

Awareness[®]

Southern California's Guide to Conscious Living

VOLUME 23, NO. 4

JULY / AUGUST 2016

**A GURU'S
GUIDE TO THE
AFTERLIFE**

**PRESCRIPTION FOR
A HEALTHY LIFE**

Ojai • Ventura • Santa Barbara • Los Angeles County • Orange County • San Diego County • Inland Empire • Arizona • New Mexico • Maui



ANGELA AND RACHAEL WANT TO GET SEA TURTLES OFF THE HOOK, DO YOU?

Angela Kinsey and Rachael Harris are in love with... sea turtles. But, they're in real trouble and need our help. Over 1.4 billion fishing hooks and other gear catch hundreds of thousands of sea turtles every year. Go to Oceana.org and sign up to help Angela and Rachael get sea turtles off the hook.

www.oceana.org/turtlesoffthehook



Angela Kinsey and
Rachael Harris swim
with Sea Turtles in
Quintana Roo, Mexico.
Photo © Tim Calver



OCEANA

Protecting the
World's Oceans

Awareness®

Southern California's Guide to Conscious Living

Continuing our 23rd Year of Service
with Our INDIGENOUS PEOPLES Issue



4

4. A Guru's Guide to the Afterlife
By Kira Davis
7. Indigenous People: One With All
By Ellen Angelica Pendergast
8. Forgotten Connections:
What Nature Teaches Us about Us
By William B. Miller, Jr., M.D.
10. The Indigenous Self
By Frank Daly
11. Prescription for a Healthy Life
By Phillip H. Taylor, M.D.



14

ON THE COVER: Himalayan Siddha Master
Yogiraj Gurunath Siddhanath
Photo courtesy of Sergio Solis

12. Justin Farmer: Helped to Revive
the Interest in California
Indian Basket-Making
By Christopher Nyerges
13. Awakening Consciousness
Since the Early 90's!
By Nash Singh
13. Modern Science Finds that the
Spiritual Blessing Cloth can
Provide Real, Measurable Benefits
By Awareness Magazine Contributor
14. Award-Winning Spa Destinations
By Ann Nelson
15. Bloodstone GemSpot with a
Geranium AromaSpot
By Margaret Ann Lembo



11

DEPARTMENTS...

- 16 Voices of Hope
- 22 Feng Shui
- 23 Book Reviews
- 24 Music & Media Reviews
- 25 Reflexions

- 17 RESOURCE DIRECTORY
- 26 CALENDAR OF EVENTS
- 27 CLASSIFIEDS



PUBLISHER/EDITOR
GRAPHIC DESIGN
YOLANDA CHAPIN
(714) 283-3385
Yolanda@awarenessmag.com

EDITORIAL STAFF
MICHAEL DIAMOND
MUSIC REVIEWS

ROBERT ROSS
RELEXIONS

CHRIS L. THOMPSON
BOOK REVIEWS
PROOFREADER

CONTRIBUTING WRITERS
FRANK DALY
KIRA DAVIS
AUDREY HOPE
MARGARET ANN LEMBO
JENNY T. LIU, M.A.
WILLIAM B. MILLER, JR., M.D.
ANN NELSON
CHRISTOPHER NYERGES
ELLEN ANGELICA PENDERGAST
NASH SINGH
PHILLIP H. TAYLOR, M.D.

ADVERTISING SALES
(714) 283-3385
Yolanda@awarenessmag.com

twitter.com/awarenessinfo
facebook.com/awarenessmagazine
www.awarenessmag.com

PUBLISHED BI-MONTHLY
Awareness®
Southern California's Guide to Conscious Living
MAILING ADDRESS
PO Box 491111
Los Angeles, CA 90049
(714) 283-3385
E-mail:
Yolanda@awarenessmag.com
www.awarenessmag.com

The entire contents of AWARENESS MAGAZINE are copyrighted. All rights reserved. No part of this magazine may be reproduced without prior written permission.
Subscriptions to AWARENESS MAGAZINE are \$24.00 per year. One issue can be purchased for \$5.00. Please send check or money order to AWARENESS MAGAZINE at above address or call our Subscription Manager at (714) 283-3385.
AWARENESS MAGAZINE reserves the right to reject any advertising or editorial which is not in keeping with the publisher's standards. Advertisers must assume all responsibility and liability for claims arising from their advertisements.

PLEASE RECYCLE



AWARENESS

A Guru's Guide to the Afterlife

By Kira Davis

It seems these days everyone's a Guru of something, has a Guru or is seeking to find one. He's a three-point shooter Guru, and she's the Excel Guru at work, and another one is a standout in all things Mac, aka the Mac Guru Guy. For all those seekers, there have been many teachers and healers offering their guidance to the spiritually hungry. The West Coast, also known as the Left Coast, has had a long-standing reputation for attracting spiritual seekers. Many teachers, from the world over and with diverse religious training, have set up churches, ashrams, temples and spiritual centers in California, and especially in Southern California. West Coasters are a spiritually adventurous and open-minded group in comparison to the rest of the country. Where I grew up in New Jersey, no one has a Guru or claims to be one. Here in Southern California, the land of the spiritually adventurous melding with the land of Hollywood-style self-promotion, one can meet a newly minted Guru in the heated yoga class, neighborhood juice bar or just about anywhere! We asked a real Guru, "What does a Guru do? And what happens to the soul when it dies?"

Yogiraj Siddhanath Gurunath, a spiritual Master of the Nath branch of the Yogis, comes every year to Southern California to help seekers practice meditation and pranayama (control of the breath). This year he will be here for the last two weeks in July for retreats and workshops. For more information, click on <http://www.siddhanath.org/events>. Who is Yogiraj? Yogiraj Gurunath Siddhanath was born in Gwalior, India on May 10, 1944, and is descended from the ancient Solar Dynasty of Ikshavaku Rama. Though he belonged to a royal family, with all the comforts of

palace life, he was a born siddha and went into spontaneous enlightened states from the age of three. Spiritually realized from this tender young age, he eventually cast away his royal ties after completing his university responsibilities and fulfilled his calling as a yogi. Yogiraj defines Guru as "One who has

India, the book that deals with this topic is called, *The Guruda Purana*. This text is a conversation between Vishnu, a Hindu God, and Guruda, the King of the birds. In it, Guruda asks Vishnu or God what happens to the soul in its journey to the land of the dead. This book was written about 900 CE, but the

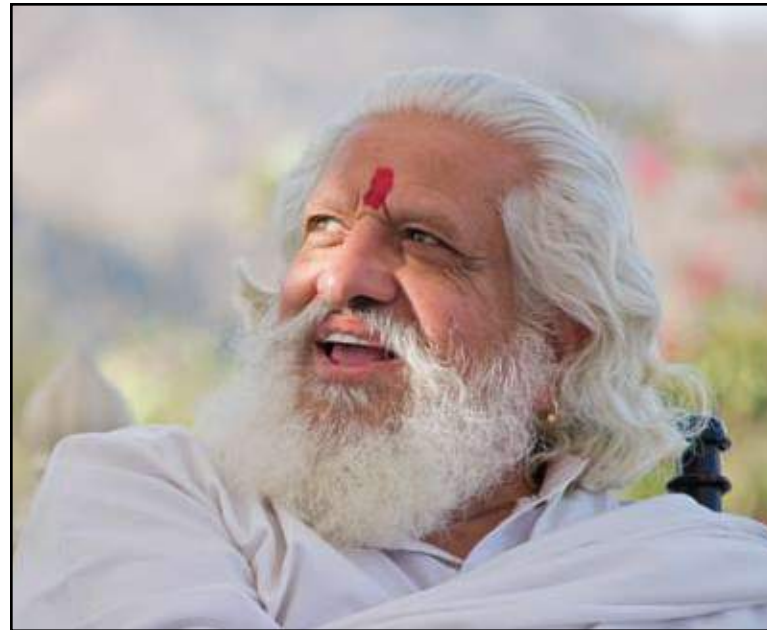


Photo courtesy of Sarje Rao

the gravity to reveal the hidden light and the secret knowledge of the soul; bringing it to light is the work of the Guru. He who from the darkness takes the soul to light is the Guru."

What happens to a soul after death? What kind of life does it have until it is beckoned to return to the earth again for another incarnation? According to Yogiraj Siddhanath Gurunath, the soul travels to many different "lokas" or spheres after it departs its body costume. The Sanskrit word "loka" means worlds. Additionally it is also used to define a stage of development. The sages of India discovered this knowledge, and brought it East to Tibet where it eventually became the famous text, *The Book of the Dead*. In

exact date and author of the work remains unknown. *The Guruda Purana* text is broken down into two main parts. The modern day translation consists of about eight thousand verses. It was likely added onto over the centuries as it deals with various rites and rituals important to a Hindu's life, like marriage and religious worship customs, yoga, temple design, and the creation of the universe. This main part of the text is called the *Purva Khanda*. The *Uttara Khanda*, or second part of the text, deals with the afterlife. It is said that this later part, more popularly called the *Preta Kalpa*, was the foundation for *The Book of the Dead*.

The soul, or Jiva, is immortal and does not die. It takes one

body after another to learn lessons, have experiences and live out the bitter and good fruits of its karma. There is a famous quote from *The Bhavagad Gita* about the soul that states, "The soul is immortal - for weapons cannot pierce it, the water cannot wet it, the breeze cannot dry it, and fire cannot burn it." While many Christians bury their dead, cremation is an important part of Hindu funeral rites. Hindu families perform certain customs at precise intervals to help the soul in its journey in the afterlife.

Yogiraj says about the departing soul:

He lives his life. He does good deeds, neutral deeds, bad deeds - all these are collected in his *Akashic* records or in his collective subconscious. It goes towards the building up of his *sanchita karma* (stored up karma). But in his present life, he is working out his present karma. In this life, the normal soul lives his life. The physical body, the garment, which is not the soul, the apparent self is burnt. And the true self, the soul, along with its emotions and its mental body passes out of the body. It goes to the afterlife. After that, it works on its karma (unresolved desires) related to the physical body. Then, the emotional body dies; next the mental body is cleared and dissolved. Finally, the soul remains in its pristine purity to enjoy itself with God. However the Yogi works out all his karma in that same lifetime. His life after death is worked out in his meditation in this life.

It takes the soul three days, or more precisely seventy-two hours, to disentangle itself from the physical, emotional and etheric bodies. Immediately after its death, the soul goes into "Preta-loka" (Realm of the Departed) and it hovers around the physical body. Af-

ter the seventy-two hours have passed, people in India come to pick up the ashes. The soul is then ready to move on from the recently-departed state to "Pishachya-loka" (Realm of the Ghosts). Here the soul stays from ten to thirteen days. The tenth day is very important because it is believed the soul moves from the second death sphere to the next one. There is a special religious ceremony, or puja, done on that day to help the soul break free from its grosser physical desires, like desiring a favorite meal. At this tenth day ceremony, a special type of rice, like a risotto is made. It is called *pinda*. It is said that if a crow eats the pinda during the tenth day of the funeral ceremony, then the departing soul has successfully satisfied its last remaining grosser desires of the physical body, like those of the passionate emotions. It will move onto the stage of the lunar ancestors or "Pitra-loka" (Realm of the Ancestors).



Photo courtesy of Sergio Solis

Some gurus, like Yogiraj Sidhanath Gurunath, will help certain souls move from one stage to another. If the crow doesn't touch or eat the pinda rice, then the families have to wait. They might bring some other food that the departing soul especially liked and wait

to see if a crow eats that instead. If the crow eats the new alternate food, then it is believed the soul can move on just as if the crow had eaten the rice. The families will have to figure out what kind of food the crow will touch. If there is a delay, it means the depart-

ing soul is probably inhabiting a body of a living soul to fulfill his desires through that active and alive body. The active and alive person will even sound like the departing soul and behave and act like him as well. He becomes possessed by the departing soul who is desperate to fulfill the last remaining desires in order to ascend. If a soul hangs around for too long in an active and alive body, more prayers are performed and a Guru is called in to nudge the soul forward and out of the possessed person's body.

By the thirteenth day, most souls have moved into Pitra-loka. The life after death process can be described as moving from the earthly dimension, to the astral dimension, to the celestial dimension and then finally to the divine dimension. Even in the astral spheres, the soul gets its reward and punishments. It still has work to do, and does not sit idly on

(Continued on page 6)

ALTERNATIVE THERAPIES 44th Annual Cancer Convention

FOR THE GENERAL PUBLIC AND PROFESSIONALS

Sept. 3, 4, & 5, 2016

Sat., Sun. & Mon. – Labor Day Weekend

SHERATON UNIVERSAL

(Across from Universal Studios Hollywood)

Meet Recovered Cancer Patients with Encouraging Reports

LEARN ABOUT THE PREVENTION & CONTROL OF CANCER THROUGH NUTRITION, TESTS & NON-TOXIC CANCER THERAPIES SUCH AS LAETRILE, GERSON, HOXSEY, POLY-MVA, ENZYMES & IMMUNOTHERAPY FROM MEDICAL DOCTORS, CLINICAL RESEARCHERS, NUTRITIONISTS & AUTHORS.

ALSO, LEARN ABOUT CHELATION, DMSO, OXYGEN, HERBAL, CELLULAR & ELECTRO-MAGNETIC THERAPIES.

IN ADDITION, NATURAL THERAPIES FOR HEART, DIABETES, ARTHRITIS, MS & EYE DISEASES.

See the movies:

"Hoxsey Cancer Therapy"

"What Your
Doctor Won't Tell You
About Cancer"

Hosted by Eddie Albert

Pay at Door

Cash or Check

\$40.00/Day

For All Events

For more information and programs contact:

CANCER CONTROL SOCIETY

(323) 663-7801 www.cancercontrolsociety.com

DOCTOR'S SYMPOSIUM – Tuesday, September 6

TOUR OF MEXICAN CANCER CLINICS – Wednesday, September 7 & Saturday, September 17

- LECTURES
- MOVIES
- EXHIBITS

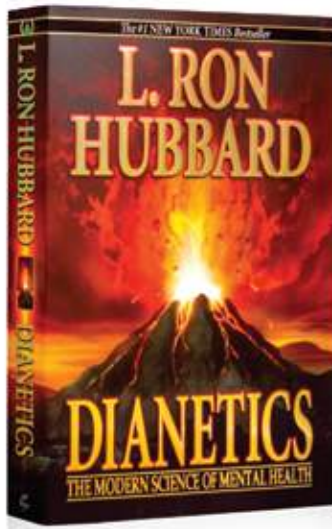
Continuing
Education Credits
for Nurses and Dentists
\$45.00/Day

STRESSED OUT? DEPRESSED? SUFFERING FROM ANXIETY?

What if self-doubt, anxiety, insecurities and erratic emotions were no longer limitations that held you back in life?

What if you could identify the single source of your problems and get rid of it—permanently?

The answer is revealed in *Dianetics*. This is the road to a better life with fewer problems.



- #1 *New York Times* best-selling book on the human mind
- Over 22 million copies sold in 50 languages

Price: \$25, free shipping

**JUST GET IT, READ IT AND TRY IT,
AND YOU'LL NEVER BE THE SAME.**

Available through bookstores or
dianeticsbook.com/awareness
or call 1-800-367-8788 today!

FREE download of first 3 chapters at
dianeticsbook.com/freetrial

© 2016 BPI. All Rights Reserved. DIANETICS is a trademark and service mark owned by RTC and is used with its permission.

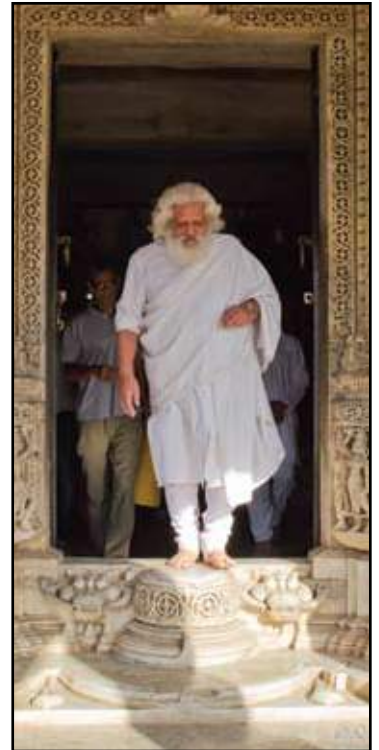
(Continued from page 5)

A Guru's Guide...

some comfy cloud in heaven. It has to work through its desires in order to purify itself for the divine realms. Before the soul can enjoy its astral rewards, he has to work through his bad karma with enemies. Once the karmic slate is clear, the soul enjoys the fruits of his good karma and is re-united with friends and family who are already in heaven. This reunification with past loved ones, or ancestors, developed into a traditional Earth ceremony where in Asia and India ancestral worship takes place every year as a very holy ceremony. In India, it is called the Shraaddha ceremony.

These are the stages (Preta-Loka, Pisachaya-Loka, Pitra-loka, and Devah-loka) that the soul moves through immediately after death. The soul cannot ascend through these spheres until he works out the subtle karmas of the emotional body, mental body, and etheric body. When the soul has finished his desires one by one, he can ascend to Devah-loka. These are "barriers" which the soul has to break through on his way up to the astral heavenly spheres. After a time in the heavenly spheres, he descends back down to another set of parents to take on more karma. In other words, it moves back through these stages in reverse just prior to reincarna-

tion. So it will leave the sphere of God, or Devas, back all the way down to Preta-loka to astrally enter the prepared womb of the mother. He is attracted to parents who are most suitable to help the soul develop and work out his next karmic lesson



Yogiraj exiting a temple.
Photo courtesy of Sergio Solis

for the upcoming lifetime. And so life continues on in its ever upward and downward current, just like the yogic movement of breath up and down the spine.

Kira Davis is an online content developer, freelance writer and web designer in the Southern California area.



Yogiraj's Ashram in Pune, India. Photo courtesy of Sergio Solis

Indigenous People: One With All

By Ellen Angelica Pendergast

Today we seem to experience so much connection through our technology, such as with smart phones, the internet, etc., and yet so little connection between us through actual verbal communication.

It is said that the average teenager will text over 100 times per day, and yet face to face communication has been set to a minimum.

We somehow feel that we have advanced, but only on a level of measuring our technological achievements. If we measure how we often treat each other, our empathic skills, and overall face to face interaction and communication; we seem to have slipped backwards.

We tend to be very judgmental when we look at other cultures and societies, such as indigenous people whom are often looked at as primitive, but on a Spiritual level, they far surpass the average person whom may live in countries that are involved highly with technology. For these people, the concept of that we are All One is essential and at the top of their priority. They are unified with the earth, and bring that knowledge to their future generations, thereby insuring unity for the future.

These people see connection in everything, with the Spiritual Eyes to view all things as One Soul. Whether a rock, plant, animal, or human, all is seen in the same light.

It is said that the truth is truth, and will be seen everywhere; it will and now does appear in different forms, genres, books, movies, etc. Whether we study Quantum Physics, asserting that there is only One Energy, and that it permeates throughout everyone and everything, or study Indigenous people and their Spiritual beliefs, we may come to that same understand-

ing of our Universe as to what the Indigenous people believe, which is: There is Only One.

However we view who we are and where we come from; for all those seeking the truth, the only answer is to go within. To realize the truth is to understand not only what you believe, but what you KNOW, and why. It may just be time to go within and decide if what you have been told is really YOUR truth.

Indigenous people live their own story, as we all must.

One with All is therefore respect for all, which leads to Love for all... And that view will ensure World Peace.

Many Blessings!

Ellen Angelica Pendergast is originally from Chicago; She holds an MS in Counseling Psychology and has been writing a successful blog which can be found at: www.spirit-minded.com. She currently is in the process of editing her first book based on her blog "Realizations"; residing in the state of Arizona with her husband and adult Children. Her goal is to uplift the consciousness of this Planet Earth, with her writings and information based on Quantum Physics.

May the Warm Winds of Heaven Blow softly upon your house. May the Great Spirit Bless all who enter there. May your Moccasins Make happy tracks in many snows, and may the Rainbow Always touch your shoulder.

~ Cherokee Prayer Blessing

**FOR ADVERTISING
PLEASE CALL
(714) 283-3385**

awarenessmag.com

**AD DEADLINE —
AUGUST 15**

A CALL YOU CAN NOT IGNORE

We stand at the precipice of great change.
Learn the Way of the EarthKeepers, and the wisdom of the Shamans.
Heal yourself, Heal the World.

SHAMANIC ENERGY MEDICINE

Fast track, full immersion course
Prepares wise and ethical energy medicine practitioners

2016 PERU EXPEDITIONS

- Via Illuminata - Journey to the Sacred Valley
- Amazon One Spirit Journey
- Mt. Ausangate Journey
- Spiritual expeditions to the land of the Shaman



Alberto Villoldo Ph.D. Founder of the Four Winds Society and bestselling author of Shaman, Healer, Sage, Power Up Your Brain, and One Spirit Medicine.

THE
FOUR
WINDS

Find out more: www.thefourwinds.com / Toll Free: 1-877-833-9898

Forgotten Connections: What Nature Teaches Us about Us

By William B. Miller, Jr., M.D.

"I'm so nervous, my stomach is all in a knot."

Who among us has not said this at least once in our lives? Or perhaps, you have had a "gut wrenching experience"? We know that our brains can stimulate reactions in other parts of our body. However, science is now revealing that this is not a simple one way connection. A rich network of microbial life in our internal organs plays a powerful role in shaping critical metabolic functions and even influencing our moods and behavior. Contemporary research is uncovering previously unsuspected physiological pathways involving this crucial microbial life within us and is fundamentally changing our understanding of

basic biology. It is even dramatically shifting how we see ourselves as human beings. Fortunately, too, these new findings are provoking important research that will ultimately have a substantial impact on our health.

Over the last several hundred years, successive waves of medical knowledge have substantially altered patient treatment. Antisepsis, anesthesia, antibiotics and chemotherapy have profoundly affected the practice of medicine. Many of them were initially little regarded or were initially vigorously resisted. That pattern of dramatic progress and skepticism continues today just as in the past. At this very moment in our long medical journey,

we are at the beginning of a fresh wave of startling discoveries. We have finally reached the era of the hologenome and it represents an exceptionally far-reaching advance in our medical understanding of ourselves and our perception of our place among all nature's creatures.

The concept of the hologenome changes our basic understanding of complex organisms. When we look into the mirror, we see our reflection as a single being. Obviously, we assume that is what we are. But, nature sees us very differently. We are not that single organism that we see in that mirror. Instead, we and all other complex creatures are vast inter-dependent cellular

enterprises that we perceive as a single creature, but are decidedly not. Those organisms, such as ourselves, that we can see with our eyes are incredibly complex networks of collaborative, cooperative and competitive ecologies composed of our innate cells and almost incalculably numerous microbial inhabitants so effectively linked together that we feel as a single being. An entire microcosm of life is within us and on us that integrates so seamlessly that we are not normally aware of its enormous influence. We do not merely coexist with this additional life. They are essential to our well-being. And this new science of the hologenome is revealing a

(Continued on next page)



DAVID ICKE

Worldwide Wake Up Tour

Join David Icke in his most Advanced Presentation yet,
26 years of Cutting Edge Research and Insight
woven together in just one day!
A day in The USA that will Transform
your view of Life, World Events...
EVERYTHING!

LOSANGELES
17th SEPTEMBER
ALL DAY EVENT

SANFRANCISCO
24th SEPTEMBER
ALL DAY EVENT

BOOK ONLINE NOW!

WWW.THEWORLDWIDEWAKEUP.COM



Phantom
Self

DAVID ICKE

JUST RELEASED
AVAILABLE AT
DAVIDICKESTORE.COM



William B. Miller, Jr., M.D.

number of surprises.

1. The number of these microbial cells outnumber our own native cells by a factor of 10 to 1.

• There are over 100 trillion of them in you and on you.

2. The amount of genetic material in those cells outnumbers your 'own' genetic material by more than 100 to 1.

• At least 10,000 species of microbes are part of you.

3. These microbes exist in microbial ecological communities, for example in the gut, and can have far-reaching effects even on our brain and mood.

• Our intestines have more nervous tissue than our spinal cords which is one reason that our gut can modulate brain activity.

4. The foods we eat can alter these microbial communities and affect our attitudes and even influence complex human behaviors such as anxiety, learning, memory, satiety, and appetite.

• Preliminary research is indicating that the regular consumption of probiotics like some yogurts may have beneficial effects on brain function and affect our emotions, sensation, and thinking.

5. Our microbial partners have a crucial impact on our immune systems and affect our neurological functions. New therapies for neurological disorders are being evaluat-

ed including microbial treatments for multiple sclerosis and autism.

• A trial of microbe-based therapy in mice with autistic symptoms improved their ability to communicate with other mice.

6. Our crucial metabolic functions are heavily dependent on our microbial inhabitants in ways that are just beginning to be explored.

• Obesity, diabetes, arthritis, autoimmune disorders and even depression may one day be treated by adding specific microbes to our diets or by microbial transplants.

Furthermore, as our understanding of ourselves evolves, there must be a willingness to evaluate some existing medical interventions for possible unintended consequences. For example, antibiotics are commonly prescribed in children for respiratory infections. Yet at this time, there is little understanding of how the normal gut flora of a child would be af-

ected by those antibiotics and what the specific developmental, cognitive and behavioral implications could be. Similar types of studies will need to be performed since emerging research is suggesting that some disorders of the nervous system or brain such as Alzheimer's, autism, multiple sclerosis or depression might be treated in part by manipulating the intestinal microbial composition or microbial populations at other body sites.

What might all this new information mean for us, as humans, regarding our status within any local ecosystem or the further planetary environment? In fact, everything changes. When we release our illusion of being a singularity and understand ourselves as collaborative entities in partnership with a vast array of companion life, we are importantly different. If we properly appraise that this is the reality that makes us human, we are

(Continued on page 11)



NATURE'S RITE™

INCREASE BLOOD & LYMPHATIC FLOW • NOT OILY OR GREASY
TRANSDERMAL HERBAL GEL • SOAKS INTO THE SKIN
WORK HARDER • RECOVER FASTER
RELIEF IN MINUTES

STAY IN THE GAME

.....NATURALLY

MyNaturesRite.com

20% off

COUPON CODE MH-20




800 991 7088

The Indigenous Self

By Frank Daly

*A whisper from a place
deep inside
Lost for millenniums by
echoes of intrusion
Cast from those who
know no thing -
Blame is not to resolve
but a simple silence
Will reveal our
indigenous self*

The modern world provides a vast array of technology that enables us to travel with ease, communicate on the go, and live within a short distance from a Walmart. With such conveniences, it seems we should feel a sense of security and comfort, after all, these things were all designed with the intention of making our life easier. Yet we know that today's society is rife with depression and anxiety. Too many people feel a daily sense of dissatisfaction and disconnection.

Oftentimes, when we find

ourselves discontent with life we look to the outside world in order to find an explanation. We take inventory of our possessions, our relationships, our financial situation, etc. The result of this exploration reveals that it is not something in the external world that causes our grief, but the loss of a feeling of connection and purpose. Connection is inherently at the core of our existence without it there is nothing.

Henry David Thoreau once stated, "Most of the luxuries, and many of the so-called comforts of life, are not only indispensable, but positive hindrances to the elevation of mankind." So is it modern materialism that has led us away from human connection? If this is the case, and many claim that it is, we should find that indigenous societies that live simplified lives are happier and more peaceful as they are

not distracted by the "so-called comforts of life."

However, when we examine the lifestyle of indigenous people, we come to realize that it is not a lack of materialism that creates a sense of ease, but their ability to live in accordance with nature. They have no guidebook on how to live, no historical or religious texts for them to draw from, no "experts" telling them how to raise their children, no prophets telling them what is moral and immoral, no textbooks instructing them on how to live a healthy life.

Most of us have been taught that the more informed we are the better our life will be. If we read all the right books and complete the required assignments we can obtain a better understanding of life and consequently, be better equipped to make decisions that will improve our existence. Yet when

we examine the lives of those who have taught us this doctrine we quickly realize that they are no better off than we are.

Indigenous people give homage to their natural surroundings every day and in return, they witness an intelligence that governs all of life without any one having to do anything. Food grows from the earth, water flows naturally, the sun sets and rises, and animals reproduce and die. At some level they realize they as well are a part of nature and just like the world around them there is intelligence in every cell of their being. Their heart beats, their lungs allow oxygen in and push out carbon dioxide with them ever knowing the periodic table. When a culture understands this intelligence and allows nature to do its thing, ease of life is the result. When we allow life we feel a sense of peace and happiness and peace is a natural result. It is not that we do not experience sadness in this state, is that we come to accept the contrast of life. Contrast is a natural occurrence of this physical world experience and the acceptance of contrast us brings us back to a balanced state. This is what the indigenous are here to show us.

How much different are we from the indigenous? Can we accept that we are more alike than different? If so, we have a greater chance of understanding our connection to what they possess because we possess the same thing. We do not necessarily need to simplify life, or get rid of material items in order to get here. As we observe from a broader perspective what we call indigenous people we come to realize it is just another concept on how humans live, differ-

(Continued on next page)

This month's FREE GIFT
for exploring our website!
Cell Phone Ion Covers
*\$3.99 shipping.
VibesUP.com/VIBE35



Visionary Awards

A Resource for Vibrational Education and Tools

EMF - EARTH GROUNDED



Don't fry your head!
Stone your phone instead.
Real Earth EMF Ionizers for Phones, Tablets & Electronics.



Earth Bottles
Nature infuses your drinks with infrared delivery of gems, essential oils & flower essences. Beautiful gem bottom!



Earth Soles, Mats & More!
Earth energy of gems, flowers, plants & trees in shoe inserts, mats, teddy bears, bracelets & more. Raise vibes through Sublingual Style whole-body delivery.



www.VibesUP.com

(530) 677-1248

(Continued from previous page)
ent but not better. Indigenous is a state of mind more than a culture. Every one of us possesses this inner knowing, at times it is buried deep inside and at times we are floating in a place of weightlessness. This is the very reason we as humans study different cultures. We think that by observing a culture that appears to be happy, and then dissecting what they do, we can follow this process and find happiness for ourselves. We know how well this works. Observation of a content culture lets us know it is possible to live in peace and harmony but does not show us how to get there. How we get there, collectively or individually, is an inside job. As we become more acquainted with our higher self or life becomes simpler, even if we live in a chaotic metropolis. Think of it this way, the studying of an indigenous culture is metaphor for studying our inner being.

Frank Daly is a wellness coach and author who has transformed lives for over 15 years with his ability to enable his clients to see beyond the immediate drama of life and connect to the greater whole.

Connections...

(Continued from page 9)
permanently unlike our former selves. When we acknowledge that every organism that can be seen with our own eyes has this same basic structure, then our prior frame collapses into one overarching reality..... we are not 'in' the environment, but intimately 'of' the environment. And from that, we reconnect through invisible threads with the wisdom of the ancients, forming an unanticipated resonance across time with the peoples that roamed this land long before we and felt that they and the land were one. Should that not be so again?

Dr. Miller is the author of *The Microcosm Within: Evolution and Extinction in the Hologenome*. He is an international commentator and writer on the new sciences of the hologenome and the microbiome. You can follow him on his website, themicrocosmwithin.com, on Twitter @billmillermd or Facebook William Miller.

"It does not require many words to speak the truth."
— Chief Joseph, Nez Perce



*Title: Fellowship • Acrylic on canvas
24"X 36"*

*Year painted: 2016
www.marikasegal.com*

Visionary artist Marika Segal from San Clemente, Ca, conveys the universe within humanity and animals with acrylic on canvas.

Phillip H. Taylor, M.D.



April 14, 1932 - May 28, 2016

*"The personification of holistic medicine
before it was even popularized."*

- Cliff Tartaglia, College Friend

R_x Phillip H. Taylor, M.D.
3180 Willow Lane, #210
Thousand Oaks, CA 91361

Prescription for a Healthy Life

1. Today, wake up and greet the day with enthusiasm. Affirm every morning "It's a great day to be alive!"
2. Breathe deeply. Move gracefully. Dance lightly. Laugh joyfully. Sing out loud. Repeat several times a day!
3. Don't live too far ahead of yourself. Be present now.
4. Listen to your body, it is filled with wisdom.
5. Eat for health, vitality and longevity.
6. Learn something new today, a new word, a new skill, and then share that something new with the world.
7. Put your best foot forward. Dress up. Smile. Shine!
8. Remember, when you hold onto anger and resentment, it is like holding onto a hot coal and not throwing it away. Let the irritations of life go. Don't hold onto resentments.
9. Perform random acts of kindness every day. Smile at strangers, open doors for others, stop at lemonade stands.
10. Be grateful. Give thanks for this day, for being alive today on planet earth. Life is a gift! LIVE IT!

*"But I've got silver in the stars
And gold in the mornin' sun
Gold in the mornin' sun..."*

- I'm Just a Country Boy
by Fred Hellerman and Marshall Baker

Justin Farmer:

Helped to Revive the Interest in California Indian Basket-Making

By Christopher Nyerges

Nearly 20 years ago, I saw a huge, larger-than-life photograph of Justin Farmer at the Southwest Museum, in which he was holding a traditional long bow. I continued to hear about this man, and see his picture in books on Native American survival skills and methods of sustainable living.

Finally, I had the opportunity to meet and interview this legend in Native American basketry circles. Farmer has written 4 full-color books on Southern California Indian basketry and cradles and is significantly responsible for the revival of Indian basketry in Southern California.

Farmer was born in 1926 in Julian, California. Farmer explained that he's registered with the Bureau of Indian Affairs as a "mission Indian," which is the legal term. He quickly adds that they do not like to be called "mission" because it implies that they are subject to the mission. "So most of my life I have been known as a Digueno from San Diego County, but we don't much care for the term 'Digueno' either because it implies we're children of San Diego. We call ourselves Ipai,"

explains Farmer, a term in his traditional language that means "the people."

Farmer continues, explaining that his grandmother was indentured as an infant. "The purpose of indenturing was to stamp out native culture, and it was very effective. So my grandmother hated Indians! That's what she was taught. She couldn't speak her native language, only Spanish. And so that's what she taught her 11 children, and that's what she taught my mother, and that's the way I was raised – that it's not acceptable to be an Indian."

Justin Farmer seems remarkably chipper and alert for his 80-something years. He smiles and adds, "Of the five siblings in my family, I'm the only one who's registered and I'm the only one who will admit to being an Indian." He pauses and smiles. "So until my middle age, I pushed that aside but I always knew I would capitalize on that somehow." Indeed!

In the 1970s, Farmer began to collect Native American baskets. "These baskets are an art form," he emphasizes. "Yes, they are utilitarian, but they are really an art form."

Farmer wanted to collect baskets from the makers, so in the 1970s, he began on a quest to find Southern California Indian weavers. "I started in Santa Barbara, and found that there were no Indian weavers left in Santa Barbara. He went south to Ventura County and found no Indian weavers in Ventura County. He found no native weavers in all of Los Angeles County.

He searched Orange County, San Bernardino County, Imperial County, and it was the same. No native weavers.

He found one elderly lady in Riverside County who still wove baskets, and he found three Indian ladies in San Diego County. "Ironically, all three of them were cousins of mine," said Farmer with a laugh.

The oldest of these three women was about the age of Farmer's mother, in her late 70s or early 80s, Christina Osuna Berseford.

Farmer wanted her to teach him how to make baskets but she didn't want to, saying that it was women's work. "I told her that a man-weaver is better than no weaver at all," said Farmer with a laugh.

He then commissioned Berseford to make a traditional basket with a rattlesnake pattern, and she agreed to make it for \$100. "So during this time, I was still badgering her about

teaching me the art, and she told me that it would take her 300 hours to make the basket I wanted. That included the time to collect and process the raw materials. So she tells me, 'I'm going to charge you \$100 for 300 hours, so you tell me why I should teach my niece how to weave baskets? I'm getting 30 cents an hour!'"

Farmer paid her \$150 when he finally picked up the basket, and she finally agreed to teach him the dying art of basketry. "I sat at her feet and she walked me through this whole process and I took it upon myself to promulgate this art," said Farmer, who has conducted at least 40 basket-making classes over the years, and taught at 12 different colleges and universities.

He points out that there are maybe 100 styles of basketry, and that he learned and teaches what he calls the Southern California Mission-style of basketry.

"When I started with this whole learning process, there were only 3 Indian women left in all of Southern California who knew the traditional basketry technique," said Farmer. "Three, out of maybe 20 million people! Now, there are perhaps a hundred traditional weavers in Southern California."

(Continued on page 15)

FEEL THE ENERGY

gem stones - jewelry
minerals - crystals
fossils - sculptures - interiors
personalized treasures
lapidary equipment - educational

Designs by Nature™

400 S. El Camino Real, A
San Clemente, Ca. 92672
(next to Starbucks)

Wed - Sun
11am - 7pm

(949) 498-8358

<http://www.DesignsByNature.com>

WISDOM FROM THOUSANDS OF YEARS OF EXPERIENCE

FENG SHUI

Jenny T. Liu
MA in Architecture
w/Specialization in Feng Shui
(626) 272-4901
Call for free brochure!

INTERNET: www.liu-fengshui.com

Feng Shui is a Chinese philosophy that creates living spaces that are conducive to helping us realize our own potentials.
As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

Please see her article in this issue.

NEXT ISSUE

SEPTEMBER / OCTOBER 2016

"PROSPERITY"

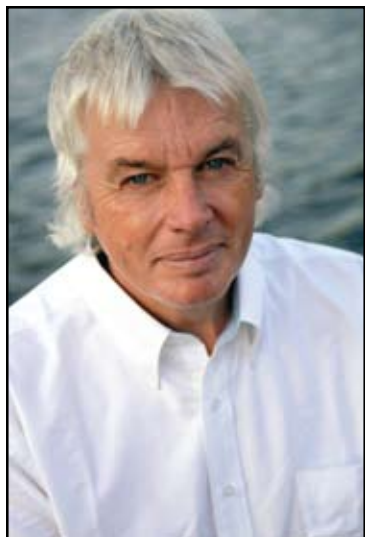
EDITORIAL DEADLINE — JULY 31
AD DEADLINE — AUGUST 15

For Advertising, Call (714) 283-3385

www.awarenessmag.com

Awakening Mass Consciousness Since the Early 90's!

By Nash Singh



David Icke
Photo by Jaymie Icke

David Icke is one of the forerunners in the global consciousness awakening movement with titles like "Human Race Get Off Your Knees" and "The Biggest Secret" rising to almost "gospel" status among alternative thinkers. When Icke started out on his journey of questioning the "norms" of society 26 years ago, he was publicly labeled for his "absurd" theories. Now we witness the reality he warned us about daily in mainstream news. Even critics of his work agree that "Icke is right" on a multitude of predictions made throughout his career.

His recently released book, "Phantom Self" describes the fake self that people are manipulated into believing is who they are during the human experience. He postulates that "we, in our true infinite state, are simply awareness. Forget the body, forget form. These are all vehicles for this awareness to experience different realities." Icke believes that the time is drawing near, when the human race will no longer be

within the pyramid of ignorance and fear and embrace our true nature which is love...

Nash Singh, Projects Manager for Conscious Events - Official hosts of the Worldwide Wake Up Tour, USA, Australia & New Zealand.

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

~ Dave Chief,
Oglala Lakota

**REACH A
TARGETED
MARKET OF
OVER 200,000
READERS!**

*Distributed in
Southern California,
some areas of
Arizona, New Mexico
and Hawaii*

**FOR ADVERTISING
INFORMATION
Call (714) 283-3385
awarenessmag.com**

**facebook.com/
awarenessmagazine
twitter.com/awarenessinfo**

Modern Science Finds that the Spiritual Blessing Cloth can Provide Real, Measurable Benefits

By Awareness Magazine Contributor

The history of the Blessing Cloth goes back to ancient times when it was believed to influence a higher level of vibration and spiritual energy. In modern times, science has discovered that spiritual talismans like the Blessing Cloth can provide real, measurable benefits to those who keep it.

Dr. Wendy Basil, Ph.D, Health Psychologist from Los Angeles, California, states that in her research she has found "biological evidence that a spiritual or meditative practice, like one using the Spiritual Blessing Cloth, can provide proven benefits. The healing properties of sacred objects are real."

The folks at Conscious Inspirations™ have dedicated

themselves to bringing their Spiritual Blessing Cloth to the world because they believe people today need all the spiritual support — and blessings — they can get. They note that every Blessing Cloth has been blessed for Health, Love, Fortune and Enlightenment by a spiritualist and healer.

According to Dr. Basil, "The use of blessed objects with prayer or meditation is a powerful form of complimentary self-care. People of all faiths use spiritual cloths as a way to focus their requests for healing, prosperity or personal happiness."

The Spiritual Blessing Cloth by Conscious Inspirations™ can be purchased at www.blessingcloth.com or by calling (800) 897-1195.

THE CRYSTAL GARDEN
BOOKS, GIFTS & SPIRITUAL CENTER

Oils for Meditation

Petitgrain

- Reduces Mind Chatter
- Increases Positive Thinking
- Relieves Stress

Elemi

- Activates Intuition
- Helps with Change
- Encourages Restful Sleep

Diffuse during meditation to enjoy these benefits!

From the creator of **Smudge in Spray**

orders@TheCrystalGarden.com
1-877-444-5099 • www.TheCrystalGarden.com

Award-Winning Spa Destinations

By Ann Nelson

I know very few people who are not affected by the craziness going on in the world right now. It's essential that we give ourselves a break and go to a quiet tranquil place to recharge and renew. My friend DJ and I were yearning to get away and after careful research, we knew just where to go.

Our first destination was thirty minutes from San Diego, two hours from Los Angeles and six miles from the ocean. We drove along winding country roads, through groves of towering eucalyptus trees, hidden houses and horse farms to the historic Inn at Rancho Santa Fe. The inn, built in 1922 and located in the center of the village, is situated on 21 pristine acres. The grounds are soothing and filled with nature. Gentle paths wind through gardens, croquet lawns and courtyards with cozy lounging areas surrounding outdoor fireplaces. Plants harvested from the lush organic garden are essential ingredients for the restaurant and the spa.

The Spa at the Inn offers superb therapy work. The Inner Strength Massage incorporates a blend of essential oils

to relax, calm and emotionally strengthen the mind and spirit. The Deep Discovery Massage focuses on penetrating work to reduce muscle tension and inflammation. Spa Director Kate Santarsieri feels strongly that balance and energy work are an important ingredient that bring profound purpose to a guest's experience. Kate says her "daily mantra" is for spa guests to disconnect from their wired lives and "reconnect with themselves". The private walled courtyard with an oversized copper bathing tub provides the perfect environment for meditation and reconnecting with breath. Lisa Gornall, an immensely gifted intuitive energy coach visits the spa for private sessions.

Morada's, the signature restaurant, spills out onto the oversized porch overlooking the elegant landscape. Menu choices are constantly evolving, inspired by the fresh local produce.

The rural elegance of the inn and the town itself offer a little slice of serenity along with the feeling of nostalgia that exemplifies the ambiance of "Old California". Spending time at



Photo courtesy of Rancho La Puerta.

this countryside retreat is actually more affordable than many places at the nearby beach. The quaint historic village and sixty miles of hiking trails are just outside the front door. Many of the luxurious guest rooms and cottages feature outdoor lounging areas and fireplaces. The inn has a long history of prestigious awards, including 2014 Conde Nast "Top 5 of the 25 Best Hotels in Southern California" and 2015 USA Today "Top Ten Best Boutique Hotels in Southern California".

Rancho La Puerta, a little over an hour's drive from San Diego and around three hours from Los Angeles, is another magical and transformative destination. The spa, voted "Top 10 Best Destination Spas" in 2015 by Travel + Leisure World's Best Awards Reader's Polls, has been in operation since 1940 and is situated on 3,000 acres at the base of Mount Kuchumaa.

The heart and soul of Rancho La Puerta is based on the life principles of its co-founder, Deborah Szekely. "It's easy to play so many roles that you're just not there. You won't find yourself unless you look and listen. The goal is to look at yourself and find time for yourself." The key, Deborah says, is to create a balance in life.

There are endless ways to fill your days here. Dozens of activities and fitness classes include boxing, stretching, yoga, meditation, hiking, dancing and jewelry making. A full menu

of spa treatments are available at therapy centers that dot the landscape. There are 11 gyms, four outdoor pools, a running track, a Labyrinth, a reflexology path and tennis courts. Evening programs and lectures are featured each week and discussion topics range from "A New Vision for Growing Wise" to "Taking Charge of Your Health and Happiness". Many of the keynote speakers are world-renowned artists, doctors, astronomers and philosophers.

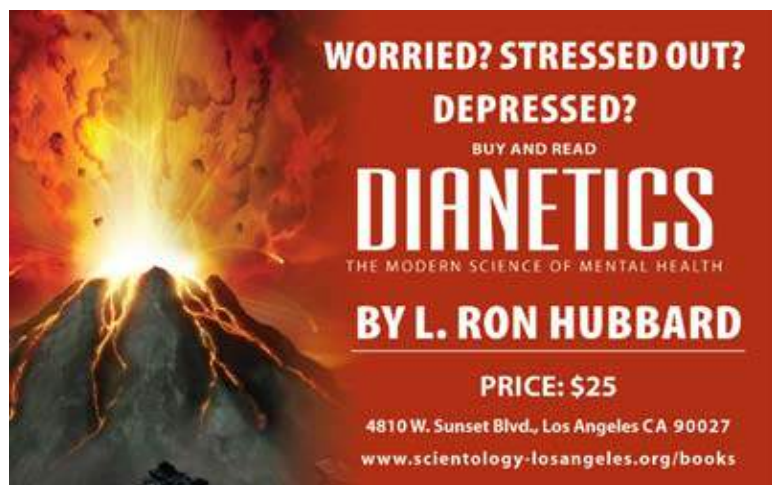
Activities, meals, lodging and classes are included in the price. Six different styles of casitas all come with lovely patios and gardens. Healthy scrumptious meals are prepared with ingredients from the six-acre organic garden and served in the beautiful Spanish Colonial dining room. Executive Chef Denise Roa dazzles guests with creations like Homemade Pasta with Porcini Mushrooms. Cooking classes are offered by visiting chefs such as Joe Yonan, the two-time James Beard Award-winning Food and Dining editor of The Washington Post. On Saturday round-trip transportation to and from the San Diego airport is provided.

CONTACT INFORMATION:

The Inn & Spa at Rancho Santa Fe: (858) 756-1131 or www.theinnatsf.com

Rancho La Puerta: (858) 764-5500 or contact: www.rancholapuerta.com

Ann Nelson is a freelance writer residing in San Diego.



Farmer...

(Continued from page 12)

nia." Farmer is now on the board of the directors of the California Indian Basketmakers Association, which has a bulletin and an annual gathering.

He's also the author of four books.

His first book was "Southern California Luiseno Indian Baskets: A study of 76 Luiseno Baskets in the Riverside Municipal Museum Collection" (2004). This was written and produced as a result of the U.S. Postal Service issues a pane of 10 stamps to commemorate the opening of the National Museum of the American Indian in Washington D.C. One of the stamps featured one of the baskets in the Riverside Municipal Museum collection, and this was the impetus for this full-color book describing the various Southern California baskets.

Farmer's second book was "Basketry Plants Used by Western American Indians" (2010) which shows the 37 common plants used in Southern California Indian baskets. Farmer wrote this book for students and collectors to help identify the material used in old baskets. It took him about 5 years to complete this book.

His third book was "Creating an Indian Style Coiled Basket" (2012), which is a complete guide to making a coiled-style basket from the raw material to the finished basket. When asked about the use of pine needles in coiled baskets, Farmer replies, "There were only a pitifully few Indian people in California who ever used pine needles. In fact, if you see a basket with pine needles, there's a 99.5% chance that it was made by a white guy." He adds that there were only about three Indian families in all of California who made traditional baskets with pine needles. "Pine needles are brittle and not good basketry material."

Farmer's fourth book was

"Indian Cradles of California and the Western Great Basin" (2013), a beautiful cataloguing of the styles of cradles and the people who made them. The techniques used to make a cradle are all basketry techniques, and, according to Farmer, the Indian cradles are very poorly represented in the literature. All the mothers carried their children on their backs in cradles in the old days, and when they were no longer needed, they were typically just hung up in a tree and left to go back to nature.

Additionally, Farmer authored a book about Chinigchinich, which the Indian religion from the Los Angeles basin. It was only recorded by a Catholic missionary, father Boscana. "Boscana was the only missionary who ever took the time to study and record the local religion," explains Farmer, "though he wasn't above bad-mouthing them either." Farmer's hard-to-get book on Chinigchinich is a digest of the three versions of Boscana's 1820s book.

Over the years, Farmer has practiced bow-making, flint-knapping, arrow-making, and learning to make throwing sticks. He learned to make throwing sticks from Paul Campbell, author of "Survival Skills of Native California." "I have the highest regard for Paul Campbell," he says, "since Paul doesn't accept that $2 + 2 = 4$."

"I've gotten involved a lot in the old skills. Not just so-called survival skills. People lived in the old days. Think of all the things we do today. Well, that's what people did in the past, except they had no Walmart to go to. Everything came from scratch, from nature."

Books by Justin Farmer are available from The Justin Farmer Foundation, 1954 Evergreen Ave., Fullerton, CA 92835, or by calling 714 256-1260.

Nyerges is a teacher and the author of "Foraging California," "Guide to Wild Foods," "How to Survive Anywhere," and other books. He can be reached at www.SchoolofSelf-Reliance.com, or Box 41834, Eagle Rock, CA 90041.

Bloodstone GemSpot with a Geranium AromaSpot

By Margaret Ann Lembo



Photo courtesy of
Andy Frame Photography

The vibration of bloodstone and geranium – hand in hand – offer the opportunity to birth your dreams into reality as you constantly regenerate and rejuvenate on all levels. Bloodstone amplifies your ability to manifest your dreams and intentions. It helps you to stay motivated and actually take the action you need to actualize the dream, project, invention, or idea. With bloodstone in hand, you are motivated and bring it from the idea stage to the actual realization so you can see it, touch it, play with it, and enjoy it!

Bloodstone helps you to truly recognize that your feelings and emotions are the juice behind what you manifest in your life, that your heartfelt emotions create your reality. Use this stone to clear your emotional birth canal so that you have a clear channel for the emotions that help determine your life's purpose.

Couple geranium with bloodstone for balance and to repel negativity and those who may hamper the efforts to

manifest the dream. Geranium helps you to maintain your focus on something important when your thoughts are scattered. Its calming effect helps you sort out your thoughts.

Both geranium and bloodstone are beneficial to reduce the effects of hormonal challenges. Inhale geranium essential oil while you keep a bloodstone on or near you when you are reestablishing your equilibrium to enable you to step forward with confidence and courage to give birth to your goals and dreams.

Affirmation: It is easy for me to birth my dreams into reality. My energy flows perfectly. I take action and get things done. My relationships with friends and colleagues are supportive and in balance. I am healthy, whole, and complete.

Margaret Ann Lembo is the author of *The Essential Guide to Aromatherapy and Vibrational Healing* and *The Essential Guide to Crystals, Minerals and Stones*. Find out more about *The Crystal Garden Brand* medical grade essential oils and all of her books at www.TheCrystalGarden.com and www.MargaretAnnLembo.com.





Voices of Hope

By Audrey Hope

To Us All

Our techno world can never advance us enough to honor and love the land and the heart and each other. Our machines can't measure inner light, the saving key.

We think we have travelled far, but we are now less than the same, - dangerously lost, seduced into Reality show reality, nourished on twitter feeds, and loved by Facebook likes. We speak of the right and the left, but it is the wrong conversation because it is about the center point, the connection of light to our souls. Did we exclude the term from our media list?

If we are discussing values let us term it primal. This is the kind of language -in any location, has as its foundation - truth telling and a declaration of love for ourselves, each other and the land. It contains the honor and the integrity to uplift and transform. It is what the indigenous people have and we need to call them up.

On this topic of being indigenous, I found some younger writings around this issue that still rings true today.

I WANT TO BE AN INDIGENOUS PERSON (to belong naturally to a place)

I am jealous of my friends from other lands.
They know things.
They worship things.
I buy things.
I count things.

They dance in moonlight to awaken sleeping goddesses,
Once, I bought a picture of women circling in a group and hung it on my wall.

In community, they gather and cook meals on sacred fire.
I drive through clown machines to eat, alone.

Great grandmothers teach them to revere the land and sea,

I watch people pray on t.v.
I want to be an indigenous person.
They discuss seeds and earth and notice how trees grow.
I count wrinkles and worry how they will disappear.

Their silence is eternity.
In noisy cities,
I measure time lost.

I want to be an indigenous person,
To love my homeland, to bless my life, my moments,
To notice the small things everyday- like the air I breathe can be enough.

I want to be an indigenous person.
To embrace, that despite the pain, the suffering, the despair - Grace reigns, beauty abounds.

And this holy earth that lets me walk on it is the gift, and saving it, is the only work that matters in this life.

TEACH ME HOW TO BOW

I can be jealous of the way you love...
That you bend to kiss the morning,
And kneel to thank the night ...
And hold the sacred passage of things.
A reverence so natural - married hands meeting your low-

ered brow.
You touch silence, and know - GREAT SPIRIT,
While my mom bought apples in the store.
A city girl - I thought fruit grew on shelves.

No one showed me the language of the earth...
That a tree could talk, the wind has ears, and animals run wild with messages from God.

My world runs on batteries - technical and fast.
Things are black and silver.
I run to catch time.
I never stop.

Oh, teach me emerald green, and majestic blue.
and to honor the footprints of bears, and deer.

I want what you still have,
Though we trampled and murdered and drained your blood. And took your land and your children and your heart and tried for your soul.

We could not take your bow.
Teach me how to bow.
Teach us all how to bow.
Then, I think maybe, could be, the world would be okay.

In lowered reverence, this must be the secret song to life.

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 and audreyhope.com Her CD, The High Voltage Hope System, is available on www.amazon.com

Awareness®
Southern California's Guide to Conscious Living

Have this exciting publication delivered to your home or office for only \$24/Year! (6 issues)

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

Mail to
AWARENESS MAGAZINE
PO BOX 491111
Los Angeles, CA 90049
(714) 283-3385

☐ Check Encl. ☐ VISA / MC / AMEX
☐ New ☐ Renew # _____
Exp. Date _____

Awareness Magazine

is currently looking for Account Representatives (commission based) and magazine distributors (must have transportation, driver's license and insurance) throughout Southern California.

**Contact us at
(714) 283-3385**

**REACH A
TARGETED MARKET**

**OVER 200,000
READERS!**

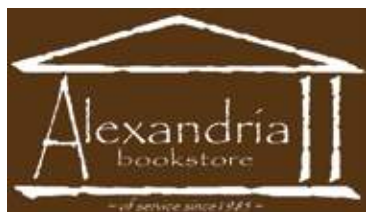
**FOR ADVERTISING
(714) 283-3385**

awarenessmag.com

AWARENESS RESOURCE DIRECTORY

FOR INFORMATION ON THESE LISTINGS, PLEASE CALL (714) 283-3385

BOOKSTORES and GIFTS



Alexandria II, serving the San Gabriel Valley since 1985, offers a wide selection of new and used books, music, DVDs, incense, candles, tarot cards, aromatherapy and wiccan products.

Looking for a special gift?

Browse through our expansive collection of unique jewelry, crystals and stones, angels, altar pieces, statuary, and more.

Also offering:

- 40% Off selected books
- Out of print searches
- Psychic readings daily (phone readings available)

10% OFF BOOK PURCHASES
with a donation to one
of our featured charities

Hours:

Mon-Sat 10-9, Sun 10-7

Visit us at:

Alexandria II Bookstore

170 S. Lake Ave, Suite 100
Pasadena, Ca 91101

(626) 792-7885

alexandria2.com

twitter.com/a2books
facebook.com/a2books



Laguna Hills
(949) 457-0797

www.awakeningscenter.com

AWAKENINGS CENTER FOR CONSCIOUS LIVING

BEAUTIFUL BOOKSTORE

OFFERING:

Books, Gifts, Music, Crystals, Jewelry, and many more inspirational/spiritual items.

SACRED SEMINAR ROOM

Featuring Classes in:

Meditation, Yoga, Self Help and Spiritual Development.

PSYCHIC READINGS DAILY

STATE-OF-THE-ART

SOUL SPA

De-stress, Rejuvenate & Nourish your Soul with the:

- Aqua Chi Foot Spa
- Original Light Table
- Lifestream Energy Bath
- Aura Pictures & Chakra Analysis
- Office Spaces for holistic practitioners

HOURS:

Monday thru Friday 10am to 8pm
Sat/Sun 10am to 5pm

25260 La Paz Rd., D & E
Mission Hills Plaza
Laguna Hills, CA 92653

Phone: **(949) 457-0797**

email: service@awakeningsmetaphysicalbookstore.com



www.herbiesrockpile.com
www.facebook.com/HerbiesRockPile

HERBIE'S ROCK PILE . . .

- Outstanding, One of a Kind Jewelry
- Crystals from Aventurine to Zoisite
- Spiritual Jewelry, Prayer Beads & Singing Bowls
- Incense and Smudge Sticks
- Native American Crafts
- Musical Instruments
- Aromatherapy & Chakra Oils
- Specimen Amethysts and Other Gems
- Books for A Healthy Lifestyle
- Excellent Gifts
- USA Made Arts and Crafts

Ask for an Awareness Discount
of 10% off your purchase
of Books and Jewelry

*May not be combined with other offers, discounts or promos. At manager's discretion.

Herbie's Rock Pile

8317 Painter Ave., Suite 5
Whittier, CA 90602

(562) 781-4760

Store Hours:
11 am to 7 pm



The Latest Thing
Metaphysical & 12 Step Store

GREAT GIFTS!

- Candles, Incense, Oils, Crystals
- Tarot, Pendulums & Divination Tools
- Books, Daily Meditations, CD's and Workbooks
- 12-Step Recovery Chips, Key Tags and Medallion Holders
- Jewelry, T-Shirts, Hats, Bumper Stickers, Mugs & God Boxes
- Book Covers, Greeting Cards
- Bookmarks and more...

FRIENDLY SERVICE!

Special Orders
Gift Wrapping
Gift Certificates
Psychic Readers
Classes and Workshops

FREE — 1 QUESTION READING

Phone Consultations
Private Parties
Book an Appointment

The Latest Thing

Unique Bookstore & Gift Shop

1576 Newport Blvd.
Costa Mesa, CA 92627

Hours

Monday — Friday 9 -6
Saturday 10-6, Sunday 10-5
Open 7 Days Week

(949) 574-8900

www.LatestThing.com

BOOKSTORES and GIFTS



Soul Centered

a metaphysical shoppe and event center

311 N. Montgomery St. Ojai, California 93023 805.640.8222

EXPLORE SOUL CENTERED . . . located in the beautiful Ojai Valley Vortex!

- * Huge crystal and tumbled stone selection
- * Angels
- * Jewelry
- * Books
- * Help yourself demo station for tarot and oracle decks
- * Buddhas
- * Candles
- * Aromatherapy
- * Chimes
- * Incense
- * Feng Shui Tools
- * Children's Section

- * Psychic Readers
- * Enjoy a cup of mint water or tea while browsing
- * Walk our Meditation Spiral
- * Experience the energy of our free crystal healing bench, dedicated on 11-11-11
- * Relax by our serenity fountains and in our herb garden
- * Attend a class in our soaring Geodesic Dome

We believe that every person is psychic, and that every person can learn energy healing. Hang out

and share a laugh with us in the little pink club house for highly-sensitive people!

SOUL CENTERED

311 N. Montgomery St.
Ojai, CA 93023

(805) 640-8222

Online store coming soon!

www.soulcentered.com

diane@soulcentered.com

Open every day, 10:30 — 6:00pm

BOOKS, DVD's, FOODS & PRODUCTS FOR THE CONSCIOUS LIFESTYLE

Our Retail Store has a great selection of Raw, Vegan & Organic foods, Natural hair & skin care items and essential oils, plus other health related products.

We also carry an extensive selection of books and DVD's on Nutrition, Health, Freethinking, Conspiracies, Ancient Civiliza-

tions, Environmental Issues, Animal Rights and Spirituality.

We host Weekly Seminars, Workshops, Movie Screenings and other Special Events.

We will soon have more crystals and gift items available as well as a selection of Organic Clothing and Accessories.

NEW LOCATION!

The Living Temple

7561 Center Ave., #8
Huntington Beach, CA 92647
(in Old World Village)

(714) 891-5117

www.thelivingtemple.com

Email: thelivingtemple@earthlink.net

Store Hours:

Mon.-Sat. 11:00am to 7:00pm
and Sunday 12:00 to 6:00pm



COUNSELING and GUIDANCE

GET IN TOUCH WITH YOUR PERSONAL GATEKEEPER...

The producer/director of the play your soul wrote before you came into this lifetime



Molly Rowland

St. Germain's teachings for 2016 will be about Sacred Alchemy and how that transforms our lives. Personal Growth will continue.

Molly Rowland trans-channels St. Germain, The Council of Light-Ascended Masters and members of the Space Brotherhood. Her ability to put you in touch with your personal Gatekeeper is unique. She is a Medical Intuitive, Astrological Consultant and Tarot reader with over 40 years experience.

Our fall intensive will be November 12-13 here in Lander. The title is "Embracing the Love and Magik of the New Earth". We are moving constantly forward--moving on beyond the limits that have held us for so long. We are discovering within ourselves the newness, the inner space and the absolute freedom of remembering who we are. We are called to embrace the elements that have been with us all along and to live joyously the Love and Magik that are ours. Join us in person or

by phone. Contact Molly.

Our newsletter, "Pot of Gold" is a free monthly offering.

For more information, visit:

voiceofthegatekeepers.com

email: mollyrowland22@gmail.com

P.O. Box 1052, Lander, WY 82520

(307) 335-8113

PSYCHIC PALMIST OF INDIA – PROFESSOR SASI

"Etched in your palms are clues to your character, goals and destiny. Once you understand these messages, you can fulfill your potential for a richer and fuller life."

Born in India to one of the world's most respected psychic palmists, Professor Sasi expands on his family's legacy as a 7th-generation Psychic Palmist and Empowerment Consultant.

By combining psychic, intuitive and healing abilities with ancient Eastern wisdom, Professor Sasi has assisted many individuals in attaining profound empowerment.

In studying the palm, Professor Sasi reads your total person, translating this information to help you tap into your personal power and achieve your greatest potential.

"There are many who say they can deliver accurate predictions. This man actually produces results. Professor Sasi's predictions have unfolded right before my eyes."

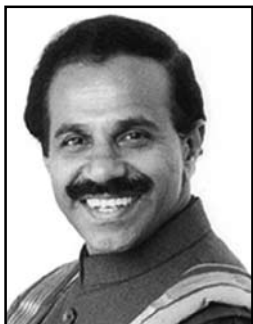
— Dr. J. Duncan, Ph.D.

CONSULTATIONS IN PERSON OR BY PHONE

(310) 397-2405 / (310) 842-6087

www.professorsasi.com

www.vedichealinginstitute.com



Professor Sasi

EDUCATION



**Reiki Master
Alexandra Juliani, M.A.**

AMERICAN REIKI ACADEMY

**Learn to Heal with Your Hands - Become a Certified Reiki Practitioner
Classes • Certification • Healing Sessions in Reiki**

Reiki is an ancient hands-on healing modality that uses "universal life-force energy" to gently release physical, mental, emotional and spiritual blocks, creating greater wellbeing and harmony.

The American Reiki Academy holds weekly classes in which anyone can become certified to practice Reiki for self healing and healing others. Students also experience acceleration in their spiritual growth and intuitive skills.

Reiki Master Alexandra Juliani, M.A., is a gifted healer, teacher, and clairaudient channel in direct lineage of Dr. Usui, original Reiki Grandmaster. As Director of the American Reiki Academy with 25 years experience, Reiki Master Alexandra has personally trained thousands of people worldwide to become accomplished Reiki practitioners and Reiki Masters, empowering them to access their innate healing abilities.

- REIKI I, II, & MASTERSHIP CLASSES
- REIKI HEALING SESSIONS
- REIKI PRACTICE CIRCLES

(310) 397-2405
www.reikiacademy.org



CCNM

California College
of Natural Medicine

The Leader in Natural Medicine

CALIFORNIA COLLEGE OF NATURAL MEDICINE

CCNM is a non-profit 501c3 school, licensed to operate by the California Bureau for Private Post-Secondary Education, offering both entry level and advanced continued education.

We offer both online and residential professional trainings in a wide spectrum of energy medicine and holistic health. One of our

strengths is our experienced staff and faculty!

CCNM PROFESSIONAL TRAININGS

*Clinical Nutritionist *Holistic Health Practitioner (Neuro-Physical Reprogramming) *Naturopathic Practitioner *Nutraceutical Consultant *Homeopathic Endocrinology

*Master Herbalist *Homeopathic Practitioner *Integrative Reflexology *Master Qigong Practitioner *Manual Holistic Medicine *Biological Dental Consultant *Practitioner Prerequisites.

(800) 421-5027
www.ccnm.com



FREE SELF IMPROVEMENT CLASSES

Are you ready to increase your confidence, explore past-lives and improve relationships? Learn to use hypnosis to create success, happiness and good health in all areas of your life.

Join us at HMI College of Hypnotherapy for Free Classes to achieve your personal and professional goals. Classes are taught by Certified Hypnotherapists and include techniques to use for continued self improvement.

Relationship Strategies

Explore patterns in relationships and how to keep the "honeymoon" alive!

Lose Weight with Hypnosis

Learn positive changes to look and feel your best!

Learn Self Hypnosis

Access the power of your subconscious mind for success, prosperity and happiness!

Pre-Register:
www.hypnosis.edu/classes

Stress Reduction with Hypnosis
Learn deep relaxation techniques for your mind and body!

Explore Past-Life Regression
Experience a past-life hypnosis session!

Energy Healing & Wellness
Learn your energy fields for increased health, vitality and well-being!

Weeknights, 7pm to 9pm
(818) 758-2747
Tarzana, CA

CAMPUS AND ONLINE CLASSES



The School of Multidimensional Healing provides a wide variety of classes, both online with streaming video or onsite at our Irvine Campus, from a large number of diverse teachers. Classes range from stress relief with meditation oriented teachings to parenting and parent-child workshops which assist parents with understanding the new gifted or struggling children of today...and many, many more!

- Meditation
- Psychic Development
- Parenting
- Mediumship
- Tarot
- Herbal Wisdom
- Channeling
- Dreamwork
- Asian Energetics
- Spiritual Discussion Groups
- See website for many more!!

Holistic and Psychic Faire
last Saturday of the month
18271 McDermott West,
Suite H
Irvine 92614

(949) 752-5272

Practitioner Room Rentals

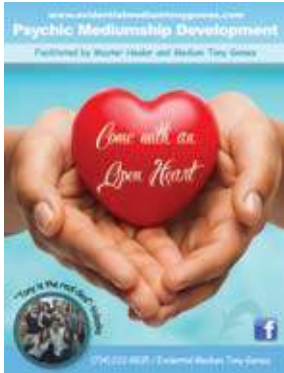
- Day per week rental
- Private session rental

www.smhas.com

Yogiraj Gurunath Siddhannath 2016 World Tour
Anaheim, Encinitas and Carlsbad — Register Now! — www.siddhanath.org

EDUCATION

Freedom New Age Spiritualist Church



Want to see the Spirit World Right Now!! See "DEAD PEOPLE" Spirits, Angels, fairies, and or cosmic energies!! Right in front of your bare open eye balls. Guaranteed!! Want to live an awoken life now! Not some time down the road. Want to know the truth of what is really going on in your life and what is all around you. Want to awaken to the truth! Then my THIRD EYE ACTIVATION EVENT is for you! It will blow open your third eye. Enabling you to see the truth that is all around you. You

see, nobody needs to be saved or rescued. What people need is knowledge of their own power and how to access it. That is our mission statement. The right teacher makes all the difference in the world. On July 4th weekend 2015 spirit anointed me to awaken as many people as I can to a new way of living! An Awaken Life! Accessing your own power!

*School of
Psychic/Mediumship
Development.*

Tony Gomez

www.evidentialmediumtonygomez.com ---see the events page

evidentialmediumtonygomez@gmail.com

(714) 222-8835

<https://www.facebook.com/mediumtonygomez>

HEALING CENTERS

Shamanic healing for People, Pets and Places Using ancient traditions in a contemporary context



**INDIA BAKER
ZALTANA HEALING**
india@zaltanahealing.com

In our hectic world we often find ourselves out of balance with the rhythm of nature and of our own body, mind and spirit. The loss of soul essence, the intrusion of negative energy and the disconnect from the natural world contribute to this feeling of disease. Shamanic healing engages the healing power of the spirits to restore that balance.

- Soul Retrieval
- Extractions
- Clearing of intrusions in homes, businesses and land
- Blessings and ceremonies to honor life transitions
- Blessings for land and home
- Classes and Workshops in Shamanic Journeying California and Maine

Check website for dates and locations.

Healing sessions held in my office, remotely or at your home.

Check website for classes and healing sessions in Maine, NYC and California

www.zaltanahealing.com
(207) 743-4690

HEALING MODALITIES

CERTIFIED SOUND HEALING AT GURUS GATE



www.stefanosis.com
healingnaad@gmail.com

Stefanosis was trained under Master Satya Brat of India in the ancient, healing modality of sound which is also called *Naad yoga*. All metallic bowls - Tibetan technology - are large, healing grade and hand-beaten in the traditional method. Sound penetrates the physical and subtle energy bodies for the deep-

est healing and meditation experience available. Tibetan monks and sages have known about this modality for centuries. Discover for yourself why sound is being called the *medicine of the future*. Stefanosis works out of a clean, private space at Gurus Gate yoga studio in beautiful Manhattan Beach, California.

Benefits of Sound healing include...

- Chakra balancing and opening
- Mind detox and distress
- Aura cleansing
- Releasing anxiety, insomnia and depression
- Physical and emotional healing
- Deeper meditation experience
- Possible astral travel or third-eye awakening

HOLISTIC DENTISTS

Affordable Holistic Dental Clinic in Mexico



- **\$50 Exam includes Teeth Cleaning & Panoramic X-rays**
- **\$75-\$85 Mercury Filling replacement with Bio Compatible Composites**
- **\$150 Wisdom Teeth Extractions by U.S.-trained MD, DDS, Surgeon**

The American Bio-Dental Center follows "The Huggins Protocol" for dental revisions and detoxification.

- Quality, safe dentistry at a fraction of the cost
- Safe Silver (Mercury) Fillings Removal
- Bio-compatible Dental Materials
- Environmentally friendly office at the five-star Grand Hotel
- Five minute cab drive from the border

I spent a fortune with another holistic dentist in the US before discover-

ing the American Bio-Dental Center. They did an excellent job at a fraction of the cost! I am so pleased to have found a biological dentistry clinic with the advanced training from Dr. Huggins to refer my clients to."

— Joyce Johnson, PhD,
Nutritionist, Author, Talk ShoW Host

Call today!
1 (877) 231-5701

www.americanbiodental.com

HOLISTIC DENTISTS



JEFFREY S. KERBS, D.D.S.

The art of creating beautiful smiles

Holistic Dentistry . . . Relax in our Spa-Like office

Let us help bring your mouth to optimum health and beauty through non-surgical laser gum therapy and metal-free dentistry.

We are a small private office with emphasis on comfort, personal attention, and restoring the natural beauty of your teeth. We practice conservative replacement of mercury containing fillings, keeping the maximum amount of your natural teeth in tact and strengthening them with biocompatible materials.

Your visit to the dentist does not need to be a stressful one. Please ask us about our extensive comfort menu to make sure your visit is as stress-free as possible. We offer digital X-rays which uses 90% less radiation.

We now have VELscope, a safe bluelight oral cancer screening system, the latest in technology in detecting abnormalities before they become something of concern.

As part of our holistic approach to dentistry, we now provide completely

natural oxygen/ozone therapy. This therapy can enhance outcomes in all aspects of dentistry, including cavities treatment with minimal to no drilling.

Jeffrey S. Kerbs, D.D.S.

Loma Linda University Graduate 1983

240 S. Hickory, Suite 207

Escondido, CA 92025

(760) 746-3663

We invite you to visit our website

www.drjkerbs.com

RETREATS

Inner Journeys



SEDONA, AZ

SPIRITUAL DAY RETREATS & HEALING VACATIONS IN BEAUTIFUL SEDONA, ARIZONA

"Experiences guided by Spirit..."

"Allow us to support your personal healing & spiritual growth through private, individualized & spiritually guided services & ceremonies. Feel the difference in both quality & care as we personally serve as your healing guides from start to finish."

-Kurt & Mariposa

...powerful medicine for the Soul!"

Our services include:

- ♥ Spiritual Vortex Tours
- ♥ Personal Healing Ceremonies
- ♥ Empowerment Sessions
- ♥ Medicine Wheel Teachings
- ♥ Karma Clearing
- ♥ Soul-recovery
- ♥ Native American Ceremonies
- ♥ Angel Medicine
- ♥ Spiritual Massage Therapy
- ♥ Life Purpose Acceleration
- ♥ And More!

Inner Journeys is continually hosting single, multi-day, & weeklong spiritual retreats for singles, couples, & girl get-a-ways.

Contact us today to discuss retreat options or to schedule one of our healing services ala carte!

(928) 282-1706

www.sedona-spiritualretreats.com

kurt@innerjourneys.us

Weekly Meditations & Inspirational Services

"The more you feel peace in meditation, the closer you are to God."

—Paramahansa Yogananda, author of *Autobiography of A Yogi*

**WE WOULD LOVE
TO HAVE YOU JOIN US!**

EVERY SUNDAY & THURSDAY

- Pacific Palisades
www.lakeShrine.org
- Hollywood
www.hollywoodTemple.org
- Glendale
www.glendaleTemple.org
- Fullerton
www.fullertonTemple.org

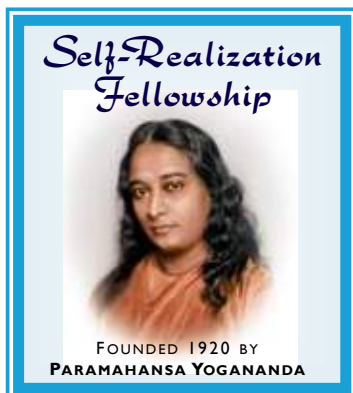
- Encinitas
www.encinitasTemple.org

- San Diego
www.sandiegoTemple.org

- Phoenix
www.phoenixTemple.org

To learn more about the teachings of Paramahansa Yogananda, please visit the SRF home page at www.yogananda-srf.org or call our Los Angeles headquarters:

(323) 225-2471



*Self-Realization
Fellowship*

FOUNDED 1920 BY
PARAMAHANSA YOGANANDA

The timeless, scientific methods of Kriya Yoga meditation taught by Paramahansa Yogananda help dissolve the inner barriers between you and the infinite Peace that is your divine essence.

Each week monks of the Self-Realization Order lead inspirational services focused on meditation and spiritual ideals for everyday living. By applying these principles, you can create a life of lasting happiness and harmony in body, mind, and soul.

We Care Holistic Health Spa and Fasting Retreat (Since 1986)

**REJUVENATE YOUR
BODY & MIND**

All natural Liquid fasting Program, consisting of organic raw vegetable juices, soups, herbal teas, water and lemon and products such as spirulina, chlorella wheat grass, barley, psyllium and minerals...

As well as:

- Lymphatic Stimulation Massages
- Digestive Release
- Colon Hygiene
- Yoga, Meditation, Spiritual Healing, Energy Work, Breath work
- Nutrition and Vegetarian Cooking Classes
- Mineral Bath Passes

We Care Spa has been teaching nutrition and the principals of how to nurture a healthy life style for over 19 years.

All this and more to help you feel vibrant and Healthy!

**Call Now For a free Brochure
(800) 888-2523 (760) 251-2261**

Limited Accommodations

www.wecarespa.com

email: info@wecarespa.com



**WE CARE
Spa**

JUICE FASTING &
SPIRITUAL RETREAT



Feng Shui Concepts

By Jenny T. Liu, M.A.

Inviting Ancestral Wisdom

You make decisions every day. At some point, you may feel uncertain about what direction to take question or if you are doing the right thing. Parents and elders with their life experience can help you make major decisions in your life, however, they may not always be physically accessible.

In the circle of life, the physical body perishes, but the soul never dies. Because all energy is recycled and interconnected, your ancestors always remain a part of you. As long as you stay connected with your ancestors in some fashion, they

can impart their wisdom and comfort to you. Realizing and embracing that your ancestral wisdom is always a part of you is empowering.

Maintaining connection with your ancestors can be done several ways. In many cultures, an altar is placed in the home and acts as a bridge between you and your ancestors. Although styles vary, the ancestral altar is basically a table or cabinet with space to accommodate a plaque upon which your ancestors' names are inscribed, an incense burner, three cups of water, and daily offerings of fruit or flowers.

In various cultures, there are special times during the year set aside for celebrating ancestry or remembering the deceased. For the Chinese, this time is known as the "Ghost Month." Every year, the full moon is aligned opposite the sun on the fifteenth night of the seventh lunar month. This marks the beginning of Ghost Month. It is believed that during this alignment, the portals of the spirit dimensions are open and spirits are able to freely roam the earth and visit their families.

Ghost Month festivities focus mind and soul energy on connecting with ancestral wisdom. During the first, fifteenth, and last day of the Ghost Month, offerings of food, burning incense, and burning paper representations of material goods are performed along with prayers. With these offerings and prayers you can send your messages, questions, and wishes to your ancestors, asking

them to resolve your concerns or manifest your desires.

Another very powerful way to connect with ancestral wisdom is to meditate upon appropriate artwork. Recent neurological studies show that whether you physically perform an action, or imagine yourself performing the action, the brain responds and processes the information in the same way. This means that even if you cannot place an actual ancestral altar in your home, a visual aid can help you visualize yourself making offerings at an altar, which can lead to connection with your ancestors.

As an example of how to use a visual aid in meditation I am using the Chi Art painting "Heavenly Offerings" pictured in this article. While gazing at "Heavenly Offerings," imagine you are the person in the painting, hold your hands together in prayer, and bow to the heavens and your ancestors. Send your ancestors men-

(Continued on page 25)

Friends Support Each Other

Adopt -A- Manatee®



1-800-432-5646 (JOIN)
savethemanatee.org

Photo © David Schrichte

BOOK Reviews

By Chris L. Thompson



THE BOOK OF HO'OPONOPONO: THE HAWAIIAN PRACTICE OF FORGIVENESS AND HEALING

by Luc Bodin, M.D., Nathalie Bodin Lamboy, and Jean Graciet

The Book of Ho'oponopono explains how an ancient Hawaiian shamanic custom can reshape our being. The mantra "I'm sorry, forgive me, thank you, I love you" is a powerful but simple method of healing. With consistent use, negative memories and their associated energy is banished. The authors share historical and scientific evidence and explain how Ho'oponopono works. This book is a practical guide on cleansing the spirit and becoming receptive to the possibilities that are all around us. It is a modern adaptation of an ancient tradition that applies to all.

Published by Destiny Books, www.DestinyBooks.com. Available at local booksellers and online.

BE YOUR OWN HERBALIST: ESSENTIAL HERBS FOR HEALTH, BEAUTY, AND COOKING

by Michelle Schoffro Cook, PhD, DNM

In this book, Michelle Schoffro Cook has an epiphany while sitting on a park bench. She realizes that "Mother Nature's medicine" would hold the key to treating her disease, a rare genetic disorder, that modern pharmaceuticals had failed to remedy. On her journey of healing, she discovers that there are many herbs that can treat a multitude of ailments. This is a manual to thirty-one different herbs. It is a step by step guide to growing,

harvesting and using herbs medicinally and culinarily. There is scientific documentation for the each herb's effectiveness on certain afflictions. There are instructions to make a variety of concoctions like ointments, infusions, tinctures, poultices, and fomentations. There are also simple ways to include all of these herbs into our daily diets. It is a book for anyone interested in practical applications of holistic medicine.

Published by New World Library, www.newworldlibrary.com. Available at local booksellers and online.

EARTH ACUPUNCTURE: HEALING THE LANDSCAPE

by Gail Reichstein Rex, L.Ac.

A vision received during a meditation class starts Gail Rex on a path to help heal a section of the Hudson river and land surrounding an aging nuclear power plant. On this journey of discovery, she would learn how to listen to the land. She puts together of team of local

friends and colleagues from the United Kingdom. They diagnose and come up with a treatment; Native American and Chinese medicine combine with Celtic earth magic to start the healing process. A melding of various traditions from around the world becomes a tool to help heal it. In this story, we learn how much human beings and the earth mirror each other. Acupuncture diagrams and maps of the Hudson river help demonstrate this relationship. There are some exercises included to help us deepen our connection to the land.

Published by Bear & Company, www.BearandCompanyBooks.com. Available at local booksellers and online.

SPEAKING WITH NATURE: AWAKENINGS TO THE DEEP WISDOM OF THE EARTH

by Sandra Ingerman and Llyn Roberts

This book is written by two shamanic teachers as a guide to improving our communication with the feminine power of nature and the nature spirits who inhabit the Earth. Each of the authors share their experiences with several of the nature beings. Outwardly, the authors' experiences are unique. This is because of where they live. One lives near the Hoh Rain

Forest in Washington while the other lives in the Sangre de Cristo Mountains of New Mexico. But we soon discover that the spirits communicate similar messages. After each account, there are exercises to perform. One may learn to communicate with nature and the divine feminine with practice.

Published by Bear & Company, www.BearandCompanyBooks.com. Available at local booksellers and online.

BECOMING NATURE: LEARNING THE LANGUAGE OF WILD ANIMALS AND PLANTS

by Tamarack Song


Tamarack Song teaches us in twelve steps the techniques needed to commune and become one with nature. This book will help us to again become active participants instead of spectators on the sidelines of the wild. Finding what Tamarack calls the "Animal Mind" is not easy in our world. It requires us to give up preconceived notions and our reliance on solely verbal communication. Modern technology hinders this process of discovery. Communicating through means other than talking may be hard but there are several helpful exercises. After

(Continued on page 24)

NEW BOOKS


to enrich the
Mind, Body and Spirit





Available at InnerTraditions.com
and wherever books are sold

Soul Breathing
Carrie L'Esperance
\$20.00
ISBN 978-1-59143-249-4

Five Meditations on Death
François Cheng
Translated by Jody Gladding
\$14.95
ISBN 978-1-62055-494-4



InnerTraditions.com
800-246-8648 •    

MUSIC&MEDIA Reviews

By Michael Diamond



JOHN FLUKER

11:11

www.johnfluker.com



LA-based pianist/composer John Fluker is a man on a mission. As he describes it: "My life is about sharing my musical knowledge, and using my talents to help other performers create inspiring music." For me, this album had lots of surprises, and there is definitely something for everyone in its mix of elegant and soulful solo piano as well as contemporary groove-based tracks and orchestration. I appreciated hearing John's usage of electronic elements and the tasteful way he integrated them. Beyond being impressed with John's remarkable abilities as a pianist and composer, as well as his skills in the studio as an arranger, there is a feeling and emotional expressiveness that comes through in his music, no doubt reflecting his deep spirituality, which I found quite moving and deeply inspiring. I know that this is an album I'll come back to again whenever I want to tap into that feeling.

FIONA JOY

Signature Synchronicity

www.fionajoy.com

The term "synchronicity" is defined as: the coming together of inner and outer

events. On Fiona's homage to this phenomenon, her deep inspiration and artistic vision combine with the exceptional talents of the many gifted musicians and producers she had the good fortune to work with. Fiona Joy is a truly a remarkable composer and pianist whose graceful and elegant piano work is as technically impressive as it is emotionally evocative. In addition to her exquisite piano playing, Fiona's airy vocals imbue the tracks they are on with an ethereal ambiance. With this new release, "*Signature – Synchronicity*," Fiona reprises the stunning piano compositions from her recent solo piano release, "*Signature - Solo*," but here adds accompaniment by a host of world-class musicians, recorded at the iconic Imaginary Road Studios of GRAMMY winning producer and Windham Hill Records founder Will Ackerman, who called Fiona: "One of the brightest lights in the contemporary instrumental genre."

JEFF PEARCE

"Follow The River Home"

www.jeffpearcemusic.com

For many, the electric guitar has been a symbol of rock & roll and not usually thought of in terms of dreamy ambient soundscapes. But that is exactly what highly regarded recording artist Jeff Pearce has been creating with the instrument over the last 23 years. While it would be easy to assume that the ethereal layers of sound originate from synthesizers, they all indeed emanate from six strings, channeled through a variety of electronic effects. This latest release includes two live con-

cert recordings and five studio compositions that reflect structured and improvised works, and some with a bit of both. Sonic cloud formations, shimmering arpeggiated chords, and stratospheric lead guitar take the listener on a musical magic carpet ride. Jeff's albums have garnered a variety awards, nominations, critical acclaim, and radio airplay, and "*Follow The River Home*," will certainly not be an exception. In fact, it is one of Jeff's best releases yet.

SEAY

In The Garden

www.seayinthegarden.com

In The Garden by composer, vocalist, and instrumentalist Seay (pronounced "say"), is one of the most uplifting, richly orchestrated, and lavishly produced recordings I've heard in some time, on a level with the work of renowned artists like David Arkenstone or Enya. While some of Seay's vocals and arrangements may evoke favorable comparisons with Enya, she indeed has her own unique style that integrates a much wider range of world music influences. An extensive list of top musicians and studio personnel from around the world, including new age GRAMMY winners Ricky Kej and Wouter Kellerman lent their talents to the project. Seay's vision is for the music to take people to a timeless place of peace and beauty, to the mythical Shangri la. With themes that include love and respect for the earth, the oneness of all life, and more, *In The Garden* is an exquisitely detailed and deeply inspirational musical experience.

SILVIA NAKKACH

Liminal

www.silvianakkach.com

"Space... the final frontier." For anyone who has ever watched *Star Trek*, these iconic words will strike a resonant chord. Although these words could also describe *Liminal*, the new album by GRAMMY

nominated composer, vocalist, and instrumentalist Silvia Nakkach whose music is as much about sound as it is about the space that surrounds it. Billowing clouds of ambient atmospheres carry elements of Indian ragas, sacred Afro-Brazilian chants, and more that drift serenely over ever-evolving sonic terrain that is expansive, ethereal, and enchanting. The word "flow" provides a good description of the music heard throughout the album. Joining Silvia are Todd Boston, who also produced the album, David Darling, Jeff Oster, and Val Serrant. Silvia's exquisitely airy vocals glide and soar gracefully like an albatross over the tranquil musical waters. *Liminal* provides a transcendent listening experience that invites one to enter into a timeless space and connect with deeper levels of Being.

Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CD's including two with new-age music pioneer Steven Halpern. For additional reviews of CD's, DVD's, and more, please visit: www.michaeldiamondmusic.com

Book Reviews...

(Continued from page 23)

mastery of the nonverbal, the lessons turn to moving through nature. There are games that teach skills which will help you to become one with nature. If you have the dedication, you can learn all of the skills that Tamarack Songs teaches.

Published by Bear & Company, www.BearandCompanyBooks.com, Available at local booksellers and online.

Chris L. Thompson is a freelance photographer and documentary filmmaker who makes his home with his family in Sacramento.

"We do not inherit the Earth from our ancestors, we borrow it from our children."

— Native American Proverb

REFLEXIONS BELFLEXIONZ

By Robert Ross, CHZT



California Get Ready! The Adult Use of Marijuana Act is Coming

"Pot Legal in California!" reads the headline, January 1, 2017. The statewide initiative officially titled the Control, Regulate and Tax Adult Use of Marijuana Act (AUMA) is, according to the *Los Angeles Times*, "a clear favorite to make the November ballot."

This initiative has the backing of the California Medical Association, State Lieutenant Governor Gavin Newsom, Congressman Dana Rohrabacher, the state NAACP, and financial support from billionaires like George Soros and Sean Parker.

The trend toward legalization of cannabis in the state indicates a sea-change is in the works. The Public Policy Institute of California survey shows 60% of likely voters favor legalization, indicating behaviors will pivot rather dramatically on January 1. So dramatically, California, often referred to as the "golden state," may take on the dubious title of the "weed state."

On September 30, 2010, Governor Brown signed into law CA State Senate Bill 1449, which effectively reduced the charge of possession of one ounce of cannabis from a misdemeanor to an infraction, similar to a traffic violation, with a \$100 fine and no mandatory court appearance or criminal record.

California, the most populous state in the country with over 38 million people, is seen as a trend setter for the nation.

So all eyes, nationally — and worldwide — will be focused on the November election. And, surprisingly, if the Adult Use of Marijuana Act passes, pot will be legal in all the west coast states from Alaska to the Mexican border.

Currently, twenty-four states now allow the use of medical marijuana, and four states, Alaska, Oregon, Washington, and Colorado, have legalized the use of pot for recreational use.

So, how will things look under the new law? Will we see a return of the hippie generation, stoned young people, wearing tie-dyed T-shirts frolicking about in local parks? Let's take a look.

Marijuana is legal in California for medical use only. It's taxed, and brings in — according to 2014 statistics — up to \$109 million in revenues yearly. As of March 1, 2016, there were over 750,000 legal medical marijuana users in the state.

A study looking at the legalization of medical marijuana nationwide, published in 2014 in the journal *PLOS ONE*, found: "Not only does medical marijuana legalization not correlate with an uptick in crime, researchers from the University of Texas at Dallas argue it may actually reduce it." The reduction in crime following the legalization of medical marijuana should hold true with the legalization of cannabis for adults.

Summarizing the AUMA initiative, the bill would legalize marijuana for those over 21 years old. It will protect children by prohibiting the consumption of marijuana near schools and places where children congregate. It establishes laws to regulate marijuana cultivation, distribution, sale and use. It will also protect the environment from potential dangers. And, the bill establishes the Bureau of Marijuana Control within the Department of Consumer Affairs to regulate and license the marijuana industry.

The state Attorney General's summary of the bill indicates there will be a reduction in costs related to marijuana offenses, saving state and local governments up to \$100 million annually. The summary also suggests that net additional state and local tax revenues were likely, ranging from the high hundreds of millions of dollars to over \$1 billion annually. Most of these funds would be required to be spent for specific purposes such as substance use disorder education, prevention, and treatment.

California's legalization will have a huge impact. As a result, restrictions on the use of marijuana will fall like dominos throughout the nation. *Newsweek* magazine stated the success of the California's initiative would be influential, given California's national importance as a "regulatory laboratory."

Legalizing marijuana in California will present problems, of course, from driving under the influence, to exposure of cannabis to those under the age of 21. Colorado is currently using tax revenue from cannabis sales to fund research into a law enforcement test to determine if someone is high while driving. California will benefit from this analysis.

As legislation moves forward in California and other states, one thing is obvious: decriminalization and variations on legalization is occurring

throughout the nation. There will be court challenges, and communities that ban the use of pot all together, much like dry communities throughout the country. However, when all is said and done, the use of cannabis is here to stay. We can either make it legal, tax and regulate it, or let the drug cartels reap the profits, expanding their criminal enterprises.

Remember, elections are November 8. Let your voice be heard.

Copyright 2016, by Robert Ross, all rights reserved

Robert Ross can be reached at: SanDiegoRoss@yahoo.com

Feng Shui...

(Continued from page 22)

tal thoughts through the prayer; show them your appreciation, and share with them your deepest thoughts and desires. Look upon the common chicken transforming into a magical phoenix as a metaphor for your wishes coming true.



Heavenly Offerings

Mentally become one with the archer shooting his arrow at the tiger. This imagery releases harm, loss, and injury. Use your eyes to trace the patterns of the mantra charms in the upper left of the painting for bringing love, peace, power, and wealth.

Committed meditation in front of an altar or appropriate work of art is one way to establish a connection with your ancestors. It allows you to look deeply within yourself to receive helpful messages, protection, and comfort from loving ancestors who are always a part of you as you navigate through life.

CALENDAR of Events

Calendars are \$2.00 per word, minimum \$30.00. 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: Yolanda@awarenessmag.com Deadline is August 15.

ONGOING

Animal Communication with Diana DelMonte. First Wednesday of every month. Mystic Journey Bookstore, Venice. www.Dianadelmonte.com

GERI-FIT® Senior Fitness Instructor Certification open to certified and non-certified exercise instructors. 10 am-6 pm on August 17 – Longmont, Colorado; August 21 – Phoenix, Arizona; September 24 – Boca Raton, Florida and October 1 – Temecula, California. Accredited by ACE. Online courses also available. Learn from home. For more info, call 1-888-GERI-FIT x3 or visit gerifit.com.

OVERWHELMED! — Feeling helpless, confused, exhausted? **VERNON HOWARD's** tremendous truths offer a **NEW** not merely different life for you. Experience **CALM COMMAND** at home, work, with friends or alone. Classes: Fridays 8 PM, Sundays 10 AM, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30 PM, Neighborhood Church, Pasadena. \$3 donation (714) 899-9300. www.anewlife.org

WEEKNIGHTS. FREE SELF-IMPROVEMENT CLASSES. 7-9pm the Hypnosis Motivation Institute in Tarzana offers FREE Self-Improvement Classes. Come and learn about Relationship Strategies, Stress Reduction, Lose Weight with Hypnosis, Self Hypnosis, Energy Healing and Past-Life Regression. Register at www.hypnosis.edu/classes.

SEPTEMBER / OCTOBER
CALENDAR ADS
DEADLINE
AUGUST 15

JULY

July — Yogiraj Gurunath Siddhanath 2016 World Tour. Anaheim Retreat at the The Learning Light Foundation on Sunday, July 17, 10 a.m. - 6 p.m. Encinitas Experiential Workshop - Seaside Center for Spiritual Living on Saturday, July 23 from 7 p.m. - 9:30 p.m. Carlsbad Retreat at The Hilton Garden Inn on Saturday, July 30 from 10 a.m. - 8 p.m. and Sunday, July 31 from 10 a.m. - 6 p.m. www.siddhanath.org

July 26 — Vittorio Grigòlo in concert at 7:30 p.m. Born in Arezzo, Italy, Vittorio Grigòlo is the quintessential Italian tenor. He began his vocal career 26 years ago as a soloist in the Sistine Chapel Choir and at 39, he is considered one of the finest tenors of his generation. He has performed principal tenor roles in the world's most prestigious opera houses and his exceptional vocal and dramatic talents have been widely praised since his 2010 debut at London's Royal Opera House, Covent Garden, as the Chevalier des Grieux. The Eli & Edythe Broad Stage - 1310 11th St. Santa Monica CA 90401. Parking is free. www.thebroadstage.com



AUGUST

August 27 - 28 - VOYAGER TAROT TRAINING, LA/BURBANK, Sat + Sun, 10am - 7pm. Learn to use Tarot's "energy mirrors" as Soul-Coaching tools in this one-weekend crash-course. Tarot Soul-Coaching Practitioner ongoing training also available. Info: Barbara Schiffman. (818) 415-3479, www.YourLifeandSoul.com, www.Meetup.com/AkashicLA

SEPTEMBER

September 23-25 The Apollo Conferences in Atlanta, GA. Communion. Experience the power of transformation that Union IS, inspiring like-minded hearts in music, presentations, art, celebration. Call (949) 290-3333 or visit www.apolloconferences.com

SEPTEMBER 2016 PILGRIMAGE TO INDIA Join us for a spiritual, cultural and ayurvedic health adventure! (310) 397-2405 • (310) 842-6087 www.indiainnersearch.com www.professor.sasi.com www.vedichealinginstitute.com



**HELP SAVE LIVES!
SHARE YOUR LOVE**

Unsafe drinking water kills a child every 20 seconds in Ghana, Africa. You can help save lives! **Donate today. Visit www.ruralwateraidinternational.org**

**Let's leave
our children
a living planet**



WWF

www.worldwildlife.org
1-800-CALL-WWF



Alternative Therapies

**44th Annual
Cancer Convention**

September 3, 4 & 5, 2016

Labor Day Weekend

**SHERATON UNIVERSAL
(Across from Universal
Studios Hollywood)**

See our ad on page 5

www.cancercontrolsociety.com

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home."

— Australian Aboriginal Proverb

**REACH A
TARGETED
MARKET**

**OVER
200,000
READERS!**

**FOR PRINT & WEB
ADVERTISING
INFORMATION**

Call

(714) 283-3385

**Awareness is also
available online.
awarenessmag.com**

**[facebook.com/
awarenessmagazine](https://facebook.com/awarenessmagazine)**

twitter.com/awarenessinfo

CLASSIFIED *Ads*

Classifieds are \$2.00 per word, min. \$30.00.
Please e-mail to: Yolanda@awarenessmag.com

Deadline August 15.

AKASHIC RECORDS TRAININGS

Learn to access your Soul's energy-archive for guidance, healing, spiritual evolution with Linda Howe's Pathway Prayer Process. Call for info on Akashic Records Practitioner Certification weekends, LA area. Also private Akashic Readings or Tarot Soul-Coaching (phone, Skype or in-person) with Barbara Schiffman, ARCT. (818) 415-3479, www.YourLifeandSoul.com

ASTROLOGY

CROP CIRCLE ORACLE CARDS

The Tarot for the New Age... 90 full colour photo cards! www.treeoflifeshool.com/cropcircleoraclecards.php 1-888-633-2214

BETTER HEALTH

HERPES-NO MORE-GUARANTEED

Call 1 (800) 605-9001 or visit us online: herpescoldsorekill.com

BOOKS AND MUSIC

New Publication!

Morya: Dictations received through the Messenger Tatyana Mickushina

Selected Messages of Master Morya. Many Teachings are given in the Messages, including Teachings about: our actions in the physical plane, Service to Brotherhood, the attainment of the qualities of a disciple, and much more.

eBook available on Amazon only \$2.29
www.Sirius-eng.net



TIMELESS WISDOM

BOOKS & GIFTS

Christian, Eastern and Native American

- Angels, chimes, crystals, bowls
- Statues, icons
- Candles, incense, sage, oil
- Jewelry, scarves
- Greeting cards, music CDs

Tuesday, Wednesday, Thursday
11:00 am – 7:00 pm

Sunday 10:30 am – 1:30 pm

Take time to visit our amazing
MEDITATION GARDENS

Unity of Tustin
14402 S. Prospect
Tustin, CA 92780

(714) 730-3444 ext. 100

LIKE us on Facebook and
look for weekly specials
www.unitytustin.org

CHANNEL & MEDIUM

Clairvoyant, Medium, Trance Channel, & Medical Intuitive. Erika Udall Synergistic Flowllc.com (949) 295-9378

CHIROPRACTOR

WELLNESS PLANS FULL SPINE ALIGNMENT

Dr. Emley treats patients in Laguna Beach offering chiropractic, homeopathic and naturopathic services. Established since 1988, his emphasis is on mind/body/spirit connection. Call (949) 494-7330 or email joeemley@live.com, www.dremley.com

HEALING

Decrease stress, anxiety, frustration and fatigue. Increase well-being, harmony in body, mind & spirit. Mental Health RN's with 30 years experience offer relaxation therapy,

Reiki, Reflexology, spiritual/psychological counselling. (949) 328-4556 Costa Mesa
RelaxingHealing.com

INNER PEACE CONSULTANT

Learn to free yourself from emotional suffering and find inner peace. Call Joseph (818) 667-4333. www.josephsala.com

INTUITIVE

READING/HEALING

Special: Only \$39 for 15 minutes. Helene Rothschild, MS, MA, LMFT (MFC16586) intuitive counselor, author, speaker. 1(888) 639-6390, www.helenerothschild.com

Judy Hevenly (310) 820-7280 Visa/MC. Top 100 Psychics in America, "Ent. Tonight, CNN." <http://www.judyhevenly.com> (Conferences/Social Functions)

Psychic Phone Readings by David Champion. Honest -- Accurate -- Affordable. 30 minutes, \$45. (1.50 per minute) Payable by credit card. Toll-free 1(877) 702-8598. (EDT) Check me out at Davidchampion.com.

INTUITIVE COUNSELING

Counseling with Spiritual Psychology. Healing through the arts (DMT). Create your Life from your Authentic Self! Call Andrea (310) 661-1364.

MATTRESSES

SCRIPPS NATURAL MATTRESS Carlsbad Showroom

All - natural mattresses and organic bedding for babies, kids and adults. (760) 720-9111. scrippsnatural.com

SEPTEMBER
AND
OCTOBER
CALENDAR AND
CLASSIFIED ADS
DEADLINE
AUGUST 15

WEB DEVELOPMENT

MARKETING & BRANDING FOR HEALERS, TEACHERS & CONSCIOUS ENTREPRENEURS

You want to share your creative business idea, healing & teaching with the world but not sure which way to go? Become empowered with expert help from Zexypress.com Watch our free video & call (619) 254-8212.

WORKSHOPS



2 Day Heal Your Life Workshops are now in Long Beach!!!

Limited space. This workshop will sell out very quickly!

**Saturday and Sunday
July 16 – 17**

*Recommended reading prior to workshop:
"You Can Heal Your Life"
By: Louise Hay*

Facilitated by:
Eleanor A. Gillamac
Whispers... Yoga Studio
2009 E. Palo Verde Ave.
Long Beach, CA. 90815
(562) 716-0468
www.whispersyoga.com-upcomingevents

Let us know peace.
For as long as the moon shall rise,
For as long as the rivers shall flow,
For as long as the sun shall shine,
For as long as the grass shall grow,
Let us know peace.

— Cheyenne Prayer

"When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice."

— White Elk



You're Invited!

Meet A World Renowned Living Kriya Yoga Master

Yogiraj Gurunath Siddhanath

For A Life-changing Event in Southern California

REGISTER NOW!

Please check www.siddhanath.org
For times, dates and exact locations

Learn the Secret Science Of Breath through Kundalini Kriya Yoga

Awaken • Rejuvenate • Evolve

ANAHEIM

Kundalini Kriya Yoga Retreat
Learning Light Foundation
July 17

CARLSBAD

New Life Awakening Retreat:
BENEFACTORS' Program
July 30

ENCINITAS

Free Experiential Workshop
The Seaside Center for Spiritual Living
July 23



Kundalini Kriya Yoga Advanced Retreat
Hilton Garden Inn, Carlsbad Beach
July 31

