

Awareness[®]

Southern California's Guide to Conscious Living

JANUARY / FEBRUARY 2020
VOLUME 27, NO. 1



JULIE NEWMAR

How to Live a Short Life

MAUREEN ST. GERMAIN
2020 - A YEAR OF SECONDS...

LORI SPAGNA
USHERING IN OUR PERSONAL POWER
AND THE DIVINE FEMININE IN 2020

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

Join Maureen at the Conscious Life Expo

Lecture

The Akashic Records and Multi-dimensions

Friday, February 7th • 8–8:45pm

Room: Century C

Ascension Panel

Accessing and Living in the 5th Dimension

– How to prepare for the 2020 Ascension Impact

Saturday, February 8th • 2:30–4:30pm

Plaza Ballroom

Workshop

Connecting the Dots in 5D

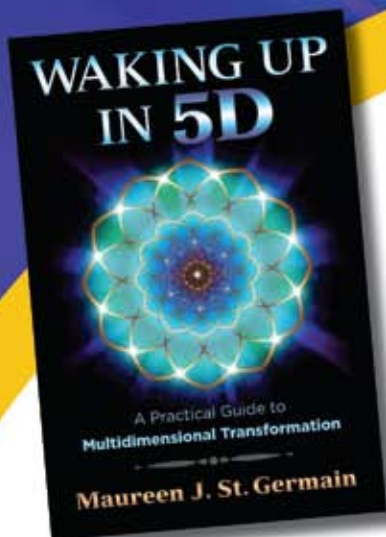
Sunday, February 9th • 10:00–11:30am

Room: Los Angeles A



Maureen J. St. Germain

Visit Maureen in Booth 252



Discover Enlightened Truths that will
Transform Your Life Today

Waking Up in 5D

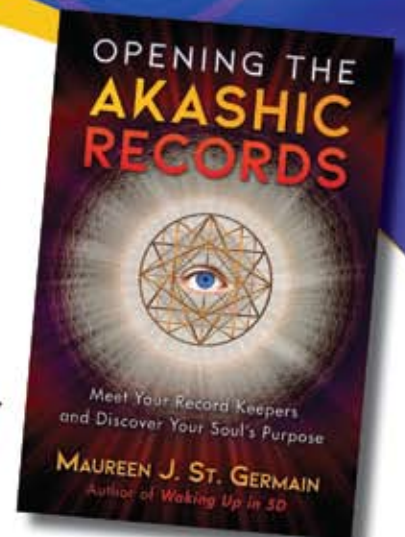
Award Winner in Personal Growth and Self-Help.

Voted best-selling book in America by independent retailers.

Akashic Records

Anyone can open the Akashic Records.

Why Not You?



Published by Inner Traditions / Bear & Company • Available on Amazon & MaureenStGermain.com



Join Maureen St. Germain & Sacred Land Travels for
EGYPT 2020: 5D AWAKENING
SPRING EQUINOX • March 16–30, 2020
Please visit the Sacred Land Travels booth 251 or sacredlandtravels.com for more information.

Awareness®

Southern California's Guide to Conscious Living

Continuing our 27th Year of Service
with our Women's Issue



4

4. How to Live a Short Life
By Julie Newmar



6

6. 2020 - A Year of Seconds...
By Maureen St. Germain



10

15. Are You a Victim of Gaslighting?
By T Stokes

20. You Carry All Your Wealth
Inside of You, as You
By Terry Cole-Whittaker

22. Time, People and Environment
Come Together and Create
an Energy Pattern
By Sung-Eun Lee

8. Ushering in Our Personal Power
and the Divine Feminine in 2020
By Lori Spagna

9. Securing Smart TVs:
Building a Digital Defense with Your TV
By Beth Anne Steele

10. Walking in Beauty
By Niánn Emerson Chase

11. Finding the Seeker:
The Eternal Companionship of Ram Dass
By Beth Ann Hilton

12. Three Faces of the Healing Goddess
By Mandara Cromwell

13. Predict Your Own Future:
Create Your Reality
By Margaret Ann Lembo

ON THE COVER: JULIE NEWMAR
Photo courtesy of Sean Black

DEPARTMENTS...

- 20 Be-U-to-the-FuLL
21 Music Reviews
22 Feng Shui Concepts
23 Book Reviews
24 Reflexions
25 Voices of Hope

- 17 RESOURCE DIRECTORY
26 CALENDAR OF EVENTS
27 CLASSIFIEDS

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

EDITORIAL STAFF

ROBERT ROSS
RELEXIONS

CHRIS L. THOMPSON
PROOFREADER

ROBERT EVANS WILSON, JR.
BOOK REVIEWS

CONTRIBUTING WRITERS

TERRY COLE-WHITTAKER
MANDARA CROMWELL
NIÁNN EMERSON CHASE
BETH ANN HILTON
AUDREY HOPE
SUNG-EUN LEE
MARGARET ANN LEMBO
JORDI MAY
JULIE NEWMAR
LORI SPAGNA
MAUREEN ST. GERMAIN
BETH ANNE STEELE
T STOKES

ADVERTISING SALES
(714) 283-3385

Yolanda@awarenessmag.com

Charles Harvey
(805) 612-2485
Charles@awarenessmag.com

twitter.com/awarenessinfo
facebook.com/awarenessmagazine
instagram.com/
awarenessmagazine8442
YouTube: Awareness Magazine TV
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



How to Live a Short Life

By Julie Newmar



Julie Newmar, photo courtesy of Sean Black.

Make others, not yourself responsible for your happiness.

Complain, complain, explain

Answer to all other voices than your own

Brood ... not having your eyes above the horizon

Give away your power to drugs, trends, philosophies, -isms, institutional mind sets

Withdraw generosity, unconditional love, in favor of living off past sins

Neglect gratitude. The first step out of a mire, the first 20 steps out of a mire

Not finding your enthusiasm or expressing it toward others

Not satisfying, acclaiming, rewarding yourself

Being tense ... for more than 5 seconds. Preferably only half a second

Intransigence – not giving yourself the freedom to make better choices

Being at war ... on the constant assault

Being attracted to blockage instead of to flow

Not asking for help

Thinking about poverty more often than abundance

Not loving the family you have. Not creating the family that loves you

Fearing anything, not confronting it

Poor me. Projecting

Greed, stopping the flow. Not knowing you are enough

Not practicing distance vision, resulting in calmness, peaceful transition

Not going for the joy, moment after moment after moment after moment

Not being aware of yourself as an infinite, evolving being in this ever expanding universe

I can, I have, I know

Julie Newmar is an American actress, dancer and singer, known for a variety of stage, screen, and television roles. She won the Tony Award for Best Featured Actress in a Play for her role as Katrin Sveg in the 1958 Broadway production of The Marriage-Go-Round, and reprised the role in the 1961 film version. In the 1960s, she starred for two seasons as Catwoman in the television series Batman (1966–67). regional productions. www.JulieNewmar.com

VIA ILLUMINATA

Shamanic Wisdom & Sacred Mantra

Explore the wisdom of the ancients in holy temples in the clouds, take part in ceremonies, receive rites of initiation by renowned medicine men and women of the Andes, and come into harmony with the original sound of the Universe.

THE
FOUR
WINDS



JUNE
07-14
2020
PERU

Let Go Into the Mystery & Rise In One

For more information: (877) 833-9898 | fourwinds@thefourwinds.com | thefourwinds.com

2020 - A Year of Seconds...

By Maureen St. Germain, the Practical Mystic



Maureen St. Germain, the Practical Mystic, photographed by Gean Shanks.

Twenty twice. Twins! Twenty-twenty is the master expression of the number four. In numerology, two twos represent the Master Number 22, which adds up to four. Four is all about hard work, order and dedicated service. Twenty-twenty can also represent pairs! Pairs of what you may wonder? Four represents the order we build at a much higher level in consciousness. It is the merging of ideas, and concepts that we have worked with before, but now see and use in an enlightened way.

Sometimes we have a conversation with someone – and we need to start it over. Sometimes we don't even realize we need a "do-over" until the conversation has taken a turn for the worse, misunderstanding one another and more. We stop, asking, "Let's start over...". In that moment we mutually agree to allow the prior conversation to melt away, and begin again.

It's an easy tool that many of us use in our communications with one another.

Pairs this year may mean do-overs

The entire year is full of opportunities to do things over, and get it right. No - let's do-over that word "right," instead saying, ***"it's the year to level up, and step into the Mastery I've been creating!"*** In our new paradigm of 5D, there is no right, because that would open up a polarity. Instead, we are leveling up!

In a master stroke of "do overs" I had this article completely written and ready to submit to my editor. I looked up the word count to alert her via text that I would be sending it momentarily because the article was too long – and Voila, the WHOLE article disappeared. Completely.

I let it go. No anger. No frustration. After all, as a child learning to sew, my mother

taught me to walk away when something wasn't coming together, and come back to it later, when I would be fresh. It was New Year's Day, and I'd had a lovely slow day, lunch out, shopping for a few groceries and then home. I really wanted to relax the rest of the day and watch a video but I forced myself to get the article done, and was happily reporting to her, so she could edit it and send it off to the publisher. I like keeping my agreements, and the publisher wanted it by the first! But I still didn't get the message!

The following day, while trying to re-start, I had the slight hope that I could recover it. No chance. Then I had numerous interruptions from my roommate, who just started talking to me, even though I had gone into another room to create space for myself. By the time I took care of those interruptions, construction workers

showed up, making noises and huge amounts of dust as they cut through masonry. Starting to feel angry, I reminded myself, I do have a choice! Finally, I'm settled at the public library with my very portable office and power supply. I'm so grateful to have my public library close, and to be so comfortable working away from home.

It all started with a New York City subway ride for lunch on New Year's Day. My companion announced, "Two stops to Second Street." I nodded. "Two stops to second, tapping and rhyming..." "Let's make that a rap! My seatmate (a stranger) looked at me, and we smiled at each other, "Happy New Year" I called to her as we left the train. Walk to Second Avenue at Second Street (The Village is like that) and into the restaurant. He told the host, two for lunch at one. By now I had gotten the point. I was contemplating what my message to you would be, and the universe was most certainly filling in the void. It's all about the two's!

Do overs for 2020

This is a year for review and reinvent. This is a year of "re" everything! Let's start with the astrology. My friend and good-timing astrologer, Madeline Gerwick, tells us that now is the time to get anything started, because after April we are being forced by the universe to re-think all our decisions, especially in the categories of progress, love and money, and how you will spend your next two years.

Astrology is like a good GPS, it allows you to know what's coming up ahead. I don't let it rule me, but it is a good guide. It's the template the universe gives everyone to follow, unless they *opt out*! In a year filled with retrogrades, we are

(Continued on next page)

(Continued from previous page)

faced with a very strong need to review our belief in the direct path, as being the ideal. Perhaps cleaning up and clearing up the false starts took us down a dead-end. Now we can level up.

Do-overs?

Yes, that is what you can expect for your experiences this year with the exception of RIGHT NOW! You *may* be able to get a few new things up and running. Up until April we can find opportunities to move forward with grace and ease. After that, we are facing many, many re-invent, reviews and do-overs according to the astrologers.

This is because the retrogrades are working to help you re-evaluate your decisions, beliefs, and actions. During the retrogrades, you are given the opportunity to examine what you liked, what worked, what pleased you and then choose

again. Zappos, the online retailer, gives you a full year to make up your mind about the shoes you bought! Hardly anyone takes advantage of that, yet it feels so good to know you have time to figure out if you really want or need that pair that you ordered. Let's adopt that philosophy and use this year to decide what we really want, think or believe!

Initially, your reaction to a do-over might be fine, no problem, but what if multiple tries cause you to wonder if you are even supposed to do this? The answer is, to use your inner compass and check in. You might be directing the "stop work order" at higher levels of consciousness.

Proactive instead of reactive

What can you do when you are faced with yet another do-over?

- Decide that it is OK that you need to do something over.
- Start your day with a grat-

itude list. It greases the wheels for everything that follows.

- Face the resentment, and then get over it.
- The first time you do something might not be your best work, be ok with multiple do-overs.
- Create an energy vortex that allows you to "work outside the parameters of the astrology."*

I heard a story many years ago about a young man who was interning at the White House under Henry Kissinger. He was given a research assignment, and returned a week later with the report. Kissinger took the report and threw it back at him without even looking at it. "Do it over, it's not good enough," he commanded. Second time the young man returned, the same scene occurred. Four weeks go by and the young man returns with a confident message, "This is my best work, thorough, and detailed. I know you will find it compelling." Kissinger re-

sponded, "Then I'll read it."

This year we are going to be asked to review our beliefs, actions and thoughts to allow us to expand and grow into a new way of being. We are creating new expanded view of ourselves and the universe. Get ready to re-wind and reinvent everything! Get ready to step into the Ascended Master You!

*Read my blog post for February, 2020 at MaureenStGermain.com/blog to find out more about how to create a necessary workaround for "stepping out of the astrology template of retrogrades."

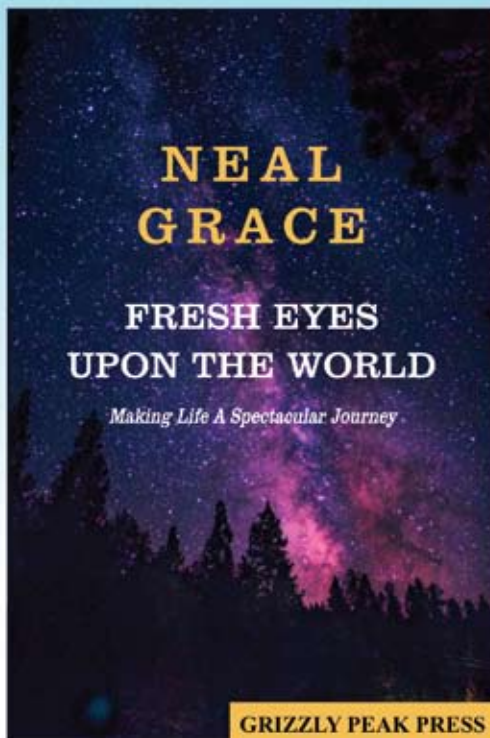
Ascension Teacher & 5D MerKa-Ba teacher. *Maureen St. Germain is a Mystic, and Akashic Records Guides Founder. She teaches in Ascension awareness tools globally resulting in empowerment and transformation of individuals and organizations. Since 1994 she has traveled and taught meditation, sacred geometry and manifestation. She takes people on Sacred Journeys as well as year-long trainings called the Ascension Institute. Her numerous published works (books, CDs, DVDs) are best sellers on Amazon on in bookstores. Her books have been translated into Italian, Chinese and Russian.*

Dazzle Your Soul! Awaken Your Passion For Life!

SELF-EMPOWERMENT
& RELATIONSHIPS
HOTLY DEBATED ISSUES
THE WORLD & NATURE
SPIRITUALITY & PHILOSOPHY



amazon.com
www.nealgrace.com
www.grizzlypeakpress.com



"Neal Grace's book is an inspiration of powerful insights blended with delicate hues of wisdom. It is a book to keep close like a loyal friend."

Dr. Will Tuttle, author of the international best-seller,
The World Peace Diet



"*Fresh Eyes Upon The World* is a must read for everyone!"

- Reverend Luzette Celeste McDonald
Co-Founder of the Telos Healing Center

Ushering in Our Personal Power and the Divine Feminine in 2020

By Lori Spagna



Lori Spagna

Humanity is about to enter another major turning point in the ongoing Ascension Timelines and the evolutionary shift from the 3rd Dimensional Reality and the old paradigm, as we up-level into the new paradigm of the 5th Dimensional Reality.

This 2020 timeline, aka, The Re-birth of Humanity as we evolve from Homo Sapiens into Homo Divinus, is entirely unlike anything we have ever experienced before.

We are essentially learning to anchor in and align with our true divinity. This is our person-

al power - the personal alignment with our original Divine Source.

This original Divine Source, aka, this omni-potent, omniscient, omni-present Divine Source, is within each and every one of us, in everything, everywhere. It literally is, all that is, all that ever has been, and all that ever will be.

In order to truly align with it, we must call it into our bodies, activate it from within us, and expand it out, through and around us, both as individuals and also as a collective human-animal species.

At the same time, we must fully re-birth The Divine Feminine - the aspect of us which has been so absent from our old 3rd Dimensional paradigm of an overly masculinated, patriarchal system based in fear, dominance, aggression and control.

Think of it this way: Masculine energy is The Force. The Force of Creation. Action and reaction. It is causal. It is activ-

ity in motion. It is process of creation and manifestation.

Feminine is Flow. It is ALL that IS. It just is.

The two together are creator and creation.

2020 is a merging of feminine and masculine. Force and flow. Creator and creation.

When this mega-merging happens, 2020 will effectively be a rebirth of unity consciousness for all willing participants.

It is also so important to acknowledge that this Original Source within all of us includes an Original Divine Blueprint for perfect and ideal health and well being, as well as love, joy, happiness, fulfillment, peace and harmony.

In order to know and experience this for ourselves, we must attune ourselves to these frequencies of consciousness and to this Source.

As we do, we will realize that those who are not yet attuned to it, are still existing in the 3rd Dimensional Paradigm and they have yet to awaken and birth themselves out of it.

2020 will make this glaringly obvious. We will become more and more conscious of those who are in 3D and those who are awakening in 5D and the associated overlapping realities, sort of like highways and roadways all going in different directions...these realities are called timelines.

Timelines are experiences that we agree to experience, either consciously or unconsciously.

Like giant super highways, timelines overlap. They attract into them and align those who are going in a particular direction. They also divide those going in different directions. This

attraction and division is based on energetic vibration, which is what forms timelines.

So in other words, 2020 is the great uniter and divider of vibrational matches based on energetic frequencies, which are also vibrationally based in light, sound and consciousness.

Also during 2020, old realities are dissolving as many timelines are literally falling out of vibrational band width.

This means that whatever we are vibrationally compatible with, ie, whatever the experiences we experience, will be the timelines we line up with.

This makes it even more important to energetically line up with that which we would most like to experience, since that is what will manifest into our reality.

How do we do that?

First, check in with yourself.


- How are you feeling?
- How are you behaving?
- How are you treating others?
- How are you treating yourself?
- Who are you being and what are you experiencing?
- How would you feel about yourself if you took a good look at how your actions, behaviors and words were affecting others and also the world?
- Are you in service to self or service to the greater good?

You will notice what you have created and what your reality is based on your internal and external experiences.

If your reality is reflecting undesirable situations, that is a reflection of what you are putting out.

(Continued on next page)

THE ULTIMATE JOY:
EXPERIENCING YOUR SOUL



“WOW! This is a life-changing book which by turns, made me pause (as in thinking about my life), exult, weep.”
- Naomi Serlen, LCSW

Available on Amazon, Kindle &
www.dianamuenzchen.com

(Continued from previous page)

ting out (in the non-physical, 4th Dimensional realm, this is called the boomerang effect.)

Your distortions will become glaringly obvious. Your judgments will be dramatically reflected back at you.

Get yourself in check ~ clean up wherever you may have contributed harm or detriment. Whatever is no longer fulfilling or rewarding, lovingly let it go.

Learn to be quiet in the mind and and get still in the body. Actively engage from the heart center. Let this timeline super highway level you up to the next vibrational band width.

Next, in the new fully activated 5th Dimensional Paradigm, we must access our greatest inner resources. These include:

1. the stillness of the mind, aka, inner peace
2. the magnetism of the heart, aka, inner love
3. the instinct of the gut, aka, inner joy
4. the consciousness of the DNA, activated aka, key codes, star code markings resonating with ASCENSION.

Most humans are just beginning to wake up to these higher truths and learn how to get quiet in the mind, peaceful in the body, and expand into the love of the heart to awaken the heart-brain and gut-brain.

In fact, most people still have no idea about the dormant DNA and the uncoded

blueprints that lie dormant within the DNA, just waiting for us to activate and awaken.

And yet, they are there.

This dormant, uncoded DNA is storing gifts of consciousness and solutions to all problems of the world, including our own individual issues.

It is up to each of us to awaken and activate this dormant DNA and claim these 'gifts' of consciousness, as well as these solutions to every problem we have ever faced.

All of this ~ and so much more ~ stored dormant within us ~ all waiting for us to awaken from within in the stillness of our minds, the magnetic force of love in our hearts, the power of our gut force and the codes in our dormant DNA.

For many people, this may sound like 'pie in the sky' information. For those of us on the true Ascension and awakening journey, it is here, now, on The true, organic Ascension Timeline.

If you would like more insight, support and guidance about living in the 5th Dimension, and activating your Dormant DNA plus so much more, please visit www.loriSpagna.com.

Lori Ann Spagna is a Best Selling Author, Spiritual Teacher, Ascension Guide, Intuitive, Multi-Dimensional Channel, Animal Communicator, Energy Healer & Visionary who has transformed the lives of thousands of humans and animals via her Channeled Ascension Guidance, Intuition, Energy Healing and Animal Communication. She provides Ascension Training, Sacred Energy Healing Transmissions and Dormant DNA Activations for humans and animals. Get your free gifts from Lori here: www.LoriSpagna.com/freegifts.

Securing Smart TVs Building a Digital Defense with Your TV

By Beth Anne Steele

Yes, I said your TV. Specifically your smart TV...the one that is sitting in your living room right now. Or, the one that you plan to buy on super sale on Black Friday.

Smart TVs are called that because they connect to the Internet. They allow you to use popular streaming services and apps. Many also have microphones for those of us who are too lazy to actually to pick up the remote. Just shout at your set that you want to change the channel or turn up the volume and you are good to go.

A number of the newer TV's also have built-in cameras. In some cases, the cameras are used for facial recognition so the TV knows who is watching and can suggest programming appropriately. There are also devices coming to market that allow you to video chat with grandma in 42" glory.

Beyond the risk that your TV manufacturer and app developers may be listening and watching you, that television can also be a gateway for hackers to come into your home. A bad cyber actor may not be able to access your locked-down computer directly, but it is possible that your unsecured TV can give him or her an easy way in the backdoor through your router.

Hackers can also take control of your unsecured TV. At the low end of the risk spectrum, they can change channels, play with the volume, and show your kids inappropriate videos. In a worst-case scenario, they can turn on your bedroom TV's camera and microphone and silently cyberstalk you.

TVs and technology are a big part of our lives, and they aren't going away. So how can you protect your family?

- Know exactly what features your TV has and how to control those features. Do

a basic Internet search with your model number and the words "microphone," "camera," and "privacy."

- Don't depend on the default security settings. Change passwords if you can – and know how to turn off the microphones, cameras, and collection of personal information if possible. If you can't turn them off, consider whether you are willing to take the risk of buying that model or using that service.

- If you can't turn off a camera but want to, a simple piece of black tape over the camera eye is a back-to-basics option.

- Check the manufacturer's ability to update your device with security patches. Can they do this? Have they done it in the past?

- Check the privacy policy for the TV manufacturer and the streaming services you use. Confirm what data they collect, how they store that data, and what they do with it.

As always, if you have been victimized by a cyber fraud, be sure to report it to the FBI's Internet Crime Complaint Center at www.IC3.gov or call your local FBI office.

Sealed With A Kiss

Adopt-A-Manatee.
for Someone
You Love



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



Photo © David Schindler

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

awarenessmag.com

**AD DEADLINE –
FEBRUARY 15**

**AWARENESS
MAGAZINE**

**IS NOW
DISTRIBUTED
IN**

MOUNT SHASTA, CA

Walking in Beauty

By *Níánn Emerson Chase*

I lived most of my childhood on an Apache reservation in Arizona. I grew up in a home where my mother and father had strongly-identified female and male roles, and my siblings and I benefitted greatly from our parents' harmony with each other and in their commitment to shared spiritual ideals and family. The only pressure we felt from our parents was to become the wisest, most compassionate, and ethical women and men that we could, striving to do what was right in the eyes of the Creator.

Living on the reservation gave me opportunities to have friends who were not of my race or religion, nor of my modest, white middle-class lifestyle. My Apache friends experienced the various dynamics and circumstances that plague families living in dire poverty and racial discrimination. However, regardless of our different racial, cultural, and economic circumstances, my friends and I

still shared the struggles of living in the larger dominate culture of blond, skinny Barbie dolls and the Miss America beauty pageants of white women on parade, what writer Gerald Early once so aptly described a "perfectly rendered theater in our [dominant] culture."

As children and youth, we females wrestled with our own perceptions of our self-worth because of the societal messages we accepted from our peers in school, from most human institutions, from the media of the larger society, and even from grandfathers, fathers, and brothers—messages that indicated females were not as worthy as males. Still today females receive those kinds of messages; they just come in more sophisticated packages.

Especially impactful for us females in our young years was the message that if we girls were not pretty and sexy (as displayed in the various beauty pageants),

we were even less worthy, and most carried this "programming" into their womanhood, which still deeply affects how they see themselves as human beings. Though there are emerging shifts in perception of females, there still remains deep within the psyche of the controlling dominant culture (as well as some other sub-cultures) the centuries-old myth of seeing women as objects and chattel.

For many years I experienced an underpinning insecurity because I did not fit the widely-accepted image of beauty. As I evolved psychospiritually, rather than worrying about getting wrinkles and fretting over my graying hair or sagging bottom, I begin to strive for beauty of another kind, which is described in the beatitudes (beautiful attitudes) Jesus taught—loving service, unselfish devotion, courageous loyalty, sincere fairness, enlightened honesty, undying hope, confiding trust,



Níánn Emerson Chase

merciful ministry unfailing goodness, forgiving tolerance, and enduring peace.

Within the Apache culture is a beautiful tradition that promotes self-esteem for both genders—the Sunrise Ceremony for a pubescent girl at the threshold of womanhood. This encompasses at least one year of planning and preparation, involving the whole extended family and friends of the designated girl, culminating in a three-day, coming-of-age ceremony for the entire tribe/community. In the entire process, the men have well-defined roles and the women have theirs, and they work closely together to create this spiritually-based, socially-uplifting ceremony. Ideally all persons involved can experience a sense of self and place within a loving family and community that gives the message that all individuals, female and male, are highly valued and needed.

If only this sense of personal and social "wellness" could be extended for the rest of the year, but unfortunately those three days have not yet been integrated into the whole of the culture of the reservation. Nor has the dominant culture of colonization changed enough to provide the opportunities

(Continued on page 13)



VibesUP

A Resource for Vibrational Education and Tools

Please visit our factory outlet retail stores

366 Main Street Placerville, CA 95667
 5025 McCarran Blvd Reno, NV 89502
 698 Front St Santa Cruz CA, 95060
 2512 Reynolda Rd Winston-Salem, NC 27106
 7 N 2ND Ave Walla Walla, WA 99362

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

Finding the Seeker:

The Eternal Companionship of Ram Dass

By Beth Ann Hilton

I never met Ram Dass in person, but he's been with me since 1989, when I moved to New York City straight out of college and carved out a small space for myself in the fashion and PR industries. Rather than attending designer line launches or taking the Jitney to The Hamptons, I found my self exploring bookstores in my free time, walking around the Village, meeting "characters" and taking photographs with my clunky, beloved old Nikon.

One Sunday, I met Richard, the (coincidentally-named) hippie who pegged me as a "seeker" and introduced me to Ram Dass' writings, first in a coffee shop rant, and then in a bookstore where I bought my own \$3 gently-loved copy of *Be Here Now*. It was a wonder! The sketches, the metaphysical geometry, the poetry...and - even better - the handwritten notes in the margins. Urgent laments and intimate, hopeful notes...so personal! It occurred to me that this was more of a personal bible than a mere book, and I didn't want to think about how it had ended up in my hands. I marveled over the tiny scribbles, not having lived enough of a life to jot down any notes of my own.

Flash forward to the late '90s, having moved to Los Angeles to escape the cold, when another book caught my eye, and I headed to the *Agape Spiritual Center* to hear a gentle soul named *Eckhart Tolle* share his new book, *The Power of Now*. His words resonated, and I bought a copy to place next to my (now well-worn) copy of *Be Here Now*. Life continued on, spinning faster and faster through career, marriage and baby, yet all along my two friends sat prominently on my living room bookshelf like touchstones, silently reminding

me to "enjoy it all." It was very special to hear and see the two gurus together on stage in 2011. (Video at <https://mindfulnessexercises.com/dialogue-with-ram-dass-and-eckhart-tolle/>)

Coming out of maternity leave around 2008, I received an outreach from Waveform Records to ask if I could help in promoting COSMIX, an album by Ram Dass and Krience, described as "the spoken wisdom of Ram Dass meets the Down-under grooves of Australian DJ and performer Krience." I was thrilled, then intimidated...for what could I do? On a subsequent PR call to Ram Dass and his team on Maui, I was overjoyed to learn that "Baba" was in recovery from the massive stroke he had in 1997. Surprisingly, this news became a central part of my media pitches because so many writers and editors replied by saying "Ram Dass, really? I thought he was gone." Apparently, here in Western culture, physical illnesses or challenges have a disappearing effect, even in the consciousness community that I was pitching. It hurt my heart to hear it.

Thanks in part to a wonderful support team, Ram Dass recovered enough of his speech to continue leading conferences, teaching, writing and mentoring students. Alas, at age 88, I awakened to news that Ram Dass (born Richard Alpert, April 6, 1931 in Boston, MA) peacefully transitioned at his home on Maui this past December 22, 2019, according to a statement made by his *Love, Serve, Remember Foundation*. Memorial services on Maui and upcoming events can be found here: <https://www.ramdass.org/events/list/>

Like so many, I am grateful for the curiosity, generosity,

and lightness of experience that Ram Dass shared with us. His presence on our journeys as seekers provided a sense of security, as if to say "It's okay to ask, it's okay to try, it's okay to be lost." And I have been feeling a little lost lately; all the political anger has been getting to me. In writing this piece, I came across an extensive series on the LSR Foundation's website, which shares the collective advice of the *Be Here Now Network's* teachers. In typical cosmic irony, the teachings I needed were right here for me, while I was out there "fighting" the anger (probably on Twitter). He would have enjoyed the irony. (<https://www.ramdass.org/love-time-chaos-guide-compassion/>)

I "know" nothing, but I will

say I truly feel that Ram Dass will never be gone. He has been with me through everything, and he will remain...in love, in stillness, in the groove, and in all the heartfelt notes made in the margins of *Be Here Now's* everywhere.

To read about Ram Dass' life, visit <https://www.ramdass.org/obituary-ram-dass/>

Beth Ann Hilton has a lifelong history of social activism and currently serves on the boards of HavServe in Haiti, and the Peace Song Awards. She has written for Entertainment Weekly, The Hollywood Reporter, Variety, Backstage West, BEING, and The Circle, a poetry journal. In recent years, she has specialized in promoting artists and products in the conscious entertainment space, particularly music for mindfulness and relaxation. Currently residing in Los Angeles with her family, Beth is a foodie who enjoys world travel, metaphysical studies, and volunteering in her community.

THE CRYSTAL GARDEN
AROMATHERAPY SPRAYS & ESSENTIAL OILS

CLEAN & CLEAR IN THE NEW YEAR

Palo Santo Spray
Sage & Cedar Spray
Smudge in Spray

PALO SANTO SPRAY SAGE & CEDAR SPRAY SMUDGE IN SPRAY

Spray these mists to clear your space and invite protection, peace, and clarity. Intend to replace negativity with love, light and well-being.

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

Three Faces of the Healing Goddess

By Mandara Cromwell

As we observe the world today, there are numerous aspects of life that can benefit from both modern day and ancient healing principles. Even in a modern world with advanced technology, it is often beneficial to look to ancient wisdom for insight on how to live with a higher quality of life and spiritual intention. Many are exploring the ancient teachings of the Divine Feminine for answers.

In the history of humanity, healing goddesses are honored in every major culture and religion in the world. The skills and gifts of these deities are known to be varied and significant -- to include improving health and healing sickness, creating fertility, facilitating ritual, alleviating suffering, interfacing with the plant kingdom and acting as patrons of the arts. Looking at this list, it is easy to see that ancient forms of healing are still relevant and much needed in today's world.

Those who study the goddess traditions are familiar with names like Saraswati, the Hindu goddess of wisdom, music, art and learning. Others invoke the compassionate heart of Kuan Yin, the female Buddha, in their spiritual practices. Practitioners working in the healing arts use the powers of the Earth Mother in her

many forms. Mother Earth or Mother Nature, sometimes known as Gaia, focuses on the life-giving, nurturing aspects of nature. She is described as the Creatress of all life and is associated with the moon, stars and the sea. Homer, the Greek poet, referenced her: "I shall sing of Gaia, Universal Mother, firmly founded, oldest of all the Holy Ones." In the Christian tradition, Mary, Mother of Christ, is referred to as the Divine Mother of all creation, guiding us on our path to discover our "Christic" spiritual self.

The nurturing qualities of these goddesses remind us that we are all children of the Divine. In our relationships or practices with the Goddess, it is important to remember that we are all children of this universe. Through the guidance of the Sacred Feminine, we can find many answers to our life's challenges. In truth, all the goddesses we revere are one and the same healing force in her many aspects and transcendental beauty.

Today's healing goddesses offer solutions for our quickly changing healthcare system. Many are looking for forms of healing that don't come with an endless list of side effects or other disease-causing factors. Individuals are now turning away from pharmaceuticals

and looking beyond traditional medical approaches for a solution for their symptoms of physical and emotional pain. Our population is becoming acutely aware of the many diseases caused by stress. Individuals who are in search of alternatives will often encounter many ancient techniques enveloped in the work of modern-day healing arts practitioners.

In a visit to a contemporary healing goddess, the patient or client might be given herbs or even a specific yoga practice instead of a pain reliever or pill for indigestion. If the client reveals a significant emotional component in their illness, they might be advised to engage in dance or visual arts therapies. Other forms of sound healing use primitive instruments or voice techniques, such as chanting. The participant might be invited to participate in sacred rituals that have been used since ancient times and discover that their current-day healing potential is immense.

The three faces or healing aspects of the goddess refer to three aspects of the human being. All of these must be addressed in order to have a complete healing or transformation of body, mind and spirit. In this view, medication alone only addresses one aspect of the experience of disease. Looking deeper to find the emotional component or the physical stresses that have caused the breakdown in a once healthy individual is the secret to a complete regeneration of the human form. When supported by a vibrant subtle body and energetic field, the healing powers of the body become miraculous.

However, there are times when traditional medical treatment is an absolute necessity. There are many goddesses in

today's healthcare system who continually try to re-introduce the ancient methods and work in concert with the advanced technological/diagnostic approach of today. Every field should be acknowledged for their contribution in alleviating suffering. We must continually search for ways of healing the whole human being.

In the early days of civilization, the Goddess overseeing the plant kingdom was revered for the abilities she had in alleviating the most serious health challenges. Today, extensive study continues in the many options for the use of medicinal herbs. The ancient systems—Ayurveda, Chinese medicine and Native American wisdom offer great curriculums in this area. It is important to realize that if the destruction of the earth continues, many of the natural cures may be lost. We can choose to turn to natural substances first before succumbing to dangerous drugs. While they may alleviate symptoms in a short time, "quick fixes" seldom bring a complete healing—and in many cases can lead to a dependency on the substance that was supposed to be the cure.

There are many ways we can experience a "return to Eden." Visiting our forests and pristine waters, listening to the exquisite sounds found in nature, all are healing aspects of the natural world we are bound to protect. It has long been known that there is a great potential in the healing power of sound. Looking at ancient spiritual traditions, Tibetan singing bowls, bells and gongs, quartz crystal bowls and native instrumentation were all used to bring the "energy bodies" back into harmony, thereby aligning the various aspects (body, mind, emotions) to heal the whole person.

(Continued on next page)

NEXT ISSUE

MARCH / APRIL 2020

"ENVIRONMENTAL ISSUE"

EDITORIAL DEADLINE — JANUARY 31

AD DEADLINE — FEBRUARY 15

For Advertising, Call (714) 283-3385

www.awarenessmag.com

Predict Your Own Future: Create Your Reality

By Margaret Ann Lembo



The power of prediction lies within you. Cast the elements of your future by maintaining a clear focus on what you want to happen. The word prediction breaks down as follows: pre- means 'before' and -diction has to do with talking. Make a statement about your personal world and your personal future potential realities. It's not necessary to declare this statement to anyone other than yourself.



Practice contemplative thought and visualization. Imagination is the key to success in whatever endeavor you foresee yourself implementing. Therefore, imagine your life as if it has already unfolded in the manner in which you desire. The next steps are important though. The next steps are to take steps – to take action and piece together each part of the potential future reality one step at a time. Write out all the components of what it needed for your predict. The forecast for success is bright and you have the unlimited potential to create your world.

A few gemstones and essen-

tial oils can help you to design your reality with matching positive affirmations. Citrine helps improve self-confidence. Use this gem to believe in yourself and gain clarity on intentions and how they build the future. Hold citrine in hand and imagine reality unfolding in the coming days, weeks, months, and years. Practice visualizing your life as if it has already happened and you are looking back at a time when you first thought of the new existence. Inhale petitgrain essential oil and let this aromatic oil shine light on mental obstacles. Use your awakened awareness to activate creative processes to support the mental and physical activity. Remember, the power lies within you.

Affirm: I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds.

Margaret Ann Lembo is the author of *Chakra Awakening*; *The Essential Guide to Crystals, Minerals and Stones*; *The Essential Guide to Aromatherapy and Vibrational Healing*; *Archangels & Gemstone Guardians Cards*, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of *Smudge in Spray*, and the owner of *The Crystal Garden* — the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

Walking in Beauty...

(Continued from page 10)

needed for each individual (women and men), family, and society to unfold into the divine pattern of wholeness, wellness, and personality integration.

As with the coming-of-age ceremony for Apache maidens, we adults need coming-of-age experiences throughout our lives to assist us in the unfoldment into our personality integration and ability to relate to others more lovingly and respectfully. Regardless of someone's gender or their racial, national, religious, or cultural identity, we all need to consider ourselves and each other as beloved children of the Creator and planetary citizens—true "brothers and sisters"—who have a responsibility to personally find ourselves within our own unique personalities and support one another in that process, thus becoming more whole, healed, and compassionate persons who contribute to the true progress of human civilization by helping create cultures of congruency within divine pattern.

Niánn Emerson Chase is a world-renowned spiritual leader, educator, activist, and prolific author with many articles on culture, society, spirituality, and sustainability. She shares her visions and teachings to reveal a global outlook toward a future of world peace and harmony. She is co-author of the book *Teachings on Healing, From A Spiritual Perspective* and co-founded *Global Community Communications Alliance*, a multifaceted global change nonprofit, and *The University of Ascension Science and The Physics of Rebellion* located on the campus of *Avalon Organic Gardens & EcoVillage* in *Tumacácori, Arizona*

Three Faces of the Healing...

(Continued from previous page)

Today, the technique of chanting is still used by Ayurvedic and yogic health practitioners. In these studies, some of the Sanskrit words used are labeled specifically "healing mantras."

In addition to the mantra itself, the sound was also depicted in sacred geometrical patterns called "yantras." Some of the ancient practitioners of the healing arts were adepts, who were able to see the patterns created by the sound. They chose to record them in intricate drawings that have been with us for thousands of years. These images now have an amazing connection to the recent research of the last fifty years which has led us to the discovery of a new science known as "cymatics." Through the use of a device known as a CymaScope, the vibrations of sound frequencies can be seen in water or other substances, revealing their unique geometries. Many of these sound-made-visible images called "cyma glyphs" have an astounding resemblance to the ancient yantras. Hearing and seeing sound can have a profound effect. Today's neuroscience suggests that our nervous systems benefit greatly from healing tools that address all of our senses.

The combination of certain frequencies has proven

(Continued on next page)



Visit TerryColeWhittaker.com
and click on the YouTube link
to be **Empowered and Enriched!**

terry@terrycolewhittaker.com

- Counseling
- Career Mentoring
- Retreats

Author of: *What You Think of Me is None of My Business*

Three Faces of the Healing...

(Continued from previous page)

to create a language which can speak to our cells, helping them remember their original healthy resonance. While the ancient sounds (such as OM) are primordial, the modern researched frequencies are also a natural way to assist the cells in returning to their vibrant health. Through "entrainment" with the resonances that have been proven to positively affect the physical and energetic bodies, there is a release of the stressful disease-causing factors which prevent the return to vibrant health.

Pioneers in sound healing, such as Dr. Hans Jenny and Dr. Peter Guy Manners, were researching combinations of healing frequencies that could positively affect the human form. Originally called "cymatic therapy," we now utilize a technique called "Cy-

matherapy" which is delivered with devices whose innovation grew from the original instrumentation used by these doctors and scientists. Using the frequencies generated by new instrumentation along with the modern-day images, (cymatic glyphs) we can see the sounds that heal us, much the same as ancient meditators could see the mystical symbols of their holy visions.

While there are other valuable sound healing choices on the internet, (to include recordings of nature and other musical tones or single frequencies), the most highly researched form of sound healing available to us today involves actually applying sound to the body trans-dermally. This same technique was first experimented with by Dr. Peter Guy Manners who had spent years developing the specific frequency patterns to be generated with his device, utilizing an applicator for addressing designated areas of the body. The early ideas and

the devices have now been more fully developed and they can be accessed in a much greater capacity by today's sound therapists, using the ancient texts for identifying the pathways of healing for these modern applications.

In the last decade, researchers like Joie Jones from UCLA, have proven the existence of the meridian pathways, as recorded in the ancient Chinese medical texts. Discoveries like these have opened doorways for other approaches to administering sound to the body. If we return to the ancient wisdom and oldest medical systems known to humanity, the maps for transmitting energetic healing to the body are there for us to learn from. Now advanced sound technology devices can deliver frequency through the feet and hands, providing sound nutrition to the entire physical form through these portals. Sound—from sacred chants to modern day advanced sound technology—can be an effective tool for

bridging the knowledge of the ancient healing goddesses with all the new "sound science" is discovering.

At any time, we can return to the healing powers and mystical gifts of the Goddess as we continue to evolve in consciousness. We can choose to be respectful of the ancient traditions while making amazing discoveries about the natural world that is opening up in front of us, with each new scientific discovery. A combination of the mystical and scientific truths will net us the most complete vision of what our human experience can be.

Mandara Cromwell is the author of the book, "Soundflower: The Journey To Marry Science and Spirit," and is the innovator of an advanced sound technology device called the AMI 750. She is a sought-after speaker on topics related to sound as a healing modality and offers workshops and presentations such as the "Three Faces of the Healing Goddess" to audiences locally and nationally. She is also the founder of ISTA, the International Sound Therapy Association, a nonprofit organization. For more information visit www.cymatechnologies.com.

You Deserve to be a Country Gentleman / Gentlewoman in Beautiful Riverwood Ranch -Sunland Riverwood Ranch - Historical Sacred Healing Grounds for the Tongva Indians



- Get back to Nature
- Approximately 2.5 Acres
- Build Your Dream Home
 - Gated Community
 - Horse Property
 - Oak Trees / Creek



Yolanda 323.673.1088

ColBRE#01425121



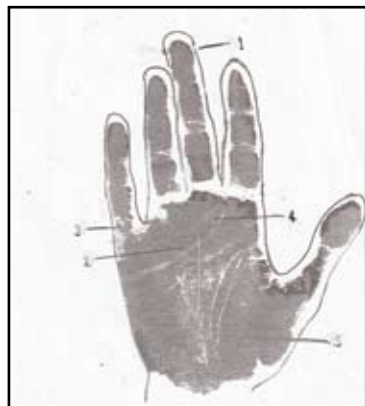
- Next to Angeles National Forest
 - Nearby Riding Trails and Freeway
 - Nearby Pasadena, Glendale, Burbank and Downtown Los Angeles
 - Nearby Community Restaurants, Shops and Golf Course
- (the only Nicklaus Design golf course in LA County)

Are You a Victim of Gaslighting?

By T Stokes

The handprint was sent in recently from a lady in the USA, and it shows several warnings of severe marital abuse.

I had to be very gentle in what I said to her, but as the story unraveled, her hands had already given me a complete picture.



(1) The Saturn or middle finger leaning for support to the finger of Apollo, this should be the strongest finger standing straight not leaning like this one.

Saturn is the planet of karma, and this told me her secrets.

(2) Badly frayed line of heart showing emotional worry and stress which over time has affected the workings of the heart as an organ, giving signs of tachycardia or nervous heart.

(3) Sharply wasted basal phalange on the Mercury finger at its root, this finger tells of all communication from verbal to sexual, and this shows blockages and restrictions in the natural flow of the sexual energies, this has resulted in increased anxiety and poor sleep patterns, and a fearful warping of the core personality.

(4) Broken Girdle of Venus markings show an anxious, sensitive, fretful temperament and an inadequate sex life.

(5) The lifeline is crashed into by the line of Mars, the

god of war at age 58.

The term *Gaslighting* comes from the famous 1938 Patrick Hamilton play and the later film adaptations in 1940 and 1944.

The original title stems from the dimming of the gaslights in the house when a particular husband was using the gaslights in the flat above, to search for the woman's jewelry that he had murdered.

The wife noticed correctly as the lights dimmed whenever he went out and asked her husband about it, but he mockingly said she was just imagining the changes in illumination.

The object is to sow seeds of doubt in the mind of the victim, making them question everything, including their own sanity.

As a long term counselor, I have met victims of *gaslighting* that believed they deserved the regular spousal beatings and ill treatment, no one should ever have to put up with this, but the perpetrator wants total control, and the victim will question their own perceptions memory and sanity, ruining their sense of self belief until total self doubt takes over.

The perpetrator, usually a sociopath or narcissist will

use lies manipulation and misdirection to destabilize the victim, denial of any ill treatment or physical rough handling is often laughed off by the perpetrator, as "just your imagination". They will use your children and own families as ammunition in the quest to dominate.

An imbalance of power such as this in a relationship can make one partner feel like an underdog, this can lead to feelings of victimization, but in gaslighting it is a long subtle process of mind bending manipulation and brainwashing.

The publicist, Edward Louis Bernays (November 22, 1891 – March 9, 1995), was an expert in media manipulation and propaganda, and his obituary in 1995 read he was the "father of public relations", (he had worked with Ivy Ledbetter Lee). Bernays was a "double nephew" of Viennese psychoanalyst Sigmund Freud—by virtue of his mother, Freud's sister, and of his father's sister, Martha Bernays Freud, who married Sigmund. He saw the public as irrational and subject to the herd instinct, and he developed *gaslighting* from the individual to the masses, making people

want wars, conflicts and ever more consumer goods. This is now called spin.

The handprint shown, tells of the inner struggle against a cruel and domineering partner, after years of being belittled, criticized and manipulated, which results in the mental and physical breakdown of the subject, a breakthrough time is reached and the tipping point reached.

The final warning comes at age 58 when as often happens there is every possibility of extreme violence, the hand carries the warning for all to see.


I urged this lady to seek help now, a wise man once said, "the help is always out there, you only have to let it in".

Carl Jung said "The woman is increasingly aware that love alone can give her full stature, just as the man begins to discern that spirit alone can endow his life with the highest meaning."

Fundamentally, there fore both seek a psychic relation to the other, because love needs the spirit, and the spirit love, for their fulfillment"

"Happy Palmistry" more on this and similar topics in my book "50 case histories in modern palmistry"

Whole lives read from emailed hand pics. www.tstokes.co.uk



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

☐ New ☐ Renew

☐ Check Encl. ☐ VISA / MC / AMEX

_____ Exp. Date _____

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>

*Are you ready to embark on a healing journey in
which the mystery teachings of the Medicine Way
become available to you?*

SHAMANIC ENERGY MEDICINE TRAINING

This millenary science is a set of sacred technologies that transform
the body, heal the soul, and can change the way we live and die.

At the Four Winds Society's Light Body School, we have trained
thousands of students who are enjoying joyful lives
and rewarding careers.



THE
FOUR
WINDS

For more information: (877) 833-9898 | fourwinds@thefourwinds.com | thefourwinds.com

AWARENESS RESOURCE DIRECTORY

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

BOOKSTORES and GIFTS



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

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 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 10, 11-12. The title is "The Elements and Elementals of Magik". The elements effect everything in life. Each person has a primary element that is the element most easily accessed in many situations. It also shows in the personality and the nature. All elements are accessible, but the primary element is a personal dynamic. 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

EDUCATION



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

Maureen St. Germain — February 7, 8 & 9, 2020 — Los Angeles, CA
Lecture • Ascension Panel • Workshop

www.MaureenStGermain.com • Please see ad on page 2.

EMPLOYMENT

GLOBAL CHANGE MUSIC NONPROFIT RECORD LABEL IS LOOKING FOR A RECORDING STUDIO ENGINEER



Global Change Music

We are looking for an experienced professional studio engineer to work in our unique and beautiful facility in Southern Arizona - a 225 acre EcoVillage. We have a state-of-the-art recording studio with an SSL AWS 948 console and many quality vintage outboard components and microphones.

This unique and amazing opportunity is for a full time volunteer/missionary who wants to work in a spiritually fulfilling environment. Help record *Music of the Future* for *Minds of the Future*®.

All needs will be met. Housing, organic food, and stipend.

Call or email to find out more today!

(520) 398-2542

info@globalchange.media
www.futurestudios.org

FENG SHUI

SOULFULL ART FENG SHUI



Soulfull Art Feng Shui

Feng Shui—wind and water in Chinese—addresses the way in which water (energy) flows. Is the direction of the wind harmonious or hampering its flow? The Feng Shui energy pattern in buildings influence all areas of life. Some buildings are more auspicious, promoting health and prosperity, others diminish health and wellbeing, even promoting financial challenges. Feng Shui based on the balance of five elements (wood,

fire, earth, metal, water) can correct disharmony and create more harmonious living experiences for you.

Sung-Eun Lee graduated from American Feng Shui Institute. Raised in South Korea, she has lifelong experience practicing classical Feng Shui: using the Lo Pan compass and the five elements. Also dedicated to spiritual growth, she holds a masters degree in Spiritual Science from Peace Theological Seminary along with a BFA from

Rhode Island School of Design. She is accomplished in Four Pillars of Life Korean astrology often incorporating it with her Feng Shui practice.

Services:

Feng Shui Consultation
Remodeling/color guidance
Four Pillars of Life Astrology
Art

Give yourself a gift of Feng Shui consultation with Sung-Eun

(650) 773-9468

soulfullartfengshui@gmail.com

GRAPHIC DESIGN/PHOTOGRAPHY



CHRYSLIS

Consulting and Design

Business & Personal Consulting
Graphic Design/Photography

CHRYSLIS CONSULTING and DESIGN

The Transformation you deserve®

Do you and/or your company need help with any aspect of your business? Chrysalis provides business consulting, graphic design, photography and marketing.

PHOTOGRAPHY

- Events and People
- Nature and Documentary
- Architecture and Real Estate

- Business and Commercial
- Artistic and Travel

GRAPHIC DESIGN

- Business Cards
- Corporate Ids and Logos
- Brochures
- Posters
- Color Specialist

- Signs and Menus
- Stationery
- CDs and DVDs
- Real Estate Ads
- Newsletters
- Book Covers
- Type Setting

(323) 673-1088

ChrysalisConsultDesign@gmail.com

HOLISTIC DENTISTS

Affordable Holistic Dental Clinic in Mexico

American
Bio Dental
Center



- **\$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

LIFE COACHING

Life Coaching from GoBeyond.org



Become who you want to be. Life coaching from GoBeyond.org combines the power of traditional coaching with meditations designed specifically for you.

Our unique coaching framework allows you to unlock exactly how your mind works. You'll investigate what you need, what you

want, and what you're doing. With supportive coaching, you'll create action plans to clear obstacles and increase happiness in your life.

GoBeyond.org's approach combines evidence-based methods of behavioral change with authentic Buddhist and yogic wisdom. In addition to professional success, our

coaches have also completed over 1,000 days in meditation retreat, examining how the mind works.

Coaching is by donation. You decide the value of each session.

www.GoBeyond.org

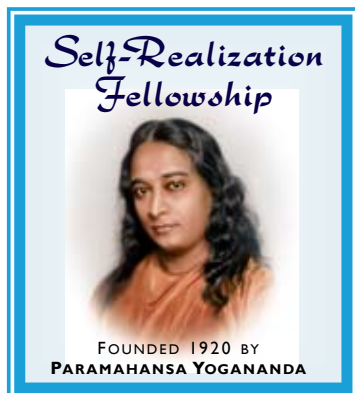
(310) 351-9672

RETREATS

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*



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 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**

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



Be-U-to-the-FuLL

By Terry Cole-Whittaker

You Carry All Your Wealth Inside of You, as You

My purpose in writing you this message is to share with you some valuable spiritual knowledge to assist you in taking greater ownership of your eternal spiritual wealth by recognizing, remembering, and claiming your divine powers, qualities, and abilities, whatever they may be. This is a discovery process. Remember Absolute Truth does exist and this is you and all living entities who are projecting and materializing this realm, this theatrical production called the world.

I call my work spiritual sleuthing, detective work, looking for gems, pearls of wisdom, and clues that open doors of spiritual perception and reveal our true and authentic self and all the wonderfulness that holds. Unless, we enter into the realm of God-consciousness, trust our inner knowing and extra-sensory abilities, and take back all powers, qualities, and abilities that we have projected onto inanimate, animate, and illusory objects, including AI and IT, how will we ever experience the awesomeness of what is possible for us now and our eternal successive moments of now. The problem is using the same system that is producing troubles to end the troubles only repeats the unwanted situations.

Are you worker-bee in a hive, that was born to work, consume, struggle, and die? Self-activation takes place in each moment of now as to where you place your attention, faith, and trust, in fear-

based thought forms or your own inner guide and cosmic wisdom.

How do you get rid of what doesn't exist?

Wisdom is the ability to perceive future consequences of our actions. The mind is a dimensional appliance that doesn't have the capabilities to know you and what is beyond, transcendental to this mental world of duality, conflict, concepts, and illusions, but we do and are. Have you noticed, self-doubt is triggered by words?

Change your agreements and you change your reality!

Emotional word triggers reveal to the astute student and spiritual sleuth any subconscious beliefs, curses, hypnotic trances, subliminal and predictive programming traumatic events and the subsequent beliefs the mind makes up that have been controlling us and producing all the troubles, problems, wars, cruelty, disease, and poverty, and have nothing to do with us as our authentic, eternal self, spirit/soul, the forever witness and creator being.

When triggered, trace your reactions to the core belief and you will notice is made of words such as: you aren't good enough, something is wrong with you, and you are a helpless victim and needy. These are all lies, but the subconscious does not know the difference between what is truth and what is false, a fabrication. Find and evaporate the lies, and as you do, instantly, the result is felt,

the obstacles are gone, and your way is clear. This is my work of assisting others to also dump the system that holds human bodied living entities in bondage by the biggest lie, that you die, when the person just thinks they're dead. How do you think you are dead if you are dead?

Our soul, divine self, naturally solves all problems; whereas, any mental solutions generates more problems, because we are getting our advice and directions from the mind that operates from information that has been programmed in and mostly erroneous such as: there is never enough, you will never make it, no one will ever love you, you're a failure, no one wants what you have to offer, be afraid, etc.

Never, ever visualize what you do not want to happen to you, especially when media or so-called self appointed experts tell you repeatedly what is and will happen as if Absolute, when only you are real, Absolute, and the life force.

You can't think out of the box when thinking makes reality, story boxes that capture us inside the drama, scripts, as if this is happening to us, when we are the witnesses from our transcendental platform observing the theatrical performance.

Yes, we are using words and there are inspiring thoughts, but even these are just made of letters and words. You only know what you experience, all the rest is hearsay.

If you don't like your illusion, change it!

Srimad Bhagavatam 1. 4. 28 What is experienced as cause and effect is an illusion since they are mutually dependent. Everything has a beginning and an end and is therefore unreal."

Your world is the reflection, the illusion of what you have accepted and agreed upon consciously or unconsciously as true and real. The outer is the effect, out-picturing of what each of us has consented to. Its our attachments to objects, people, and events

as being our source of happiness or misery. Detachment is bliss, our natural state of being without all the baggage, bindings, layers of limiting beliefs. And, when we let go and let God, we witness in gratitude the miracles in every moment, instead of blocking our manifestations with limited thinking and useless worry and mental and emotional panic that comes when we separate ourselves from Source, and trust the machine mind app.

The mind is the greatest terrorist weapon ever invented, and it was and is an invention to redirect us from our godlike self to be an indentured robot, android of AI. Basically all public education is about memorization having nothing to do with self realization and spiritual wisdom as if a fantasy for fools, when we are the Truth.

This reality is all in and of the mind!

The first Hermetic Axiom is: All is Mind. All means that this physical, 3D creation is in and of the mind, but not in and of you, a creator being who is always transcendental to the material world projection. For a hologram to appear there has to be the authentic form from which it takes its illusory form, although appearing real. But, it's not the original, only a facsimile or, according to the Vedas, the material world is a virtual reality, a perverted shadow reflection of the Spiritual realm.

Thoughts are words, words are sounds, sounds are vibrations, vibrations are energy, energy glows and gives off light, electricity. Our world is made of sound and electricity—thoughts are things and all things have a vibrational signature. Change your vibration, you change your world. The only thing we need to overcome is doubt of self.

We have been forced to use words and its language of spell casting, hypnotic trances, but we are not the words, sounds, definitions, or meanings. Its not

(Continued on next page)

Be-U-to-the-FuLL

(Continued from previous page)

wise to trust the words of others, no matter who they think they are, or allow their words to harm or de-power, depress, or discourage you, because they all come from the same source, the mind machine that everyone has installed and keeps us worried and afraid

until we learn how to control the mind and make it a friend and not our greatest enemy. This takes courage, tenacity, and continuous work, the greatest work in the world because its all about you.

Srimad Bhagavatam 11.23.42
“These people are not the cause of your happiness and distress. Neither are the devatas, my self, the planets, my karma or time. Rather it is the mind alone that causes happiness and distress and causes one to wander in samsara (the wheel of reincarnation, suffering).

Srimad Bhagavatam 11.23.44
“Paramatma (God Within), my friend, though present with the jiva’s mind which is full of desires, is devoid of all material desires and actions, and simply observes. The jiva (us) however accepts the mind, known as the subtle body and engaging in enjoyment because of association with actions created by the qualities in the mind, becomes bound.”

How much time does it take to know there is no time? None!

How do we become unbound? In order for each of us to take back our eternal, divine powers, qualities and abilities, liberate our self from suffering, be able to experience the Supreme pleasure of the soul, and manifest whatever is needed and wanted, notice who or what has been ruling you, and who or what have you been allowing to drain your self confidence, resources, and enthusiasm? What are you getting from de-powering yourself and creating obstacles and troubles?

As a spark of the Divine, All

that is, when you recognize a power you have been giving to others and denying is yours, you agreed and shifted your faith from your own wisdom, strength, genius, and eternal divine manifesting powers, and placed your faith in them and their words rather than in God-consciousness, and the Truth that always is—that there is only one power of Absolute goodness, not two equal powers in a battle for supreme ruler-ship. The battle of armageddon is a spiritual conflict within your consciousness for your soul. Take your soul back. And when you have your Self, God within you, who is the Self of every self, us, and all that is, you have it all.

Love ya, Dr. Terry

Terry Cole-Whittaker is considered to be one of the premier inspirational and spiritual teachers and empowerment speakers in the world. Ten Women of Power, a best-selling book by Laurel King, lists Dr. Cole-Whittaker as one of the 10 most powerful and inspirational women in the world. The San Diego Press Club honored her as Woman of the Year, plus two times as Headliner of the Year. Her 80’s Emmy winning, International Television ministry “With Love, Rev. Terry” aired through 400 stations, reached millions and inspired many persons to pursue a life of service, life-coaching, spiritual teaching, and healing.

Dr. Terry Cole-Whittaker received her Religious Science ordination in 1975 and was honored with a Doctorate of Humane Letters in 2009. www.terrycolewhittaker.com

Letter to the editor:

“I’m a native of SoCal and so happy *Awareness Magazine* has been there as my spiritual path has unfolded. Small story, my mother used to bring me when I was in my teens to see Terry Cole-Whittaker in San Diego for Sunday service. Happy to her name in the masthead!”

— Stephanie,
Awareness Magazine
Reader

MUSIC & MEDIA Reviews

By Jordi May



DEVA PREMAL

Deva

www.devapremalmiten.com



DEVA, from Deva Premal is nominated for Best New Age Album GRAMMY® Awards.

The opening, long form version of Gayatri Mantra, is described as a relaxing mantra sound-bath for body, mind & spirit, ideal for meditation and slow yoga flows.

The significance of Gayatri has also been exercised in other aspects of Deva’s work, through her collaboration with Miten (and Manose) when they set up the Gayatri fund after Nepal’s earthquake in April 2015. Deva, Miten and Manose donated over 120,000 Euros to Nepal.

The Vedic reference clearly has significance for the singer, which is not lost on this title track.

From the time she was in her mother’s womb, the singer said that her father chanted the Gayatri mantra to Deva each night, as a lullaby, and the mantra has since played a role in Deva’s life.

After hearing this mantra in the mid-1990s, for the first time since her childhood, Deva spontaneously overcame shyness about her voice and stepped out from the shadows, transitioning from a backup singer for Miten’s devotional songs, to the lead singer for

Deva Premal & Miten.

With *DEVA*, the Gayatri mantra once again ushers Deva into the light, this time as composer as well as a solo artist. This collection of mantras reflects the many dimensions of Deva Premal’s soul and musical expression, from the beginning of her spiritual journey through today.

Continuing through the album are Sarva Mangala, celebrating the Sacred Feminine; Prabujee, composed by Ravi Shankar and featuring his daughter Anouska Shankar on sitar, in a prayer to Prabhujii.

Listeners will also find Bud-dham Sharanam, the classic prayer from the Buddhist tradition; Mahamantra, the melody of which came to Deva from Manose’s aunt in Nepal where he chanted this as a child; and Vakratunda Mahakaya, an invocation to Lord Ganesha.

Tracks range from alluring chants with long time collaborator, Miten, to soaring bansuri lines by Nepalese maestro Manose, embedded inside a musical landscape created by producer Joby Baker’s sensual groove based instrumentation.

The album is book-ended by versions of the “Seven Chakra Gayatri Mantra,” creating an experience of a mystical journey well-travelled and coming full circle. The Seven Chakra Gayatri Mantra, debuts on *DEVA*, nearly 20 years since Deva’s original groundbreaking version of the ancient Gayatri Mantra began topping alternative music charts and appearing on yoga, meditation, and sleep playlists worldwide.

Jordi May is a freelance journalist. She is welcoming people to interview, and books and events to review.

Please contact jordiann@hotmail.com if you feel you have something of interest.



Feng Shui Concepts

By Sung-Eun Lee

Time, People and Environment Come Together and Create an Energy Pattern

There are 9 cycles in feng shui. Each cycle has its own element with a representing number and lasts 20 years, making the grand cycle of 180 years. During a 20-year cycle, each year has its own element represented by a number.

Before we can have an understanding of what this all means, we will need to look at the five key elements on which the earthly energy pattern of feng shui is based. They are, wood, fire, earth, metal and water. When these five elements come together and create a harmonious relationship around us, we naturally experience positive attributes towards ourselves, others and our environment. Things around us seem to flow with grace and ease.

But let's say these elements are not in a harmonious relationship with one another. We will likely experience being worked, meaning we will have to push in order to get along in this world. Life will take more energy.

For example, we are currently in the cycle 8 which began in the year 2004. Cycle 8 is represented by solid earth and is related to youngest son. We witnessed much trouble with youth and lost many young men to wars and violence in schools since this cycle began. We also saw the power of youth rising up to bring focus on caring for our environment. Our earth environment is represented by the energy pattern of #2, mother earth. When looking at a dynamic relationship of a youngest son and a

mother, you can see they would nurture each other.

Prior to the 8th cycle, there was the 7th cycle represented by a soft metal element and related to a youngest daughter. During those 20 years starting in 1984, we saw much innovation in the software industry as well as a rising of women power. We witnessed women taking leadership positions in corporations and other places.

The year 2020 brings in the annual energy pattern of #7 in 8th cycle. Will they get along? Some will and some won't just like in any family dynamic. Since I am not a fortuneteller, all this remains to be seen. I am strictly interpreting the combined energy field of solid earth and soft metal. So let's look at these two as elements.

Earth's nature is to give life to metal. Does this bode well for us? Perhaps. What comes to mind at this point is a picture of youth driving the software industry. Perhaps gaming applications might dominate the software industry this year. We will likely experience young women taking a more active role in this. Time will tell.

So when does this new annual energy come in? It varies by few days each year. Usually the shift takes a place sometime between February 3 and February 7. This year, the new annual energy of soft metal enters at 6:02 PM on February 4 in the Eastern hemisphere leaving behind the last year's annual energy of #8, the solid earth.

In order to find out how this relates to your house, you will

need an accurate compass reading and see what type of house you live in. I will address more on this in the next issue. We will also take a look at the house patterns and how that relates to people's energy patterns and habits. You might find it fascinating that house energy patterns often enforce people's energy patterns. This is one of the reasons why you want to make sure the feng shui in your house or business is working for you.

For now, though, I will briefly discuss the Four Pillar of Life. It is a life pattern based on one's birth, year, month, day and time you were born. They are divided into 4 stages of life. Each stage has an element of a heavenly stem and an element of a earthly branch. The combination of the two makes up an energy pattern for each stage of one's life. And each stage will interact with another influencing one's whole life pattern. Many of those who practice oriental medicine often incorporate this energy pattern for diagnosing their clients' imbalances.

Let's take a very brief look at The Four Pillar of Life pattern for this year. We have a heavenly stem energy of hard metal combined with earthly energy of a rat which is a water element. This combination alone is a good one because metal gives life to water. So, the overall outlook is positive.

I have only scratched the surface of this here. If you have questions, and/or want to know more about this year's feng shui and/or Four Pillar of Life you can email Sung-Eun at lartfengshui@gmail.com.

Sung-Eun Lee has been practicing feng shui consultations for over 20 years. She assists and supports her clients in shedding light on their awareness of their relationship with nature and within themselves. Sung-Eun is a graduate of American Feng Shui Institute, has a BFA degree from Rhode Island School of Design, MA degree in Counseling Psychology from University of Santa Monica as well as MA in Spiritual Science from Peace Theological Seminary and College of Philosophy. Please see her Resource Directory Ad on page 18.

Awareness
Southern California's Guide to Conscious Living



Awareness Magazine TV schedule:

Monday 6:00 p.m.
Wednesday 10:30 p.m.
Thursday 6:30 a.m.

Channel 36 in West Hollywood on Spectrum and the greater Los Angeles County, channel 99 on AT&T U-verse.

YouTube: Awareness Magazine TV

Let's leave
our children
a living planet



WWF

www.worldwildlife.org

1-800-CALL-WWF

BOOK Reviews

By Robert Evans Wilson, Jr.



LIFE DESIGN FOR WOMEN CONSCIOUS LIVING AS A FORCE FOR POSITIVE CHANGE

By Ariane Burgess

Ariane Burgess, a regenerative designer, who has designed labyrinths and food forests, wrote this book as a guide to empower women "with a goal-setting structure in which they could define what success looked like to them and include the planet in those goals." She observes that "wasteful lifestyles are destroying nature's systems," and that people need to change their worldview. She has given her Life Design Process the mnemonic: OREDA for a five-step process: Observe, Reflect, Envision, Define, and Act. Burgess has organized the bulk of the book into 21 domains or areas of life in which women have the most decision-making power to inhabit their Sovereign Selves and participate in badly needed course corrections. Each section ends with helpful surveys that encourage you to Observe and Reflect on your relationship with each domain. Burgess's process involves journaling your relationship with each domain, then generating ideas for those areas you wish to change. At the end of the book, you'll find three powerful exercises in the section titled Resources that will help you get the most from this book

Published by Findhorn Press, this book is available at your local bookstore, or www.FindhornPress.com

YIN YANG BALANCE FOR MENOPAUSE THE KOREAN TRADITION OF SASANG MEDICINE

By Gary Wagman, Ph.D., L.Ac.

My first question upon reading this book was: "Why is

a man writing about menopause?" Gary Wagman immediately tackles that elephant in the room in the introduction, as he explains that 80% of his patients are women of menopausal age asking for relief. And, how he was certain Sasang medicine could help. This 350 page book is very detailed. The first chapter defines menopause (framing it positively as a new door and renewal), Yin Yang, and Sasang medicine. Chapter two will have you making a thorough assessment of your Yin Yang body-type. Chapter three enables you to assess your Yin Yang emotions. The remainder of the book, Part Two, addresses nine common menopause-related challenges: hot flashes, osteoporosis, depression, sleep, urinary health, uterine fibroids, frozen shoulder, libido, and brain fog. This section illustrates each chapter with several case studies of real people suffering real problems in which he provides working solutions with Sasang medicine. Wagman

breaks down the various symptoms into easy-to-use tables and charts, while his remedies are in easy-to-find textboxes.

Published by Healing Arts Press, this book is available at your local bookstore, or www.HealingArtsPress.com

NATURAL REMEDIES FOR INFLAMMATION A PRACTICAL GUIDE TO: 33 NATURAL REMEDIES FOR...

By Christopher Vasey, N.D.

This highly informative book is destined to become a well-worn and faithful friend in your health and wellness library. In Part One, Christopher Vasey explains inflammation in great detail. You'll learn that it is part of your body's defense system; what it is defending against; and how it works. Beautifully illustrated in full color, this book describes the various invaders including germs, poisons, foreign bodies, and toxins. Vasey explains the physical effects of inflammation such as redness, swelling, pain, and heat. In a very thorough chapter, he gives details for 50 illnesses that are characterized by inflammation covering the entire body: eyes, ears, stomach, muscles, joints, skin, organs, and much more. You will learn how anti-inflammatory agents work, and how to treat various types of inflammation. Part two is a handbook for fighting inflammation with

natural substances. You'll learn about plants, supplements, diets, and hydrotherapy along with how to use each of them. In the back of the book is an excellent appendix which is a directory of illnesses and the recommended anti-inflammatory to use for each.

Published by Healing Arts Press, this book is available at your local bookstore, or www.HealingArtsPress.com

FIERCE FEMININE RISING HEAL FROM PREDATORY RELATIONSHIPS & RECENTER YOUR PERSONAL POWER

By Anaiya Sophia

This book is a description of the author's journey to discovering the Fierce Feminine, or Dark Mother which she defines as "our universal, individual, and collective expressed outrage." But, it is also a "How To" guide for people, women in particular, to stand up to and heal from predatory relationships, as well as, some of the most difficult problems facing the world today. Some of those include: dying oceans, farm animal abuse, nuclear weapons, and overpopulation. Author, Anaiya Sophia, will tell you how to rediscover your power by igniting your Fierce Feminine. She

(Continued on page 25)

NEW BOOKS to enrich the Mind, Body, and Spirit

Fierce Feminine Rising

Heal from Predatory Relationships and Recenter Your Personal Power

Anaiya Sophia

How to gain access to primordial female wisdom within the brain, embrace your inner Kali, and allow the justice of the Fierce Feminine to flow within us

\$16.99 • ISBN 978-1-62055-859-1

Sex Shamans

True Stories of Sacred Sexuality and Awakening

Edited by Kamala Devi McClure

20 transformative stories and special healing practices from international pioneers in the sexual shamanism movement

\$19.99 • ISBN 978-1-62055-921-5

Available at InnerTraditions.com and Wherever Books Are Sold

800-246-8648 •

Text ITBCO to 33233 to Receive Special Offers and Discounts

REFLEXIONS BELT EXIONZ

By Robert Ross



on Earthing

"And forget not that the earth delights to feel your bare feet and the winds long to play with your hair."

— Khalil Gibran,
author of *The Prophet*

It's called Earthing or Grounding. In a nutshell, it's connecting to the earth. Or perhaps, reconnecting to the earth would be a more appropriate description. The proponents of Earthing claim the simple act of walking barefoot on grass, dirt, or shorelines can, and does, have benefits that are nothing short of miraculous.

The earth's crust is teeming with negatively-charged free electrons. Noted physician Joseph Mercola M.D., stated, "When you ground to the electron-enriched earth, an improved balance of the sympathetic and parasympathetic nervous system occurs."

According to some experts, one of the major contributions of Earthing is the reduction of inflammation and pain. The negatively-charged electrons migrate up from the ground into the body to the positively-charged free radicals. They effectively cancel each other out, creating nature's anti-inflammatory.

Connecting to the earth, feeling the pulse of the planet, settling emotions, a greater sense of well-being, *What's not to like about Earthing?*

I ordered an Earthing kit, which included an Earthing bed sheet—a sheet crisscrossed with four-hundred yards of silver thread woven into it—an Earthing pad, for use at a desk or when sitting, and an Earthing

ground rod, to be placed in the ground with an attached wire, if a grounding source was not available. I also received the book *Earthing*, and a DVD.

Time to Reconnect with Mother Earth

I planned to test the concept of Earthing for thirty-days. I started by walking around the house in bare feet. Although one doesn't get the benefits of Earthing while walking on carpets—the carpet blocks the electrons from the earth—it still achieved some positive results, like greater muscle and bone articulation. The following morning, I was walking at the beach. Immediately, I noticed one positive result from my foray into walking barefoot; my feet were happy.

Our feet keep us upright and balanced and take us places. Feet contain twenty-six bones, over a hundred ligaments, muscles and tendons, and more than a hundred thousand nerve endings. Feet, like thoroughbred horses, like to get out and walk, run, jump, and feel the soil beneath. My feet were no exception. Freed from confining shoes, they now walked the shoreline, feeling the initial chill of the ocean water as it rolled over them, and the loosening sand beneath as the water receded. They felt the minute, uneven nuances of the land, and temperature changes of the surface beneath. With shoes off, I was eight-years-old again, running like the wind across a damp lawn on a spring morning.

After a few days of walking on the beaches, I felt more emotionally settled and my sense of balance had improved. Those

bones, ligaments, tendons, and muscles were relearning what they'd been designed to do.

Feet liberated, it was time to absorb some negative electrons via my new Earthing sheet. After attaching a grounding wire to my sheet, I was ready to do some serious sleeping.

Going to bed was a big event. After all, I'd be receiving some almost magical electrons from the earth while sleeping. After a few nights of using the sheet, I noticed that I went to sleep faster and felt an improvement in overall energy during the day.

Testimonials about the Earthing sheet are abundant. "I was slated for surgery and now that is not going to happen" declared Carol Snyder after using an earthing sheet. Carrie McDonald was delighted that her son, who had been diagnosed with ADHD, no longer needed to take his medication. And regarding sleep: eighty-five percent said they went to sleep more quickly. Ninety percent reported sleeping better throughout the night, and one-hundred percent reported feeling more rested when they woke up.

The earth is a living electrically-charged body, free negatively-charged electrons are on the surface, in search of a home. That home is all living plants, trees, shrubs, creatures, and most importantly, we humans. Walking barefoot allows easy access to these electrons. In the last fifty years, though, rubber and plastic-soled shoes, which don't conduct electrons, have replaced leather soled-shoes, which do. The result, some experts say, has led to a dramatic rise in inflammatory type diseases.

Clint Ober, founder and co-author of *Earthing*, is no stranger to adversity. In 1993, the then highly-successful electronics entrepreneur had experienced a near-fatal disease. During the healing process, Clint looked at his wealth and possessions and said, "I don't want any more of this life." He sold his business and went on a search for

new meaning. Crisscrossing the country in an RV, Clint was determined, often asking for guidance from above. In 1998 the proverbial light bulb went off in his head. He was watching a parade and noticed that everyone, including himself, was wearing thick rubber soles. He concluded that all of these people were insulated from the ground, the very ground that can and does nourish them. During this period he discovered that when people had direct contact with the earth, with feet on the ground, or through conductive materials, their health was better; they slept better and experienced more energy. He dubbed his discovery Earthing. He's since been on a mission to research and promote this concept.

My one-month test period on Earthing was coming to an end. Reading the book, watching the DVD, and visiting various websites was a bit overwhelming. There were anecdotal testimonies, scientific studies, and information on atoms, electrons and free radicals to understand.

With my research and testing complete, it was clear that the earth is a magnificent sphere that nurtures life through food, water, and energy from its depth. And there are unseen forces that support all living things.

My thirty days was a wake-up call for better health and well-being. I'll be spending more time touching the ground, walking the shorelines, and most of all: marveling at this planet's unseen gifts.

Those interested in learning more about Earthing and Earthing products can visit: <http://www.earthing.com>

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

REACH A
TARGETED MARKET

OVER 200,000
READERS!

FOR ADVERTISING
(714) 283-3385



Women on the Throne

It might not seem so, because the times feels painful and terrifying, but we are upon the dawning of a New Age, cycling into a New Earth, the prophesized New America, the New Atlantis - sacred land of the free. When the masters helped to found this idealized dream country, it was for the hope of spiritual freedom for all, and for our feet to walk upon holy ground.

The alchemy of this transformation, through divine fire and purification – is forcing us all to awaken, to rise up from deep numbness and long slumber. It is as if time has speeded up, and there is nowhere to run, and everywhere -Things are cracking and breaking, the skies are crying, the mountains are on fire, the rivers are flooding and our climate is out of control. But this is how profound healing comes -intense and all at once, bringing everything to the surface, with high stakes to get you on your knees, with darkness exposed into the light, so you can see it and heal it.

At the helm of this momentous change is the return and “restoration” of the Goddess - women reclaiming her power and leading the way. She must take her seat on the throne for the world to balance. The patriarchal system has to fall and into an equal playing field of her light. King and Queen, on the same level, together, two pillars looking up to the sun, is the only way to bring a nation to peace.

Because throughout the ages, “his story” has been a damaging deception. She has been squelched, forgotten, enslaved, beaten down, and brainwashed.

They denied “her story” and devised a false tale of domination, where women are relegated to secondary creature and like, Eve in the garden, blamed for the fall from grace. They stole her goddess magic and cut off her true potential, her authentic voice, replacing natural feminine gifts with wounds of self- judgement, guilt, punishment and pain. It was the cruelest of crimes.

It was a “double crime” that has followed her to this day- her loss of self-esteem- for not only what was done to her, but what she does to herself because of it. She always feels the need to be fixed because she is not good enough, smart enough, skinny enough, pretty enough, young enough. If she is distracted in this way, she will never align to her inner power.

But now her healing is a simple task- to tell her the truth and correct learned misinformation about reality.

The apple she offers is an “invitation to ascend” and the serpent power is the kundalini, the feminine spiritual energy that lives within all of us. The most revolutionary discovery of our time, the blessing of the ages, is the collective awakening of humanity and to feel the divine feminine frequency on our central nervous system.

A woman can transform in a moment if you tell her what she needs to know. Salvation rests upon her and that is why it is a celebration! She can take back her throne without apology, because no one else needs to be present, there is no one to wait for and no one to ask for permission. Like Dorothy in Oz, she already has the shoes. She

can choose to live by Feminine Law – boundaries of self-love and self-care- which is a quick embrace. She needs herself and these decrees:

- I vow to never put myself down.
- I vow to never let anyone treat me badly.
- I vow to honor my true heart and voice.
- And two powerful words- NO AND ENOUGH.
- I vow to love myself unconditionally.
- All the power I need is inside of me.

It has been my personal quest to inspire a re-evolution of women and these are my favorite truths that she must carry into the new age.

- Women are the enlightening strength of every civilization.

- Women are natural mystics, innately spiritual, in tune with the rhythm of the universe possessing natural gifts to inspire and heal.

- It is her mothering and feminine gifts of love and compassion that is the hope for the world.

- As stated in the Vedas, “the degree to which women are respected is the degree to which a society prospers.” Respect for women humanizes a society.

- By holding the royalty of her power, she becomes the lighthouse, the radiance that inspires and invites others to do the same.

- It is time for her RE-EVOLUTION - A higher movement, a spiritual feminism, a circle back into her divine connection, beyond the original scope. What began as a mission on the ground- fighting for basic rights, wages, votes, body protections, respect, freedom from abuse, is now an inner journey to the resurrection of her soul power. She must be fully seated on her throne. Only then will equal men and women accomplish the joined spiritual task to heal the earth.

- May she now reboot her

sacred power, the place no one can destroy, belittle, criticize, rape, weaken, kill or silence ever again.

- The mission is called the “sovereignty of self” and all women must know it by name.

- When she regains the sovereignty of herself, the men and the world will follow.

- A magnificent destiny awaits when the goddess is awakened, A victorious tale about a beautiful queen who took back her throne.

- Triumphant she reigns again with the royal truth that women are and always will be the healing elixir of the planet.

Audrey Hope is a spiritual counselor and host/producer of the Award winning Hope for Relationships - <https://www.youtube.com/audreyhope-now>. Visit: askaudreyhope.com and www.youtube.com/audreyhopenow Her CD, The High Voltage Hope System, is available online.

Book Reviews...

(Continued from page 23)

describes how to heal your Sacred Wounds which are caused by a spiritual trauma involving loss or betrayal. You will learn about Sovereign Sexuality and how to clear past relationships. Sophia also tells us how to set boundaries in relationships; and how to be accountable to ourselves. A particularly useful chapter covers how to identify and deal with narcissists, psychopaths, and sociopaths - including “Eight Ways To Pull The Plug On The Predator.” In her final chapter, she reveals three paths that lead to a genuine Spiritual Awakening.

Published by Destiny Books, this book is available at your local bookstore, or www.DestinyBooks.com

Award-winning writer and speaker, Robert Evans Wilson, Jr. works with companies that want to be more competitive, and with people who want to think like innovators. Rob is the author of the internationally syndicated column on achievement, innovation, and leadership: The Un-Comfort Zone which runs in Psychology Today and 300+ other publications. He's also the author of four books. For more information on Rob, please visit RobWilsonSpeaker.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 February 15.

ONGOING

THE SURE CURE FOR PAIN & SUFFERING! When you understand Pain & Suffering it ends. **VERNON HOWARD's** tremendous truths provide that understanding for you! Want to banish heartache, fear & tension. Want to be totally confident & experience true relief. See how superbly these inspired teachings bring genuine awareness & right action to end pain & suffering. Isn't that worth your discovery! Classes: Wednesdays 7:30 PM, Fridays 8PM, Sundays 10AM, NewLife, 5785 Westminster Blvd., Westminster, \$3 donation (714) 899-9300 www.anewlife.org

Transmission Meditation Meditate to serve the world and enhance your own spiritual growth. Groups meet weekly throughout SoCal. Safe, scientific, extremely potent and always free. Talk & meditation every month at Santa Monica Library. (310)444-2978, SoCal@share-international.us, www.share-international.us

"Stand porter at the door of thought."

I still remember this statement by my wise Sunday school teacher Hazel Wright at the - 13th Church of Christ Scientist - otherwise known as Christian Science.

It is especially helpful today."

~ Julie Newmar

JANUARY

January 17 – 20, 2020

New Year Spiritual Retreat @ Venice Beach

Begin the New Year in the magical community of Venice Beach: workshops, spiritual practices and elevated cannabis experiences. Revitalized, Refreshed and get ready to take action to transform your life. Check us out:

VeniceRetreatCenter.com

Support@VeniceRetreatCenter.com



**MARCH/APRIL
CALENDAR ADS
DEADLINE
FEBRUARY 15**



FEBRUARY

Friday, February 7th – 8pm - 8:45pm Maureen St. Germain - The Akashic Records and Multi-dimensions. At the CLE, Hilton Los Angeles Airport. Whether we are aware of it or not, humanity has been given access to the wisdom of the "Keepers of Divine Wisdom," the Akashic Records. Learning how to intentionally and accurately access the Akashic Records allows you to know the most evolved way to handle any relationship and circumstance. Understand what the upper dimensions have to offer and how you can benefit from being truly multi-dimensional. Learn why you may want to learn about this, and how anyone may have permission and access to achieve accuracy as a channel of the Akashic Records.

Sunday, February 9th – 10:00am - 11:30am Maureen St. Germain At the CLE, Hilton Los Angeles Airport. Whatever happens in the fifth dimension stays in the fifth dimension! You've connected the dots - and see the value of "noticing." Can you imagine that the multi-dimensional part of you could live fifth dimensionally? In fact, what does life in 5D really mean? The definition of "normal" changes daily! Now it's time to learn pro-

**ASTARA ...
A PLACE OF LIGHT**

Who am I?
Why am I here?
Where did I come from?
Where am I going?
What is God?

If you are searching for something "Deeper".... Come to Astara, for Mystery School Teachings for a New Generation. Learn the Secrets of the Ages revealed in the Eight Degree Lessons offered by the founders of Astara and channeled only by them.

Write, Call or Visit

[www.astara.org/
secretsrevealed](http://www.astara.org/secretsrevealed)
(909) 948-7412

ductive and purposeful ways of being. It's time for you to operate proactively within the new 5D paradigm. Learn how changing your ways of thinking, doing and vibrating opens the portals of light in YOU giving you easy access to the stargate into the fifth dimension.

Saturday, February 8th - 6:00pm - 7:30pm - Lori Spagna, Free Workshop. At the CLE, Hilton Los Angeles Airport (Free with day pass). Transformational Healing Activations Divine Channeling for Ascension into The 5th Dimension Receive Divine Transformational Energy Healing & Light Encoded Activations.

Sunday, February 9th - 2pm - 2:45pm - Lori Spagna, Free Workshop. At the CLE, Hilton Los Angeles Airport (Free with day pass). Your Dormant DNA, Sacred Key Codes & Star Code Markings. Clear, heal and resolve your genetic make-up in your DNA.

**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

**[www.instagram.com/
awarenessmagazine8442](https://www.instagram.com/awarenessmagazine8442)**

**YouTube:
Awareness Magazine TV**

CLASSIFIED *Ads*

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

Deadline February 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

BETTER HEALTH

Hair Mineral Analysis Testing by CNC. Determines mineral deficiencies and imbalances. Identifies Heavy Metal Toxicity. Comprehensive Test \$85. Call Ron at 1(800) 229-3376

RELIABLE-HEALTH NATUROPATHIC HOLISTIC HEALING

For healing and prevention of acute and chronic health issues through Applied Kinesiology, Detoxification and Homeopathy. Corinna Ferrandino, MD, (25 years experience) Certified Applied Kinesiologist and Advanced Studies of Naturopathic Doctor of Homeopathy in Santa Monica. Please call (310) 795 4918, www.reliable-health.com

**MARCH/APRIL
CLASSIFIED ADS
DEADLINE
FEBRUARY 15**

PLEASE RECYCLE



AWARENESS

BOOKS AND MUSIC



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

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

CHIROPRACTIC PLANS

Individual & Family Chiropractic care are proven and scientifically documented! Enroll today, see a credentialed chiropractor tomorrow! Enrollment <http://www.buychiroinsurance.com/?ID=BA00009> contact: dalpertinsurance@yahoo.com (310) 836-5233

DATING

Spiritual Singles Join the oldest, largest, exclusively conscious dating site. Our members are amazing! www.SpiritualSingles.com

EMPLOYMENT

**WANTED
MISSIONARY
RECORDING
STUDIO
ENGINEER**
Heavenly rewards.
Tubac, Arizona
Call 520-398-2542

HEALING

Energy and sound healing for your soul at Casa Bunya Healing Center, Torrance/ South Bay area. Using several healing modalities, Chaplain Bonnie Leopold offers the perfect environment to open your soul to find balance in your everyday life. \$50 per session. Packages available. Ask about corporate rates to bring sound bath to your business or event. chaplainbonniecl@gmail.com or call (310) 613-3559

Herpes symptoms, long term relief, nail fungus, age spots, acne with Himalayan Oil for instructions call (212) 877-8779 Visit: Iroquion.com

LIFE COACHING

Become who you want to be. Life coaching from GoBeyond.org combines the power of traditional coaching with meditations designed specifically for you. Coaching is by donation. You decide the value of each session. www.GoBeyond.org.

Intuitive Collage for Self-Discovery



**Personal & Professional
Development**
workshops • private parties
facilitator training
(747) 248-7878
[https://www.meetup.com/
SoulCollage-for-Greater-
Los-Angeles/](https://www.meetup.com/SoulCollage-for-Greater-Los-Angeles/)

INNER PEACE CONSULTANT

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

INTUITIVE

ACCURATE CLAIRVOYANT PSYCHIC (800) 457-8867 Reasonable Rates. <http://www.EileenAngelReadings.com> Ask About Free Astrological Natal Report. VIC, INC.

Psychic Phone Readings by David Champion. Honest -- Accurate -- Affordable. 30 minutes, \$45. (1.50 per minute) Payable by credit card. Toll-free (757) 708-1182. (EDT) Check me out at Davidchampion.com.

MATTRESSES

**SCRIPPS NATURAL MATTRESS
Carlsbad Showroom**

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

MUSEUMS

**BHAGAVAD-GITA
DIORAMA-MUSEUM**



**An Artistic Masterpiece
of An Ancient Wisdom**
BGmuseum.com



Lori Spagna

Best Selling Author, Speaker, Luminary, Visionary

Lori Ann Spagna is a Best Selling Author, Spiritual Teacher, Ascension Guide, Intuitive, Multi-Dimensional Channel, Animal Communicator, Energy Healer & Visionary who has transformed the lives of thousands of humans and animals via her Channeled Ascension Guidance, Intuition, Energy Healing and Animal Communication. She provides Ascension Training, Sacred Energy Healing Transmissions and Dormant DNA Activations for humans and animals.

www.LoriSpagna.com

Light Encoded Activations, Sacred Energy Healing
& Channeled Ascension Guidance

Dormant DNA, Sacred Key Code, Star Code Marking and 5D
Operating System Attunements & Activations For Humans and Animals

Sacred Retreats for Lightworkers, Starseeds,
Spiritually Minded Animal Lovers and Awakening Beings Everywhere

Join Lori at Concious Life Expo Post Expo Event, Monday, February 10th, 11am, Century C:

Dormant DNA & Sacred Key Code Activations For You, Your Animals & Your Ancestral Lineage

Receive Light Encoded Frequency Activations & Attunements of Your Dormant DNA, Sacred Key Codes & Star Code Markings with Channeled Ascension Guidance for you and your animals

Get **4 FREE mp3 classes, GIFTED DNA Activations and FREE ebooks** entitled, "Are you a Lightworker and a Starseed?", "Activate your Dormant DNA", "Develop Your Intuitive Gifts" and "Learn Animal Communication & Telepathy and Energy Healing for Your Animals", plus a FREE Juicy Living ebook when you join the community at www.LoriSpagna.com/freegifts.