing on and off like some kind of Morse code. I swear there was a pattern to the lights, almost like something or someone was sending us an SOS.

As I fell asleep staring at the red lights of my digital alarm clock which read 11:11, I asked myself over and over, who are the ghosts of the past? Who is the ring-bearer? In the middle of the night I awoke with a start and stared at the glaring red lights of my alarm clock which now read 1:11.

There is a loud, male voice rumbling through my head. I sit up with a start. The room is spinning around me, but the voice is

still bouncing off the walls of my cranium. "The Bishop is missing at Winchester."

I wake Bert and tell him what I heard. He says 30-40 years ago, all the crop circles appeared near and around Winchester in Hampshire. This is home to Winchester Cathedral, one of the largest cathedrals in England, as well as the castle that houses King Arthur's round table.

Missing Bishops at Winchester where initially the crop circles appeared. Missing crop circles in the Vale of Pewsey where crop circles have appeared for the last 30 years. Ghosts from the past in the fields of England and in the Inn. What did the missing Bishop, whoever he is, have to do with Harry the house ghost and crop circles? Is this missing Bishop the ring-bearer that the Crebain was spying on?

I must return to Wiltshire for the 2011 season. I have to find the missing Bishop. I need to know what *the ghosts of the past* want to tell me and find out who the Crebain is spying on and why.

I invite you to join us in England for the 2011 crop circle season. Come on our quest to experience the real-time mysteries while they unfold in the ancient and mystical landscape of Wiltshire.

You can learn more about the 2011 Crop Circle Expedition at www.CropCirclesandMore.com

Help us to discover who the ring-bearer is and uncover *the ghosts of the past*.

Heather will be co-teaching the Meet The CircleMaker Workshop at the Gift in Shift Conference, January 21-23 in Sedona. Visit: <http://www.stellarpro>

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Women, Hear Their Voices As You Journey Through Their History

By Joan Wise

"Historians have long recognized that our view of history is tremendously skewed toward the people [who had] the education... the leisure time ... and the resources to preserve their documents in books and libraries: in other words, elite males. We know most of what we know about women in the past because... individual women did things unusual enough that men took note of them."

— Hanna Blank,
Ms Magazine Blog,
March 2010

There was a time when women couldn't have a job. They had no voting rights and were considered as property, passed from father to husband. Women have come a long way from

those days thanks to the efforts of many strong and courageous women. Hanna Blank describes them as "individual women who were unusual enough" to be noticed by men.

The Women's Journey Conference has produced a work to honor and celebrate these wonderful women. **We Did It For You! Women's Journey Through History** acknowledges and celebrates their historic achievements. It explores how women were able to affect and change the society in which they lived. This play is their story, what they did, thought and dreamed.

The women portrayed may or may not be well known, their names may not be household names or necessarily written in the history books, but when

you witness the stories of these women, you will experience a deeper understanding of women's history.

We Did It For You! Women's Journey Through History is a living history presentation told in their voices. It is a 45-minute eye-opening tale, fun and educational, told through stories of the women who made it all happen. Amy Lance, Director of Undergraduate Business Advising at C.S.U Chico believes this to be "...one of the most entertaining and interesting re-enactments of the history of women [she has] seen to date... well put together, and easily captures the interests of all age groups, especially our younger generation."

Dr. Paula Fellingham, Founder and CEO of the Women's Information Network (WIN) describes her experience as "...a heartwarming play [that] takes audiences on a profound emotional journey resulting in a deepened awareness of, and appreciation for, women in history upon whose shoulders we stand today."

The Women's Journey Conference in conjunction with the **Women's Information Network** will present a performance of this play on March 8, 2011, in celebration of the 100th anniversary

of **International Women's Day**. This is the largest live and web-streaming women's event in world history.

It takes place concurrently in New York City, Washington D.C., Chicago, Atlanta, Miami, Houston, Denver, Seattle, San Francisco, and Los Angeles, as well as streaming to 176 countries. You surely do not want to miss this opportunity to honor and celebrate women, past, present and future.

If you cannot make this event there will be performances scheduled throughout the southern California region in 2011. Please visit: (www.womensjourneyconference.com) for current listings.

The Women's Journey Conference is scheduled to host a performance of the play on May 7, 2011, at UC Irvine. This conference is a day dedicated to empowering women and building self-esteem in young girls ages 8 to 18.

Attendees will be able to attend stimulating and compelling workshops, exciting musical entertainment and a shopping bazaar for all who attend the event. A program specially designed for young girls eight and older is also provided, making this day a spectacular opportunity for women of every age.

More information regarding **We Did It For You! Women's Journey Through History** or **The Women's Journey Conference**, can be found online. A video on the production is available at http://www.youtube.com/watch?v=ySsi8_B42Dg.

If you would like to book a performance of **We Did It For You! Women's Journey Through History**, please call Patty Turrell at (714) 754-7399.

Joan Wise, M.A., CLC, is a volunteer coordinator for the CSL, Newport-Mesa. This is her 4th year on the Women's Journey Conference committee. Joan is a certified life coach and a counselor for men and women who have battered their partners. Joan firmly believes building self-esteem and empowering women is a major key to building peace in families.



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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

Please see her article in this issue.

Love Prospers All

An Interview with Jane Elizabeth Smith

By Corinne L. Casazza

Jane Elizabeth Smith built a nationally-recognized financial services business from nothing. She was billed as “America’s Cinderella Financial Planner” by the finance industry. Ask her how she did it and Jane will say, “by activating love.”

Even in these challenging economic times, Jane’s business is growing and she’s created the life of her dreams. “Love is the only way to keep ourselves supplied in these times. Money is not our supply. God is our Source and God is Love. Love is the only way out of where we are collectively and globally. We need to get in alignment with love and stay aligned.”

Before Jane brought her dreams into this reality, she had to learn to truly love herself. She went through most of her life feeling unloved. One of nine siblings raised on a farm, she overcame a childhood wrought with abuse and trauma. Over the years she went to a myriad of counselors who all told her she needed to love herself. “Not one of them could tell me how,” Jane remembers. She went into a downward spiral, her “dark night of the soul.”

After six years of suffering, she made a pact with God. “I promised God if I could learn to truly love myself, I’d teach others to do it.” That opened the floodgates for good things to begin pouring into Jane’s life. She learned to love herself and she’s keeping her end of the Divine bargain.

Jane’s latest book *A Change of Heart: The Mystical Power of Love* is a roadmap to loving yourself. It contains a powerful series of meditations called 40 Days to Love. “Over 40 days you are gaining access to your Higher Self and Divine Love through your unconscious mind. You are actually installing the belief that you are Love and God is Love, and you and God are one. You’re carving a new pathway in your unconscious mind so it has a direct connection to your

Higher Self any time you need it — a connection to pour love through. It’s a true change of heart. This is the space we need to live from.”

Jane credits meditation with her own change of heart. “It changed me completely. It’s the single greatest thing I’ve done in my life to reach true self love, alignment with God and to become the soul I was meant to be. I had some sort of osmosis. I don’t know how it happened. I can only tell you that I’m not the same person I was before.”

Jane’s formula for co-creation is catalogued in her book, *Your Three Wishes*. She started out a few decades ago with Shakti Gawain’s *Creative Visualization* and became consumed with co-creation, reading everything she could find. Her own method “unites our physical, spiritual, and emotional beings with our unconscious mind. It contains aspects of all these.

Most importantly, it uses love to propel your wishes into reality. That’s why it works. Love is the differentiating factor. You must employ and access Divine Love while viewing the outcomes of your desires.”

Jane’s plan includes meditation, “It’s like rubbing a genie’s lamp. Ask in meditation and you might as well go pick up your order. “Her approach also uses affirmations, which she prefers to call “commands,” writing down the request, believing it, and, of course, “pouring love all over it.”

According to Jane, writing what we want to create is actually the first step toward manifesting it in the physical. Further, “when you speak a command, you are impressing that vibratory frequency and the belief of those words into the energy around you. When you thank

Spirit for having delivered whatever it is, the Universe doesn’t know any different, so it delivers!”



And what about the love part? “Love is the raw material that forms itself into substance, so, focusing on love manifests everything. Doors will fly open. Anything we do with love manifests quickly.”

For Jane, the Divine Feminine is a big part of co-creation. She defines it as love; not human emotional love, but the heart-spaced love that you feel when the beauty of nature takes your breath away. “Divine Feminine is the highest energy on the planet. It’s a blend of our higher self and our emotional body — things that aren’t in the physical. It’s the crux point; these invisible pieces of us must make their way into the physical world. When we learn to harness this love, we’ll create anything we choose.”

Jane advises us to stop competing for what we see around us. “If everyone sees only so many grapes on the vine, they begin fighting for what they think is their share of the grapes. They see it as only so many to go around.” Instead Jane says, “If we want more grapes in our life, we should go within and connect with our own vine, our own essence, and call forth those grapes. We can create anything we want. This is the natural order of things. It’s been obliterated from our modern knowledge.”

Meanwhile, the economic times we’re in are “the apex of modern material man: greed, money, and ego. Since the dawn of recorded time, ‘his story’ has been all about materiality, self-preservation, power, sexual prowess, and control; everything from our animal nature.

We’ve been completely out of balance as women — the natu-

ral carriers of the Divine Feminine, which includes love and the powers of the subconscious mind — have been shut down and shut out of any important roles in culture and society.

This natural, spiritual essence we all house was burned at the stake. We can see where this has gotten us. We’re stuck in a material world filled with greed, power, corruption and war.”

This survival mentality is not serving us. “Love is the only way to keep us supplied. If we’re in fear of losing what we have, or not getting what we want, we’re shutting down the flow of prosperity. When we’re in love with what we have right now, and believe with all our heart that we’ll have plenty no matter what the outer appearance is, we stay in the flow.” This is exactly how Jane created her Cinderella existence.

Jane is speaking at the Fifth Annual Finding the Gift in Shift Conference in Sedona, Arizona January 21-23, 2011. For more information on Jane Elizabeth Smith, visit www.ActivateLove.com To register for the Gift in Shift Conference, visit www.StellarProductionsLive.com

Corinne L. Casazza is a freelance writer based in Sedona, Arizona. Her latest novel, “Walk Like an Egyptian” is available from Amazon.com and BarnesAndNoble.com

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Connecting With Nature: Have We Lost Our Touch?

By Jonette Crowley

The Gulf oil spill. . . Global warming. . . The loss of our rain forests. Have we lost our way? Have we sacrificed the Earth and our connection to her for convenience and greed? It may look that way. But it doesn't have to be so. Over the years my spirit guide 'White Eagle' has helped us realign our life and values to Mother Earth.

What follows are four important hints to help you and by extension — mass consciousness — to heal your relationship with Earth and Nature. As we prepare for the opportunities of the 2012 shift, we need to act alone and together to reconnect with Nature.

1. It is only about Love.

White Eagle, a spirit guide of the White Brotherhood was once asked, "How can I help heal the Earth?"

His channeled answer was short and sweet. "Your job is **not** to heal the Earth. Your job is to love her and with your love she can heal herself." (Perhaps this is good advice for all the people and things we are trying to fix.)

I learned this lesson of love in a surprising connection with a pine tree as I crossed a busy downtown street. As I waited for the light to change I noticed a colossal fir proudly towering over the intersection. Without thinking, I looked up and said aloud, "Wow! You are beautiful!"

Immediately I felt a physical shock opening at my heart! In

that moment I knew the tree had heard me and was acknowledging my compliment! It was a clear sensory communication from Nature.

The next week as I sat on an airplane, I read a passage in a book about connecting to devas, or nature spirits of specific plants. The book suggested to sit in front of a plant and tune in. Since there were no plants on the airplane, I decided to connect with the downtown tree, since evidently we were friends.

Whoosh! As soon as I thought about the tree, I felt it! The spirit of that tree was a strong presence in my head. Shocked, I asked telepathically, "How did you find me?"

"Because I love you," was the instant thought reply. What a marvelously simple idea. It is the power of love that connects everything through time and space. Love is the unifying field.

In my human insecurity, my next question was, "Why do you love me?" The tree spirit didn't respond directly to that question; but I understood that love is simply the essence of things.

When we love something, our consciousness is connected to it. There is no such thing as separate tree-consciousness, or rock-consciousness, or even me-consciousness. There is just **one** consciousness.

2. Play and interact with Nature.

Treat Nature as an ever-present intelligent companion. Converse with it. Talk and listen to its secrets as they pop into your mind. Ask for what you want. This summer I was walking in a Canadian forest where a pair of bald eagles had a nest.

Since I wrote a book called "The Eagle and the Condor," I REALLY wanted an eagle feather. So I said silently, "Please lead me to a feather I can consider as

a gift." Keeping my eyes watchful in the undergrowth — I saw it — a small but perfect eagle feather. Nature does want to serve us.



In the Andes of Peru, one of the highest mountain peaks known as Salkantay — a name that means the wild one, the one who cannot be tamed — responded to a request to help a group of hikers get to

their camp safely with the telepathic message, "We have waited to be commanded."

Nature has a sense of humor too. There once was a story of some Japanese tourists who traveled to England to try to see some crop circles. They didn't see any. But when they returned home, several crop circles showed up in Japan!

Years ago I planted a garden carefully using a pendulum and muscle testing to choose exactly what flowers to put where. The garden said it wanted marigolds. I responded silently, "I don't like the smell of marigolds." And I planted petunias instead.

A month later I returned home from a trip to find three bright and healthy marigold plants **no one had planted!** Nature wants to be your friend. Nature loves the playfulness and joy of our interactions, and it loves to play practical jokes.

3. Even a little bit of Nature opens the door to all.

Do you find yourself complaining, "Oh, I never get enough time out in Nature?" The truth is you don't have to be surrounded by beautiful Nature to have a meaningful connection.

White Eagle once had our meditation class do an experiment. Try it yourself. Hold a plant, open your heart to it and connect, letting the plant be the doorway to the vastness of Nature. When I tried it I was skeptical because I picked the last

specimen left — a sad and sickly cactus — not at all a picture of beauty.

When I opened my heart to it, I was at once connected to the entire living matrix of Mother Earth in a most phenomenal meditation! It didn't matter that the doorway into such a transcendent space was a small, nearly dead cactus. Remember Nature is everywhere! It is in that vase or flowerpot, the crystal on your altar or the spider crawling down the window.

4. Keep following your heart to Power Places.

As we move toward the openings of 2012 and beyond, it is vital that each of us follows our personal call to work with Nature. Are you drawn to do a full moon drumming circle? Does your heart tell you to experience the Amazon or touch the rocks at Machu Picchu? Do you feel the call to a nearby lake to meditate or pray? Just do it!

As we each follow our inclinations to connect with sacred places we are reorganizing Earth's energy and gridlines. We are helped and so is the Earth in a mutual exchange. Just show up with clear intent. You don't have to know what you are doing or how to do it for something to happen. It is the intention that is important.

The Earth is resilient. She is our partner in everything. Simply remembering to connect in gratitude — not sadness or guilt — will help you realize day-to-day the unbreakable relationship we have with Nature.

Jonette Crowley is a channel for White Eagle and Mark and the author of "The Eagle and the Condor: A True Story of an Unexpected Mystical Journey." She leads adventure travel to spiritual power places and will be hosting a 3-day conference: The Gathering Sedona 2011 in Arizona in March. The theme is: You. Us. The Earth. There will be international and Native American speakers as well as ceremonies at the energy vortex sites. The conference will be translated into German. Visit: www.JonetteCrowley.com or www.TheGathering2011.com

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Anima School partners Kiva (on the left) and Loba benefit from having different gifts and abilities... and from getting past unhelpful comparisons. Photo by Jesse Wolf Hardin

No Comparison

By Loba

Over the past decade I have come to accept and embrace my role abilities and gifts as a woman, a writer and a teacher, gratified to see the effect I can have on my dear readers and those who come to study or retreat at the Anima Sanctuary. We've gotten hundreds of letters, describing the wonderful healing, scary explorations and important growth resulting from their time here, dispelling any doubts I might have harbored.

Yet, like many women I know, I still find myself needing to confront and deal with deep-seated insecurities from time to time. They come — I've discovered — not from a failure to love my true self or value my inherent gifts, so much as from the unhealthy imagining that I need to have all the same gifts and abilities as others do.

From the time we are kids, we're led to constantly compare ourselves to other women, and especially to the women on TV and in the magazines, resulting too much of the time in feelings of inadequacy. Worse still, there is usually someone in our lives who seems to be the epitome of what parents or boys or society adores the most.

In my case, it was my nemesis Maggie, a girl who lived down

the street and rode with me to school every day. She was the archetypal "Perfect Girl." Not only was she very beautiful, she got the most perfect grades in class year after year, and had so many clothes that it seemed she never wore the same outfit twice.

Her house was a gorgeous, old and mysterious mansion, where her mother baked homemade pastries while she slept in a hand-carved oak canopy bed covered with antique lace. I bugged my mother to get me a canopy bed after seeing hers, but mine was bought at Sears and of course was nothing like Maggie's. Predictably, the boy that I had the hugest crush on fell for Maggie.

While she was always polite, it felt like she looked down on me and seemed a little embarrassed to have to say hello when our paths crossed in the hallways. I never thought I was ugly, but figured if only I were prettier and had better clothes, the popular kids would like me better, and they'd want to pick me first for their teams in gym instead of always nearly last.

No matter how well I did in school, I still worried because I wasn't as good as the very best students. I excelled at track and cross country, not because I had

a natural talent, but because I pushed myself so hard that I was able to win races in spite of my awkward gait.

Even moving from upper middle class Massachusetts to the hip neighborhoods of San Francisco, involved trying to be somebody I wasn't: super hip and savvy, clever, independent, more interested in sexual variety than finding true love. I dressed the part, shaved my head, wore torn black clothes and black lipstick, yet still didn't feel like I belonged even there among the self proclaimed "freaks".

To many, a divorce is due to comparing one's own marriage to what we imagine to be the happiness of others, even though we usually never see the struggles they really go through. There would be fewer race wars if one color wasn't imagining the other color to be richer or more endowed, born with more advantages or coddled by government programs.

The real threat from Russia never came from communism, which was a failure on its own, but from the resentment and envy that comes with comparing their gross national product and consumer luxuries to those of Americans.

Suicide and clinical depression wouldn't be so common, if we in modern society hadn't gotten into the habit of comparing our abilities to those we believe have more, while downplaying our own innate qualities, and taking our developed skills and accomplishments for granted.

It's likely not a good idea for a carpenter to always be comparing his work to that of other carpenters... and it makes less sense for him to compare his abilities and efforts to those of affluent stock brokers or television henn. Nor for a sick old man to compare himself to an exuberant teen, or a woman to compare her physical strength to that of a large and laboring man.

When I told our partner Wolf I was sad that I might never be as strong and decisive as him, he replied, in a lovely piece of writing, that "I am not and will never be as naturally blissful, undemanding, child-like, easy going or plain old pleasant to be around. I could never sing like you, able to make the river smile and the trees dance. I could

never touch people's hearts with my cooking the way you do, if I practiced a thousand years. You can make clumsiness appear graceful, while my every slip-up looks ridiculous and deserved.

Compared to you, I'm insufficiently accepting of other people and not nearly forgiving enough of their transgressions, weaknesses or faults. When wounded, I'm more likely to hit the other's cheek than to turn mine. I can be discerning to the point of being unbearably critical, motivated to the extent of pushing too hard, and alert to the point of being aggravatingly overstrung.

I might have to feel bad about myself, if I thought it reasonable to expect me to be like you. By your smiling, brown-haired measure I'm not nearly considerate enough, patient enough, accepting enough, relaxed enough, or even sweet enough..."

For 14 years now, I've been in a devoted relationship where my real self and natural abilities have been affirmed and nurtured, while living in an insipid wilderness canyon that tends to destroy every illusion and self-placating lie.

The people in my life care for me for who I truly am, and not what I might ever wish to be. I recognize my essential gifts now, and teach our students from that place of authenticity with all its attendant power. Like a reformed alcoholic, however, the challenge not to compare myself to others never goes completely away.

While I am honored for my example of presence and the special magic of the food I prepare, complimented for how easy it is for people to bare their hurting hearts to me, and thanked for the delight and playfulness that I inspire, I still have to be on guard not to ruin the moment with regrets that I'm not a wonderfully confident orator like our Anima co-director Kiva Rose.

The flip-side, of course, is how perfectly our differing talents and temperaments complement each other. While not being total opposites, we are definitely pieces of a puzzle with qualities that make our world here in the canyon feel more whole. She is the Grizzly Bear, self aware, gifted with dreaming, connec-

(Continued on page 32)

No Comparison...

(Continued from page 31)

tion with plants, intuition.

I am the Elk, blissed-out with my head in the clover. I so appreciate her ability to communicate with words, and how she celebrates my ability to communicate without words, through heart, touch, and gesture. Together, we reap the benefits of her discernment, awareness and groundedness with my natural compassion, ability to trust and to see the best in people.

To give wholly, we have to be whole. This is what we teach in Anima, as much as anything else. And wholeness is the life-long reclaiming and growing of all our healthful, essential parts. To accomplish that, we have to accept our weaknesses as well as strengths, and get over trying to live up to a model that we, or our parents, or society hold up as ideal.

We need to get over any illusion that better grades or more accomplishments would make our life more heartfelt or purposeful, that we need to be as sweet as a certain friend or as pushy as our boss in order to get ahead, or that plastic surgery on our breasts or changing the way

we talk could bring us happiness or true love. At the same time, it would benefit us to develop the skills that don't come naturally, exercise weak muscles, learn what's hard, push our limits and boundaries, explore new ways of being and doing.

To the extent that I am able to teach or inspire anyone, it is by being all I am. In the moment, as in the end, the best we can be is the best of all we really are, continuously getting stronger and more able... not like the women (or men) we measure ourselves against, but more like ourselves, like nobody else! We need to be both adamant and vigilant when it comes to how we perceive others and our selves.

No comparison.

Loba enjoys her life at her wild riverside home, the Anima School sanctuary in New Mexico. She and her partners host folks for wilderness retreats, teach inspiring lifeways and herbal correspondence courses (www.AnimaCenter.org) and organize the exciting Traditions In Western Herbalism Conference to be held September 15th-18th at the fabled Ghost Ranch (www.TraditionsInWesternHerbalism.org). Her stories and recipes can be found at: www.AnimaCenter.org/blog

Oh God, Oh God, This Is My Destiny

By **Bonny Kraus, IET Master Instructor**

Experiencing life as a victim or a victor is a choice. Let's take a look at the victim/victor scenario and determine our destiny or choice point. In reference to my previously-published article in the April edition of the Edge Magazine called, "Relationship and Oneness" (<http://soulofthecities.net/digital/2010/04/>), I would like to re-examine Jeshua's plea, "God why have you Forsaken me" and determine the truth of his experience as he hung dying on the cross, appearing to be a victim of the hatred and ignorance of the people of the world at that time.

Let's examine the truth of his seemingly victim scenario and what may be a very disempowering misinterpretation of this passage in our modern-day churches and interpretations of the bible.

In January of 2010, I attended a conference in Sedona called "The Gift in Shift." I served as a volunteer, thus gaining access to many speakers. One of the presenters, Dr. Rocco A. Errico, a lifetime translator of Aramaic, made a most profound impression on my consciousness. Aramaic was the Hebraic language that Jeshua and his community spoke.

Dr. Errico spoke for one hour, which felt like ten minutes to me as his energy and messages so captivated my entire being. He shared a few of the more than 200, according to him, misinterpretations in our present-day bible. The translation with which I was so enthralled, was Jeshua's uttering as he hung dying on the cross. As translated by Dr. Errico, Jeshua spoke these words, "Oh God, Oh God, this is my destiny." Jeshua in that moment

knew himself as the victor and not the victim.

This statement, "Oh God, Oh God, This Is My Destiny" rang so true in my heart that my entire body resonated with truth and my mind sung out "Yes! This is my destiny as well." This life I am leading; this life I have experienced for six decades; this perceived pain, suffering, disappointment, and uncertainty, are all my destiny which I agreed to before incarnating into human form.

It is my service. It is my will. It is my bliss. I am a victor and the co-creator, creating this journey with my beloved God/Goddess Presence which is the complete truth of who I am and who we all are — The Beloved Presence of the God I AM.

I Am, and we each are, this one piece of the God-self presence, which lives within all of our hearts. As we choose to become this God/Goddess true presence of ourselves we empower the creator/victor — the authentic self and move beyond any need or misperception of being the "Forsaken one"!

Thank you to every one of us for choosing to be here on planet Earth for this most auspicious journey to the "Return to Love" ever created on planet Earth. WE are the ones we have been waiting for.

From June 12, 2010 until July 10, 2011, the mass consciousness of humanity is traversing the 12:12 gateway — the "Return to Love" gateway. Let us choose to hold the love in our hearts for all humanity as the masses transform their minds from fear back into their heart's love. WE are the wayshowers. It is our chosen destiny.

Bonny is a Certified Master Instructor of IET (Integrated Energy Therapy), Reiki Master, Spiritual Counselor and an Angel Card Reader. She will be offering a series of IET Practitioner trainings in Las Vegas and Sedona during the winter of 2011 (see dates and locations listed in the Awareness Resource Directory of this issue. Contact her at bonny1111@aol.com and view her website for exact class locations and dates www.learniet.com/bonny_kraus.asp

The dawn of this new civilization, which we might call an Age of Oneness, is the single most explosive fact of our life times.

— Sri Bhagavan

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Huna and Happiness for the New Year

By Matthew B. James

As we celebrate the New Year, this is a good time to look at what it takes to be happy — and to keep all those resolutions so many of us make.

We all know the drill: we write a hopeful list of New Year's resolutions to start exercising, lose weight, learn a new language, clean up our financial act, be better parents/lovers/spouses. Yet these resolutions get ditched before our New Year's Eve champagne goes flat.

It's not about the resolution or goal itself — it is how we work with those resolutions after we set them. The fact is, most people don't understand what it takes to create significant and lasting change. That is why so many people are interested in Huna, the ancient Hawaiian science of consciousness, energy and healing.

Using Huna principles, we can go beyond just making resolutions and take action toward creating health, wealth, love and happiness in the coming year. It starts with understanding that we are responsible for creating our own prosperity, and taking actions every day toward the life we want.

It's the same with happiness. It would make everyone's life easier if they had control over other people's emotions. I am a father, a teacher, and a boss. If I could make my kids, students, and employees happy with a wave of a wand, that would be great. However, it doesn't work that way.

Recently, my 11-year-old son and I were talking about what parents want most for our children. I explained to him that the

big three I hear all the time in my workshops are wanting our children to be happy, become successful, and to be good people.

I told him that, no matter how much any of us might want it, we can't actually be in charge of someone else's happiness or success. At the end of the day everyone needs to be in charge of whether or not they are successful. I can teach my son certain things and show him certain techniques that will help him be successful. After all, I teach these in my trainings, and many of my students have become very successful. However, ultimately to become successful one must practice these techniques. By that time my son will be over 18 and his success will be in his hands.

My son discussed how he works hard at making people happy. He explained how he wants to make his teacher happy with his grades and work, and he wants to make his parents happy with his behavior, and he wants to make his friends happy while he is with them. In fact, it seemed this was a good portion of his day. And yet he said he was not happy!

As a parent I might have a misconception that I have control over my kids and could make them be happy. However, I know I don't have that level of control over my friends and students. So I asked my son if he has that level of influence (like a parent has with a child) with his friends and teachers. He of course said "no." I also asked him, "what do you think your friends want?" He responded that they want him to be happy.

So I told him. . . "You don't have any influence over others to force them to be happy. And if you spend all your time trying to make someone else happy, and then fail, it makes you unhappy. Here you are wanting to make others happy, only to be unhappy in the process." My son agreed!

I think we all experience this in our lives. We spend all this time miserably trying to make other people happy, something we obviously can't do. We do it because we want to see other people happy all around us. But the paradox is, the harder we try, the more miserable we get. Others pick up on these negative feelings and the process just keeps spiraling down.

Question: Why not just be happy yourself and do what makes you happy? Then other people will see that you are happy and respond to your joy. If people do this with the goal

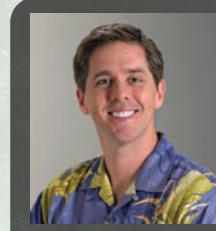
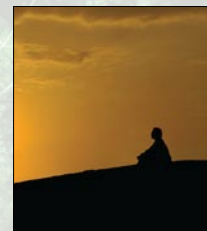
of seeing others happy, then this would work. All we have to do is be happy ourselves to begin that process.

So my thinking, with everything I've learned in psychology and communication skills, is that we should all give up trying to make other people happy because it's impossible to have that level of control over someone else. If we instead begin to focus on being happy ourselves, then I believe we will begin to see happy people all around us. Try it and see the difference it makes for you and those around you in 2011.

Matthew B. James, MA, Ph.D., is President of Kona University. His new book, "The Foundation of Huna: Ancient Wisdom for Modern Times," details forgiveness and meditation techniques used in Hawaii for hundreds of years. He carries on the lineage of one of the last practicing kahuna of mental health and well-being. You may e-mail him at info@Huna.com

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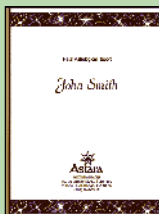
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Top Hollywood Director's Brush with Death Results in Transformational Film that Could Awaken Millions!

Tom Shadyac Presents "I AM"

By David Langer

The story reads like an inspiring Hollywood screenplay... but it really happened... and *it's still happening!*

Tom Shadyac made a fortune in Hollywood by making us laugh. As director and/or writer of such blockbuster films as *Ace Ventura: Pet Detective*, *The Nutty Professor*, *Liar, Liar*, and *Bruce Almighty*. But at one point, his life became... not so funny.

As the result of a bicycling accident in 2007, Shadyac suffered post-concussion syndrome (PCS). His symptoms included an intense and painful reaction to light and sound (the tools of his trade, of course), severe mood swings, a constant ringing in his head, and others. The worst aspects of this: there is no successful treatment for PCS, and it may never go away.

Shadyac tried all of the traditional medical treatments; nothing worked. Then he tried a variety of alternative modalities, including biofeedback and a hyperbaric oxygen chamber; again, nothing worked. After several months of torture, he welcomed death. "I wasn't suicidal," he recalls, "but I knew I was done."

Facing death brought an instantaneous sense of clarity and purpose. "If I was going to die," he reflected, "what did I want to say before I went?" Suddenly, it all became very simple and very clear. "I wanted to tell people what I had come to know."

Shadyac's films had grossed nearly two billion dollars worldwide, making him one of Hollywood's most successful filmmakers. This had brought Tom all the expected perks — a 17,000-square foot art-filled mansion and guest complex in Pasadena, private jets, exotic cars... the whole 999 yards.

"What I discovered, though, when I began to look deeply,

was that the world I was living in was a lie. The game I had won at, which I thought would help to heal the world, might very well be what was destroying it."

After months of isolation,

problems of humanity, all the problems of our world?" Shadyac asked as he pursued production of "I AM," the new documentary feature that resulted from his exploratory journey.



Tom serves as a guinea pig in experiment with Institute of HeartMath's Rollin McCraty, Ph.D.

with no visitors and virtually no communication with the outside world, suddenly, unexpectedly, Tom's PCS symptoms began to recede. When he improved to the point where he could actually tolerate travel, he decided to grab a camera and film crew of four and start a journey to find the people who had helped him question the life he had been leading and try to learn and understand more. And to spark a conversation around two challenging and rarely asked questions....

- What's wrong with our world?
- What can we do to fix it?

"I AM" THE UNDERLYING PROBLEM THE OVERARCHING SOLUTIONS

"Is there a hidden problem underneath that causes all the

There is, he determined: it is *the separation of ourselves from the natural world... and the implications of that separation*. All the result of "the particular scientific story" we've been telling ourselves for the last three hundred years. The story that grew out of both Newtonian science — that the universe is reliable and predictable because it is essentially mechanical, a giant machine — and Darwin's *Evolution of the Species*, survival of the fittest as a result of competition.

What we know today is these old assumptions simply are not true. The new, emergent understanding of the nature of the universe contradicts them. But they are still the most common informers of our belief systems and, therefore, our behavior.

What can we do to fix the

world? Shadyac suggests we start by fixing ourselves. "Mother Teresa never thought about solving hunger or poverty," he recounts. "She saw a sick, hungry person and reached out to help. What's needed is an awakening of one's own heart, a personal transformation. Our outside world is just a manifestation of what we're holding inside. So the work is on ourselves."

In "I AM," Shadyac uses his wit, warmth, curiosity and masterful storytelling skills to reveal what we are now discovering through quantum physics and other research to be among the truths of our nature —

- The universe is not a machine and neither are we.
- We are all connected to each other and to everything.
- Our #1 organ of intelligence is the heart, not the brain. Ninety to 95 percent of information flows from heart to brain, not the other way round.
- Our consciousness and emotions impact the physical world around us.

Science, it seems, is finally catching up with the ancient, basic principles of religion and spirituality. The *emerging* story is the *old* story!

Additionally, in "I AM," Shadyac underscores —

- Materialism is not a path to happiness.
- Humankind's basic nature is cooperation and democracy, not competition. Darwin knew this and used the word love numerous times in his book *Descent of Man*, while using the phrase *survival of the fittest* only twice! Research demonstrates that we are hardwired for a compassionate response to the troubles of others.

Shadyac himself narrates the film and appears as an interviewer and good-natured guinea pig in some of the scientific experiments. He interviews some of

the most informative, enlightening and inspiring scientists, spiritual leaders, thinkers and experts in the world today.

So what does Shadyac suggest each of us do to help solve the dire challenges we face at the beginning of the 21st Century?

"I get asked that a lot," he says. "Give me a list of things I can do!" But the solution is really about a deeper transformation that must occur in each of us. It's not my calling to tell people what they should do. I'm about sharing the principles that awoke in me, affected me, and changed my life. Once one experiences a baseline awakening, the To-Do list forms naturally. Frankly, I prefer that each of us has a *To-Be* list!

"Change starts with consciousness and our own definition of ourselves," he says. "Each of us has the power to make a difference. It's the Power of One. Everybody has that power. Just do something. From moment to moment, everything we say or do... or don't say or don't do... makes a difference!"

Shadyac lets the film's content speak for itself: democracy and consensus decision-making is the basis of life among many species, from insects and birds, to deer and primates; humans actually function better and remain healthier when expressing love, care, gratitude and cooperation; consciousness is linked

to the behavior of the quantum world....

"If everyone is intentional with their small acts, over time, there's massive change. That's the story of women's suffrage, India's independence, the American civil rights movement, the Vietnam peace protestors and the end of apartheid in South Africa.

"His Holiness, the Dalai Lama, says, 'critical thinking followed by action' is the most important thing we can do now. There's no such thing as a tiny act."

So what is Shadyac doing? He sold the Pasadena estate with its furniture and artwork and is living in a mobile home community in north Malibu. He is flying commercially now. He started riding his bike to work. He is teaching at a local college, another venue for sharing his discoveries.

All proceeds derived from the release of "I AM," in all media, will go to THE FOUNDATION FOR I AM, a not-for-profit established by Shadyac to fund various worthy causes and to educate the next generation about the very issues and problems explored in the film. And, if he ever directs another Hollywood movie, he plans to receive something like the Director's Guild minimum directing fee — around \$210,000 — and have the rest of his usual eight-figure fee deposited into a charitable

account.

"Whatever I don't need, I no longer consider to be mine," he says. "I just direct it to where it's needed." He's also considering founding an institute in Telluride, Colorado, which would bring together high school and college students, along with adults, to begin a conversation around these ideas.

What makes the film a stand-out is Tom's personal story, the intimate self-effacing way he tells it, his relentless pursuit of knowledge and wisdom, and the creative, yet accessible way he shares it with the viewer. There are also stunningly beautiful scenes of the natural world and compelling portrayals of our current human struggle. The music, too, dramatically and emotionally underscores the visual impact of the film.

"I AM" is scheduled to open in selected cities in February and nationwide shortly thereafter. Visit: IAM.com for show times and locations.



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Austin, Texas

The City with A Soul!

Article and Photos by Ann Nelson

A while ago, I made the decision that the trips I take need to have purpose and meaning and because of this, I've set my sights on visiting "the most walkable" cities in the country. Austin, Texas is the first on my list.

Fifty miles of scenic paths connect all areas of the city, including a 10-mile hike-and-bike trail that loops through the heart of the city next to the Colorado River. The state capital of Texas is not a typical state capital defined by proper protocol and old fashioned manners. It is a city that defies stereotypes and is filled with a creative spirit. Austin uniquely combines laid-back with high-tech, Whole Foods with start-up rock stars like Janice Joplin, and is surrounded by the beauty of crystal blue lakes and hilly terrain.

My home base while visiting Austin was the Radisson Hotel and Suites next to Congress Bridge. The back door of the hotel opens up directly to the 10-mile-hike-and-bike trail and is located in the middle of the downtown action! The hotel had everything I needed, including incredible views of Town Lake and the downtown sky-

line. If you're lucky enough to be visiting between mid-March to November, the back deck of the Radisson is the perfect vantage point for witnessing one of the most spectacular events that happens in Austin. I will briefly explain what all the excitement is about. 1.5 million Mexican free-tail bats live underneath The Congress Avenue Bridge and at dusk they all emerge and blanket the sky as they head out to forage for food. This single event has created all kinds of bat-watching tours, including kayak and Seaway Bat Watching Tours.

Austin squeezes lots of action into a small downtown area. Austin's music scene is legendary, with nearly 1,900 bands and a reputation that rivals Bourbon Street. Music, including country, blues or rock and folk can be found in clubs throughout town, including The Broken Spoke where Kitty Wells, Willie Nelson and George Strait often played. I was curious and decided to stop by The Broken Spoke on a week day night. The place was packed and super charged with fabulous music, great people and an electric atmosphere. As I was leaving, I asked about the broken down bus in the parking lot with the headlights on. I was



Zip-lining over the tree tops with Austin Overtures Tours.

told it served as a dressing room for the bands. I laughed out loud and thought to myself — this could only happen in Austin. No wonder so many people want to move here!

When visiting a city for a short time, I have come to find that taking a city tour is essential. A city tour gives tourists a quick thumbnail sketch of the history, culture and significant points of interest in a few hours time. There is a good chance it will help you determine how to spend your time on the rest of your trip. Austin Overtures specializes in a 90-minute narrated trip and sets up personalized, creative trips as well. Our driver and narrator, Christopher Gibson was entertaining, funny, knowledgeable, and he took us to places that only a "local" would know about. Christopher drove us to a park filled with peacocks and we ventured to out-of-the-way vantage points to snap the perfect photograph.

Austin is well known for its chic, sophisticated bars and restaurants such as La Condesa that serves up Passion Fruit & Spiced Mango Margaritas and Watermelon-Elderflower Martinis designed by mixologist Junior Merino. Junior has created signature cocktails for dozens of world-wide restaurants including New York's Rayuela, Cafe Frida and the Modern; Oprah Winfrey's The Color.

Austin is also well known for

servicing up some fine "trailer food". I'm not kidding and didn't even know what this was until I experience it firsthand. The expansion from traditional taco carts has virtually exploded into parking lots filled with trailers selling food. You can enjoy an entire feast from "Fine Cuisine out of an Airstream", or stop by "The Mighty Cone" that serves up Hot & Crunchy Avocado Cones, Hot & Crunchy Shrimp Cones along with Beef Cone Sliders. I did have lunch at The Mighty Cone and have to confess that it was mighty good!

After a full day of exploring the city, hiking in the hills and stopping at The County Line BBQ for lunch, my friend Matthew and I decided to go wine tasting in downtown Austin via the back seat of a Pedi-cab. When you think about it, it's the perfect mode of transportation for a wine tasting!

We started at Peggi House, an historic 1840's landmark for champagne tasting and continued on to Trio to sample flights of white wines and creative appetizers. We ended our evening at Cru', sampling red wines paired with pizza. Urban Wine Tasting Tour offers pick-up and drop-off from any downtown destination. Delicious and fun!! I felt like a kid flying through the streets in the back seat of the Pedi-cab!

The next morning we made the decision to drive 30 minutes outside of the city and treat our-



Austin trailer food court.

selves to a luxurious wilderness adventure at The Hyatt Regency Lost Pines Resort and Spa. My friend and I spoiled ourselves with spa treatments at Spa Django and afterwards hiked on the 18 miles of nature trails that adjoin the 1,100-acre McKinney Roughs Nature Park. The Hyatt teams up with McKinney Roughs Outdoor Adventure Programs to offer adventure trips including kayaking on the Colorado River, eco-tours with a naturalist and star gazing with a park astronomer. I have found that hiking with a naturalist is by far the best way to quickly learn about the local natural environment.

Since Austin is a true outdoor paradise with plenty of adventure, I knew this trip would not be complete without a zip-lining tour. Cypress Valley Canopy Tours has put together a spectacular package with three sky bridges and six zip-lines. Soaring 40 feet above the ground and over 350 feet through the trees is breathtaking and exhilarating. You can even spend the night in a "tree-tent" and zip-line to your tent. If that isn't a unique idea for a trip, I don't know what is.

Austin is known to be one of the nation's top travel destinations. Forbes.com names Austin among America's Best Cities for the Outdoors due to the mix of mild weather, plentiful park land and assortment of outdoor activities; Outside Magazine names Austin the fourth best city to live in among the top 20 places in the U.S. and Mother Nature Network recognizes Austin as one of the 10 greenest cities in the country.

CONTACT INFORMATION

Radisson Austin Hotel & Suites, www.radisson.clm/austintx, or call (800) 395-7046.

Cypress Valley Canopy Tours, www.cypressvalleycanopytours.com, or call (512) 264-8880.

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Hyatt Regency Lost Pines Resort & Spa, www.visitlostpines.com, or call (512) 308-1234.

Austin Convention & Visitors Bureau, www.austintexas.org, or call (800)926-2282.

Ann Nelson is a freelance writer residing in San Diego, CA.

Intention

By Robert Quicksilver

We live in an evolving universe, in an orgasmic nuclear dance of consciousness. Every-

thing is changing, evolving, transforming. Wise men and women throughout history have tried to define the nature of the reality in which they found themselves. Myriad models have existed — most have fallen into the historical garbage heap, others cling by threads. We, these generations, are creating a new model. Is it all figured out and defined? No. Do we know some of the elements of what this future model might look like? Yes.

The primary intention of the Conscious Life Conference and Exposition is simple: to participate in the conscious co-creation of a new world, a world based

on new paradigms in science, in spirituality, in longevity, in local and global community, in relationship, in health and well-being. And while we co-create this new wholistic model through our authentic self expression, we also participate in a powerful and passionate celebration of life and love.

The purpose of the Conscious Life Conference and Exposition is to bring us all together. It is a three-day gathering of the tribes, a three-day celebration of evolution and consciousness and a three-day brainstorming session on who we are, where we are and where we are going.

We have chosen our logo to reflect the Conscious Life experience — a gateway to a higher

force, an opening to the future possibilities, the descent of the new paradigm into our earthly existence.

The ninth annual Conscious Life Expo will be held February 11-14, 2011 at the LAX Hilton, 5711 West Century Boulevard in

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Included are numerous workshops, free lectures, panel discussions, a Conscious Life Film Festival, healing circles and ceremony, sacred sound meditations, the conscious business symposium and over 200 exhibitors. Featured speakers

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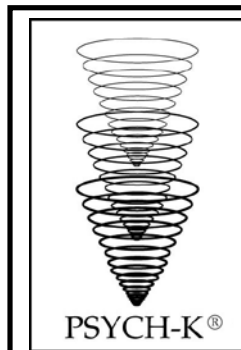
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Unique Integrative Treatment May Ease Side Effects and Improve Quality of Life for Cancer Patients

By Betsy Rice

The first thing most people notice about 41-year-old Beth Gomez is her striking blue eyes. It's not just that they are beautiful, which they are, like dazzling topaz waters. It's something more. There is an inner light, vibrancy, a love for life that shines through.

I've known Beth for almost a year now and still can't get over her amazing transformation. Today, I'm meeting her for coffee at a corner cafe. I'm sitting at a table in the corner when she walks in with a bounce in her step and a gentle confidence, looking better than ever in a black tank top and jeans.

When I first met this tall, brunette beauty in 2009, she had just finished a courageous battle with Stage 3 colon cancer. At the age of 38, Beth insisted upon having a colonoscopy due to a family history with the disease. After the first doctor told her she didn't need one, Beth sought out another who would authorize the diagnostic test.

Two months later, Beth underwent surgery to have a tumor in her colon, discovered during the colonoscopy, removed. She was recovering in the hospital when she learned she had cancer and would need to see a medical oncologist for follow-up treatment.

After an initial evaluation, the oncologist scheduled Beth for twelve rounds of chemotherapy. Today I ask her what that experience was like.

"I remember being so scared

for that first treatment," Beth says. "And then they wouldn't let my husband come into the room with me. It was this tiny room and there were about eight of us crammed in there together. I cried the entire time."

For Beth, it was the beginning of a downward spiral as she would become violently ill after each round of treatment. She couldn't keep anything down — not even water. As she grew weaker, she asked her oncologist for advice on how to keep the food down, but was given little support. Instead, she was given more and more prescription drugs. At one point, the side effects grew so severe that the oncologist suggested she be admitted to a hospital. Beth and her family knew there had to be a better way.

"By this point, I had become a walking medicine cabinet. They had me on so many drugs and I was just feeling worse and worse," she says. "I didn't even want to get out of bed most days. About that time, my dad saw a commercial for Cancer Treatment Centers of America and asked me to call and talk to them to see if there were other options."

Within just a few days, Beth found herself at Cancer Treatment Centers of America® (CTCA) near Phoenix, Arizona for an evaluation. During her first appointment, Beth was introduced to the members of her Patient Empowerment Team™, including her medical oncologist, natur-

opathic physician, nutritionist, mind-body medicine specialist and care manager.

Since they were all located within the hospital, Beth would have access to them every time she visited CTCA. She also had the comfort of knowing they were working together to develop a customized treatment plan specifically for her needs.

According to Edgar D. Starin, MD, PhD, MBA, senior vice president for clinical affairs and chief medical officer at CTCA, Patient Empowered CareSM advances care through health literacy, essentially giving patients more time and greater access to all clinical team members for more responsive, personalized care. This ultimately leads to a greater understanding of their condition, options and plan for treatment.

"Time is one element, but even more important are the value and quality of the communications and interactions with their care team," Dr. Starin says. "When patients are provided clear and thorough information and an understanding of their condition, they are empowered to make educated decisions about their cancer care; we believe this will lead to improved clinical results, including quality of life."

It was during Beth's first hour-long session with her naturopathic physician, Dr. Shauna Birdsall, that Beth learned about the natural benefits of Zinc and B6 and how they might be able to alleviate her nausea.

Tears well up in Beth's eyes as she tells the next part of the story.

"I went home that night and took the Zinc and B6 supplements I received at the hospital. I woke up the next morning and walked out to the driveway where my husband was working on his car. I asked him if we could go for a walk. Mind you, it had been months since I wanted to do anything but lay in bed. He tells me it was the first time he saw me look alive and well in months, and I did — I felt like my old self again. It was as though literally, overnight, all the horrible side effects were gone. All of those months I suffered and it was something as simple as two natural supplements that gave me my quality of life back."

Beth says she gets emotional every time she thinks about that moment and how CTCA took her out of the downward spiral. Today, she is a consummate advocate for the unique integrated treatment model offered at CTCA, and for good reason. Following the guidance of her Patient Empowerment Team™, she looks and feels better than ever.

As Beth sits across from me recounting her journey from desperation to hope, a tear comes to my eye as well. It's hard not to get a little emotional when you see someone who has been given their life back, and has taken that as an opportunity to become their best self.

Now I know a little bit more about what makes those blue eyes sparkle. Her story is an inspiration to me to seek out my best life, and a reminder to always get a second opinion. She is an inspiration and I know, for Beth, the best is yet to come.

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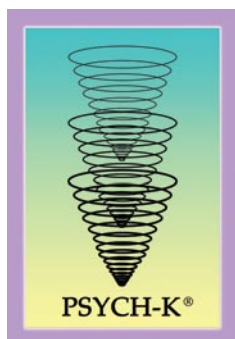
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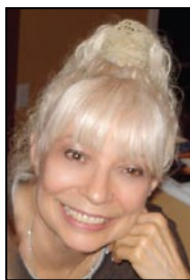
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apy and Craniosacral Therapy. She is a Core Energetics Practitioner, graduated in 1998. She taught at the International Snowlion School of Healing in France and at Mueller College in San Diego. Joan currently teaches at the Lionheart Institute of Healing.

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MUSIC Reviews

By Michael Diamond

SCOTT AUGUST

Radiant Sky
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Among players of Native American flute music, such as Carlos Nakai and Coyote Oldman, Scott August ranks as one of the foremost in the world. He has been nominated and has won numerous awards including the Native American Music Award.

In addition to being a leading authority on the instrument, he has been a headline performer at various music festivals, and has produced four CD's previous to this one, which have garnered airplay on nationally-syndicated radio programs such as "Hearts Of Space" and "Echoes".

After being impressed by the visual nature of Scott's early music, well-known composer Brian Eno suggested that Scott consider creating scores for film, TV, etc. Following that advice he soon had a client list that included The Discovery Channel, NASA, Minolta, Lexus, and many others.

Speaking about "Radiant Sky," Scott says "this is probably my most contemplative album." Ethereal space-music dreamscapes provide a soothing and mystical background for his flute playing along with additional accompaniment by Scott on piano, guitar, percussion, and exotic world instruments. In addition to the traditional native wood flute, he also plays the rare Anasazi rim-blown flutes, which very few musicians have mastered.

The combination of ancient hand-made instruments with more modern electronic textures is mesmerizing, and transports the listener into the dreamtime. While some of the compositions float effortlessly in spacious ambience, gentle rhythmic cur-

rents provide a bit of percussive groove to other songs. This album weaves a sensuous sonic tapestry and I highly recommend it.

MERCEDES BAHLEDA

Mercy Songs
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"Mercy Songs" is a beautiful and haunting album of devotional music that encompasses Latin Christian church hymns, Tibetan Buddhist mantras, and ancient Vedic chants. It is rare to find these diverse musical and spiritual influences together under one roof, so to speak. However, given Mercedes' diverse background it all makes perfect sense. Beginning life in New York City as a Roman Catholic, she became deeply involved in the study of voice, choir, chanting, and Christian meditation.

Her later spiritual evolution led her to the East where she became immersed in the yogic tradition and teachings. She is currently practicing Buddhism and incorporates all that she has learned about spirituality and music over the years in her own classes as well as serving on the teaching staff of New York University.

All of this exploration and education comes together in "Mercy Songs" which ranges from "Ave Maria" to "Kali Durga" and "Om Mani Padme Hum" and much more. Mercedes' voice is stunning and is a perfect vehicle for such deeply devotional music.

A meeting in a Buddhist temple with Parisian-born classical musician and producer Ferez Kalios, who played a major role in this production, was the beginning of bringing this recording to fruition.

His music, with its elements of classical, new age, and ethnic influences is the perfect accompaniment for her evocative singing — providing a subtle, yet supportive soundscape for her voice to soar over. All in all, an interesting and heartfelt multicultural listening experience.

DAVOL

Good Sign
www.davolmusic.com

I've been a fan of Davol (pronounced duh-VOL) since the late 1980's when I first heard his debut album "Mystic Waters," which made it to #15 on the Billboard New Age Chart, and remained on the charts for 25 weeks. The music from his albums has been used worldwide in TV, radio, video and multimedia productions.

This Denver-based electronic music composer has come a long way since getting his first Moog synthesizer at the age of 13, and in my opinion is on

equal ground with some of the pioneers of this genre that he idolized in his early days.

Perhaps it is a cliché to call something "feel good," but that's exactly what Davol's "Good Sign" is. It is bright, bouncy, upbeat, and hits you like the sun breaking through on a cloudy day. Electronic music comes in many flavors, some with elements of classical, rock, deep space, techno, etc.

Davol's instrumental compositions display influences of pop and perhaps a touch of smooth jazz giving it the accessible, uplifting ambience that it has. The music has the unique quality of being both relaxing and energizing at the same time — a perfect balance of yin and yang.

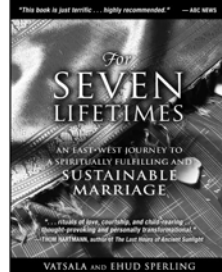
Every song on the CD is excellent, and I particularly enjoyed his use of sonic accents — the little electronic sparkles, wooshes, cymbal swells, and arpeggios that appear out of the mix and add an air of magic to the soundscape. This is the seventh of Davol's outstanding albums, and perhaps his best yet.

LIA SCALLON

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Subtitled "Songs To Soothe The Soul," this album is a compilation that includes excerpts from all seven of Lia Scallon's "Sounds Of Sirius" CD's. Her music is now available in the U.S. and worldwide after en-

(Continued on page 48)



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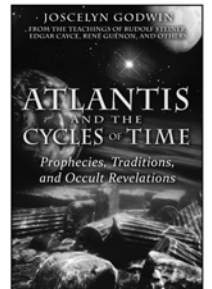
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Professor Godwin shows how the legends of Atlantis go hand-in-hand with the concept of cyclical history, such as the Vedic system of Yugas and the Mayan calendar. He examines the kindred myths of Lemuria and Mu along with the writings of Gurdjieff, Guénon, Cayce, and many others.

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— Jimi Hendrix

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BOOK Reviews

By Sonia von Matt Stoddard

THE TEMPLES OF LIGHT

An Initiatory Journey into the Heart Teachings of the Egyptian Mystery Schools (includes guided-meditation CD)
By Danielle Rama Hoffman

Each temple of Egypt is a doorway, or entry point, to a higher realm of consciousness. An explanation of the history, the myths, festivals and symbology of each temple, as well as its gods and goddesses is included in the material, so that we find a better overall understanding of the subject matter.

The material is intended to facilitate your movement into the conscious awareness of being a creator. The heart teachings in this book have come forth in response to questions that have been asked throughout time and space about the mystery of who we are and why we are here.

They provide guidance regarding our relationship to the Divine and ways of manifesting greater happiness, health, abundance and love in our lives. The teachings support your individual consciousness as well as a collective paradigm shift, thus making the basic tenets described in this book adaptable to many concepts, on many different planes.

Initially, the heart teachings offered in this book were offered in mystery school retreats throughout Egypt. A rich selection of full-color plates of images taken during the author's journeys, showing physical temples and remains at thirteen sacred sites in the area are included, in order to complete the experience.

Published by Bear & Company, this book is available at your local bookstore or on the website at www.BearandCompanyBooks.com

7 FIRES

By Bearcloud

The symbols that make up the core basis for this book originated in a special category of crop circles that the author calls star-glyphs. The complex internal geometry and multiple structures of these figures, impact our known

symbols, adding clarity and giving light to a number of unexplained questions involving the ancient pyramids of Egypt.

This "star language" uncovers secrets of the pyramids, unfolding a mystery with profound messages the author calls the "Seven Fires" and "Secrets from the Stars."

The book encompasses twelve years of research by author, vision seeker and seer, author Rod "Bearcloud" Berry. He journeys to crop circles in England, touching upon the reality as well as the hoax surrounding the phenomenon. We move on to Australia, Egypt and Peru, returning to the high plains of the Midwest, the grounds of Bearcloud's ancestors.

Discoveries within the explanations address many old legends, verifying some and disproving others. The author is convinced that seven of these symbols gifted from the star-glyphs represent the forgotten, advanced core qualities within us. Provided here is visual evidence how geometric correspondences constitute a highly-advanced form of universal communication.

Augmenting and beautifully illustrating theories presented here, is a rich section of approximately 100 pages of brilliantly-colored plates, including paintings by the author, detailed geometric designs and explanations.

Published by Thunder Spirit Publishing, this book is available at your local bookstore.

MEDICINE SEEKER

A Beginner's Walk on the Pathway to Native American Spirituality

By Stan E. Hughes
(Ha-Gue-A-Dees-Sas)

Every person has at least one totem animal that is our secret friend and natural world guide. These sacred animals help us through difficult times and guide us on our earthly and spiritual journeys in life. Finding this guardian is a pathway unto itself that can enrich our lives in many

ways. Here we are taught how to discover and connect with our totem animals, who they are and how we can work with them.

Provided is a complete list, including each animal's particular affinity, environment and personal preference, their characteristics and methods of supernatural communication.

Author Stan Hughes, an artist and retired school administrator, gives us a comprehensive beginner's overview of Native American spirituality, allowing us to become a part of the world of medicine people, native healers and entities like the Rock People.

Through his shared experience with healers, vision quests, fasts, and within sweat lodges, he relates his stories and visions of legends and lore, where each may open up a whole new world of awareness and pathway to Native Spirituality.

He provides detailed explanations of culturally specific places and items, like high places, chants, smoking pipes, dream catchers and transformation properties of solid sacred objects, like rocks and crystals. Accompanying many of the stories are the author's beautifully hand-drawn pictures of the subject matter.

Published by NorLightsPress, this book is available at your local bookstore or at www.NorLightsPress.com

AWAKENING TO THE SPIRIT WORLD

The Shamanic Path of Direct Revelation

(Includes instrumental CD)
By Sandra Ingerman & Hank Wesselman

Shamanism teaches that there are doorways into other realms of reality where helping spirits reside who can share guidance, insight and healing, not just for ourselves, but also for the world in which we live. To practice shamanism is to open your vision to a world that is hidden from normal view and to enter the deeper reality of the unseen universe.

In times of disharmony and uncertainty in our life, there is a tendency for people to turn within and seek spirituality, searching for more sustainable ways to exist, as well as thrive. Shamanism may offer a solution for those seeking the guidance from

helpful spirits on the right and wrong way to accomplish this.

This book explores shamanism from many perspectives, beginning with a discussion about the practice of shamanism versus becoming a shaman. The tools for those pathways, as well as specific practices to experience those tools, are each given attention through journey preparation and exercises for feeling gratitude and blessings.

Other spiritual practices, like mysticism, the druids, nature's cycles, ceremony, ritual, dream interpretation, rights of passage and landscape beyond death are all touched upon. An instrumental CD is included with the book, to guide us along with some of the exercises and a two-CD set is also available, "Six Guided Journeys for Deepening Your Connection to Spirit" that further enforce the concepts in the book.

Published by Sounds True, this book is available at your local bookstore or at www.soundstrue.com

THE WOLF AT TWILIGHT

An Indian Elder's Journey through a Land of Ghosts and Shadows

By Kent Nerburn

A fictionalized account of an actual journey brings us deep into the hidden inside world of the people who first inhabited our land — the Native American Indian. The author's hope is that his story will provide us with an understanding and glimpse of the yet unknown facets of native life, giving a voice to beliefs and points of view that may have long been ignored and forgotten.

This could be a classical "boy and his dog" story and indeed, it is true to type; however, in this tale a tribal elder seeks the help of another tribal member, to bury his companion of many years: a dog named Fatback. The member, also a friend, finds the request rather odd, but agrees to the task as a sign of respect. In the process of accepting this undertaking, he learns of a mystery involving the elder's sister and a reservation boarding school.

The insider's viewpoint and report, in a moving tale that includes intrigue and secrecy, along with humor and insight, author Kent Nerburn, a natural storyteller and author of

books on spirituality and Native themes, weaves a tapestry that will leave you with a deeper appreciation and understanding of Indian culture.

Published by New World Library, this book is available at your local bookstore or www.newworldlibrary.com

DOGS & THE WOMEN WHO LOVE THEM

Extraordinary True Stories of Loyalty, Healing, and Inspiration

By Allen & Linda Anderson

Dogs can teach all of us the secret to happiness: patience, unconditional love and compassion. This book explores the compelling interspecies relationship, specifically between dogs and women. Broken down into sections illustrating loyalty, healing and embracing life, we are shown how the dynamic develops through true life stories where these attributes can be best seen.

Authors Allen and Linda Anderson are speakers and authors of a series of twelve popular books about the spiritual relationships between people and animals. This book celebrates canine-female teams who form deep relationships that result in compassion and courageous acts of love and healing to all with whom they come in contact.

The authors are able to capture the spirit of this relationship from the moment a dog is rescued from the animal shelter ("Do you recognize me?") to the dog who is once again rescued, soaking wet, from a rainstorm, with only a few minor bruises.

It is difficult to capture the true depth and magnitude of experiences that are shared, without actually reading the individual stories. Dogs and women bring out the best in each other, in areas of inner strength, self-discovery, spiritual growth, comfort, health and fulfillment. The synergy that develops in this relationship is beautifully illustrated by this collection of true tales.

Published by New World Library, this book is available at your local bookstore or www.newworldlibrary.com

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MUSIC Reviews

(Continued from page 47)

joying popularity in Australia, where this Irish-born recording artist has been residing.

Before following an inner calling to music and healing, Lia worked as an actress who has shared the stage and screen with the likes of Liam Neeson, Cate Blanchett, and Glenn Close.

This CD, like her various albums, is quite diverse and is an excellent introduction and overview of her work. The first track, "Lullaby of Love" features her beautiful clear voice, which is vaguely reminiscent of Enya, evoking channeled melodies of the music of crystal bowls.

Also from the same album, "The First Little Angels On Earth," is the title track, which opens with a narrated story and full musical score for the first two thirds before evolving into Lia's sacred harmonic singing.

The next track, which has a deep and haunting feel, is from her CD, "Breath Of Life," and is designed to help us deal with various forms of grief and loss. Her "Diamond Light Meditation," one for women and one for men, begins with a guided-imagery narration leading to her mystical melodies. In addition to music, some pieces include the sounds of water, birds, or whale songs. A generous sample from her various music albums can be heard on her website.

TIGERFOREST

Daybreak
AMadea Records
www.amadearecords.com
www.tiger-forestmusic.com

It's not every day I get a CD in the mail addressed from Bulgaria, so this one piqued my curiosity a bit. Upon opening it, I was surprised to find that a number of songs from this German-born recording artist had titles like "Mojave Mystery," "Pacific Coast Highway," and "Summer In New England." The music, however,

has a definite Euro influence and bears some resemblance to artists such as Tangerine Dream, Klaus Schulze, Jean Michel Jarre, and Vangelis.

Tigerforest is the name that synthesist/electronic music producer Gunnar Spardel creates under. "Daybreak" is the follow up to his debut "The Sound Of Life" CD, and as mentioned, the music is influenced by the beauty of the American landscape, where he spends much of his time. Having worked the last few years composing music for film and TV, it is not surprising that there is a cinematic feel to his recordings.

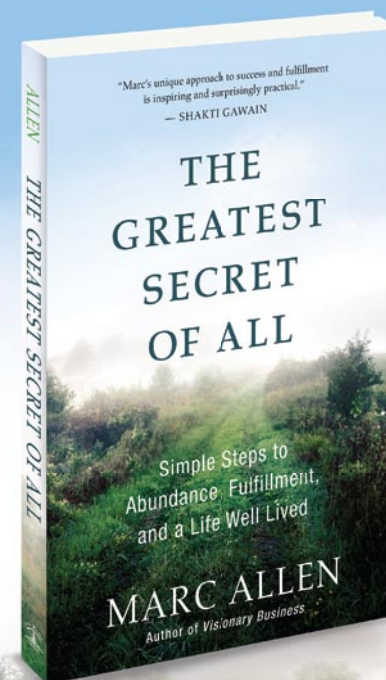
While most of his songs are instrumental, some of them feature female vocals. One of the

vocalists involved is Amehyste, whose own wonderful album "Shimmer" was produced by Gunnar. There are also a number of other musicians lending their talents on piano, guitars, and vocals.

The music encompasses ambient, down-tempo chill, and electronica which ranges from drifting dreamscapes to more groove-oriented numbers. Gunnar, who wrote, composed, and produced most of the tunes on "Daybreak," has a wonderful creative spirit and a feel for this genre that is sure to be enjoyed by fans of electronic music.

Michael Diamond is a music producer, recording artist, and journalist in the San Francisco Bay area. Visit www.mdiamondsound.com

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KID'S Reviews

By Lyda Whiting

SHE SANG PROMISE: THE STORY OF BETTY MAE JUMPER, SEMINOLE TRIBE LEADER

Written by Jan Godown Annino,
illustrated by Lisa Desimini

Betty Mae is born in the wild heart of Florida. Her mother and grandmother are Seminole medicine women who sing stories to her from a time when all the animals talked. Because her father is a French trapper, some people think he has bad spirits, and they chase him away.

One day, the elders come for Betty Mae, to throw her and her bad spirits into the swamp. Betty Mae's great-uncle chases them off and the family moves to safety. One day, she sees a girl laughing as she looks at drawings and marks on paper. Her friend says she is reading a comic book, and she learned to read in school. From that moment on, Betty Mae says over and over to everyone, "I want to go to school."

Betty Mae Jumper became a voice for her people, interpreting in courtrooms and hospitals. She helped set up a tribal council and start a newspaper written by Seminole and Miccosukee people. She became one of the first female tribal leaders in modern times, and accepted an appointment to a presidential committee. At the first Seminole Fair,

she told stories from the time when all the animals talked.

This true story of a modern legend is beautifully told, and the colorful illustrations bring her world to life.

Highly recommended for all ages.

Published by the National Geographic Society, this book is available at your local bookstore.

A MOST VIVID DAY

Written and illustrated
by Justin Young

Tommy the bat loves his world of nighttime. But when a caterpillar tells him about colors beyond black and gray, Tommy stays awake to see the Sun painting beautiful colors across the sky at dawn. Tommy watches the Sun paint each of the animals in bold colors, but when it is Tommy's turn, there isn't any paint left. The animals refuse to share their colors with little Tommy and with a cloud who wants color too. The angry cloud makes rain, which is washing away all the colors and turning the world gray again. What can Tommy do?

This unusual story is a fun way to introduce children to sharing, working together, and valuing the unique beauty in others. For younger children, it will make an excellent book to hear read aloud, and to practice

naming the animals and colors. Early readers will enjoy reading this book with its subtle repetition and simple words. Children of all ages will love the creative collaborative painting that Tommy becomes when the animals all learn to work together as a community.

The lively paintings on each page will pull children into the vivid and beautiful world of color. Children and adults will cherish this book, as it gently reminds them to see the possibilities in the colors all around them.

Highly recommended for ages 2 to 8 and beyond.

Published by Golden Tree Press, this book is available at your local bookstore.

THE MAGICAL ADVENTURES OF KRISHNA: HOW A MISCHIEF MAKER SAVED THE WORLD

Written by Vatsala Sperling,
illustrated by Peter Weltevrede

Krishna is the eighth son of the princess, imprisoned by her evil brother King Kansa who has killed all of her children. To protect Krishna, his father carries him across the river to live as the child of a cow herder. Krishna grows into a happy and mischievous boy, sneaking into his neighbor's larders and eating their fresh butter, and playing his flute so the village girls can dance.

But when the evil king sends demons to kill him, Krishna calmly destroys each one. Finally, Krishna must kill the evil king and end his reign of terror. Offered the throne, Krishna chooses to remain a cow herder.

This book introduces children to the adventures of Krishna, whose playful escapades entertain and enlighten. This lively retelling of a classic story from India will capture the imaginations of children everywhere.

These beautiful illustrations glow with subtle shades and highlights. Created with watercolor and tempera paints using classical Indian painting tech-

niques, the detailed paintings bring the story to life.

The book includes an illustrated cast of characters and an introduction about Krishna, a human incarnation of the god Vishnu. Filled with exotic places and amazing beings, this is an appealing and lively book.

Highly recommended for ages 6 and older, and anyone interested in world cultures.

Published by Bear Cub Books, this book is available at your local bookstore.

DEAR BABY, IT'S A COLORFUL WORLD

Written by Carol Casey,
illustrated by Jason Oransky

Red is never shy; let's pretend we're fire fighters. Orange never takes a nap; let's jump in the fall leaves. Brown is comforting and cozy; let's play cowboys and cowgirls. Green is fresh and cool; let's sit in the soft grass. Yellow is sunny and happy; let's chase butterflies. Blue shines in the sky and the sea; let's build a sand castle. Pink is so pretty; let's have a party. White is clean and sparkling; let's play in the snow. Purple is royal and rich; let's be kings and queens.

Let's look at our own colors. We each have our own unique look, with the beautiful colors of our skin, hair, and eyes. Each person has their own special coloring. And we like it that way. Wouldn't it be sad if all the colors were gone? Luckily, colors are here to stay. They fill our world with fun and life.

Toddlers and animals play happily in this world drenched with bright color, while a bright green frog jumps from page to page. Full-page illustrations vibrant with color are appealing in their child-like simplicity and joy. Children will enjoy this colorful book, with smiling flowers and happy multicultural children, while learning a subtle lesson about the beauty of diversity.

Recommended for ages up to 6.

Published by Dear Baby Books, this book is available at your local bookstore.

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REFLEXIONS BELFEXIONIZ

By Robert Ross



on Transitions

It happens every once in awhile — the feeling — the sense — the knowing — that I need to make a change in life; something new, something different. I'm not quite sure what I need, or where this is going, but I know I've got to do something to satisfy the internal stirring. It's one of those transition moments.

BEND, OREGON — 1991

Richard Bolles' two week "What Color is Your Parachute" career planning workshop was held at the Seventh Mountain Resort, on the outskirts of Bend, Oregon. At the time I was in one of those states of mind — the "this isn't working anymore," and "I need something new" states, but wasn't sure what to do or how to go about finding what I was looking for.

So, I gathered together my meager savings and took a chance, signing up for the workshop. As it turned out, the "chance" worked, it was a profound experience that changed the course of my life; and more importantly, changed how I viewed myself going forward.

The Parachute workshop, in a nutshell, involved discovering — in a group setting — one's innate and learned skills, values, goals, philosophy, ideal work and living environment, and putting it together in a picture of sorts.

We used a posterboard-size flower to draw this picture, with the center of the flower being a prioritized list of our favorite skills, and the petals listing our values, ideal work and living environment, kinds of people we wanted to work around, etc. The flower, once completed, would be a picture of our ideal life.

BEND, OREGON — 2010

Almost twenty years later I find myself back in Bend, with my old flower charts and notes, in a setting on the outskirts of

town. This was all by design; a retreat, by myself, to find some answers to the age-old questions. Where am I going? What next? What do I want?

Bend is located on the eastern side of the Cascade mountain range, situated between the high desert to the east and the pine-covered mountains to the west. Because of its proximity to the desert, the temperatures are moderate year round.

When I first came to Bend in 1991, it was a small town — a hamlet — with a unique charm all its own. Apparently, since 1991, the world discovered this appealing village at the base of the Cascades. Today, Bend is considered an ideal area for retirement, with a host of outdoor activities like golfing, skiing, hiking and boating.

Combine the recreational pursuits with a cosmopolitan atmosphere, throw in a temperate climate, and you have tourism as the number one industry in the area. The small town of 1991 has grown dramatically, with strip malls, a Walmart, Costco and . . . well, you get the picture . . . it's a bustling place.

FLOWER POWER

Within moments of laying out my 1991 posterboard-size flower on the kitchen table, one of the petals shouted at me (figuratively, of course). It was the petal title "Rewards." What do I want my work, my new or old endeavors to give me? I knew instantly that there were some Rewards that, at this stage in my life, were lacking and that I wanted.

And so it went, petal by petal

When one tugs at a single thing in nature, he finds it attached to the rest of this world.

— John Muir

— along with the center of the flower listing skills — it was a process of reviewing, updating and re-prioritizing from information I had listed 20 years ago.

On day two of my retreat, the second petal nudged me — the one about physical settings, the type of environment I wanted to work in, to be in. As I stared out the kitchen window at the pine trees, or drove into town glimpsing the snow-covered Cascades, I knew I wanted, and needed, to spend a lot more time hanging out with the beauty that nature has to offer. Resolution: I'll make this happen. Petal two complete, four to go!

Over the years, depending on what edition of Parachute one reads, the number of petals and titles on the petals has changed, but the overall themes have stayed the same. It's always been about identifying — by dissecting — one's uniqueness, and taking that uniqueness out into the world.

Petal three — the one about "Values" was now getting my attention. What do I value? I looked at my old flower from twenty years ago and realized that my values hadn't changed one iota. Discovering the truth, having challenges, learning, spending time in nature were still on top of my list.

I settled into a routine on my week-long retreat; looking at the flower I produced twenty years ago, looking for new ideas, for changes . . . look to satisfy that inner stirring.

By the end of the week, the pieces of the puzzle came together. I got what I came for: a bit of new lease on life. The skills that I enjoy using, writing, analysis of the financial markets and classical guitar, would in the coming months, be "taken to the next level."

My home, in a so-so neighborhood of San Diego, is going to be turned into a permanent magical retreat. And, I will be focusing more on the things that I value. There is work ahead; change often requires work, but this will be a labor of love.

Transitions have been described as troublesome opportunities. When the internal stirring becomes noticeable, when the inner voice says "it's time for a change," heeding the call is the challenge. It may be a struggle getting through it, but with persistence, the rewards await. Perhaps Isaac Asimov captured the essence of transitions best when he said: "Life is pleasant. Death is peaceful. It's the transition that's troublesome."

Robert Ross can be reached by e-mail at: SanDiegoRoss@Yahoo.com

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Musings

By Mystic Trish[©]

Indigenous People

We are all indigenous people. We are the first people of this planet, and we all have roots that go back to the beginning of time, as we know it.

Did you know just recently it was found that most people on earth have Neanderthal DNA? Most of us are 4% cave man. Wow! If that's not indigenous I don't know what is. Being a native of this tribe or that tribe is not what makes us indigenous on this planet because we are all native to one tribe: the tribe of Humanity on planet Earth.

Being an earthling is what makes us indigenous. Many of us feel lost because we are missing that sense of connection. But many people are working hard to try and find that feeling of community again. The very Aquarian Internet is certainly making that easier.

I believe as we near the end of the Piscean era we are seeing a lot of old souls reincarnating at this time. They want to fulfill their karmic contract in the Pisces energy before the Aquarian energy is completely here. This would explain why there are so many people here on Earth at this time.

I think Karmically this goes back to the sweep of Christianity across the European continent in the early part of the first century. Many indigenous beliefs were cut short or co-opted into Christianity at that time. When people say, "Just give me some

of that old time religion," I don't think they realize how old some of those religious practices are. Many Christian practices go back to the original pagan practices of the indigenous people of Europe and the Middle East.

When the heavy hand of the church swept threw Europe, many people shifted their practices into the new religion. Myth and folklore have kept many ancient indigenous stories and practices alive. Some have shifted and changed to keep up with the times but you can still find the root by looking a little bit deeper into the culture. A lot of indigenous practices that have been considered old folklore practices and beliefs are coming back into favor and increasing in popularity.

There are many indigenous people around the world. Some are on small islands and some are in remote areas of very populated countries. Most of the time when you read or hear about indigenous people in the news, they are talking about some group or tribe that has not been altered by the colonial expansion that started in the 1500's.

That is when Europeans began expanding into the new world. Before that they were trying to unify their own countries under the social and economic organization of the church, which at that time was the Catholic Church before it splintered into many branches of Christianity.

The return of pagan beliefs and practices is also a return of indigenous practices. Tattoos started in Ancient Egypt and India and have magical roots. Some people still get tattoos for magical and protective reasons. Whenever I see a person with tattoos I look to see if I recognize some of the images.

Perhaps they are from some ancient place and time that may have lost its voice and expression due to human expansion. Perhaps they are from a past life

that was cut short and wants to fulfill itself. When I see blue tattoos I think of the inky blue woad of the ancient Celtic tribes or perhaps the dragons of the Norse people.

As the pagan movement grows in all its forms there are an increasing number of people wanting to know about their ancient heritage. And with this interest in their roots there is an understanding that we are all interrelated and of one species.

There is also an understanding that whatever your understanding of God or some other spiritual or divine being is, it is not necessarily an old white man

with a flowing white beard. Just as humanity has many different faces so does the divine. Women and men all have a spark of the divine in them.

I love the fact that so many people want to know about their roots and the ancient heritages. The world is starting to recognize the differences and the wonderful richness and fullness that diversity brings to everyone on the planet.

Tricia Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Tarot, Mediumship, and Clairvoyance. You may contact her at Mystictrish@cox.net or at (949) 493-0705.



Voices of Hope

By Audrey Hope

TODAY FOR KNIGHTS

*Where is your warrior spirit, where is it hiding?
Calling your lion courage, your elk stamina, your buffalo stance.
Take it off the mantle, this gentleness is killing us.*

*While we humbly do our spiritual work,
And look at our sins, and grow our karma,
The other forces are enjoying —
A world of greed, a world of fear.*

*It matters. I know forgiveness is good.
And of course love is the way.
Yes, yes. Got it. We all got it.
But, **THERE IS WORK TO BE DONE.***

*The government won't save us.
Oh god, you do know that — of course!*

*Our only hope is the power of our radiance, small in number
— but fierce.
And to remember our native friends who know the hunt.*

*Time to dress with shield and sword and bow and arrow —
any armor that respects the fight.
You have to get up.
Or the storms will make you.*

*Raise your voice, raise your arms, raise anything!
Claim our spiritual land.
Take it back — it is our time.
Dost thou know the balancing of the clouds?*

*Have you the guts?
To earn the real feathers of a warrior.
It is dangerous days,
And knights are needed.*

Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: www.hopesrealwomen.com

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A New “Love Tribe”

A new culture is emerging and it is characterized by our awakening to love. It is emerging in quiet, invisible ways. It's a new “love tribe.”

More and more I find synchronistic moments where I am standing in front of strangers in public, loving them and considering how valuable their life is — in fact, as valuable as my own. This is new for me. Have you noticed this?

I also find myself almost defiantly protecting someone against judgments and criticisms because I am more interested in being with them in a loving way, seeing past the immediate circumstance while peering into their innate innocence and not their supposed guilt or unworthiness. Do you find yourself caring more too?

And I'm finding myself spontaneously including the entire universe in thought, as though there were no boundaries, borders, miles, or space to divide us. More and more I find that my heart wants to unite and stay connected all the time, without breaks. I want to love!

Something wonderful is occurring. Here are some other ways it's emerging.

The people of Africa, China, Europe, Americas, and those on islands are with me. I enjoy a presence of love when I think of them.

There are moments that occur in the middle of a day, when I suddenly think of women or children in captivity, the suffering poor, the hungry, weak, addicted, sad, victims of injustice, or without hope. Rather than feeling sad, I feel love for them and I pray for them like there's no tomorrow — right in that moment. As I experience more and more of this, I notice my heart is opening and expanding. And, also, I am experiencing this increasing love from others as well.

We are becoming a more compassionate people. As the new love tribe emerges, we are growing in our love. There are heroes among us and they may be your neighbor. Even the hero within yourself may be awakening. Through love, we are feeling empowered to do something and make a difference. We feel we can.

There is a silent trust in our hearts that something wonderful is guiding us. Though there are moments of great discouragement, wondering if we should even continue trying with so many opposing forces, hope lives and burns strong in our hearts, perhaps more than ever.

While my 89-year-old mother was waiting for the doctor, a two-year-old toddler literally marched herself towards my mother across the waiting room and smiled into my mother's eyes. She then returned to fetch her ball, bounced her ball to mother and returned, marching and talking with mom as though they were best buddies. She did this repeatedly with so much connection and love! We were charmed by her. I thought to myself, “She's one of the new love tribe members!”

At nutrition class last week, one of the students sensed my frustration and approached me at the break offering herself to be my sounding board for any frustration I was experiencing. She gave me her email address and we became fast friends. I was moved by her kindness to me. “Another love tribe member,” I thought.

On a recent herb walk with a botanist and master herbalist, a group of us trekked into nature for several hours to discover individual plants that bear great medicinal gifts to alleviate our pain, quench our thirst, provide minerals, settle our nervous system, and way more. We celebrated each and every herb's gift. It

was an afternoon of connections with each other and the wonderful plants, and we were bursting with gratitude. Our hearts were open. We were safe to do so. Behold the emerging love tribe!

Today, my husband, who is in real estate, asked me to come with him for half an hour while he previewed new houses on the market. He said he wanted to connect and be closer to me. This was in the middle of the day! He does that often. I feel his love and connection and it is these moments that cause me to know that I am never without his love. We are deeply connected in our hearts, souls, and at every level. He often tells me that his number one goal in life is for me to feel loved. This is

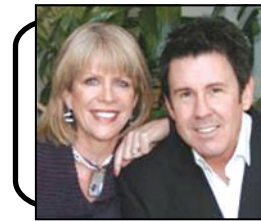
how people love each other in the love tribe.

It is important to draw back in these moments and look at what is occurring. Something new. Something wonderful. This reflection causes me to say thank you to all indigenous people who have left their mark upon the earth, indelibly imprinted in our hearts, with the mystery of love and connection with all that is.

Welcome to the love tribe!

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As a special love offering, go to my website and download my free, healing e-book, “Love Heals, How to Heal Everything with Love.” This is a limited time offering. Also, enjoy my newsletter offering tips on healing and ways you can keep love flowing and your consciousness growing. Just email me at ShannonPeck@gmail.com



For Spiritual or Religious Insight...

Ask Revs. Sandy & Kirk

Q: I am very disturbed by all the global disasters, including wars, and the effect on so many innocent people. Why do innocent people suffer so much from these tragedies? It just doesn't seem fair that those who are not responsible are often the most harmed by these events.

— David, Mission Viejo

A: We would like to first address your use of the word “innocent” to describe those who seem to be unfairly affected by these global events. The use of the word innocent to describe some people indicates that you believe some others may not be so innocent, and thus more deserving of harm from global disasters.

In our philosophy, all events are neutral and all effects contain within them the seeds of their transformation into beneficial experiences. What we perceive as negative and fearful events are actually opportunities to extend love. What we judge as unfair is a perception of events as good or bad, and people as innocent or guilty. In the words of our founder, Ernest Holmes, “The only thing that needs healing is the perception that some-

thing needs healing.”

Look within yourself for your innocence, and know it is your perception of world events that is asking for healing. We are all expressions of God-in-form, and none is more or less deserving of Love than another. Embrace the events of the world as yours, and visualize them as perfect, whole and complete, just as you are perfect, whole and complete.

Look upon all people as Divine expressions of God, each representing some aspect of you. Allow your mind and your heart to merge into oneness with All That Is. We recommend some form of meditation to accomplish this experience. Meditation opens the heart to a deeper Wisdom of Truth. Our inner guidance overrides our fear and opens us to God's Love.

ASK Revs. Sandy & Kirk through our website, www.csloc.org, or email to revsandy@csloc.org. A Licensed Practitioner may respond to your prayer request. We are dedicated to A World That Works for Everyone Through Divine Love In Action and look forward to your visiting us at 25782 Obrero Drive, Unit D, Mission Viejo, CA 92691 when you are in the area; or send us a letter, an email, or give us a call. Sunday Service is at 10:00am.



NEVER "Old?"

By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 65), author of the national award-winning book *Never "Old," plus The Rejuvenator's Bible*, speaks out about a most stirring subject: **how to personally control the unwanted effects of "aging."**

Presently answering the question: "Is a major cause of aging due to true mind-body wisdom being repressed and dumbed-down by medical fallacies and fears of the unknown?"

Dear Readers,

Yes, sadly it's true that real wisdom (especially about the human body), is largely cast as being a "burden," a reason to hang one's head downward via the ponderous weight of "profound knowledge"...

But I THE TRUE YOUTHMAN have joyfully discovered that mind-body wisdom is a PRECIOUS gift, one that traverses a path of positive TOTALITY...

However, if you don't care about where your true-self is heading, any old path will do, wise or unwise, helpful or deteriorating...

As I'm reminded of a useful little test you can try on yourself (to see a positive revelation about the "gravity" of thought).

HOW POSTURE-PLUS-ATTITUDE STRONGLY AFFECTS "AGING"

Just try looking at your face in a mirror (when it's held downward and supposedly burdened by "heavy thoughts"). Immediately you can see that gravity-plus-attitude makes your face look more wrinkled and older when held downward and depressed, but quickly a younger, refreshed look takes over when your face is held forward and upright, sparked with a little smile!

Also, I've discovered an even more visible example of the **Frame-of-Mind Effect**, by studying the facial changes of my 6-month-"old" baby, Jahson.

For example, when Jahson: Is in a good mood, his pristine skin and delightfully unpretentious smile make him a lovely infant, lighting up a room with what I call the **Original Grin**. But when he's cranky and cries, an open-mouthed frown takes over his face, as big puffy, red bags appear under his eyes, giving him the look of a 100-year-old, balding, toothless man with a face and neck full of depressions.

Wow! Such a CLEAR example of how attitude-equals-aging, so quickly via one's INNER CONTROLS...

Yes, admittedly there's nothing

new about "mind-over-matter," or joy-conquering-depression, but these interlinked-concepts have barely reached a small fraction of their potential. A potential largely squashed by the vast powers of medical profits (instead of prophets)...

All of which reminds us that true body wisdom is innately a joyful, uplifting thing, more immediate, more available, and truly much more effective than drugs or surgery.

And no matter what people have come to believe about taking care of oneself, even birds are prone to self-preening, and as for men, it's not just a "gay" thing, which is another fallacy promoted by the "Medical" down-pressing of personal-power.

As joy and laughter truly **IS** the best medicine, especially when not just about a "joke," but about enjoying an ever-learning way of life...

And is it true that the one who laughs last, thinks the slowest?

Thinking now about the power of joy and humor reminds me of my long-deceased father, who very rarely laughed, or even smiled (except for maybe a few times a year while watching comedy on TV).

"So why doesn't he take a drug such as Prozac to make himself feel better?" people might ask.

As I'm again reminded of an elderly couple I visited, when the husband turned to his wife and asked:

"I can't remember if I took my Prozac today. Do I **look** depressed?"

"Huh?" was all the woman could say, flabbergasted at how feeble her husband's control of his inner well-being had become,

a man who looked much older than his numerical age (as did my father).

And then there's me, ceaselessly bouncing-back, as the blessings of mind-body-wisdom keep flowing into my awareness, like a self-renewing, drinkable river... the core of which dwells within the ongoing effectiveness of my nightly pre-sleep **Inner Suggestion (IS)** techniques...

THIS JUST IN:

New and especially effective **Inner Suggestion** verses of my mind-body poetry, creatively-curing-capsules designed to spark powerful results via a belief-system that can be recited to yourself and thereby absorbed (**just before going to sleep, when you're most open to suggestions urged by WILL and DESIRE:**

Because:

Willpower is the body-god, and IT CAN have the control to cure ailments and ills with powers of wilful soul, IT can overcome all doubts, making wishes and dreams revive and come about, relieving pain and tension with natural healing might; reviving and renewing skin, making it smooth and tight, YES I will, Oh YES I WILL, what DOES come to BE a new and TRUE TOTALITY...

Yes indeed it's true, Inner Suggestion techniques, if done with wilful perseverance, **WORK**. Although I've learned that creative psychology has its ups and downs, days when you don't revive or connect as well as you can. But my TRUE Youthman mind-body tip for miss-connecting days is this:

Just make sure mind-body miss-connections don't last for the rest of your life... Because the principal mission of a perpetual-youth-seeker is to give birth to one's ever-healing, wilfully-desired, better self...

To answer any questions about true rejuvenation, Jesse can be reached by emailing jesseisforreal@yahoo.com

Each time a man stands up for an ideal... he sends forth a tiny ripple of hope..."

— Robert F. Kennedy



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Feng Shui Concepts

By Jenny T. Liu, M.A.

Feng Shui 2011 Global Forecasts

Come the Chinese Lunar New Year on February 3, 2011, the stars and planets take on new positions. They have a different ability to affect and create certain natural phenomena all over the world.

Knowing how to interpret the Nine Star Charts by understanding the laws of nature through the I Ching, 5 Element Theory and the philosophy of feng shui,

in these advanced technologies enjoy wealth in this fast-paced medium. This is especially true in eastern regions such as China where advanced technology, defense, art, and entertainment skyrocket. However, many transactions in the east are questionable. Profiting with short-term gains, speculative businesses rise and fall creating an unstable stock market on both sides of the globe.

Real estate improves in the northwest and southwest regions. More people are relocating to northwest regions such as the Bay Area, Seattle, Portland, Denver, and Vancouver bringing economic growth through real estate sales, tourism, and special events. Hillside properties in Los Angeles increase in value and sales.

Northeast, west, and northwest regions enjoy movement, trade, growth, renewal, and wealth. Public relations, employment agencies, adult entertainment, auctions, overstock warehouses, interpreters, firearms, waste disposal, critical journalism, medical and legal services are among fields that thrive in 2011.

SOCIAL POLITICAL

There is public outcry at widespread unemployment, government corruption, and sex scandals in 2011. In north, south, southwest, and northwest regions, paperwork, audits and bad communication bring conflict between female leaders and civilians.

Leaders need to define a clear path and proceed with focused teamwork. In this way, they can reach realistic goals despite a slowly recovering economy. Leaders of eastern regions tend to create obstacles and stress that can make them prone to rash military action.

Police forces suffer as ri-

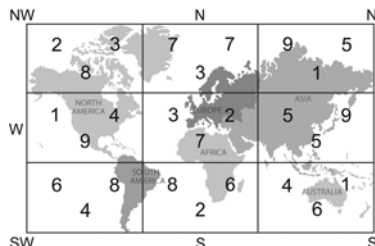
ots and demonstrations ensue. These intense times affect the youth and psychologically disturbed. Violence, suicide, and hate crimes make headlines. In particular, northern regions are troubled by criminals fighting amongst each other.

2011 can bring compulsive violent behavior such as shootings, bomb threats, terrorist activities, arson, or air crashes to public places in the north and east. Political issues, leadership problems, and possible revolt or illegal trafficking, slavery problems, and prostitution are still problems in Southeast Asia.

Disgruntled farmers and burned crops in the rural areas of eastern regions such as China lead to higher food and lumber costs. Farmland in southern regions such as Africa, Texas, and Louisiana are vulnerable to disease or infestation that affect crop production and food prices.

WEATHER

Hurricane, typhoons, thunder storms and heavy rains or snow raise water levels causing landslide, flood, and pollution in the southeast, northeast, and north regions. Air crashes, fires, explosions, volcanoes, eclipses, viruses, high temperatures and earthquakes may occur in the east, west, and northeast regions.



SOLUTIONS

Scholars and masters lead humanity through obstacles. Scholars, experts, writers, and researchers from southeast and south regions make contributions that stimulate economic growth. They distribute viral ideas that spur hope, optimism, solutions, and economic progress through creative use of the media.

The world shifts towards alternative solutions. Organic foods, ancient therapies, herbal medicine, spas, and green businesses thrive. Masters congregate in the southeast regions to teach medi-

tation, feng shui, and natural law in hopes of building awareness that will help the world prevent trouble.

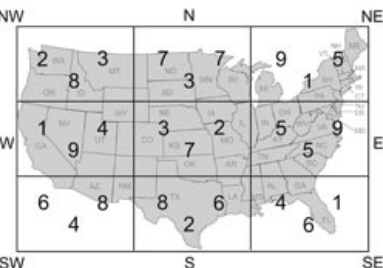
People turn to spirituality to find strength during these transitional times, filling churches, temples, mosques and ashrams. Yet, there may still be troublemakers and cultural or spiritual misunderstandings in northeast regions.

Female leadership makes a difference. Women are stronger and more dominant in northeast regions, however they tend to hurt or defeat their male counterparts. In the west, differences in feminine energies clash.

This brings new voices to the surface that share perceptions, methods, and innovations bringing much needed change to the west. In the northwest, female leaders work hard as they confront government officials with legal issues.

With knowledge of the global forecast, you can focus your energy on worthwhile endeavors and sidestep negative energies. Putting your best foot forward is the best global contribution you can make towards peace and raising the positive vibration of the planet.

Jenny Liu holds a Bachelors' Degree in Environmental Design from UC Berkeley and a Masters Degree in Architecture from UCLA. She is an expert in the 8,000-year-old Chinese philosophy of Feng Shui who shares her knowledge through seminars, workshops, periodicals and the Internet. Awarded for her Master's Thesis on Feng Shui, Ms. Liu is a fourth-generation practitioner with her own consulting firm. For info, visit: Liu-FengShui.com or call (626) 272-4901.



we can get a glimpse into how nations across the world will fare. Knowing which economic sectors will go up or down allows you to focus your effort on attaining positive results and preparing yourself for preventing loss.

The following is an overview of events that may occur for 2011 based on the Nine Star charts applied to the world and the United States. Please refer to the maps for the corresponding regions of each direction. Keep in mind, just like the U.S. map, the Nine Star chart can also be applied to individual countries and states.

ECONOMY

Ambitious high-technology and innovative companies charge to the economic forefront, particularly in western regions such as Silicon Valley. This new, powerful, ever-changing and competitively-driven market is making older generation businesses obsolete creating an adverse economic effect on major sectors of the work force.

Younger generations schooled

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Indigenous People & Animals

By Allen and Linda Anderson

The bond between animals and indigenous people is as long and strong a relationship as any on earth. Animals have provided for the physical needs of humans throughout history. Their roles as companions and guardians are accepted as essential. But the evidence of animals as spiritual partners with humanity hasn't been as well documented. It always seems to come as a surprise to scientists when they find that animals have played vital roles in the religious traditions and spiritual lives of ancient peoples.

Why would remains of dogs be buried in tombs with people? Dody Fugate, assistant curator of the Museum of Indian Arts and Culture in Sante Fe, New Mexico, says she thinks it is because animals' and ancient Native Americans' lives were inextricably intertwined. In an article by Stefan Anitei of softpedia.com, Fugate is quoted as telling National Geographic News, "I'm suggesting that dogs in the New World in the Southwest were used to escort people into the next world."

A Native American legend portrays dogs as freely choosing to become companions to people. About 12,000 years ago, friendlier wolves who were shunned by their pack, began to wander into Native American camps. Because dogs welcome pack leadership, they fit in well with the indigenous people's hierarchy.

Soon Native Americans were breeding dogs to fulfill roles as loyal protectors, hunters, finders of missing people, and pack animals who pulled heavy loads. Along the way dogs became children's playmates and family members with names to fit their personalities, talents, and personalities. ("The History of Dogs and Native Americans," www.petplace.com)

Dogs and other animals took on spiritual roles in Native Amer-

ican culture when shamanism, an ancient healing religion, began teaching about power animals or totems. Tamara Warta writes in "Find Your Power Animal and Change Your Life" (June 16, 2008, www.lifescrpt.com), "The animals are truly believed to be a help and healer to anyone who seeks them out and are considered to be a major path toward spiritual and emotional success."

Shamanism explains that everyone is thought to have power animals, or animal spirits, that live in the soul and protect and imbue us with their wisdom. Two of the most powerful totems are the horse and the owl. To find your power animals you must meditate for as long as it takes in order to grasp which ones have a special purpose in your life. You don't choose your totem, though. Warta says, "Shamanism teaches that power animals actually select you, meaning you can't pick a bear simply because you like bears."

ANIMALS IN AFRICA

Animals have always been part of the indigenous African experience. They're often viewed as mysterious creatures to be feared and conquered for their power. Although modern cities make Africa a continent of contrasts, tribal customs continue to hold sway over even the most sophisticated citizens. Some of these traditions involve longheld beliefs about animals.

Years ago, we received the story below "God's Love and the Snake" from Samuel Dufu of Tema, Ghana, West Africa. It is included in our book "Angel Animals: Divine Messengers of Miracles," New World Library.

"I was born in 1939 and lived in a farming community township in the then Gold Coast, now Ghana. When I was three years old, I remember my grandmother carried me on her back everywhere she went. One day, she

set me down under an orange tree on her farm. She plucked some oranges, cut them up, and put them in a bowl. I played with the fruit while Grandmother worked 30 feet away, weeding the patches of plantain, cassava, and corn.

"As I sucked on the juicy oranges, I threw the peels away a few feet from me. With a child's curiosity my eyes scanned the tufts of nearby vegetation until I noticed something moving in the brush. As if out for a leisurely stroll, a long, yellowish snake came toward me and stopped where I'd thrown the peels.

I was fascinated by my visitor and tossed more slices to him. The snake reciprocated my friendship by staying around and sucking on the sweet fruit. This interaction went on for about 10 minutes before my grandmother overheard me jabbering to my new playmate.

"Grandmother approached me stealthily. She was astounded to see a deadly snake, slowly sucking on oranges, within biting distance of her precious grandchild. At lightning speed, she screamed and whisked me away. My new friend bolted, probably wondering, as I did, what had caused all this commotion.

"All the way home, my grandmother's scolding made it clear that snakes are one of our deadliest enemies. Because I had known no natural fear and even made friends with the fruit-loving snake, a rumor started and spread throughout my family that I was endowed with special powers as a snake charmer. A few years later, I was taught at school and through the oral tradition of our tribe that snakes are dangerous. I then realized the grave danger I'd been in as a toddler and developed a great fear of snakes.

"Because of the special spiritual education I've had over the last 20 years, I now understand that divine love was at play be-



tween two souls — the snake and me. This love left no space for fear. The snake advanced, knowing that I had no intention of harming him but that I only offered love by sharing what I ate.

I entertained and encouraged the snake to stay because I had no fear he would bite me. We both enjoyed a friendly moment until my grandmother introduced fear into the harmonious atmosphere. This led to my replacing love with mistrust and hate. My experience with the snake has taught me that indeed, love conquers all. So it also is with the human family."

Whether it is the study of Native American, African, or any other indigenous tradition, a common thread emerges: people throughout the world look to animals for the wisdom to replace fear with love.

Allen and Linda Anderson are founders of the Angel Animals Network and authors of a series of books published by New World Library about the spiritual connection between people and animals. The Angel Animals Network 2010 True Story Contest is now accepting true stories of animals helping children, parents, & families deal with difficult situations and circumstances. Enter the new contest and subscribe to the free, online "Angel Animals Story of the Week" newsletter at www.angelanimals.net. Become fans of Angel Animals on Facebook and follow @angelanimals on Twitter.

If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts you can give.

— Gary Zukav,
The Seat of the Soul

CALENDAR of Events

Calendars are \$1.00 per word, minimum \$15.00. Phone numbers with area code, websites, and e-mails are considered as one word; hyphenated words are considered as two words. Please e-mail your listing to: info@awarenessmag.com

ONGOING

REWARD! True happiness? Want to command people and events? Answers exist with Vernon Howard's real solutions. Classes: Fridays 8pm, Sundays 10am. New Life, 5779 Westminster Blvd., Westminster; Wednesdays, 7:30pm. Neighborhood Church, Pasadena. \$3 donation. (714) 899-9300. www.anewlife.org.

Wednesday Spiritual Circle at 7:30pm. Experience Meditations, Inspirational Uplifting and Guidance. Sunday Celebration Service 10:30am. Teaching of the Inner Christ, 1775 Bellflower Blvd, Long Beach 90815, (562) 498-9211, www.teachingoftheinnerchrist.com

JANUARY

January 10 — Experience a Past Life Regression. Are you curious about your possible past lives? Could unresolved conflicts in a past life be affecting your present life? Free class 7-9pm. Hypnosis Motivation Institute, 18607 Ventura Blvd., #310, Tarzana. (818) 758-2747.

January 15-16 — Learn Integrated Energy Therapy® in Sedona, AZ. This Unified Basic class teaches you how to connect to the 9 healing angels of the energy field, and how to apply that connection in a basic session. Learn how to give a 5 minute empowerment. Learn how to help facilitate healing at the physical and emotional level. Learn how to give sessions in person or via distance. \$266 pre-registration price through Jan. 8. \$299 after

Jan. 8. www.sedonaheartwalk.com or (928) 204-5589.

January 20 — Common Ground presents "Introduction to the Kabbalah". Thursday, 7 to 8:30pm. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com, info@embracehumanity.com

January 21-23 — Finding the Gift in Shift: Transcendence, Sedona, AZ. Life-changing speakers including Dr. Rocco Errico, Gregg Braden, Sarah McLean, Rev. Cynthia James, Dr. Raymond Moody, Sunny Dawn Johnston, Jane Elizabeth Smith, Rod Bearcloud and Dr. Chet Snow. Pre-conference workshops include Making Mind Matter: Automatic Writing, Healing the Heart and Moving Forward, Meet the Circle Maker: Unlocking the Deeply Buried Treasure within You, The Irony of Forgiveness and Vision Mapping Strategies that Make Your Heart Sing. Visit StellarProductionsLive.com or call (928) 282-2450.

January 28-30 — Become a Certified IET Healer, Las Vegas, NV. 2½ days. Certification in Basic, Intermediate and Advanced Levels. NCBTMB approved for 24 CEU's. (928) 300-0359. www.learniet.com/bonny_kraus.asp

January 30 — Common Ground presents the music and inspirational message of Daniel Nahmod. Sunday, 9am to 10am & 10:30am to 11:30am. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com, info@embracehumanity.com

FEBRUARY

February 8-10 — IET Practitioner Certification, Sedona, AZ. Transform with the energy of angels healing the world one heart at a time. (928) 300-0359. Visit: www.learniet.com/bonny_kraus.asp

February 10 — Experience a Past Life Regression. Are you curious about your possible past lives? Could unresolved conflicts in a past life be affecting your present life? Free class 7-9pm. Hypnosis Motivation Institute, 18607 Ventura Blvd., #310, Tarzana. (818) 758-2747.

February 11-13 — Conscious Life Expo, LAX Hilton. The 9th annual conference will feature keynote workshops, free lectures, panel discussions, film festival, healing circles, conscious business symposium and more than 200 exhibitors. Keynote speakers include Swami Kriyananda, Gary Zukav, George Noory, Andrew Harvey, Eric Pearl, Vaishali and more. For more information, visit: www.consciouslifeexpo.com or call (800) 367-5777.

February 26-27 — Learn Integrated Energy Therapy® in Sedona, AZ. Take the Basic and the Intermediate to learn how to get the 'issues out of the tissues' at the physical, emotional, mental and spiritual layers. Save \$60 and pre-register by Feb. 1. www.sedonaheartwalk.com or (928) 204-5589 for more information.

MARCH

March 16-18 — Integrated Energy Therapy, Honolulu, Hawaii. Remove the "issues from the tissues" permanently. (928) 300-0359 www.learniet.com/bonny_kraus.asp

March 19-21 — The Gathering in Sedona, an international conference for lightworkers. Bringing ancient Native American wisdom together with the energies of today to create a life and a planet of enlightenment. Featuring Drumvalo

Melchizedek, Jonette Crowley, Mullku, Sandra Ingerman, Grandmother Mona, Sarah McLean and Grand Chief Wobleza. Attendees will travel to the energy vortex sites on the Spring Equinox to do ceremony and bring in true changes. For more information, visit: www.TheGathering2011.com or call (303) 689-9318.

March 25-27 — Health Freedom Expo, Long Beach, CA Convention Center. Special guest speakers include Kathy Smith, Mariel Hemingway, Jeffrey Smith, John Gray, Dr. Leonard Coldwell, John Roberts, and many more. 200 exhibits, 90 speakers. Admission: \$15 day or \$35 for the 3-day weekend. For more information, visit: www.HealthFreedomExpo.com or call (888) 658-3976.

March 26-27 — Learn Integrated Energy Therapy® in Sedona, AZ. This Unified Basic class teaches you how to connect to the 9 healing angels of the energy field, and how to apply that connection in a basic session. Learn how to give a 5 minute empowerment. Learn how to help facilitate healing at the physical and emotional level. Learn how to give sessions in person or via distance. \$266 pre-registration price through March 1. \$299 after March 1. www.sedonaheartwalk.com or (928) 204-5589.

APRIL

April 15-17 — Bhakti Fest Spring OMmersion. This 3-day music festival is an inspired celebration of devotion to spirit and vibrant living with the foremost leaders of kirtan (sacred chanting), yoga, raw & natural foods, and seminars. Bhakti Fest takes place in the magical desert of the Joshua Tree Retreat Center, nestled among 450 acres of sacred land. Bhakti Fest 2011 is a place for celebration, healing and serenity. And, Bhakti Fest is green! Come join us! Visit: www.bhaktifest.com, email info@bhaktifest.com, or call (866) 992-4258.

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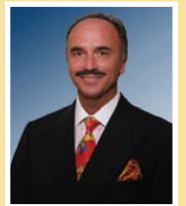
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