

Awareness[®]

Southern California's Guide to Conscious Living

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TATYANA N. MICKUSHINA

***MY GREATEST DISCOVERY: THE DIVINE WORLD IS
RIGHT WHERE I AM AND WHERE EACH OF US ARE***

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AWARENESS

My Greatest Discovery – The Divine World is Right Where I am and Where Each of Us Are

By Tatyana N. Mickushina

Angels and Miracles are everywhere and you can also experience them in your own lives. Tatyana N. Mickushina shares her very personal experience of connecting with and receiving the Divine Messages from over 50 Ascended Masters, many of whom readers may already be familiar with: Sanat Kumara, Gautama Buddha, El Morya, Jesus, Mother Mary, Saint- Germain, all continuing in the tradition of the Theosophical Society, A Bridge to Freedom, Saint Germain Foundation, and The Summit Lighthouse.

What is unique about this current Teaching of the Ascended Masters is that it has been delivered specifically for humanity today, in our modern world... These Higher Cosmic Beings dwell on a subtler plane of existence, yet they extend their helping hand to humanity at this crucial time, in order to remind us of the Laws of the Universe, which have been forgotten in our modern world. The Teaching presented here is that very Law of Universe and everyone will find something different in it, something very needed and close to their heart.

The Messages cover important topics like the Law of Karma and Reincarnation, the need for Compassion, Mercy, and Unconditional Love.

Almost 500 enlightening Dictations have been received since March of 2004 when Tatyana Mickushina was granted the Mantle of Messenger, and she continues to be guided directly by the Ascended Masters.



Tatyana N. Mickushina
Photo courtesy of Tatyana Martynenko.

Each Message delivers Divine Wisdom and Divine Energy directly to those reading them. This is the "Miracle" in Tatyana Mickushina's life, which she is sharing with all of humanity, in order to help all of us raise our consciousness at this critical time in human history.

You too can experience "Angels and Miracles" by reading, comprehending and following the simple instructions provided in this incredible Teaching – it can change your life!

I was born in the southern region of Western Siberia, in the city of Omsk, in a state that does not exist now - the Soviet Union.

My whole life has evolved beyond my desires and aspirations, as if by itself.

I did not aspire to God. However, at the age of fifteen, I experienced a sports related injury, and due to multiple doctors' mistakes, began to die. I had sepsis, a common blood infection. I was dying for about one week. And then,

quite unexpectedly, I began to get better.

When I came to my senses, I suddenly, clearly realized that I had returned from another world. And I felt so good in that world, much better than in the surrounding physical world. Two ideas took hold of me: the first idea, I realized that God exists and I must find Him, and the second one is that I must learn.

However, in the society that I was living in, it was claimed that there was no God. Therefore, I could not find anywhere to obtain knowledge about God.

I graduated with honors from a technical University and worked in a construction office designing space technology for 13 years.

Then perestroika began, and my salary stopped coming. I studied as an accountant and worked as a chief accountant in a small business for 10 years.

In 1997, I found the Teaching of the American organization, The Summit Lighthouse. I visited several events of this organization, which were held in Russia.

Many of the people I knew wanted to be messengers and receive dictations from the Masters. I did not want that, but I was thinking more and more often about my realization at the age of fifteen: I had to find God.

In 2000, a person appeared in my life who offered to teach me how to meditate. I did not want to meditate. However, after numerous persistent requests from this person, I agreed to try.

Literally in a couple of months, I started hearing my Higher Self, and then I started hearing my Teacher on the subtle plane. One Teacher followed another: Kuthumi, Sanat Kumara, Surya, Maitreya, Lord Shiva and more. During the meditations, there was enormous work occurring within my consciousness and sub-consciousness. I was taught to hear the Masters. I started hearing them better and better. It had taken the Masters three years to open and to tune up my system of chakras.

In 2002, in the span of four months, I underwent a great test. If I was offered now, to go through this test again, I would not be able to do it. I was completely destroyed. Sometimes I did not even have the strength to prepare a meal for myself.

Before the beginning of the year 2003, Lord Maitreya came, and in His presence, I suddenly felt an extraordinary humility before the will of God. I realized that I was only a small grain of sand in God's hands. He loves me endlessly. And I love Him.

When during three consecutive meditations, I managed to achieve such a state of humility, the test was over.

I continued to meditate, and they were absolutely amazing meditations. One day I reached a completely blissful state, when everything was achieved, and there was nowhere else to go – I entered a state of complete peace and happiness. I did not feel my body. The only thing I wanted was to remain in this state, but then it was all over.

It was my greatest discovery: the Divine world is right where I am and each of us are. Only our level of consciousness, our vibrations separates us from the Divine world.

The whole Path to God is not outside, it is inside.

In 2004, during meditation, I learned that I was granted the Mantle of the Messenger of the Great White Brotherhood. The Great White Brotherhood is a

name of the community of Beings of Light who have reached the next stage of evolutionary development. They are dwelling in the more subtle spheres of Existence. The word "Great" refers to the high degree of spiritual attainment of these Beings. The word "White" symbolizes the perfectly pure-white glow of the auras of these Beings of Light. The word "Brotherhood" speaks of a completely different principle in the relationship between these Beings of Light. They are continually in a state of Love and oneness with each other, and with the Creator of this universe.

The Mantle of the Messenger of the Great White Brotherhood is granted to individuals who have received special training - those whom the Brotherhood entrusts in representing Their interests on the physical plane. The Mantle ensures the highest degree of accuracy, using a special technique to receive and transmit the Messages from Beings of the Higher Spheres of Existence, to humanity.

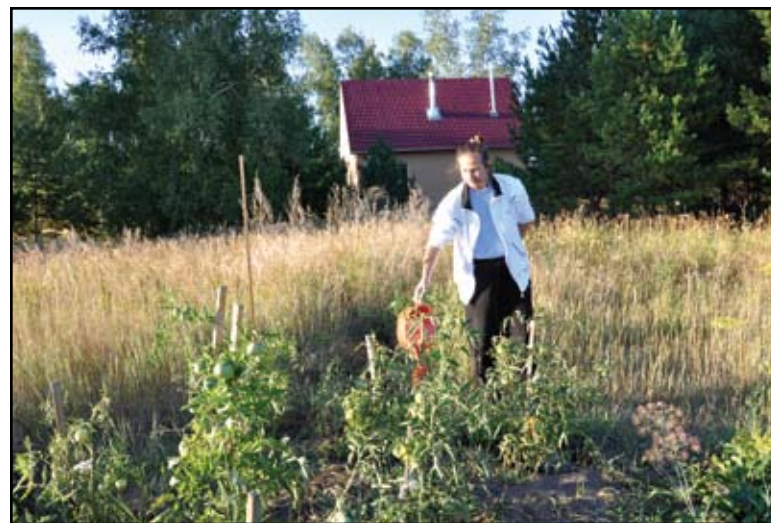
I wrote about this event in my diary and forgot about it for a while. I thought that if I really have been given the Mantle of the Messenger of the

"It was my greatest discovery: the Divine world is right where I am and each of us are. Only our level of consciousness, our vibrations separates us from the Divine world."

Great White Brotherhood, then it must manifest itself on the physical plane.

About that time, I was communicating with a woman from the United States. She was receiving dictations from the Ascended Masters at the time, and was able to connect with them. Once, in our correspondence I told her that I had been given the Mantle of the Messenger of the Great White Brotherhood.

At that time, I worked as an accountant, and it seemed to me that I lived in two worlds simultaneously: during meditations I was in the Divine world, and the rest of the time I was



Tatyana N. Mickushina photographed by Tatyana Martynenko.

an ordinary accountant.

On August 31, 2004, I was fired from my job under a completely ridiculous pretext: I missed a letter in a payment order. I was 46 years old at the time. I registered with the employment service, but I was not hired because of my age. It was impossible to find a job because I was "too old."

On March 3, 2005, I received a correspondence from my acquaintance in the U.S. who wrote and informed me that Master Morya had come to her and said that

mist. Sanat Kumara said that He wanted to give a Message through me.

I said that I would be happy to receive it, but I had the flu and a head cold.

He said, "I am sending a ray of healing." A minute later, I had no cold, and all signs of the flu disappeared.

I received the first Message from the Masters on March 4, 2005.

The Masters continued to send messages each day after that. I began receiving one Message per day, from more than 50 different Masters, Beings of Light, coming from different worlds.

A month passed and I continued to go to the employment service, but there was no work for me.

My money was coming to an end, and I was forced to ration my food. I ate half a cup of oatmeal in the morning, and half a cup of buckwheat or rice in the evening.

The dictations continued to come every day, without a break. A condition the Masters gave was to place the dictations on my website "Sirius" the same day the message arrived. www.sirius-eng.net

I could not understand on my own how all this was happening, and whether there was any value in what I was writing down. I was embarrassed by

(Continued on page 6)

My Greatest Discovery...

(Continued from page 5)

the fact that my acquaintance in the U.S., after I received the first five dictations, wrote that I should stop receiving dictations, as I was supposedly receiving them from my subconsciousness.

I began to turn to friends, and they sent me to their acquaintances, clairvoyants. Everyone whom I addressed confirmed that the Messages I received were truly of Divine origin.

The dictations continued: March, April, May and June. In early June, it became difficult for me to maintain a working rhythm. I got up in the morning, and I had only one thought: I had to receive a dictation. The evening came quickly, and I had one thought: I had to receive a dictation tomorrow.

It was a very difficult four months of intensive work, be-

cause it was necessary to hear what was not heard and see what was not visible.

Yet it was only the first cycle of the Messages that the Masters gave through me.

Then there were twelve more years of the same hard work.

I could not live in the city anymore. Thanks to the help of people, I managed to build a house near Omsk.

I received the Messages in this house until 2012.

On April 19, 2012, a wooden fence around my house was set on fire, from four sides. The fire quickly spread to the pine and birch trees. The height of the flame was more than 10 meters. It was a wall of smoke and fire.

There were five people with me who rushed to help me. We had to hide from the fire inside the house, because there was strong heat and smoke outside.

I went up to the attic to get

my things. However, I heard the siding snapping off from the fire, under the roof. There was also foam under the siding. All these materials were highly flammable, and when they burned the smoke was toxic. And then I realized that we could all perish, it was unavoidable.

I remembered to ask God for help. I began to shout: "Archangel Michael! Help me! Help me! Help me!"

After several calls, I realized that the siding had ceased to snap, and the noise of fire seemed to have subsided. Later, I saw a pine tree, which had touched the siding in the attic with its branches, suddenly stop burning. The traces of the fire reached the lower branches, and the lower branches were burned, but the fire on the pine tree went out by itself; it had not been extinguished.

The fact that we were saved was just a miracle.

At the insistence of the Masters, I had to leave Russia. I moved all the time looking for a place where I could work and receive the Messages.

In total, I have received about 500 Messages, and over 70 books have been written. Many books have been translated into English, German, Bulgarian, Latvian, Lithuanian, Portuguese, Armenian, and other languages.

I would like people to understand through the Messages I have received that God is right where we are. And only the level of our vibrations separates us from Him.

In fact, we are all God in incarnation. Through each of us, God manifests Himself.

Tatyana Mickushina
Light and Love!

Tatyana Mickushina was born in Siberia, Russia and was granted the Mantle of Messenger of the Ascended Masters in 2004 by Lord Surya. She has dedicated her life to the service of Humanity. www.sirius-eng.net

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What You Can Learn About Business Success and Wealth from John E. Fetzer-- Media Mogul, Philanthropist and Former Detroit Tigers' Owner *6 Invaluable Lessons for Creating an Abundant Business*

By Jackie Lapin



Jackie Lapin

John E. Fetzer found as much joy in his quest for *spiritual enrichment* as he did in the wealth he acquired building a financial empire that ultimately made him the sole owner of the *Detroit Tigers* from 1961 to 1983 and put him on *Forbes Magazine's* list of 400 richest Americans.

And that may be the most valuable lesson that he offers us today. He maintained that these two were *not* mutually exclusive and, in fact, his connection to a higher consciousness was integral to his success building wealth from the foundation of his radio and TV stations, to his investment in the burgeoning cable television industry and to his culminating acquisition of the *Tigers*.

As related in the new biography *John E. Fetzer and the Quest for the New Age*, author Brian C. Wilson shows how Fetzer was a forerunner of the New Age Movement, exploring multiple paths to find true "freedom of the spirit" via the insights of emerging spiritual leaders, movements and approaches – Eastern and Western — including Theosophy, Freemasonry, UFOlogy, parapsychology and Buddhism, among others.

After reading this revealing book, I believe the conclusions that Fetzer came to during his quest -- and personally lived by -- provide valuable guidance to anyone seeking to accelerate his or her own business growth and wealth.

Here are a few tenets that I think can be gleaned from the John E. Fetzer playbook of success:

- "Money is energy," he often said. For Fetzer, spirituality was a recognition that all is spirit, which he conceptualized as an eternal, conscious energy that, if one were open to it, would inevitably lead one back to the "great central source." Everything consists of this energy—even money. And if one understands this connection and taps into it psychically, then wealth and success, he believed, were within one's grasp. This meant to him that money was to be used in the service of good, since business success and wealth could only be spiritually uplifting if used for love and service. Although immensely wealthy, Fetzer and

his wife Rhea always lived very frugally, spending most of their lives in a modest home in a middle-class Kalamazoo neighborhood. For Fetzer, wealth was not for self-aggrandizement, which would have embarrassed him, but rather for the pursuit of a spiritual mission in service to the world. ***John's approach was to serve first, and then money came back to him.***

- Fetzer believed in Karma, and in resolving Karma in order to reach a higher order of consciousness as one passes though the many lives of one's soul ascension. Thus, he sought to refrain from selfish, ego-driven actions that would have negative repercussions -- not only in this life, but in future lives. ***John's approach was to rein in his ego, seek equitable solutions for all, be generous with his workforce and partners, do his best and leave a wake of goodwill.***

- Fetzer trusted a higher intelligence in guiding him to good business decisions. He meditated, contemplated and sought to gain insights that

he felt came directly from the source. And when he needed more guidance in plotting his business strategies, he used pendulums, astrology, and Tarot cards. Or, he would turn to trusted mediums, psychic advisors, dowzers and channelers. He found multiple ways to tap into the infinite intelligence. And he could point to specific situations which paid off handsomely. ***John trusted the Universe to provide answers, listened to his intuition, and tapped multiple sources for his answers.***

- Fetzer was still seeking to learn, grow and unravel more of the Universe's mysteries, even as he approached his 9th decade. He never stopped trying to raise his consciousness. And in order to bring others along to a more advanced state of consciousness, so that they, too, could experience the love, compassion, and spiritual connection that creates abundance and peace, he funded some of the seminal spiritual/paranormal/scientific research of the 70s and 80s, to validate the existence of a higher power that can change our lives vibrationally. ***John never stopped questing, because it kept him vital-engaged in life and business.***

- Fetzer was a believer in "oneness," that we are all one unified force with the source of creation. So he lived by the "Golden Rule," because he knew that he was connected to each and every one he encountered. He dealt with people with a fair and even hand. He brought respect to the negotiating table. He was beloved by his players on the *Tigers* and



John E. Fetzer in his office at the Fetzer Foundation World Headquarters. Photograph courtesy of the Fetzer Institute.

(Continued on page 13)

Modern Understanding of Angels and Miracles

By Rosemary McCarthy

Angles: Light-Beings

Angels are God's representatives whose purpose is to offer us love, comfort, reassurance, and guidance, or to deliver messages. They are androgynous in nature and can manifest with feminine or masculine qualities and appear in whatever form is appropriate to us or the situation. If our religious background taught us that angels with wings love and protect us, we will feel Spirit's love and protection through angels.

What we call angels are really light-beings. They are the etheric, energetic beings who currently reside in the higher spiritual realms whose purpose is to serve as behind-the-scenes support for us and the universe as a whole. They have either re-

turned there by overcoming the constraints of duality while in form, like the Masters, or chose never to take form during the creation of the universe, like the archangels. The energies who speak through Esther Hicks call themselves Abraham (as in Abraham-Hicks) are light-beings and reside in the highest realms.

The well-known Archangels Gabriel and Michael also abide in the highest realms, with Michael being the protector and comforter and Gabriel, God's messenger. In *Meetings with the Archangel*, Stephen Mitchell writes of his encounter with Archangel Gabriel, who at first appeared to him in all his winged, magnificent glory in a masculine form dressed in

kingly garb, but later changed into a "seven-foot-tall ellipse of light." Gabriel said he was just a mirror of Mitchell's consciousness, and had manifested to help him overcome his judgments of those who derive comfort from angels. In a previous book Mitchell had declared the use of angels as guides and comforters as nonsense. (1)

Demystifying Miracles

Miracles are usually associated with healing or the manipulation of elements, such as a spontaneous healing, a yogic being bending spoons with his mind, or Jesus turning water into wine. The answer to an impossible prayer/request is also often considered a miracle, as are events that defy reason or probabilities, such as getting the strength to lift a car off a trapped person. **The limited perspective of the linear, third-dimensional awareness most of us exist under does not allow us to see or understand what cannot be explained by the laws of nature.** Nothing in our physical world can explain how they occur.

The higher the level of consciousness we exist under, the more easily we can connect to the universal forces, and the laws of time, space, and form are easily overcome. **Engaging** our higher, supernatural God-selves, we become attuned to the organic, quantum makeup of the elements. Just as we can direct our hands to move a book, in advanced states we can manipulate the elements with our consciousness. Enlightened yogis and the Masters **all attained these high states** enabling them to overcome **the physical laws.**

When we partner up with Spirit, or invoke higher-realm beings in **our meditations** or

prayers, physical laws **can be overcome**, as those in higher states can make what seems impossible happen **for us. Synchronicities happen.**

Not all miracles are physical; some are mental or emotional, such as having a change of heart or attitude. The word *miracle* in *A Course in Miracles* proposes that every second of every minute of every day, and with regard to anybody and within every situation, **even minor shifts in our attitudes or though processes** from those based in fear to those based in love* are considered miracles. Each positive shift in attitude raises our consciousness, changes our **vibration** and trajectory, **and as we are all connected changes those of Humanity.** Every shift to a love-based attitude helps to alleviate the fear-based paradigm that is keeping us all tied to the limitations of third-dimensional living.

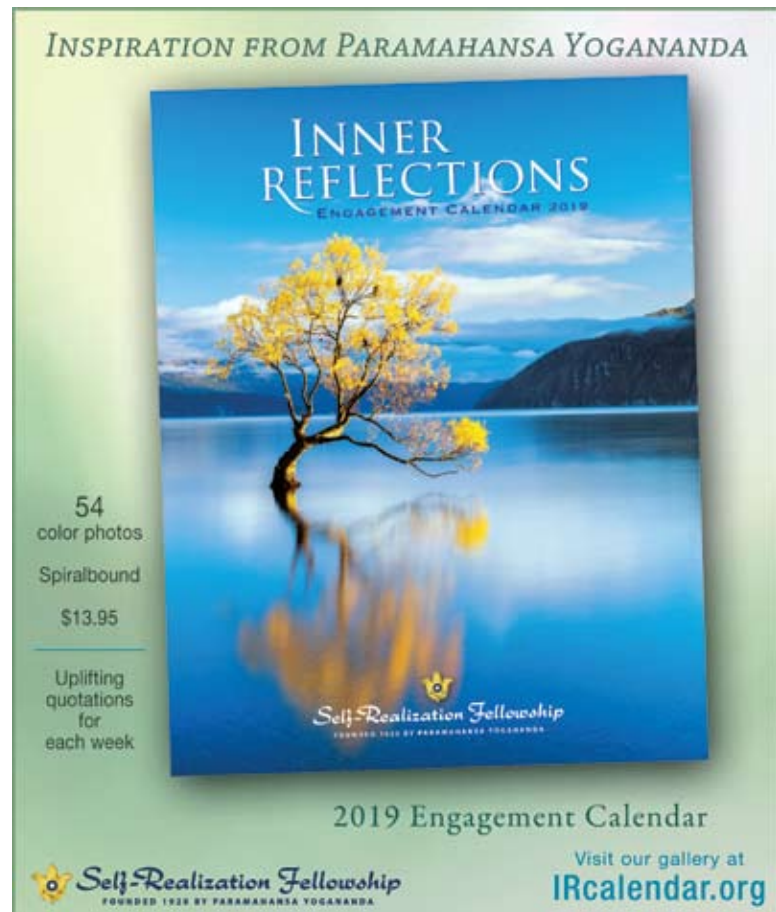
*The Aspects of Love and Aspects of Fear are found in my book, and also in my article "Everything Stems from Love or Fear" on my blog page at: <https://yourjourneytopeace.com/everything-stems-from-either-love-or-fear/>

Notation

(1) Stephen Mitchell, *Meetings with the Archangel: A Comedy of the Spirit*, advanced uncorrected proof (HarperCollins, n.d.), 1, 2, 5-9.

Rosemary McCarthy, © September 26, 2018

This article is an amalgamation of various sections from my book Your Journey to Peace, Bridging the Gap between Religion, Spirituality, Psychology, and Science. After over 20 years of interest in spirituality and self-help and much study, reflection, and partaking in many spiritual practices I felt inspired to write about my findings. www.spiritedfawnpublications.com, www.yourjourneytopeace.com.



"Who am I... What am I... Who Knows?"

By Suzy McGregor

If, You have not been taught by 7 to 12 years of age:

- Self-Discipline
- The Joy and Adventure of Discovery
- Failure is a Stepping Stone to Success
- Moving Through Problems to Solutions
- Responsibility of Self
- How to Dream
- Love of Discovery of Life!

When life becomes overpowering you most likely withdraw, or begin to make bad choices, or wander aimlessly as a young adult without reason for life. Without direction life can feel empty. You can feel worthless, like what is the use...who cares!

Let us look at this life together.

Curiosity of Life & Self

If you feel no one really cares about you, then why bother to care about yourself or anything else in life...right? Wrong!

You see, you choose to come into this life! It is up to you to discover why! What is it that you wanted your Soul to learn while here on Earth. What talents and abilities have you given to yourself to discover and use for the lessons you have come here to acquire? Thus, when you sit or wander aimlessly through life, you are "The One"...that is not loving yourself! Not taking responsibility for why you chose to incarnate here on Earth. It's not your parents or your friends... it's YOU.

You granted yourself in your body, mind and soul this opportunity of discovery of your talents and abilities. How they may be used in this life is up to you. You have to discover what they are and decide how to use them for the lessons you came here to learn. To not care or take action to discover...

is laziness on your part. For example, if your father drinks too much, your mother smokes too much and they could care less about you, then learn from what you see...don't repeat the cycle! Just grow up to move on. There are souls here in life for you to discover that *will care...* will pass on wisdom to you... and love you for your talents and abilities ...go in search!

Feeling sorry for yourself is

"Ub" Iwerks, A.S.C. his lead animator at the time. Ubbe (Ub) looked at it and said, "What's the name of this mouse?" Walt shook his head answering, "I don't know...Mickey, I guess." The rest is history of LOTS of long hours and hard work to create what all of us may relax, laugh and enjoy today! There are risks in life. It is about learning from success and failure we all experience.

Get out of your "Selfie" and into your "Soul's love of life!"

hiding from why you came here as a valuable human being.

Subconsciously Afraid of Failure in Life!

Walt Disney once told me how he lost the money from mortgaging his home as he failed in negotiating a business deal. Then his parents mortgaged their home to help and again due to his lack of business experience he lost it all arriving home from NYC with only a pencil sketch drawing which he gave to Ubbe Eert

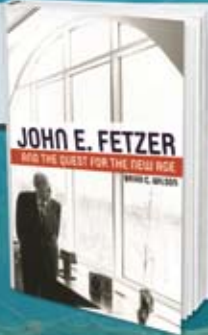
Walt said, "**Failure is a stepping stone to success! Don't ever forget this and don't ever give up your dreams!**"

First you have to have the courage to DREAM! To say, "What if?" You have to take the first step to know who you really are and why you really wanted to come here to Earth. What is it you wanted to share while here with others. That's for you to discover and decide...your responsibility only. The best way to get started is with *Curiosity*. So

start to explore your creative mind for answers, for why you are unique as a human being! Then with courage...set out to discover your dream you came here to create. Ask yourself, "Why am I here? Who am I... and say out loud..."I CARE!"

This creates inner strength of character and you become an individual that is not a "blob" in others eyes, but a personality to want to know and share joy. Let curiosity flow into foods as to taste, texture and color...let animals become interesting to watch their actions and habits, observe life around you....color and art, sound and different kinds of music, behavior of young and old, all are energy...as are you! Feel the energy! Become curious as to what's at the bases of their decisions? How do they work and respond to influences around them? Question life, question yourself! Know failure is not a choice...it is a reality of lessons to learn from for strength and knowledge... wisdom of self and life! It is in knowing our differences, that we gain our strength.

(Continued on page 16)



The Extraordinary Story Behind Former Detroit Tigers' Owner John E. Fetzer's Success in Broadcasting, Baseball and What's Beyond...


Learn how the enigmatic philanthropist and former Detroit Tigers' owner based his life on deep spiritual and scientific exploration. **The fascinating biography - John E. Fetzer and the Quest for the New Age** - takes you on his incredible journey to access and harness the power of Infinite Potential. The book is available at Barnes & Noble, Amazon, and your favorite bookstore.

“By giving us Fetzer's spiritual biography, Brian Wilson presents something like a condensed history of alternative, metaphysical, spiritualist, and New Age religion in the twentieth century. Fetzer was a remarkable figure.”

-Arthur Versluis, professor of religious studies at Michigan State University and author of *American Gurus, Magic and Mysticism*

Want to learn more about John E. Fetzer? Visit www.infinitepotential.com

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How to Deal with a Sore Throat and Coughing Using Nature's Medicine Chest

By Christopher Nyerges

It seems that sore throats and coughs have afflicted people forever, whether resulting from the proximate causes of pollen, dust, woodsmoke, or from talking too much, or yelling, or even from "catching" something from another person.

Fortunately, there are quite a few natural remedies which help relieve the pain and discomfort of coughs and sore throats, and many of these have been used for centuries.

Each of the plants described are commonly available in the wild, and typically can be purchased in the dried form in herb shops.

MALLOW



The various mallows have been used to soothe a sore throat for centuries. In fact, even the ancient Egyptians used one of the mallows for this purpose.

In the United States, the

common mallow (*Malva parviflora*) is a widespread "weed" in vacant lots and fields. It is sometimes referred to as poverty weed or cheeseweed. In fact, the tender leaves of mallow are tasty in salads, added to soup, and can be cooked with other vegetables or like spinach. They are high in vitamin C.

In Mexico, mallow leaves (known as malva) have long been chewed so that the slightly mucilaginous quality can soothe a sore throat. Herbalists consider the mallow leaves an emollient and a demulcent. Whether the leaves are eaten, or made into a tea, this plant helps to relieve inflammation, especially to the throat.

A related mallow, the marsh mallow (*Althea officinalis*), is also used for coughs and sore throats. This plant has a long tap root that is boiled, and the resulting liquid is like egg whites. This is then whipped, and honey is added, and it is eaten as a very pleasant and very effective cough medicine. Of course, marshmallows today are pure junk food, and marshmallow manufacturers no longer use any more extract of the marsh mallow plant. Gelatin is today used in the manufacture of those fluffy white non-food objects.

HOREHOUND



The horehound (*Marrubium vulgare*) is a bitter mint, native to Europe, which has now naturalized throughout the entire United States. It is called marrubio in Mexico, where it also grows in the wild. When you see it in the wild, it is an obvious mint, yet it lacks any strong aroma so typical of most mints. However, you'll see the square stem, the opposite leaves, and the wrinkled leaves on horehound which makes it easy to recognize.

Do any of you remember horehound candy? This was a popular "old-fashioned" cough drop, made by boiling the horehound leaves, straining out the leaves, and adding sugar or honey to the liquid. It is then cooked until it is thick enough to harden. (Recipes for horehound candy can be found in most candy-making books).

Unfortunately, if you go to the store and buy horehound drops, it is very unlikely that they will contain any horehound extract at all. With very few exceptions, all the horehound I have found in stores are nothing more than sugar with artificial flavors added.

Horehound is made into a tea, which is very bitter and unpleasant. No one would ever drink it if it weren't so effective. Besides soothing a sore throat and a cough, horehound is an expectorant, which means it can help clear your throat when it is congested.

To make horehound tea, I collect the young leaves in the spring. They can be used fresh or dried. I place about one teaspoon of the herb into my cup, pour boiling water over it, cover it, and let it sit until it is cool enough to drink. The flavor? Terrible! Its bitterness must be experienced to understand. So add honey and lemon juice to your horehound tea to make it more palatable. The honey and lemon are also good for your sore throat.

MULLEIN



Mullein (*Verbascum thapsus*) is another European native that has now naturalized throughout the entire United States. It is particularly common in dry waste areas throughout the Southwest. I can recall driving to the Grand Canyon once, and the dominant roadside plant was mullein.

Mullein leaves feel like flannel or chamois cloth. The plant produces large basal leaves the first year, and then in the second year it sends up a seed spike that can reach up to four and five feet.

(Continued on next page)

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(Continued from previous page)

To make a tea, use the first year leaves of mullein, and infuse them. There is not much flavor, so I typically add mint to mullein tea. Mullein acts like a mild sedative on the lungs, and it helps to relieve the roughness in the throat common with coughs and some fevers.

Interestingly, mullein leaves have also been smoked to help relieve coughing and even mild asthma attacks. I have tried this on a few occasions, and I felt quick relief.

MORMON TEA



Throughout the Southwestern United States is found a stick-like plant called Mormon Tea (*Ephedra* sp.). It is common in the California high deserts, in the Great Basin area, throughout Southern Colorado, and down into Texas. It is often available at herb stores.

The plant appears as a low shrub, with branched needle-like segments, with scales at the nodes.

In China, a related member of the *Ephedra* genus is the source of the drug ephedrine, which is used as a decongestant and a bronchial dilator. Though the wild U.S. species contain much less ephedrine, they are nevertheless useful in home remedies where there are breathing problems associated with coughs and colds. Typically, the stems are brewed into a tea at low temperatures in a covered pot. There is a mild but distinctive flavor and aroma.

I have made an evening tea from Mormon Tea while camping in the desert where there

were no other beverage plants readily available. It has a pleasant flavor, and it is improved with just a touch of honey.

No doubt there are many, many other remedies for coughs and sore throats. Included here were just a few of the common wild plants which are safe and easy to use.

[Note: None of the above should be construed to take the place of competent medical advice in a face-to-face setting. Chronic coughing or chronic sore throat may be an indication of a more serious disorder. Use your common sense, and consult a medical authority if you are experiencing any sort of chronic disorder.]

Nyerges is the author of Guide to Wild Foods, How to Survive Anywhere, and other books. For more information about Nyerges' books, or the classes he teaches, contact him at Box 41834, Eagle Rock, CA 90041 or www.SchoolofSelf-Reliance.com

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Of Angels and Archangels

By J. Joy Maestas, B. Msc

I have heard a lot of talk about Angels lately, there are angel classes, angel pictures, angel statues and angel cards, and who among us is not a certified Angel Card Reader? A lot of us have the decks, the books and the pictures. I am still learning who is who and what they do and how we work with them.

Most of the books I have read go over the major Angels and how to call them to do what you want them to do. Need help finding your keys, call upon Chamuel, or how about career guidance? Call upon Ariel! It all sounds so easy but to classify some of these beings as angels is a disservice to their commitment. The main one people hear about are Archangels, they are way more powerful than Angels.

Archangels were there in the beginning, they were the 1st creations of Father/Mother

God, or the Universal Oneness whatever you recognize the creation energy as, and according to the ancient history of Atlantis, they were created 1st and the rest came after. They have the wisdom and knowledge from our creator and have been assigned to assist us in our awakening or accession; however you want to look at it. They are the helpers of humanity and will only do for us what falls in line with the will of the Divine.

The Archangels are actually in charge of the angels; who are members of their battalions. I know it sounds so military but it is a good way to understand how angels are ordered and how many are under each Archangels command. A battalion consists of 300 to 800 beings, that's a lot of beings to command! They work with the Ascended Masters, not for them but with them.

When you study the way of the Magi as most light walkers have, you learn how much these Archangels are doing everyday to be a part of our lives and our world. They are waiting for us to call upon them to assist us, not with just with our wants, but with our awakening. Otherwise they do just stand by watching and waiting. Their instructions are to allow us our free will and not to intercede in our lives unless called upon. Just imagine one standing by, tapping their foot watching you and going "come on, come on, just one more minute of meditation of you will have it!...Ooh no, that stupid cell phone just backed up your accession by a full day."

If you surrender yourself to be a vessel for the Divine Energy of our Universal Oneness, you can walk in the heavenly realms as a bright light within or alongside one of these won-

derful beings. To work with them on their missions (which changes all the time) is the feeling you get when you open all your chakras at once! A vibration that is at the highest level of mhz that man has not discovered as of yet. They want to help us access or awaken to the universal consciousness of peace, respect and unity. It's Namaste to the 10th power.

As light workers we work with and alongside the Archangels, Angels and Ascended Masters. You may not be aware of working with them but we do. We all go on their missions of sending love and understanding around the world. We promote peace and accession one crystal at a time.

We have been called angel knights and earth angels; we fight the peaceful fight. Did you know there are a 177 Archangels and Higher level Angels? There are Archangels over each planet and each element and they all have dual responsibilities. They are also omnipresent.

They are not just miracle workers, they want us to recognize the Christ Consciousness that is within the Universe and BE the Miracle worker. That beautiful shining oneness, that radiates from within each of us to the outer cosmos and to each of our brothers and sisters on different planets and in different solar systems. We and they were created by the same Oneness spark that lights up the etheric. Be at peace; be at one with the all that includes the Angels and Archangels. Namaste.

Rev. Joy is a Ordained Metaphysical Minister and received her Bachelor of Metaphysical Science, B.Msc., from the University of Metaphysics. She has a background in customer service, advertising, insurance and legal secretary skills. Her books include, The Archangels Light and A Light in the Lake. Her articles have been published in The Journal of Metaphysical Thought.

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Challenging Transformations with Amethyst

By Margaret Ann Lembo



There are cycles when life is just plain challenging. It seemingly comes out of nowhere but in reality the challenges are often the result of complacency. Eventually, the cosmic two-by-four will essentially knock you upside the head to get you to pay attention and wake up! This two-by-four is ultimately a huge gift in personal development which opens the door to a positive transformation. The challenging experiences come in various forms depending on your personal life circumstances. Grab a piece of amethyst – or a pile of amethyst – and work with the positive vibrations of purple crystalline structure to restore your life and your equilibrium.

Amethyst is great for changing any situation. Use it when you are having trouble with friends, or any difficult situation. The truth is that you can always change your life. It starts with changing your thoughts and your perception of reality. Focus on gratitude and use amethyst for mindfulness when you repeatedly misunderstand others or are being misunderstood.

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Take the time to contemplate what you want your life to be like and to feel like. With amethyst in hand or nearby, put your attention on the needed changes. Focus all of your awareness on what it will take to get those changes to happen. Then, do it!

Imagine the color purple flowing around you as you reinvent your life experiences. Use amethyst to think clearly and intelligently, access your intuition, get answers you need, and balance your mind.

Use this Amethyst Positive Thought Affirmation:

I see, sense, feel and know life is magical. I release all habits that are no longer for my highest good. I have a great connection with my spirit guides and angels. I am very intuitive. I trust my feelings. It's easy for me to take action to create the life I want to experience.

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Color Your Life with Crystals; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann is an aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. www.MargaretAnn-Lembo.com TheCrystalGarden.com

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What You Can Learn...

(Continued from page 7)

the employees in his company. **John sought the good in all, refrained from gossip or unkind words, treated his employees with love and regard, dealt in good faith and was a positive light wherever he went.**

- For Fetzer, leaving a legacy for the world was paramount. In the 1980s, when Fetzer was beginning to wind down his business activities and sell off his holdings, including the Detroit Tigers, he used his fortune to endow the organizations that would carry his mission forward, to improve "the human and cosmic condition" through the advancement of the spiritualized science that he felt was so necessary for global transformation, and to support the programs that facilitate building a spiritual foundation for a more inclusive, loving, peaceful world. **The lesson here is**

to weigh what legacy you can leave for the world—and while it may not be funded by great wealth — it can be the fruits of your time, efforts and gifts from which others can enjoy and prosper in the future.

For those who are seeking validation that business success and enlightenment can actually work hand-in-hand, Fetzer's extraordinary life stands as evidence.

Jackie Lapin, author, speaker and publicist, connects conscious leaders with conscious media and speaking opportunities.

Brian C. Wilson, PhD, is the author of John E. Fetzer and the Quest for the New Age. He is a professor of American religious history in the Department of Comparative Religion at Western Michigan University. To download a FREE CHAPTER of his book and learn more about how John E. Fetzer explored the interconnectedness between science and spirituality, visit www.infinitepotential.com

I saw the angel in the marble and carved until I set him free.

~ Michelangelo

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would like to wish
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Joyful and Peaceful
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Smoke? Wish You Didn't?

Learn the Trick to Quitting Smoking Now

By Rocky Rosen – The Cigarette Whisperer – First Story Narrative



Rocky Rosen at Buzzfeed.
Photo by Josh Davis.

New Years is coming. Resolution time is right around the corner. This piece is for anyone thinking about stopping smoking/vaping or someone who cares for someone that smokes or vapes. I made the resolution to quit smoking for close to 13 years. I smoked and smoked and smoked and I really, really wished I didn't. I started smoking at 13 (man I was cool) and by the time I was 22 years old I had a hack like you wouldn't believe. Such a horrible, distinctive, wet cough that wouldn't end and always announced me; I was always telling people "I'm just getting over a cold". My doctor, a friend, kept telling me I'd probably be dead by 40, that I definitely would never see 50 at this rate. I was serious and sincere about stopping smoking so I had tried everything I could to "quit" smoking.

I tried going cold turkey (many, many times), went to programs like the *Schick Center* and *Smoke-Enders*, tried hypnosis (3 different times), acupuncture, read books, tried

gimmicks, chewed the nicotine gum - and smoked at the same time. Sometimes I'd get a day off or a few. Maybe a week. I once had 2 years off and still went back to smoking. It then took me another 5 years of getting hurt by tobacco before I was ready to face this beast head-on again. This time I did it different.

I read a book by the therapist Albert Ellis, PhD. In his book he talks about personal behavior that may bother someone but they cannot stop doing it. He suggested to get comfortable with wanting to do it, to get angry at the behavior.

Light bulb. I knew two things about me fully. I knew I didn't want to smoke and that I had to stop smoking. I KNEW IT. And guess what – they're lies. For those of us who have gotten nicotine addicted the truth isn't that I don't want to smoke. How long have you been hearing in your head that you don't want to smoke (but still smoke). The truth is sometimes we will and do want to smoke. I just don't want to suffer the consequences of smoking any longer. So I learned and now (teach people) how to love the urges to smoke – and hate cigarettes (boo, hiss). Wanting to smoke (or abuse other substances) isn't really the problem. It's the condition. It's when we do it that we may have a problem.

What kind of problem? Well *The Centers of Disease Control and Prevention* has a very simple statement about tobacco/nicotine. Tobacco is the single largest cause of preventable disease/disabilities and premature deaths in the USA. *The Centers of Disease Control and Prevention* believes smoking/nicotine is attributed to or contributes to 480,000 prema-

ture deaths annually. 1 in 5 deaths in the US has its roots in smoking according to them, not me.

So my clients, like I, learn how to use the urges to smoke as the way to stop instead of trying to ignore, deny or fight the urges.

Lie # 2 – I have to stop smoking. How long have you been hearing that in your head? Probably years. But what's still going on? Smoking. The truth, I learned for myself, is that I don't have to stop smoking. If I had to quit during all those years I would have quit earlier. Smokers, we may hate ourselves for smoking, relationships may suffer, we may get sick and cigarettes may take you out in a way you cannot fathom how harsh dying may be – you can smoke.

The three words in the English language I hate the most is "I quit smoking". The four words I have the most empathy for are "I must quit smoking". Quitting is a trap which makes us feel stuck forever. My clients learn you can smoke anytime you want, so knowing you can smoke anytime you want you can't feel deprived.

Although I could say so much more, let's focus on one other (the biggest motivation) to stopping smoking. THE BENEFITS OF GETTING SMOKE-FREE.

Better health, better life, feeling better, smelling better, more energy, less fear for your loved ones, freedom, huge accomplishment....

If we don't stay focused on the benefits we want out of stopping smoking, we will begin to feel deprived and feel deprived long enough and the next thing you know you are smoking again. So, want to know the entire trick to quitting

smoking? It's a billion dollar secret so let's keep it between you and me. **DON'T TAKE THE NEXT HIT.** Bam – we're done. That's the drag of stopping smoking. It's simple, just not easy. I help my clients take that simple concept and make it doable.

Every stop smoking methodology I have ever come across has been designed to make the urges to smoke to go away. Smokers take *Chantix* (scary drug for some) because they don't want to smoke. They may vape because they don't want to smoke. Maybe get hypnotized because they don't want to smoke, and so on. But if you are anything like me, the urges will keep happening when you may least expect them. So let me teach you how to ditch those urges.

You and I may or may not agree on everything, but I bet we can both agree that you deserve better than what tobacco is costing you.

Rocky Rosen – The Cigarette Whisperer stopped smoking many, many years ago and has been helping people get smoke-free since the 90's. His services are referred by many well respected physicians, therapists, personal trainers, nutritionists, and so on. He always offers a free, no pressure consultations and if you wish you could stop smoking/vaping, Rocky really wishes you'd speak with him for a moment. You can contact him at 818-961-6978 or at his website thecigarettewhisperer.com

A man does not have to be an angel in order to be saint.

– Albert Schweitzer

Where loved ones failed you, guardian angels stand ready to catch your fall.

– Shannon L. Alder

Five Tips to Help the Homeless this Winter

By Rich Garon



Photo by Tim Garon

Arguably, the idea of miracle. While estimates vary, experts place the number of homeless in the United States somewhere near 550,000; a number that rose slightly in recently published findings. More exact figures are tough to come by as there tend to be the more permanent homeless – often those we see on the streets and or living in the woods, and those that can be seen as transitional or temporary homeless – they’ve lost housing until a new job kicks in, or they’re moving from one neighbor or relative to another. In addition, many homeless avoid being counted making accurate numbers even tougher to come by. In any case, the homeless problem is of considerable magnitude and it only gets worse in the winter especially for those outside who face the brutally and unforgiving cold, snow, and sleet the upcoming months can bring.

I have worked serving the homeless for ten years. During that time, I’ve seen the toll the freezing chill of winter takes. One young man in our community fell asleep outside and froze to death. Another elderly man had his propane heater stolen days before Christmas and we found him only faintly responsive. During one pow-

erful snowstorm, snow-covered tents collapsed sending occupants to overflowing shelters open only at night. Other examples abound, cataloging the winter-time suffering of those living on the streets and in the woods.

I’m often asked by people moved by these and other stories of homeless suffering “what can I do to help?” It’s a complicated problem, with no one-size fits all solution. But there are ways you can get started helping the homeless this winter, right in your own community. Here are a few tips to get you started:

1. Learn About Local Organizations Addressing Hunger. Simply Googling “homelessness” in your area can lead you to those government and non-profit organizations addressing the problem. In most instances, volunteers are warmly welcomed. It’s a great way to see specifically what these groups do and which ones are a good match for skills you bring to the table. Do you want to help by bringing meals and serving at a shelter? Can you give someone a ride to a health-care provider? Do you have clothes or other items to donate that can be particularly useful during the winter? See what the needs are, and where you can step in, and get started.

2. Bring the Homelessness Issue to the Attention of your Place of Worship. Often gov-

ernment agencies and non-profits don’t have the resources to address all aspects of homelessness. They need help and I’ve seen the meaningful contributions that faith-based groups can make. Most believers are inclined to help when told how. Sometimes, they figure it out on their own. I’m often asked things like “can you use some clothes, some food, some bus tokens?” People want to get involved. In addition to ongoing programs, our church started providing propane tanks (the kind you use for your outdoor grill) to provide heat and gas for cooking.

3. Be Prepared to Speak with Homeless People. If you have the opportunity to serve at a shelter, for example, introduce yourself, engage in a conversation with someone who’s homeless. Often, it’s one event – losing a job, prolonged illness, divorce, or some combination that begins the downward spiral to homelessness. It’s so important to them to be seen as an individual; to be accorded respect. It doesn’t have to be anything deep, take your cue from them. I’ve been at shelters where single mothers have young school children who’ve been moving from place to place. Maybe there’s something you can do,

maybe nothing more than be a good listener. In like manner, finding someone outside a fast food restaurant asking for some money, might give you the opportunity to buy them a meal and show some kindness to provide them an extra dimension of warmth during the cold. Some situations might be intimidating, use your common sense, but know too that sometimes if we’re going to make a difference we’ve got to venture outside our comfort zone.

4. Stay Abreast of What Government is Doing to Help the Homeless. Federal, state, and local governments budget for social services for those in need with your taxes. And you elect the officials who determine where budget monies go. Keep informed and let them know you’re concerned that programs for the homeless receive the resources needed.

5. Recognize that The Problem Won’t be Solved Overnight. Working with the homeless and extending kindness to help those not as fortunate can be a rewarding experience. However, it can be frustrating as well. Longstanding problems, including substance abuse, emotional issues, and criminal records are not uncommon among the homeless. But as

(Continued on page 16)

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Who am I... What am I...

(Continued from page 9)

Then there are those who in their *fear of failure*, which is subconscious, don't recognize why they don't become curious or involved in a direction for their life. They are beside themselves and in their hopelessness, suicide pops into their mind. That way they don't have to risk failure and others will feel sorry for them.

What they want is attention...to be loved...cared about by others. It starts with YOU loving yourself, not others! **Stop** the visions that pop into mind. Say, "No, be gone!" Start to care by grabbing onto the desire to fulfill and love yourself by discovering who you want to be...your talents...your abilities...your DREAMS!

Get out of your "Selfie" and into your "Soul's love of life!" Do this by getting honest with yourself. Sit in front of a mir-

ror... actually study yourself inside and out! Then take a paper and pen and answer these questions in a truthful way:

1. What do I like about this person I see?
2. What do I dislike about this person I see?
3. What brings this person joy?
4. What brings this person problems?
5. What makes this person sad?
6. Who do I love and why?
7. Who do I dislike and why?
8. What really interest me?
9. What do I really not care about in life?
10. What would I change about my childhood?
11. What would I change about my life now?

Discovering the Miracle Within!

To truly discover the miracle you are as a human being, you need to make sure you

answered the questions with true sincere heartfelt morality. By caring about yourself and who you really are today and who you want to be tomorrow. When we know ourselves better and the reasons why we choose what we do, or not do, then we can start to change what we don't like and keep what we do like about ourselves.

It takes courage, curiosity, discipline and love of self to make changes in our character, in our ways, in who we are as a human being. But all of this is worth it because it generates love of self, love of others and the love of life itself! Always remember, "Failure is a stepping stone to success!"

If you need help to get started, take action! Go to Big Brothers & Sisters, The Boys & Girls Club, The YMCA, not for sympathy, but for honest help and direction of finding who you truly are in your soul.

Have I been lecturing... "Yes!" That's why student's parents pay huge funds for their young adults to attend college & universities ...to be lectured to for knowledge and understanding which bring wisdom. It's known as, "growing up into an adult!"

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Five Tips to Help...

(Continued from page 15)

said earlier, there is not a one-size-fits-all solution to helping the homeless. Some are very appreciative of the support they receive, others are not so much so. Some really want to extricate themselves from the woods and streets, others not as committed to doing so. There's not one person or one group that is going to end homelessness. It's going to take a lot of us, each doing what we can, committed to the long haul.

So, if you encounter those in need, before passing by and thinking someone must be taking care of the problem, recognize that might not be the case. Take that first step, see if there is a need going unfulfilled, and see what you can do. Even if there is a dedicated someone helping out, I know they would welcome your support.

Rich Garon received both his M.A. and Ph.D. in Politics from New York University and began a career on Capitol Hill that lasted more than 25 years. For the last six of those years, he served as Chief-of-Staff for the Committee on International Relations, U.S. House of Representatives. He is a member of the Serve (Outreach and Mission) Committee at the Immanuel Anglican Church in Woodbridge, VA and coordinates the homeless ministry, with an emphasis on those living in the woods. All proceeds from the sale of Garon's new novel, Lee Fitts, will go to the Bill Mehr Drop-In Center for the homeless in his local community. His first novel, Felling Big Trees, released in 2017.

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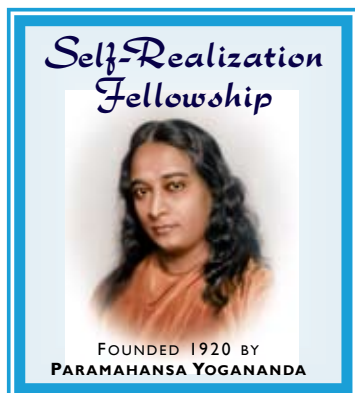
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The Description of Buddha Nature and Nirvana in the Gospel of Thomas:

The “Tathagatagarbha” of Zen Buddhism as “Kingdom of God” in Christianity

Short Summary by Zen Christian

The descriptions of Nirvana by Jesus Christ surpass those of the Great Buddha Siddharta Gautama by their level of detail on some points, converting the Gospel of Thomas to a **unique document of inestimable value**; yet they are formulated so that only someone who has experienced Nirvana himself can recognize them as such.

Tathagata is Buddha Gautama in his spiritual form as God, and Garbha is both Nirvana as the Kingdom of God in the spiritual sky, and Buddha Nature as the originally enlightened nature of mind in all beings. Both have the divine qualities: omniscience, omnipresence,

purity, bliss and eternity.

If one reads through the Gospel of Thomas or the New Testament with this key to understanding, the Buddhist teachings will particularly stand out wherever the term “Kingdom of God” (or “Kingdom of Heaven”) appears, and that is very, very often, because it is the central concept of Christianity.

Surprisingly, the Roman Catholic Church has never made a teaching decision for the concept of the “Kingdom of God”, although this should actually have the highest priority for all Christians.

See here just four examples

of deciphered verses from the Gospel of Thomas which refer to the **Buddha Nature** in human (verse 3), **Nirvana** (verse 22), the **wheel of reincarnation** (verse 42), and to the **functioning of creation** (verse 50):

(3) Jesus said, „If those who lead you say to you, ‘See, the kingdom is in the sky,’ then the birds of the sky will precede you. If they say to you, ‘It is in the sea,’ then the fish will precede you. Rather, the kingdom is inside of you, and it is outside of you.

The spiritual origin of all humans is the Cosmic Consciousness (Tathagatagarbha in Buddhism), and therefore they have in their deepest interior a

portion of Cosmic Consciousness, the original enlightened nature of mind, called Buddha-Nature in Buddhism and Holy Spirit in Christianity. This is the small part of the “Kingdom” in all beings. By far the greater part of the Cosmic Consciousness is unmanifested outside of the material universes, thus also outside of the human being.

(22) **“When you make the two (Tathagata, the father, and Dharma Kaya, the projected image of the soul entering Nirvana) to one (to a single appearance: Bhagavan), ... and when you make eyes in the place of an eye (when you look at the world through the eyes of all individual consciousnesses, instead of just through your own pair of eyes), ... and an image in place of an image (and when you recognize your own image in the image of Bhagavan); then will you enter (Nirvana).”**

Undoubtedly one of the dazzling highlights of the Gospel of Thomas, which describes Nirvana exactly like in the Buddhist Sutras.

(42) Jesus said, “Become passers-by.”

In the cycle of reincarnations (samsara), people have to do many rebirths until they finally reach liberation in Nirvana. Who concentrates on the objective, on eternal life in Nirvana, in Paradise, considers his earthly life as a temporary form of existence and himself as a passer-by.

(50) Jesus said (to his disciples once): “If they ask you: What is the sign of your father in you?, say to them: It is motion and rest.”

The wave-particle dualism

(Continued on next page)

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(Continued from previous page)

teaches us that electromagnetic waves transform into a particle (matter) when observed by a human consciousness. The Vedas teach us that the material world (our universe) was created by the looks of Vishnu at primordial matter (prakrti). And I teach in accordance with this, that this happens through the superimposition of two identical but opposing electromagnetic waves (respectively wave bundles).

Identic opposing electromagnetic waves cause standing waves, and these are characterized by "motion" in their antinodes, and by "rest" in their nodes.

The **primary creator** (Vishnu = Cosmic Consciousness) sends the interference patterns of matter and living beings as **Primary Signals** from the Brahmajyoti into the universe. The **secondary creator** (Brahma = Universal Consciousness) sends the same interference patterns through his individual consciousnesses (humans, animals, ...) as **Secondary Signals** in opposite direction towards the primary signals, creating thus a resonance pattern of opposing waves with wave peaks (**motion**) and nodes (**rest**), and the electromagnetic interference patterns transform into matter.

The "sign of the Father" (Brahma) in the disciples is

motion and **rest**, because their bodies are made of matter.

Jesus already knew the cause of the wave-particle dualism!


Zen Christian grew up in a Christian environment and has worked all of his life on board of ships and boats. His own Nirvana experience led to the deciphering of the Gospel of Thomas.

Never doubt that a small group of thoughtful committed people can change the world. Indeed, it is the only thing that ever has.


— Margaret Mead

Awareness Magazine would like to extend "A Heartfelt Thank You" to the fire fighters, police department, sheriff's department, first responders and chaplains that risked their own lives during the recent events in California.

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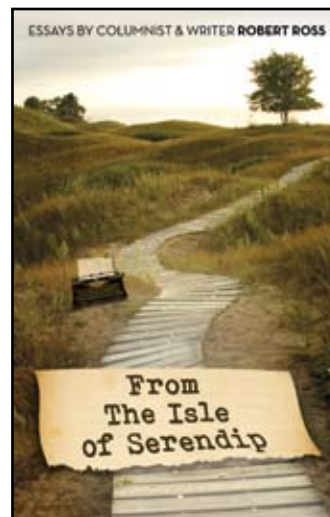


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John went to Virginia and Transformed His Life

By Michael Peter Langevin

John awoke one morning at the age of fourteen, to find his father dead of an overdose in the living room of their run down trailer, in the back woods in rural California. He sat alone with his father's body for four hours until he could make himself call 911. The police came and searched the home. They found a great deal of illegal drugs and evidence that John's missing mother was connected to the drugs. She was arrested and put in jail. John did not see her again for the next five years except for two social service arranged visits to southern California where she was in prison.

John was placed by social services in the home of an older cousin. This cousin was ill prepared to take care of a grief filled fourteen year old. His ways of reacting to his traumas which was very normal were intimidating and scary to her.

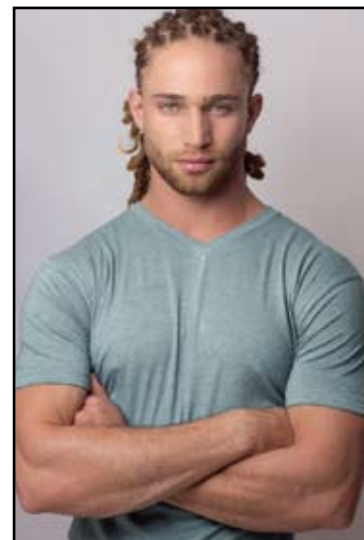
She soon told social services she could not have what she felt was a crazy and potentially dangerous person in her home. She even advised he should be institutionalized. Because of her experiences with John, none of his other relatives would take him. Thus began John's rotating placements in over twelve foster homes in the next six years.

I was working as a social worker when I met John. He was an angry, troubled youth, with very few friends, and who was about to flunk out of school. With my urging, he began keeping a journal and writing poetry. He journaled amazing quality material and his poetry was exquisite. He also began to sing his poetry. It turned out he had a wonderful voice. I talked Social Services into buying him a guitar. Before and after school he began

hanging out at a local coffee shop, and playing his guitar and singing. People loved it. The coffee shop owner arranged for regular Friday music nights for John to play. They eventually gave him a job after school behind the counter.

His anger disappeared. He made many new friends. The coffee shop owner and the other workers became John's first real support group. His grades picked up at his high school. His teachers and even the principal took a great interest in John and became his second support group. The day John graduated high school many people who had come to care about him celebrated!

John was accepted at a community college, about fifty miles from where he had his support groups. I moved away from the area at that time. John and I stayed in close touch via



John - photo courtesy of The Monroe Institute.

email. John gave college his best try but being in a new city totally on his own with no support groups was too difficult. He flunked out. He got a job at a "big box store" to pay his bills and stay in his new city. He began playing his music in the coffee houses and clubs around Chico.

Working at The Monroe Institute (TMI) I felt we could help John take the next step in his development, but John was barely paying his bills. I went to TMI's President. I told her John's life story and how he has tried so hard and seemed to be at an important crossroads in his life. She decided to do something they rarely do at TMI. She said, "if you can get him here, TMI will award him a full scholarship to our intro program Gateway Voyage."

John was in a great place on every level by the time he got to Virginia.

He later told me that he had thought: 'I do not have anything in common with these other people.' After the first night however, "The Monroe Magic" worked. The other participants all become his good friends.

One day he came in all ex-
(Continued on page 25)

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BOOK Reviews

By Gary A. Miller



SEARCHING FOR THE WHITE MAGICIAN: SPIRITUAL PSYCHOLOGY AND THE MANIFESTATION OF DESTINY

by Stefania Magidson in Dialogue with Carmen Firan

Searching for the White Magician is a wonderful conversation between Stefania Magidson and Carmen Firan, two intelligent women discussing the meaning and purpose of life. They explore a number of "diverse themes, from the role of institutions to personal purpose, from religion and spirituality to self-exploration."

Stefania would discover the nature of invisible laws and the mystery and magic of life from reading a number of books and articles, and she found connections and coincidences between her thoughts, aspirations, intuitions, dreams and actual reality. This book is a gift of love, awareness, compassion and will open you up your mind and heart to what is important in life. Finding the paths to spiritual growth with prayer and meditation, helps with learning more about ourselves and aids in self-advancement to a better, fuller, more spiritual life.

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BEING HERE...TOO: SHORT STORIES OF MODERN DAY ENLIGHTENMENT

by Ariel & Shya Kane

Being Here...Too is a collection of everyday, inspiring true personal stories about life, death, and modern day enlightenment. The stories start with the magic of being you, families and forgiveness, parenting, teaching, and transformation, birth, death, and the physical

challenges in between, dating, relating, and finding the one, and being in the moment and achieving your goals. This is an inspiring collection of stories and strategies, to touch your heart and soul and help to live in the moment, and enjoy the gift of life and happiness.

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AWAKEN THE CHRIST CONSCIOUSNESS WITHIN YOU

by Barbara Wilson

Awaken the Christ Consciousness Within You was an unpublished book written by Barbara Wilson, and published by her son Robert Jr., to share the wisdom she discovered on her spiritual journey through prayer and meditation. She explains how to use the power of prayer and meditation through Jesus Christ, to know and personalize God, and overcome fear, anxiety, and sadness, and replace them with healing love, peace and joy. God answers prayers, and she gives

advice and direction on how to find heaven here on earth, and to make a journey to find the light, truth, and way to a better wholesome life.

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Gary A. Miller is a horticulturalist, naturalist, and part Hunkpapa Lakota (mother was born and raised on the Standing Rock Reservation), and educated in the ways of nature, survival skills, and the material culture of many tribes.

Book Reviews

By Chris L. Thompson

TANTRIC DATING: BRINGING LOVE AND AWARENESS TO THE DATING PROCESS

By Catherine Auman, LMFT

This book by therapist Catherine Auman has a lot of wisdom distilled within its pages. *Tantric Dating* takes a look at the modern dating scene and suggests another path. It is a Path that rejects the judgemental approach that is so damaging to ourselves and others. After examining the concept of romantic love and its marriage to consumerism in our society, she begins the deprogramming process. Catherine Auman lets us know that it is up to us to be loving and open to finding love. By eliminating society's

criteria and throwing away our "perfect person" checklist, we are most likely to find love.

This are five great exercises to help us be more receptive to authentic love. They are "The Eyes-Your false friends," the egg meditation, tantric dating metta and tonglen, and "the Perfect Beloved in This Moment." This book should be required reading by everyone before they begin dating.

Published by Green Tara Press. Available from local booksellers and online.

THE TEACHER APPEARS 108 PROMPTS TO POWER YOUR YOGA PRACTICE

By Brian Leaf

This is an exciting workbook from the author of Misadventures of a Garden State Yoga. Brian Leaf is also the director of The New Leaf Learning Center, a holistic tutoring center in Massachusetts. One dives into this book because the exercises begin immediately. Besides the author, there are twenty eight other contributors who have shared their wisdom within these pages. Designed to get you thinking more deeply about your yoga practice, these prompts run the range from insightful to irreverent. They are as concise as they are powerful. *The Teacher Appears* could help you move on

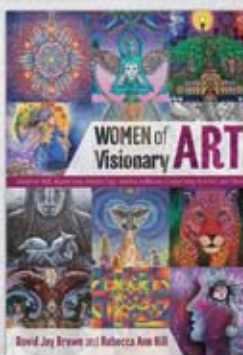
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REFLEXIONS BELFEXIONZ

By Robert Ross, CHZT



Paradise Found

Seated at a window seat, yellow tablet in hand, my flight from Denver International airport headed to San Diego takes off. I scribble adjectives I'll use for my article about our Colorado trip: "awesome, majestic, awe-inspiring, looming, dramatic." The list grows. Glancing out of the plane's window, the snow-capped mountains of Pikes Peak, Longs Peak, Ute Peak, and Mount Gunnison are in view. My adjectives already seem weak, unimpressive, silly. *Words can't possibly describe Colorado*, I think to myself, *the state has to be seen, touched and felt*.

An hour into the flight home, with John Denver's *Rocky Mountain High* melody circling through my mind, I close my eyes and drift into a dream-

like state, reliving our eight-day Colorado adventure.

In a rented car, my wife, Ingrid, and I drive north from Denver International Airport to the college town of Boulder. It's an hour's drive, cars and traffic, nothing to write home about. Boulder itself, though, has charm. The tree-lined downtown streets and brick-paver walkways invite bicyclists and browsers on foot to wander about, visit unique stores, outdoor cafes and coffee hangouts. We park, have a look-see at some shops, sip lattes with student-types, then it's back on the road to Estes Park.

"Heeere's Johnny" screeches Jack Nicholson in the movie *The Shining*. Nicholson portrays a man who has lost his mind while overseeing a large unoccupied hotel in a mountainous area, in the dead of winter. The Stanley Hotel in Estes Park inspired Stephen King to write the novel, *The Shining*. The three-story white hotel, with a red tiled roof, built in 1909, maintains a classic early 1900s look and attracts fans of the movie from around the world. In the lobby, we hear "Bonjour" and "Guten Tag" as foreign visitors roam the hotel.

Estes Park is minutes away from the entrance to the Rocky Mountain National Park. Late in the afternoon we check into a motel, knowing tomorrow the adventure begins in earnest.

We're lucky, the day we enter the park, May 26, they open the road through the entire park—east to west. The road had been partially closed for the winter. This is the day that Ingrid and

I begin using a basket of adjectives: "awesome, unbelievable, incredible."

We drive up the Trail Ridge Road on a series of switchbacks which often carve their way through eight-foot walls of compacted snow on either side. The road brings us above the tree line where we drive for a dozen miles at over 11,000 feet. At times, we enter cloud-banks, then reemerge having a complete panoramic view of snowcapped mountain peaks and distant valleys below. The drive is an introduction to Colorado's beauty, beauty that inspired John Denver to write *Rocky Mountain High*, and Katharine Lee Bates to write *America the Beautiful*.

We pull off the road at 12,000 feet, leave the car. There are no trees or vegetation and the air is noticeably thin. While walking, my breathing is labored. I turn to the north and look as far as I can see, then turn to the east, then south. The view is spectacular in all directions. Almost in unison, Ingrid and I blurt out, "This is magnificent!"

Driving down the western side of the National Park brings us out of the park and to the resort town of Granby. We fill up with gas, have lunch, switch drivers and continue on Highway 70 heading southwest to Glenwood Springs.

The road to Glenwood Springs takes us through some narrow gorges along the White River. Tall jagged rock canyons tower on either side, and a raging river hugs the road only feet from our car; a white-knuckle, jaw-dropping, beautiful drive.

Glenwood Springs is home of the famous thermal hot springs that have attracted such notables as Doc Holliday, silent movie star Tom Mix and even Al Capone. We spend the afternoon luxuriating in the Glenwood Hot Springs Pool, then explore the Hotel Denver with its heritage dating back a hundred years.

In the movie *Wyatt Earp*, Doc Holliday, notorious gambler, gunfighter and dentist, makes

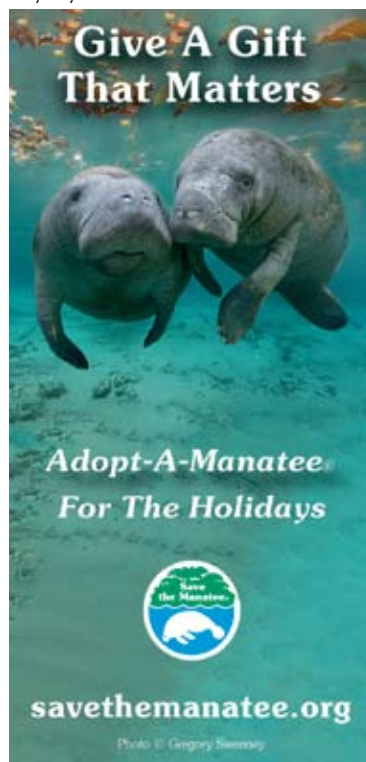
headlines by helping Wyatt confront a group of outlaws at the O.K. Corral. This shootout is regarded as the most famous gunfight in the history of the Wild West and landed Holliday in American history books. But, Doc was sickly, suffering from TB so he moved to Glenwood Springs to "take the waters," in an attempt to recover his health. He died on November 8, 1887, at age thirty-six. We visit his memorial at the Linwood Cemetery overlooking Glenwood Springs. There is no marked gravesite for Doc. Some say it was too cold and icy to bring his body up the hill in the winter, so they buried him at a lower elevation. Others say, "he got buried in someone's yard." No one really knows.

From Glenwood Springs it's on to Maroon Bells. We enter the park and drive six miles up through an aspen forest. The aspens have just opened up in full green splendor. Ingrid comments, "It's beautiful now, but this must be a sight, in the fall, when they turn a spectacular golden color." The road ends in a parking area where visitors are surrounded by the view of mountain peaks; some still covered in snow, others expose a maroon coloring and bell-like peaks, giving them the name Maroon Bells.

We continue our drive south to the village of Ouray, a picture postcard hamlet, nestled between looming jagged mountains. Hot springs and small motel cabins catch my attention. I turn to Ingrid, sweep my arm outward, "This place is beautiful, off the beaten path. I'm coming back, rent a little cabin, take some hikes and do some writing." Ingrid smiles, says, "Yes dear," having heard the phrase "I'm coming back" many times while on our adventures.

There are more passes to cross as we make our way south to former mining town of Silverado. We drive the "Million-Dollar Highway," named, not for the cost of the highway, but for the million-dollar view.

(Continued on next page)





Voices of Hope

By Audrey Hope

A Prayer to Save California

We Join together and vigilantly pray to STOP these fires at once. See the angelic and elemental kingdom assisting with this effort. See huge soaking wet blankets coming down over the fires, PUTTING THEM Out instantly. Visualize the winds calming and rain falling to assist. We CALL for assistance to the brave firefighters. In the light of the most high, we end these raging infernos now and it is done.

Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: askaudreynow.com audreyhope.com and www.youtube.com/audreyhopenow Her CD, The High Voltage Hope System, is available online.

John went to Virginia...

(Continued from page 22)

cited, he had felt strongly that he had spoken with his dead father. He had told his father he loved him and forgave him for all the tough times. His father still felt bad about letting John down. John said, "When I found my dad he seemed like a 1000 year old corps encased in grief. When I left him he felt like a sweet young girl's soft tears of joy."

After the program John made statements like: "I came here doubting there was existence after death, now I know there is not only that but tons of other

levels to realities." "I have decided to reset my goals. I now want to write a book about my life and what I have experienced, and then I want to speak in public to inspire others to overcome their personal disasters."

Book Reviews...

(Continued from page 23)

your yogic journey if you feel that you have plateaued. It is a novel approach to instruction and should be included in the bag alongside your mat.

Published by Free Living Press. www.teacherappears.net Available from local booksellers and online.

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

Paradise...

(Continued from previous page)

On the Red Mountain pass, the weather changes from cloudy to stormy. Within minutes we're pelleted with golf ball sized hail. Sheets of white pellets pummel the car. We can't see ten feet in front of us. I yell to Ingrid, above the deafening sounds, "Pull over, pull over!" Scared, we wait. There's a saying in Colorado, "if you don't like the weather, just wait an hour." By now we've seen beautiful sunny skies, cloudy days, rainy days, passed through a snowstorm on a mountain pass, experienced sleet and hail and witnessed some beautiful electrical storms. Like they say, "Just wait an hour."

We stop in Durango for gas, lunch and to switch drivers, then head west to Mesa Verde National Park. I've seen the photographs of the cliff dwellings of the area, built by the Anasazi and Pueblo Indians. But, it's one thing to see the photos and another to see dwellings up close—to experience the altitude, the climate, and imagine living and surviving in a harsh, high desert environment. We tour the area with a park ranger. He's middle aged, medium build, ruddy complexion, and wearing a Smokey the Bear ranger hat. He has a look in his eyes, a far-off stare, as though he's seen many sunrises and sunsets in the high desert. During the question and answer period, the group asks typical questions, "What did Anasazi eat? Who were their enemies? What happened to them?" We see their dwellings nestled high up in cliff walls, the cooking areas, and sleeping areas.

From Mesa Verde, we head east to the Great Sand Dunes National Park. By taking our Colorado adventure early in the tourist season, we're able to enjoy sites without crowds. In seventy-degree temperatures, we take off our shoes, roll up our pant legs and cross a thirty-yard wide, ankle high stream, to get

to the sand dunes. Two hundred yards up on a dune, a handful of people, silhouetted by the bright sun, slither in the white sand, looking like little grey aliens from the movie *Close Encounters of the Third Kind*.

The visitor center brochure tells hikers to listen for a singing or a humming noise, created by small sand avalanches. We hike and listen, but no singing today. On the east side of one dune are bunches of bright yellow prairie sunflowers, standing two feet high, growing out of the sand. Walking on hills is a workout, one foot forward, dig into the sand, slide back a half a step then repeat the process. Finally, tired, I suggest, "Isn't time to eat?" Ingrid quickly agrees. We trudge back to the car and head to Colorado Springs.

We end our wilderness journey by visiting the Garden of the Gods National Park located on the edge of the city of Colorado Springs. Driving the 1.5-mile loop, golden colored boulders jutting from a hilly terrain surrounded by low laying bushes grab our attention. Native American lore has it the "Garden" was neutral grounds. Rival tribes laid down their weapons when entering this peaceful area.

The last day of our adventure we tour Denver. It's a big city, traffic, crowds and buildings. I'm reluctant to let go of the feeling I carried with me this past week, the one that John Denver tried to capture in *Rocky Mountain High*. Slowly though, I adapt to the big city.

The following day it's luggage in the car and off to the airport.

Someone's shaking my arm. "Wake up, wake up," Ingrid says, "We're getting ready to land in San Diego." *Where am I?* I hear the roar of jet engines and glance around at the full cabin. Smiling, I put my hand on top of Ingrid's hand and say, "That was a great trip." She nods in agreement.

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

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 December 15.

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JANUARY / FEBRUARY
CALENDAR ADS
DEADLINE
DECEMBER 15

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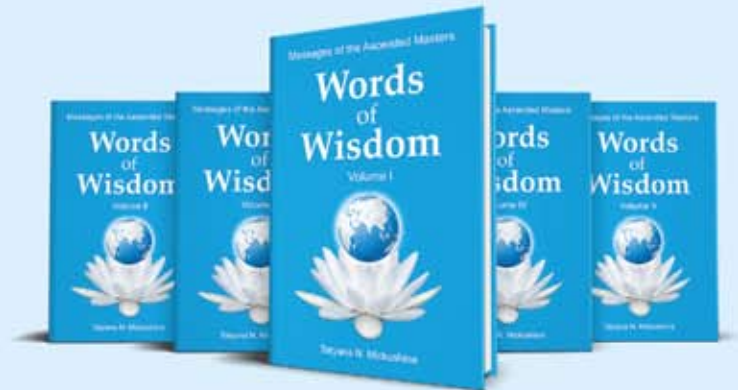
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