

# Awareness

Southern California's Guide to Conscious Living

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**LINDA CRILL**  
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**HER ON THE ROAD**  
**TO REINVENTION**



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# Awareness®

Southern California's Guide to Conscious Living

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with the WOMEN'S ISSUE**



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# An Interview with **LINDA CRILL**

## *Blind Curves Drive Her on the Road to Reinvention*

By Donna Strong

**L**inda Crill knows both the risks and rewards of reinventing herself professionally *and* personally. For more than twenty-five years Linda worked with top executives in Fortune 100 corporations, first as a VP at Citigroup, and then as a consultant with her own company, Opus Development. Through her work she became an accomplished leader in organizational development, team building and facilitating change management.

While Linda was well established in the corporate sector, after the economic downturn of 2008, she sensed a need for change. She and her husband Bill started their own video biography business together — Fond Memories Studio. Just as the new enterprise was really launching, Linda's world was blindsided by the news that Bill had a very advanced form of cancer. While he was given only four months to live, a lot of love and ample alternative treatments allowed him to share another eleven months with his devoted life partner.

Through the dark night of seeking a new life after her husband Bill made his transition, she made a decision that was totally out of character — to trek 2500 miles down the Pacific Northwest coast on a Harley. Without any prior experience as a motorcyclist she was suddenly propelled into a series of daunting challenges and exciting discoveries as she entered the exotic new world of motorcycle riding.

Linda's first book, *Blind Curves*, is full of wit and wisdom born of a stark reality of loss

and raw experience of stepping outside her known world in many ways. As these times of rapid change are offering blind curves to many, her book is a welcome contribution to

**Linda Crill:** Well, one of the big problems I had after my husband's death was how to answer the question of what to do when nothing feels right — how do you move forward?



Photo by Miguel de Kanter

the compelling and often demanding work of transformation that has become a necessity. An intrepid explorer, Linda's story of finding new passion and purpose in her life is both inspiring and insightful.

**Awareness:** *I wanted to ask you, Linda, what was the spark that led you to sharing your motorcycle trip, which was quite transformational?*

My husband Bill and I had a business together the last two years before he was diagnosed with cancer. We did peoples' life stories in videos and coffee table books. Just as this business was taking off, he was diagnosed with terminal cancer and told he had only four months to live.

**Awareness:** *Oh my.*

**Linda:** We had one of those rare marriages that many wish

they had. We were able to keep him alive for eleven months, because we did extraordinary things, including Chinese medicine and acupuncture, but nobody recovers from it. I learned the difference between what I call healing and curing a disease. You can heal a family. You can heal an individual, even with a disease such as cancer. Although tremendous healing took place, we couldn't cure the cancer.

So Bill died. The next month our cat of fourteen years died. My daughter had just gone off to college right before Bill made his transition, so now there was no one at home but me. Then a woman in New York that I had done business with died unexpectedly. My stepfather was also in hospice and I was wishing I could spare mother the grief she would have to face. The night before my stepfather died, I went to my neighbor that was like a brother to me, and said, "Terry, I'm here because I need a hug and a three-Kleenex cry, are you available?" He said "yes." Terry died the next morning of a heart attack. Literally, in two months I had four significant deaths right after my husband died.

**Awareness:** *That's shocking.*

**Linda:** It took a whole year to begin putting my life back together. I was doing all the things experts tell you to do to pull your life back together. I was eating, sleeping, and exercising, and not just a little. I was doing 120 miles a week on a bicycle and three private one-on-one Pilates classes. I

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# LINDA...

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was doing acupuncture every week and eating healthier than ninety percent of the world, but every place I would go to see friends, they wanted to give advice as a way to make my life better. They offered the only thing they knew, and I would sometimes hear it as much as eight times in one evening from different friends, "Linda, make sure you're exercising, sleeping, and eating right." I wanted to say look at me, "Do I look like I'm not eating?" but instead I always said, "thank you," because they were really saying, "Here is something I am offering you."

Then finally one day it became like Chinese water torture, and I couldn't be nice anymore. It happened when my sister and brother-in-law called me on the phone and he did the — I called it the eat-sleep-and-exercise trilogy. When my brother-in-law once again said the trilogy, I blew up at him. Not really at him; I was just angry. It was the first time I actually said to somebody I am doing all this and it doesn't work.

And then I thought, what's the most opposite thing I can think of? If this isn't working, I'm going to do the opposite brainstorming exercise I do with my clients. First I came up with eating a huge bag of potato chips straight through because I am from southeastern Pennsylvania and we love our thick potato chips.

This shows you how non-creative I am, but the only other thing I could come up with was to learn to ride a motorcycle because I always thought motorcycles were loud and destroyed everybody's peace, and were unnecessarily dangerous.

So I announced that I was going to learn to ride a motorcycle, even though I had no intention of ever doing it.

Twelve short hours later when I went to meet my friend, Ron, for lunch, he asked, "Linda, how's it going? Really, tell me the truth. I know on the outside you look good." It was true. It was my inner soul that was so unsatisfied, and I couldn't figure out what I was going to do next. What was I going to do as a single person that would get me passionate about life again?

I responded to Ron, "I am defeated and frustrated. I've over-achieved at following expert advice as well as the choices I've made on how to rebuild my life, but none of it works. It's so bad I've even threatened to learn to ride a motorcycle."

I expected this statement would elicit sympathy but instead a big smile spread across Ron's face. He said, "Linda, I have organized annual motorcycle trips annually for the past ten years. In two months we are flying to Vancouver, Canada, and riding Harleys down the coast. "We need a woman rider and that's you!"

Less than twelve hours after my brainstorm, the universe had brought me the opportunity to do exactly what I had said stated — I was going to learn to ride a motorcycle and go on this trip!

***Awareness: That leads me to a question about how your own inner guidance communicates with you? It is so important, and you have many examples of tapping into it in your book.***

**Linda:** I call it the internal guidance system or IGS. It is going to be a chapter in my next book on reinventing yourself. We get a lot of information given to us through our feelings and through our bodies, such as when you go into a job site and immediately your body just tenses up.

If we were to go inward and ask how do I feel at this moment, there is a lot of internal guidance that comes through from emotions and our physical bodies. It also comes from intellect. It's an inner knowing-



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ness if you allow it. I've known things in this world that I never should have known and I believe if we tune in, we *can* know. I've always been curious since the age of thirteen or fourteen about how this all really works and I've always looked inward for answers. My psychologist father taught me to go inward and look at emotions and thoughts.

**Awareness:** *In your book you talk about how to harness the urge to change, however it shows up, whether as a flash-point of anger or a spell of boredom. Would you speak about the process of reinventing yourself?*

**Linda:** I think we're all asking 'what now?' in some part of our life, whether we're just out of college, becoming a mother for the first time or facing retirement. One of the things we have to be willing to do is to expand beyond what we used to be and create more possibilities in order to reinvent ourselves.

We can't just say no, I don't do those kinds of things. For instance, my husband was not an athlete and I didn't do very many athletic things when I was married to him. Now that he is gone I've asked, "What do I like to do? Who can I be now?" I have to try things I haven't tried before. So, part of the reinvention happens by opening doors labeled "not me" and expanding our horizons.

Most people going through change would prefer more of the same because failing can be more painful than continuing as is, even if we stay in a situation that is not working. The blind curve piece of the book was that I got to the point where more of the same was worse than heading into the blind curve.

At least the blind curve gave me the opportunity. I didn't know what was around it. I didn't know what I was going to get out of the motorcycle trip, but at least I was trying something different and there was a chance it might be bet-

ter. If you take enough blind curves one after the other — the next and the next — eventually you are creating from a much bigger horizon.

Until you go out and try something new and go around the first blind curve with that 'oh my god' feeling, you won't know what you really want. We have to be willing in this age to continuously try new things. Of course, some of the new things that we try, we'll say, "shoot, this isn't for me," but a good part of reinventing is the willingness to erase some old definitions and try new things. When you're ready to go forward with your life again, you've got to take some risks.


The motorcycle experience taught me that no one should ever decide to learn to ride a motorcycle in thirty days and go on a 2,500 mile road trip on a full-sized Harley with fifty pounds of luggage, trying to keep up with the experienced motorcyclists. After landing in Vancouver, the first thing I did was to get on a strange motorcycle loaded with luggage, and jump straight into traffic. That's not very intelligent.

The point was, I was scared to death when I did it, and yet I hung in there. Every day for the first eight or so days of the trip there was something that scared me to death, such as the four-mile bridge from Washington State into Oregon that has no sides.

On a motorcycle, you are exposed to the world 360 degrees. You see everything. You may not realize it, but in a car, you don't see a lot because of the windshield and the roof. On a motorcycle, you're seeing everything wide open. I am on this grated bridge, and my tires are wobbling back and forth for four miles.

On top of that, there were crosswinds coming in from the Pacific hitting us, and halfway across the bridge I am ready to give up and say, "I can't do

*(Continued on page 8)*



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# LINDA...

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this." But what do you do? I mean, you're on a motorcycle halfway across the bridge and it's just as far to go the rest of the way across as it is to turn around, and you don't dare panic because you'll be dead. I can't pull off to the side of the road; there is no side of the road to pull off on. I had to make it across. The thing I kept discovering on this trip was every time I was afraid of something and then I did it and succeeded, the happiness that came to me was 100 times more powerful than the 400 thread-count sheets or the massages I used to pamper myself after all the loss.

At the beginning of my book I describe how I felt when I finally passed my motorcycle exam, which I consider to be a miracle on that full-sized motorcycle with as little practice as I'd had. The day I finally did it was the happiest day in my life since my husband had died.

So part of what the *Blind Curves* trip showed me is what

happens when I take on something that is difficult. I failed at some of it. I didn't always succeed. I failed in that final test a number of times. What I learned was that I wasn't a quitter first of all, and secondly, I learned I could handle my fears. I could take it moment-by-moment.

After my husband died, one of the things I did was to pick up a book by Pema Chodron. Now I have read all of Pema Chodron's books at least eight times through. I've also picked up Jack Kornfield's book, *The Wise Heart*. So you'll find a lot of mindfulness perspective in my book. I've always been curious and hungry to understand how else we can look at life.

I've also learned that I've used spiritual principles all of my life in the corporate work I do. Yet if I were to say to a work group, this is a spiritual principle that I'm using, it would have scared people off. I found if you just talk about how to approach issues in this minute, just focusing right now — it's amazing how responsive people are. In the corporate world I never called it spiritual guidance. I never called it intuition. I called it gut feel. Men in the corporate world will respond to gut feel. So it's always being re-interpreted.

**Awareness:** *I want to say that you have achieved some mastery in life experience. What are some of the greatest*

*rewards for your having gone through all the arduous, and I think, thrilling experience of reinventing yourself?*

**Linda:** The reward for me is that every day, I try to look at something differently than I did before, whether it's to try a new vegetable or to take a new way home. I have learned that I have all these things in my basket that I can do someday if this job doesn't work out. So to me, the motorcycle trip really turned me into a life explorer.

The other thing I learned on the trip is there is nothing so powerful as learning failure is a part of every process. Dropping the motorcycle had actually saved my life. If I had not dropped the motorcycle and failed the class, I never would have done all of that hard, slow practice I needed so desperately to prepare for the trip.

If you study what all these great masters have said about mindfulness, they have said that whatever has happened, act as if it is what was supposed to happen. Later I realized, 'oh my god,' failing that test actually saved my life! So I stopped judging day-by-day if this is good or this is bad, and I act as if whatever happened is supposed to happen. If you start living your life following that one principle, it changes everything.

**Awareness:** *Yes. We would*

*all stop second-guessing so much.*

**Linda:** People say that time heals all, but I think perspective heals all. When we can see the larger picture things make sense. My husband's death did not make sense to me until much, much later when I had a different perception of who I had become and what had happened to him. Then I saw what happened as a true miracle. Now you can't say that to somebody in the first couple years after death, or even four, or five. I can't say it to most people because most people wouldn't get it.

**Awareness:** *Yet you learned that there are gifts even in what is the hardest to accept, correct?*

**Linda:** Always. In fact, pain is what makes us grow more. There is great resiliency that comes from facing ourselves, to be able to say I know I can manage what's being thrown at me because I've managed before. I was diagnosed with breast cancer a few years ago, and I went through it as if it were the flu. I didn't get angry. I didn't get worried about whether I would live or die, because I had already stood at hell's gates — watching my love dearly struggling for each breath, struggling in pain, while wanting him to live and knowing he was not going to — that was much harder for me than facing my own breast cancer.

In fact, I know now that I have the resiliency to move forward in life. On the motorcycle trip I faced my fears and discovered that I could finally trust myself again. I came back from that trip ready to expand my horizons by trying some new things. Now I have a new life as a speaker, writer and reinvention expert.

*For more on Linda's work, visit [www.lindacrill.com](http://www.lindacrill.com) and [www.blindcurves.com](http://www.blindcurves.com)*

*Donna Strong is a writer, creative catalyst and an ardent lover of bees. To follow her activities visit [www.donnastrong.com](http://www.donnastrong.com), [www.harmonyofbees.com](http://www.harmonyofbees.com) or [www.facebook.com/harmony.bees](http://www.facebook.com/harmony.bees)*

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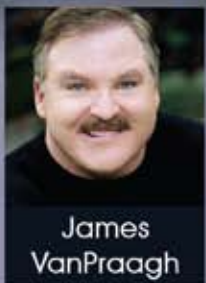
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# Breaking through the Glass Ceiling

## *Gender Is Less Important than Mindset*

By Cindy Tansin

There are more female managers than ever before, but is there still a glass ceiling? There sure is. Only now it has been raised higher, and it doesn't only affect women. It separates middle managers from senior managers.

There are over 10 million middle managers in the labor force today, and at least 60% of them are unhappy, describing themselves as glorified babysitters or rats on a wheel. As the economy has shifted, many have endured lower salaries, fewer resources to work with, and being connected to their work 24/7 with laptops and Blackberries. They are not only getting burned out, their careers have stalled and they can't seem to get ahead. So what can they do?

There are three choices to be made at this point.

1. Work hard to try to advance within your field,
2. Look for something dif-

ferent that will stimulate your interest. Instead of progressing up, progress laterally and expand your experience and knowledge base, or

3. Become comfortable as you are and find ways to keep yourself engaged and interested.

All these options are good, and all have their challenges. Whichever way you decide to go, there are basic principles that can help you to progress and thrive. The ultimate goal of each option is the same — to increase your effectiveness and level of satisfaction in your chosen job. Here's how:

### **Explore your mindset... How do you think?**

Anything is possible when you approach it with a positive frame of mind. Conversely, if you have negative thoughts about your job, your boss, your company, etc., these negative thoughts will become your reality. It is impossible to think

them and act contrarily — *with success*. Certainly you can pretend to be a team player and may continue to perform your work functions, but without your head and your heart in the game, results will not be good or satisfying.

To counter this, you have to first become conscious of your negative thoughts. Second, transform them into positive thoughts. Change your focus to consider what you *do* like or what you *can* do. Look for the good in a given situation. Practice tolerance and patience. Change every waking thought to a positive one, and your world will open up in a whole new way. Not only do you see everything differently, but you are perceived by others much more favorably.

### **Change your thoughts, and you change your beliefs, actions, and results.**

Once you change your thoughts, you will find that it changes your beliefs. What you might initially have to fake begins to feel and become real. When you think a situation is inherently good, then you believe it to be so, and you adapt your behaviors accordingly. Once you believe a person is good (has good intentions, good ideas, competence), then you act differently toward them. You are more considerate, collaborative, cooperative, and caring toward them. The actions you take with this positive mindset propel you and your results forward. You are now apt to take actions to improve your results versus going through the motions and having lukewarm or inconsistent results.

**Be Yourself. Don't be afraid to stand out, be different, have a personality, and foster the same in others.**



No business will succeed long term if run by clones and yes men. You should not be expected to think and act exactly like your boss, or his boss. You should share the same goals, mission and standards, but you don't have to do it in the exact same manner. When you try to copy someone else's style, you never do it as well. Develop your own. Be your own person. Have your own thoughts, ideas, expressions and ways of accomplishing the shared goal. Yes, you will stand out — but your courage to stand out, backed by your belief in yourself and in what you are doing — will get you noticed in a positive way. You will also derive considerably more satisfaction with your life.

**Everything you do should be geared toward adding value to your team, your business, and/or your customer.**

The positive actions you take for the benefit of others have a compound effect because they will not only benefit you, but they'll make your life infinitely more fulfilling. Whether your career progresses up, sideways, or right where you are, you will be successful, and you will be happy.

Don't be part of the 60% of managers who are unhappy. Decide to be happy. Come on over to the positive side. We would love to have you.

*Cindy Tansin is author of Lead With Your Heart and the Rest Will Follow. Her expertise is in developing highly-engaged employees, strong sales forces, and strong leaders. Visit: [www.cindytansin.com](http://www.cindytansin.com)*

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# Getting Real in the New Year

## Tools for Navigating 2014

By Susan Miller

Each New Year is precious, filled with promise, opportunity, and time to make solid progress on our greatest dreams. The coming year offers that, but it's a year that will show us that we must finish up loose ends before we start work on all things new.

We all want to hear that the New Year will be the right time to instantly start new ventures. Don't be disappointed that 2014 will have a slow pacing at the start. I find it exciting to know we'll have a chance to streamline our projects and improve our relationships to make them more successful. I love the idea of polishing up a manuscript, reassessing a business venture, or seeing if I can mend a relationship, to name a few possibilities, but the point is, in 2014 we will get a chance to look over past decisions and to strategize about how we can better achieve our goals.

All planets retrograde, which means they rest. When they do, we are left to do our best without these planets' direct support. The planets we notice in a big way when in retrograde are those that orbit closest to earth, the "personal planets" of Mercury, Venus and Mars. The large outer planets like Jupiter, Saturn, Uranus, Neptune and Pluto, all retrograde for 4 to 5 months at a time, and exert a more muted effect than the personal planets do. The Sun — our star at the center of our solar system — never goes retrograde, nor does the earth's satellite, the moon.

The first half of 2014 brings many retrograde planets, giving the year a gentle, reflective start. As delays crop up and

schedules are rearranged, you may welcome the time to think and get organized. By mid-July, the sky will brighten. With the exception of October 4 to 21 (when Mercury will be ret-



rograde a third and last time) we will have an open road to launch new projects, and be confident it will be the right time to do so.

In the meantime, we will have nearly seven months to improve, solidify, or find closure on ventures/relationships that were started in 2013, or in years earlier. If an undertaking or alliance seems not to be worth your time and attention, you may cut your losses, move on, and start anew. In a way, 2014 will officially start in mid-July, the point of the year when you will have a fresh canvas to paint your dreams upon.

We hear a lot about politicians' proclivity for "kicking the tin can down the road," but in a year like 2014, we will see that we can't allow this to go on. Practicality will rule. This

year may require a short period of facing facts and dealing with consequences, but once we do, we will feel relieved, liberated, and filled with vigor. Rather than a year of creating grand visions, 2014 will be a year to scale visions within realistic perimeters that can be achieved within a given time frame and budget.

Let's have a look at the specific months that the personal planets will spin backwards and what this portends.

When Venus, planet of love and beauty, retrogrades (Dec 21 to Jan 31), do not schedule plastic surgery. Avoid buying Venus-ruled items: perfume, makeup, designer clothes, or jewels, and don't make a radical change in hairstyle or color. Men, that includes beards... do not start to grow a beard and do not shave it. Both genders can conduct regular grooming, of course, but avoid any big makeovers — Venus rules good looks.

When Mercury, the planet of communication and negotiation retrogrades, (typically three times a year (February 7 to 28, June 7 to July 1, and October 4 to 25 in 2014), sign no contracts nor make major decisions, commitments, announcements or actions. Your priorities will be in flux, so wait until the road ahead becomes clear. Don't act quickly, even if under pressure to do so.

When Mars is retrograde (March 1 to May 19), Mars becomes lackadaisical, so it is the wrong time to start a business. Think of Mars as a booster rocket to your dearest

dreams, for Mars can push your endeavors into the stratosphere. Mars in direct orbit will give you a fiercely competitive spirit that you'll need to stand out. It is just as well Mars is out of phase at this time, for April brings two challenging eclipses on April 15 and 29, and both eclipses will test the validity of our previous choices.

After that, Mercury will retrograde June 7 to July 1. You can't plan actions for the first week of July, for cosmic storms are due to roll in, making it unwise to start a new undertaking. As you see the universe is putting up roadblocks to force us to stop, look and listen.

By slowing down in the first part of 2014, you can review and reflect on decisions you made that brought you to the place you stand today. You can now make adjustments if necessary, and to see how to build a bigger platform to showcase your professional talents.

It is also a year to ask, "What am I willing to give or do to achieve a loving relationship or to become outstandingly successful in my career?" This year, career and relationships are achieved the old fashioned way—by having realistic and practical expectations, keeping your heart open and loving, and by always keeping alive your wonderfully optimistic attitude. Everything is possible.

Happy New Year!

**Susan Miller is the founder of the highly-acclaimed [www.astrologyzone.com](http://www.astrologyzone.com). Visit her website to order her 2014 calendars and phone apps.**

**Susan will be conducting a workshop at the Conscious Life Expo on Saturday, Feb. 8, 2104. For more info and tickets, visit: [www.consciouslifeexpo.com](http://www.consciouslifeexpo.com)**





# 3 Steps to Effortless Weight Loss

By Lorna Vanderhaeghe

If weight loss were as simple as reducing calories and running the treadmill we would all be thin. There are many factors contributing to our expanding waist line and that is why diets generally don't work. Most dieters gain all the weight they have lost and more within 60 days of halting a calorie-reduced diet. Weight loss can be effortless when we adopt a new way of eating and add a couple of nutritional supplements that get to the root of the weight problem.

## FOOD THAT FIGHTS FAT

Eat protein at every meal and eat only protein for breakfast — an egg, a chicken breast, a protein shake, protein powder in organic unsweetened yogurt for example. To make it simple the piece of protein should be the size of your palm.

Stop eating all white foods — white bread, white pasta,

white sugar, white flour, white potatoes. If you have a doughy belly, then stop eating grains too. Women lose weight fast when they eliminate grains from their diet — sometimes several pounds a week. Grains are starches that convert into sugars.

Don't drink fruit juice. You would never sit down and eat 8 apples at once but when you drink a glass of apple juice, you drink the sugar and water of 8 apples without the fiber. Fruit juice disrupts blood sugar.

Eat dark green vegetables at lunch and dinner with a palm-sized piece of protein. Eat a snack in between and make sure it is protein (like a piece of cheese). Get a large ziplock freezer bag and fill it in the morning with broccoli, sugar snap peas, celery sticks, carrots, and more. Eat vegetables throughout the day — your blood sugar will be balanced and you will never feel hungry.

Drink water flavored with ginger or fresh lemon. Drink herbal teas through the day.

And add two clinically researched nutritional supplements to super charge weight loss and bust belly fat.

## CLA WITH GREEN TEA EXTRACT

Conjugated linoleic acid (CLA) is a fatty-acid supplement that is a fat that melts fat. In a 90-day, double-blind, randomized, placebo-controlled study published in 2000 in the *Journal of Nutrition*, CLA users experienced fat loss with an average weight reduction of seven pounds and an increase in lean muscle. There was a 20 percent decrease in body fat. CLA also stops fat from coming back once dieting stops, research has found. Incredibly, CLA has also been found to help with weight loss even

if people don't change their lifestyle although I don't recommend this.

In June 2009, the *American Journal of Clinical Nutrition* reported on 45 postmenopausal women who were obese and who had type 2 diabetes. They took 8,000mg of CLA per day with food for 16 weeks. The women were told not to diet or exercise any differently during the trial. The researchers found that CLA significantly re-

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*Research has shown that CLA will help with weight loss even if people don't change their lifestyle.*

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duced the women's body mass index (BMI) and resulted in a four-pound weight loss. Just think if they would have eaten for fat loss too!

## GREEN TEA ENHANCES FAT LOSS

One study revealed participants who took green tea extract capsules daily increased their fat burning without accelerating their heart rate. The capsules safely enhanced fat burning. A 2010 study in the *Journal of the American College of Nutrition* involved 35 obese subjects with metabolic syndrome. (Metabolic syndrome is the name for a group of factors that increase risk of heart disease, stroke and diabetes; these factors include a large waistline, low "good" HDL cholesterol, as well as high blood pressure, high triglycerides (blood fats) and high blood sugar levels.) At the end of eight weeks, the green tea group experienced significant

decreases in body weight compared to the control group. Do not use de-caffeinated green tea as it is the caffeine along with the other constituents of the green tea that effectively enhances fat-burning, thus improving fat loss.

## BELLY FAT BUSTING CHIROSITOL

Belly fat is a stubborn problem. No number of sit-ups and crunches make it disappear. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful hormone that, when in excess, also causes an elevation in circulating male hormones in women which can cause male facial hair growth and acne too. In men, elevated insulin results in a beer belly and breasts. Elevated insulin promotes high cholesterol, diabetes, weight gain, and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chiro-sitol (pronounced "kur-ah-sitol"), researched in over 30 studies at the Virginia Medical School, works to keep blood sugar in the healthy range. Chiro-sitol has been shown to reduce appetite and improve our happy hormone serotonin, which halts sugar cravings and controls appetite. But Chiro-sitol really shines in fighting belly fat in both men and women.

Combine a fat burning diet, CLA and green tea extract with Chiro-sitol and weight loss will be effortless.

**Lorna Vanderhaeghe is Canada's leading women's natural health expert. With degrees in biochemistry and nutrition, she is the author of 11 books including A Smart Women's Guide to Weight Loss. Visit: [www.hormonehelp.com](http://www.hormonehelp.com)**

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# New Year... New You

## Grocery Shopping Tips for Healthy Eating

By Stacey Strout Stabenow

Every year it is always the same song and dance when it comes to New Year's resolutions. We resolve to eat better and save money. However, we never seem to stick with it. Let's face it, days are busy. Everyone knows that afternoons and evenings can get downright crazy! Suddenly it's 6 o'clock and there's no plan for dinner. That means another rushed trip to the grocery store, a takeout burger, or phoning for pizza. This all sounds familiar, right? Before we know it, it's February and we're back to our old habits and have completely forgotten the passion we felt when we started. But it doesn't have to be this way.

Instead, imagine having the ingredients and simple recipes you need to get healthy meals on the table each night. This plan sounds nice, right? Believe me, it *can* be done. Kick the crazies out of your evening so you can focus on the important stuff. It's not hard. The trick is to be prepared and to stock your kitchen with good healthy food and a way to use it.

Making this change does require a commitment. It really all comes down to planning. So, carve out a little time to make a plan for the week. I personally like to sneak to the kitchen with a cup of coffee and my computer before the kids are up on Saturday mornings. There you can cruise your favorite cooking sites, blogs, worn family cookbooks, and favorite magazines for recipes.

Keep a couple of things in mind when you're choosing recipes for the week. First, look

for a variety of proteins and seasonal produce, and avoid recipes that rely on packaged and boxed ingredients. Stick to recipes that use common ingredients and those you'll continue to use. Fancy ingredients don't necessarily create delicious meals. Surprisingly, the simple recipes with the fewest and freshest ingredients can be the tastiest — and healthiest too!

Then, try to include a variety of cuisines and proteins in your menu. Maybe Mexican food one night, lasagna the next, then a light meal of fish and couscous, rounding out your week with a fun Friday night of grilling. Mix it up and add a some excitement to the menu. Look for recipes that remind you of your family's favorite restaurants. Try choosing one or two meals that would make great lunch leftovers like lasagna, meatloaf, and tacos. You can even double these recipes and freeze them for another night. If you can do that once or twice a week, you'll have your freezer stocked for nights when you may be tempted for takeout.

In the first few weeks, remember to keep it simple. Do not go crazy with complicated recipes and millions of pots and pans each night. Remember the key to success is to start out small. In the first week or so, plan 2 or 3 meals with leftovers. This will keep you from burning out too fast and overbuying and wasting ingredients. Then, commit to adding more and more recipes to the coming weeks.

It is also important to involve your family in the process. Ask for input with meal choices and list-making and then employ their help with the shopping and cooking. Kids

love being empowered and are very helpful. My 10-year-old loves to help with the menu — always wanting to find recipes that mimic what he orders at his favorite restaurants. And my 5-year-old writes out our menu, decorates it and prominently displays it each week. They both take pride in their jobs and I've been pleasantly surprised by how helpful they are. Giving each child a role in the process not only helps keep the motivation going, but gives them a sense of responsibility, teaches them the importance of making healthy choices, and encourages them to try new things.

Half the battle of eating well is making it through the grocery store mindful of your list. It is essential to stick to the perimeter of the store where you can focus on fresh and not get caught up in the madness of the boxed and bagged. The biggest trick to master is following your list, but still being flexible enough to score the freshest and best ingredients and save when something is on special.


This comes in very handy in the produce and meat departments. Choose the freshest produce and meats, not nec-

essarily those on your list. In other words, don't feel like you have to buy the asparagus if it doesn't look good. Choose a fresher and brighter alternative like broccoli or green beans.

The same is true in the meat department. If you are planning on grilling pork chops but chicken is on sale, buy it instead. Substituting cuts of meats on sale is a great way to save money. Plus, if they're deeply discounted you can always buy in bulk and freeze. Don't be so strapped to your list that you can't take advantage of a good deal; but at the same time, don't buy 'junk' that is not on your list.

This year, commit to making a couple of these simple changes. Keep it realistic for your lifestyle and don't try to completely change everything about your eating habits. Soon you'll find it has become your way of life.

*Stacey is a wife, mother of three kids, and is the one responsible for feeding her family. She is also involved in her community, the kids' schools, work outside the home, and has little time to figure out what's for dinner. Every week she makes the time to pore over cookbooks, magazines, and the internet to plan meals and the shopping list. After 13 years of planning her family's meals, she wants to share them with you. Visit: [www.nomoreto.com](http://www.nomoreto.com)*




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# Say Yes to Less Stress with these Mind/Body Tips and Techniques

By Kathy Gruver, PhD

It's no surprise to learn that stress is one of the leading causes of illness in our society. In fact, it's estimated that 60-80% of our doctors' visits are from stress-related disease. And it seems like women are faced with more stress than ever. We are in an age where we are raising the kids, holding down a job, running the errands, running the house, running marathons and forgetting to put *ourselves* on the to-do list. We have been told we can do it all and we are trying our darndest to live up to that. Here are some tips to assure you will stress less.

## SLOW FOOD:

How many times have we rushed out of the house and shoved something stale and packaged into our mouths and called it breakfast?

- Keep healthy food handy, in your car, in your desk and in your cupboards, where it's easy to reach. Bars and nuts are great snacks and can be a full meal if necessary. Be sure you're getting enough protein and not just relying on carbohydrates.

- Make sure that you drink enough water — but not soda, which is one of the unhealthiest things you can consume and could be contributing to osteoporosis. Both artificial sweeteners and high fructose corn syrup are substances that are doing horrible things to our bodies.

- Eat slowly — preferably not in your car, during an argument or in front of depressing news

or a violent TV show. Stress slows the digestive system and eating under duress can wreak havoc with your stomach and intestines.

## ONE A DAY:

Stressed women need extra vitamins and minerals, especially taking into account various times of the month and menopause.

- I suggest everyone take a high-quality vitamin, mineral and amino acid supplement.

- The B vitamins are great at helping with stress, depression and sleep. But take them earlier in the day, as they can cause disruption of sleep if taken too late.

## TO SLEEP, PERCHANCE TO CATCH UP!

The lack of sleep has been linked with obesity, depression and shorter life span. There are numerous healthy sleep suggestions; here are a few:

- Don't do anything in bed other than sleep. (Well, sex is okay too and it's a great stress-buster.)

- Supplements like melatonin, valerian root or L-tryptophan can help, as well as homeopathics. (Note: Don't take tryptophan if you are on SSRI's [selective serotonin reuptake inhibitors] for depression.)

- Keep a notebook by the bed so if you wake in the night remembering that you have something to do, you can do a mind-dump and get it out. Don't dwell. Or, if you find thoughts continually intruding, use an affirmation to help. Say, "I fall asleep quickly and easily; I wake up feeling refreshed." It not only shuts out those other thoughts, but can

also program your body.

## THE 3 R'S

### RELAX. RELAX. RELAX:

- Find an activity that will relax you and release your stress.

- Meditate. If you think you are not a meditator, there is a very easy technique called mini-meditations. These can be done anywhere, by anyone, at any time. Simply concentrate on your breath, the rise and fall of your chest. On the in-hale, think, "I am..." and on the exhale, think, "...at peace." Repeat. This stops our reaction to the stress, calms our nervous system and readies the brain for higher functioning.

- Work- or school-related tasks are not relaxation — even if your laptop is with you at the beach and your textbook is being read in the bath. To truly relax, you have to distance yourself from the tasks at hand.

- Get your body moving. Try an activity like yoga, dance, tai chi or chi gong.

- Pay attention to your posture. Holding your shoulders up or your neck tight keeps your stress level higher and your muscles tense.

- Try to take at least one day per month that is *just for you*. Get out of your environment and recharge your battery.

## A+.

Remember...it is not the amount of stress. It is how you deal with the stress. I am a Type A personality. Because of this, I am more prone to heart issues, stress-related disease and stroke. (Great, huh... productive and on schedule, but dead!) I know my limits, but the problem comes when something unexpected push-

es those limits: There's extra traffic, the cat throws up, the bacon catches fire, etc. To de-stress, I do things like take hip-hop and trapeze lessons. For you, it might be a walk around the block, a nap or hot bath. Whatever you choose, do something to relieve the stress rather than allowing it to build up.

- It's those unplanned distractions that increase our negative reaction to stress, the feeling of helplessness or hopelessness. If you have a buffer, then if something suddenly happens, you can deal better than if you had everything scheduled down to the millisecond. And if nothing happens, you have a few extra minutes to catch your breath and relax. And do a mini.

It's become very hip and cool in our society to be busy. We hear people trying to out-do each other all the time. "I'm soooooo busy, I can't...." We wear it like it's a badge of honor. But it's detrimental to our health. It is eating away at the vitality and life force that sustains us. We stopped giving in to peer pressure when we left high school, didn't we? Gain your accolades by being relaxed, in control and stress-free. Your body will thank you, today and tomorrow!

*Dr. Kathy Gruver is a natural health expert, speaker, educator, and practitioner. She earned her PhD in Natural Health and has authored three books: The Alternative Medicine Cabinet, Body/Mind Therapies for the Bodyworker, and her newest, Conquer Your Stress with Mind/Body Techniques. She has been featured in numerous publications and has appeared as a guest expert on radio and TV programs. Dr. Gruver will host a TV show based on The Alternative Medicine Cabinet on OTV. Visit: [www.TheAlternativeMedicineCabinet.com](http://www.TheAlternativeMedicineCabinet.com) or [www.KathyGruver.com](http://www.KathyGruver.com)*





# Women, TV and Tension

By Debbie Johnson

I got tired of waiting for someone to write another TV show I could watch and actually enjoy! So I decided to write it myself. Years and lots of work finally helped me to produce it and the miracles that have happened to get me to this point are astounding. I will tell you about some of those in a minute, but first I want to help you understand why you might feel stressed watching the violence and profanity you see in most movies and even on television.

We women need to feel safe and secure. But watching many current movies or TV often leaves us feeling subconsciously stressed, and certainly not very uplifted. Women have enough stress in their lives, and their nervous systems are finely attuned to anything that may make their safety feel threatened. Have you noticed how much most women worry?

Women appreciate the finer points of spirituality and love, and we are very intuitive, which often translates into sensitivity. Why is that more different for women than men, at least most of the time? The answer is really quite simple:

Men are hunters; women are nesters. Primitive men needed to focus on big game. Women needed to listen to their children and nurture them. Women need to be sensitive to the young heart and mind. That is from primitive times up until today. Of course we can rise above this, but in a fast-paced world full of tech toys that can sap our energy, it's nice to find

some peace in our entertainment. There are some venues for that, such as Spiritual Cinema Circle.

So, what about TV? Back to the miracles: The first one was when I was house-sitting (basically homeless) when God told me to move to Santa Barbara, CA. I never lived there before and had no money, but of course I said, "Sure, if you get me a job!" Then I got a call from someone who wanted me to ghost-write a book. Great, there was my job!

I got a room in a house, a miracle in itself, as housing prices are so high and there are very few rooms available. Within two weeks I met Fred Freeman, my screenwriting mentor, who had written for Mayberry RFD, Happy Days, Laverne and Shirley, and so many more movies. I had no idea that Santa Barbara was a screenwriter's mecca! I wrote my screenplay between ghost-writing, then moved again.

When I started feeling so strongly that I had to produce this, I told God, "If I must get a camera and shoot this myself, I will!" I just kept moving forward, doing the things that were free, like writing more, then casting and setting up locations, etc. The money did come, and I was able to give women something they deserve. Every step has been a miracle, so I know I must be on the right track!

## Here are three more:

For sets — every business in Victoria, MN, where I live said, "Yes" to allowing me to use their building or parking lot for locations needed to film the Soul Survivors TV pilot. After all, I've only lived here a very short time and no one really knows me. I was dumbfounded with gratitude.

One of the stars, Timotha

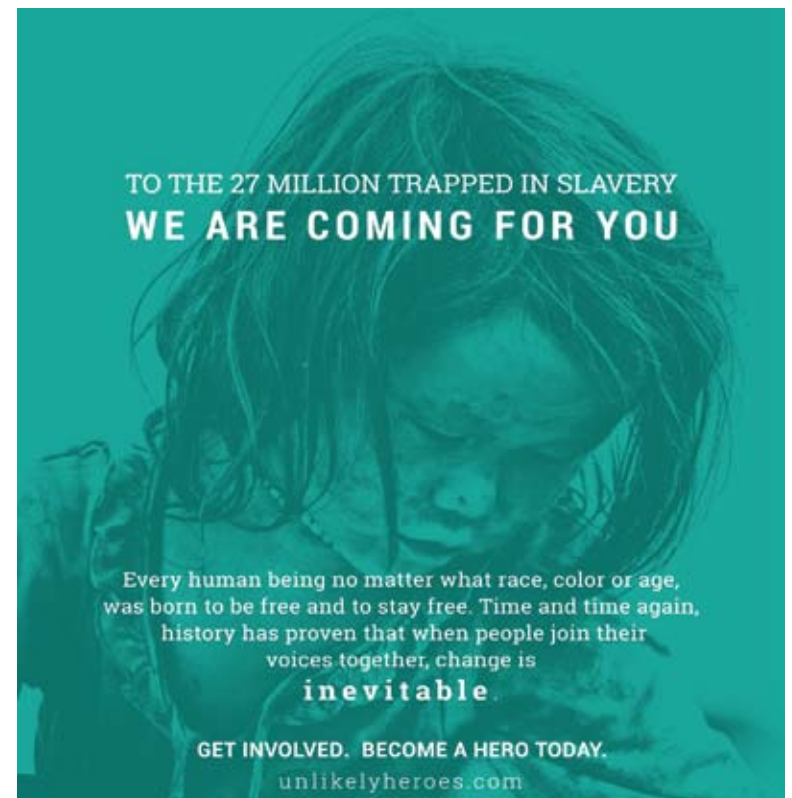
Lanae, also a recording artist, found out on the last day of shooting her scenes that she was nominated for New Soul Artist of the Year in the U.K. Now her CD, Red, is number one on the charts there! Our Director of Photography, Dale DiMassi, won a regional Emmy award for his documentary film!

I was so excited to find an interfaith organization while looking for a non-profit to partner with for Soul Survivors TV launch, and to hear what one of the team members had to say about my concept: "It's wonderful if we can meet at any level, and angels are one where we can meet and still maintain the mystery of our own faith." She struck a very deep chord in me, making me feel ever-more grateful for this project and the potential to touch people of all faiths with the eternal message of hope, faith and love.

Why is the pilot movie and this potential web-TV series about angels-in-training helping couples on earth?

Lots of women, like me, love entertainment that gives them spiritual sustenance as well as information that helps with the health of their relationships, which of course, in turn, promotes their physical health. Women are nesters, focusing on keeping the family together by caring about relationships and making them stronger in any way they can. If the relationship is stronger, the woman is usually stronger. I am hoping my show will help women in many ways, and that they will experience their own miracles!

**Best-selling author Debbie Johnson is the writer, producer and director of Soul Survivors TV. Visit: [www.soulsurvivorstv.com](http://www.soulsurvivorstv.com) and visit her Miracle blog at [www.soulsurvivorstv.com/miracles-blog/](http://www.soulsurvivorstv.com/miracles-blog/)**





# Solutions to Common Conditions of Aging

By Timothy Morley, D.O., Medical Director of Womens Healthy Hormones

Chronological aging is inevitable. There's no diet, medicine or therapy that can stop the years from passing, but growing old doesn't have to mean a decline in your quality of life, or spending your golden years in a hospital bed. Advancements in medicine and a greater understanding of human physiology have led experts to discover that you are very much in control of how well you age, including dealing with conditions of aging, like andropause and menopause.

## MENOPAUSE IN WOMEN

Menopause naturally occurs for most women in their late forties to early fifties, however many women experience premature menopause. This often occurs as a result of a hysterectomy, a premature ovarian failure or an underlying hormone imbalance. The medical diagnostic manual defines menopause as, "the point in life when a woman has experienced 12 consecutive months without menses (menstrual cycle.)"

Some women may begin to experience signs and symptoms years before menopause actually occurs. During this time, known as perimenopause or premenopause, hormone levels begin to decline inducing hot flashes, night sweats, mood swings, weight gain and a host of distressing symptoms that disrupt quality of life. As menopause occurs, estrogen and progesterone levels plummet, leaving women susceptible to not only uncomfortable symptoms, but also increased risk of multiple chronic diseases.

## ANDROPAUSE IN MEN

Andropause, also referred to as the male menopause, describes the gradual decline of testosterone experienced by men as they age. Many never

realize they are experiencing andropause and dismiss the symptoms as a normal part of the aging process.

Testosterone levels typically peak in a man's mid-to-late twenties and decline every year, reaching the lowest levels around mid-life. As testosterone production declines, levels of other hormones, such as estrogen, begin to increase. These incessant fluctuations in hormone levels make it increasingly difficult for remaining testosterone to function effectively. The resulting deficiency of testosterone results in many of the same symptoms that women experience during menopause: hot flashes, night sweats, weight gain, irritability, fatigue, diminished sex drive, hair loss, insomnia and decreased muscle mass.

## SOLUTIONS TO MENOPAUSE AND ANDROPAUSE

The good news is that you don't have to endure the unpleasant symptoms of andropause and menopause. These conditions of aging can be eased with natural therapies and lifestyle changes. The years may tick by, but how you age is optional.

## HORMONE BALANCE

Many men and women do not realize the impact that hormones have on their health. Hormones play a substantial role in nearly every function of the body — a single imbalance can wreak havoc on your health and impede graceful aging. Hormonal imbalances are a primary cause of menopause and andropause symptoms, but you don't have to suffer.

It is important to monitor your hormones throughout your lifespan. Talk with your doctor to establish a baseline for *your* healthy hormone levels, around age 30; or, if you

are a bit later in your lifespan, get your hormone levels tested and strive to reach a natural, youthful level through natural, bioidentical hormone therapy. Work with your physician to create a healthy lifestyle plan that includes habits that help to maintain optimal hormone levels, such as routine physical activity, clean eating, managing a healthy weight, getting adequate amounts of quality sleep and keeping stress levels in check.

You can balance your hormones and keep them balanced, naturally, throughout your life with the right functional health strategies.

## NUTRITION FOR BALANCED HORMONES

It's often said that food can be the slowest form of poison or the most effective medicine. Everything that you eat will impact how you age, including and especially influencing your hormone balance.

Consuming a clean, balanced diet is essential to protecting your vitality. "Clean" eating means choosing foods that are nutrient dense, fresh — not processed — and free from allergens. Clean foods include fresh, organic whole foods, mostly fruits and vegetables, as well as lean protein sources, like chicken or fish. It is important to make supplements a part of your diet. Most everyone can benefit from taking a multivitamin, vitamin D and omega-3 supplement daily.

You may also be unaware of your body's food sensitivities. You may be consuming foods every day that cause you to struggle with healthy weight management, fatigue and premature wrinkling. Cleansing your diet of the top allergenic foods: sugar, dairy, peanuts, gluten, soy, artificial sweeteners and pro-



cessed items will enable you to stabilize your system, not only for hormone balance, but for reduced risk of disease, more energy and even better management of your mood.

## PHYSICAL ACTIVITY FOR MAINTAINING HORMONE BALANCE

Exercise is equally important to maintaining hormone balance. Routine physical activity has been proven to diminish symptoms of aging, contribute to a greater sense of well-being and reduce risk of certain diseases.

As you age, you should shift your focus to incorporating activities that stimulate internal physiological reactions to optimize health, as well as offer benefits of healthy weight management and mood regulation. This may include a broad range of activities — you don't have to spend hours in a stuffy gym or find a way to learn to love running. Many men and women, especially in middle age, make the mistake of jumping into a new fitness routine too fast.

This can cause unnecessary pain and discomfort that can keep you from enjoying your workouts. Set realistic goals and ease into new fitness programs. Try a variety of activities, such as yoga, Pilates, spinning, hiking or recreational sports — find one or several

things that you enjoy and make them a regular part of your lifestyle.

With the right exercises, you can sustain muscle mass, boost bone density, protect your heart, reduce joint pain and maintain hormone balance. Some strength exercises offer increased energy expenditure and a more favorable hormonal response — meaning you will build more muscle, improve strength and burn fat. Discover a cardio routine too, like swimming, rollerblading or racquetball. Cardiovascular exercise and strength training combined regularly will truly optimize your health for a lifetime.

#### THE ANTI-AGING LIFESTYLE

Anti-aging and optimal health begin with awareness — knowing and monitoring your hormone levels throughout life can impact your health for the rest of your life, for the best. Reaching hormone balance is only one piece of the puzzle,

you have to create habits to effectively manage your health, sustain youthfulness and maintain that balance. Try these tips to sail through midlife, including side-stepping the discomforts commonly associated with andropause and menopause:

**Eat clean.** Processed foods, no matter how convenient, can clog the GI tract and destroy the absorption of nutrients, impairing multiple pathways all over the body. Poor nutrient absorption or conditions, like leaky gut, can lead to hair loss, skin irritation, wrinkling and daily intestinal discomfort. Choose a well-balanced diet consisting of fresh, whole foods.

**Supplement, supplement, supplement.** Few diets provide adequate amounts of every single vitamin, mineral and antioxidant necessary for optimal health. Even if you consume a “perfect” diet, there are a variety of factors that contribute to the absorption of nutrients. Work with your physician to

find high-quality supplements that meet your specific health needs and concerns.

**Skip the sugar.** Excess sugar — high fructose corn syrup or table sugar — acts as a toxin inside the body. Most people know too much sugar leads to excess pounds and ultimately obesity, but it can also contribute to wrinkles.

**Get your beauty sleep.** It’s called beauty sleep for a reason — your body needs to repair itself each night, so you look and feel your best. If you aren’t sleeping well, examine activities prior to bedtime — exposure to light, including the light from iPhones, TVs and computer screens can inhibit melatonin production and impair the sleep cycle. Alcohol, tobacco and even physical activity too close to bedtime can limit sleep quality as well.

Hormones decline naturally as part of the aging process, but this decline can occur more dramatically when you

fail to care for your body. Poor nutrition and a lack of routine physical activity can contribute to hormonal decline and that decline can lead to the loss of vital functions that impact aging of the skin, hair, nails, heart, brain and every other organ in the body. Choose a lifestyle that will help maintain your vitality and hormone balance. Learn more about conditions of aging and how to achieve and maintain hormone imbalance at [Hormone Education.com](http://HormoneEducation.com)

*Dr. Timothy Morley, D.O., is a Board-Certified General Health Physician in New York City and a leading expert in women’s health. He specializes in nutrition, diet, and weight loss, helping his patients achieve overall lifestyle changes. With one of the largest medical practices in Manhattan, he combines solutions from diet and fitness regimens with nutritional supplements to help women pre-, during, and post-menopause face issues such as weight loss, hormonal imbalances, and healthy aging. Dr Morley is Board Certified in Functional Medicine and Anti-Aging Medicine.*

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# Experience The Magic of *Borrego Springs!*

*By Ann Nelson*

**B**orrego Springs, a quiet little town located on the desert floor of Anza-Borrego Desert, is surrounded by the 600,000-acre Borrego Desert State Park. This peaceful community located about 80 miles northeast of San Diego and 170 miles southwest of Los Angeles is often compared to the Palm Springs of the 1930's. Palm Springs is an hour drive away. Since the city is completely surrounded by the magnificent desert park, urban sprawl and overcrowding will be highly unlikely. A year-round population of almost 3,000 residents increases to about 10,000 when the snowbirds visit each winter.

There isn't one traffic light in Borrego Springs. There are NO fast-food restaurants! This town is truly a bonafide "middle of nowhere" place to go. I don't want you to get the idea there is no place to stay, no good restaurants and nothing to do. Quite the opposite is

true. You can be as busy as you want to be — have a fortune to spend and spend it lavishly or be on a tight budget and have a wonderful time.

Visitors flock to this area between January and March to see the magical carpet of vibrant desert wildflowers. The quality of each year's flower display depends on a number of factors, including rainfall, temperature and winds. Typically, the wildflowers begin blooming in January and reach their peak in March. You can actually reach an up-to-date wildflowers recording by calling (760) 767-4684. It takes one trip to the desert after a few rains and you will forever think of it as a special place of beauty.

The Anza-Borrego Desert State Park is the largest state park in the lower 48 states and spans across Riverside, Imperial and San Diego Counties. The park, rated by National Geographic magazine as the best state park in California,

consists of 500 miles of dirt roads, two wilderness areas (comprising 2/3 of the park) and 110 miles of riding and hiking trails. The park name is derived from a combination of names of Spanish explorer Juan Bautista de Anza and the Spanish word "borrego," referring to bighorn sheep.

Borrego Springs is filled with unique overnight destinations.

The Borrego Springs Resort offers dramatic views of the Santa Rosa Mountains from The Arches Dining Room and the golf course. The Borrego Valley Inn is a quaint and cozy B&B. Carmelita's is the place to go for fabulous Mexican food and killer margaritas. If you're looking for local flavor and a little bit of gossip, check out Carlee's Bar & Grill.

For those craving a personal outdoor retreat along with a splash of luxury, La Casa Del Zorro is the place to stay. Spending time here is equivalent to wrapping yourself in a warm blanket filled with the quiet serenity of nature. There are hundreds of palm trees, a one-mile scenic walking trail, a fitness center, five guest pools, tennis courts, yoga classes, a labyrinth and dozens of private sitting areas. The resort, first established in 1937, is set in 42 magnificently manicured acres and dotted with deluxe pool-side rooms and casitas.

Located off the lobby and overlooking the garden terrace is the Butterfield Dining Room which is exquisite. This is the perfect place to sip a glass of wine while relaxing by the fireplace and pondering the gourmet menu. Their savory continental dishes include Roasted Lamb Rack with Rosemary and Lemon in



**La Casa Del Zorro Resort:**  
**Clockwise: Meditation**  
**Fountain, Guest Room and**  
**the Porch Dining Room.**

*Photos courtesy of  
Borrego Springs Chamber  
of Commerce.*



a rich Bordelaise or Chicken with Sweet Corn and leafy Greens. The signature "Kit Fox" salad is a titillating blend of Hearts of Limestone Lettuce, sections of Grapefruit and Orange, slivers of Medjool Dates, fresh Berries, Jicama, Avocado and Bermuda Onion served with Citrus Vinaigrette. Brace yourself before trying this salad; it may be the best you've ever tasted!

The varieties of options for experiencing adventure in this town are limitless. Bike Borrego furnishes detailed maps for checking out renowned animal sculptures designed by "the accidental artist" Richardo Breceda. The visitors' center is the place to go for information regarding hiking and other desert adventures. Booking a jeep tour for exploring the desert was on the top of our list.

It may seem unlikely that a former New York City ad agency executive and marine biologist would be the least bit interested in owning a jeep touring company in the middle of the desert, but Joe Raffetto was craving peace and quiet and found a welcoming home in Borrego Springs. Soon after moving here, he founded California Overland Desert Tours and has been offering unforgettable experiences ever since.

My friend, DJ and I couldn't wait to jump into the rugged former military vehicle and fasten our seat belts! We set off to explore endless miles of dirt roads with our trusted tour-guide, Joe. The jeep took us into places that would have been impossible to travel to in a car. We went to the badlands, stood in awe at the base of the majestic mountains and practiced yoga at a place called Clark Well. Joe filled our heads with stories about the history and wonder of this incredible place. The company offers many imaginative overnight camping events, including "Classical Guitar Under the Moon," "an evening with Michael McCormick and "Camp Beneath the Stars with Astronomer Scott Baker," Overnight yoga trips will soon be added.

Borrego Springs is a perfect place to immerse yourself in silence. Conde Nast Traveler editor Wendy Perrin calls this area "a geological wonderland of canyons, badlands, mesas, sand dunes, washes and buttes — and where I came to understand what was meant by purple mountain majesties."

*Ann Nelson is a freelance writer residing in San Diego.*

#### CONTACT INFORMATION

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As fate would have it, I also have occasional problems with Restless Leg Syndrome. I had made a legcramp relief formula for my Mom to treat her Nocturnal Leg Cramps. One night I decided to try it on my legs that kept twitching and making me roll-around in bed. Five minutes later I was asleep. It worked like a champ!

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# 4 Ways to Lose Weight You Haven't Heard Before

By Kimberly Wulfert, PhD

It's a new year but if you're repeating a resolution to lose the extra weight, read on. I'm sharing my unusual approach to weight loss that continues to help me maintain my thin self decades later. Add these with what you know about eating healthy, and they'll help you too.

Think of willpower like a muscle in your brain; it has limited strength and its ability to assist you wears out with overuse. It must rest to regain its strength. When I was overweight I had little willpower to avoid eating too much or the wrong things after a stressful situation, hurtful event or long day of work. I thought I was weak.

I want you to know that you are not weak. Your willpower simply wears out some days and when you're under chronic stress. Then you fall back on old unhealthy patterns in your attempt to feel better or get energized. When the patterns repeat enough, your brain

will form the habit luring you into the repeating patterns it knows. When your willpower is strong it helps you build a new habit of your choosing through repetition and when it's worn-out you can't depend on it.

I lost my extra weight for good when I realized this connection and saw the food I ate was fuel for my mind and body. Over time, choosing the right foods for me became easier. I felt more positive, energized, and in control which built habits I was happy to have. Losing weight became easier as my awareness expanded to the bigger picture.

With awareness of how your food choices affect your whole life, not just your weight, you will see new options and be able to use willpower to your advantage.

1. Save every food, drink, and grocery receipt for a week. Keep track of the money you spend out of pocket. Add up all the related items and subtract from your weekly pay. Next add what you spent on those high in fat, (Exceptions are high-calorie healthy fats such as nuts, olive oil, avocado, and nut butters.) calories, sugars and processing (have ingredi-

ent lists that include chemicals). Tell yourself the truth. How much money did you throw away? What time of day do you waste the most money and where did you spend it? How strong is your willpower then?

2. Widen your view. For the same week, keep track of the time spent relative to food, including shopping, transportation, waiting, preparing, cooking, eating and cleaning up, and anything else involving food. Subtract the total hours from 168 (a week). How do you feel about the time you spend concerning food? Are you wasting time acquiring and eating food that you do not need to eat? How might you spend those additional minutes or hours? Add how much time is spent thinking about getting food.

3. You'll save a lot of time and money buying all of the food and drink you need for one week at one time, or two if you include a stop for your local/fresh produce or fish. If your willpower is weakest at the end of the day, don't shop then. Use a list, shop when your will power is strongest, and resist buying foods that are filled with empty calories.

Buy food you like that is also good for you and stock up extra whenever it's on sale. You'll eat fewer calories because you won't have easy mindless or habitual access to junk food at home or convenient stores. When ordering take-out, call in advance when your willpower is strongest.

4. Discovering and eliminating the food group(s) you are not digesting right can change your life immediately in many ways. Unutilized poorly digested calories won't settle into fat cells and extra pounds will naturally drop off when digestion is unobstructed. Cravings will lose power over you when nutrients are absorbed and your body gets what it needs.

Find out about yourself by rotating foods. Starting with your most favorite food, stop eating it and its food group (i.e. dairy, wheat, soy, egg yolks, sugars, gluten) for one week, as hard as that may feel. Each day note all changes in your body, mood, energy level and digestive track. Then eat it for two days, and note the differences again. If problematic, eliminate it for several months before eating it again occasionally. Test your next favorite food.

After applying these changes, you will have an expanded awareness of how food and eating affect your life. This shift makes new options clear. Partner with your willpower when it's strong, and can gain control instead of pounds, while spending your money and time on things that matter to you.

*Kimberly Wulfert is a licensed psychologist, life coach for women over 40 and meditation teacher located in Ventura CA. She is running a class on Mindful Eating for Weight Loss starting January 16 or she can work with you in person, by phone or Skype. See: [KimberlyWulfert.com](http://KimberlyWulfert.com) or call (805) 320-9361.*



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Once I stepped onto my Shaman's path in 2006 I knew I had to finally let go of the story of victimization that rang like a loud bell throughout my life. It took me until 2009 to really "get it," and now I know who I am and trust what I feel. As women we have to see the truth about ourselves and then be willing to throw what no longer serves us into the fire, and burn away all the old negative belief systems. Then and only then can we move forward and truly trust ourselves.

I personally found so much release when I realized in the center of my being that I had chosen my parents, as well as all the challenges I had gone through in my lifetime. Once I fully grasped the concept, I began to systematically look over my life and let go of all the stories that held me back and created separation. I began to write about my issues and burn them. During one of my many trips to Peru, I found that fire was transformational, and sure enough the more I wrote and burned, the less I was triggered.

I looked over all the times I had given my power away to

other people, places and things. I made peace in my soul for all the wrong I had done or that had been done to me. It wasn't easy at first, so I created techniques to use that allowed my mind freedom from the negativity and I began teaching others to do the same. The more I practiced, the better I became at shifting my consciousness. I truly believe when we learn how to shift our perceptions our life changes.

It is time for us as women to take responsibly for our creations and know our souls so well that we understand what we are doing and why. Take ownership and allow the beauty of honesty, compassion and understanding into our lives. There is magic in being vulnerable, and trusting our inner guidance. When we do this we are able to make lasting friendships, ones where we can speak our truth with no fear of being judged.

I have run on both sides of the tracks but I have to say being honest and open works much better for me. When I said no more to gossip and little white lies, my whole world

opened up. Once I set the intention to have loving women in my life, they appeared and the old ones faded away, a distant memory of who I once allowed myself to be.

Remember there are no victims only volunteers. Who are you volunteering to be? Stop talking about your friends behind their backs in the guise of helping or caring. If you have something to say, do it to their face. They will appreciate it much more and you will feel better about yourself.

Today I speak to my friends with an open heart. I say right away when something bothers me and I trust them to do the same.

As we step into this new divine honest feminine flow and create lasting relationships, it is important to be impeccable with our words. I teach my clients their words are spells and their thoughts are things. I encourage them to love themselves by being the kind of human that can walk with their head held high. This is how to manifest and have the life you desire. By being the best you can be.

Shifting your consciousness is easy once you figure out it all comes from within. If every woman in the world went to their mothers, sisters, daughters, and friends and said, "I love you no matter what," and ask for forgiveness, and forgive you as well, the healing would begin. If every one of us could see ourselves in the other's eyes and become a mirror, this world would change, and mother earth would smile on her children once again.

I dedicate this article to all the women I have hurt and to all those who have hurt me. But mostly I give this piece to those women who have been there for me no matter what. You all know who you are and I love you.

*Shaman Isabella Stoloff provides private shaman training, one-on-one healings, house clearings and blessings, weddings and sacred journeys. Her next journey to Cusco, Peru is in 2014. Isabella assists her clients in releasing all that no longer serves them, so they can ignite the light within. She founded the Orange County Healing Center in 2009, is a graduate of Healing the Light Body and has a Master of Fine Arts in Performance. (714) 603-8624, visit: [www.ochealingcenter.com](http://www.ochealingcenter.com)*

There are two ways to live: you can live as if nothing is a miracle; or you can live as if every thing is a miracle.

— Albert Einstein

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# Holistic Treatment for Adult-Onset Diabetes

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

There are two types of diabetes. The cause of Type I (or juvenile) diabetes is the inability of the pancreas to produce ample insulin. The function of insulin is to carry blood sugar into cells. Thus, our cells have an energy source. Type I (juvenile) diabetes is usually developed during childhood.

Another type is adult-onset Type II diabetes. This type usually produces sufficient insulin. However, this insulin does not function properly in transporting glucose (blood sugar) and nutrients into cells. In other words, the quality of insulin is the issue in adult-onset diabetes. The focus of discussion in this article is Type II diabetes.

In 1997, more than 10 million Americans had diabetes. In 2011, however, this figure has increased to 18.8 million, according to American Diabetes Association. Diabetes ATLAS has revealed even more scary figures: globally there are 382 million people with diabetes in 2013, and this figure will rise to 592 million in 2035!

Diabetes is a life-limiting disease. Symptoms of diabetes

include: thirst, excessive hunger, and urination, dry mouth, generalized malaise, drowsiness, tingling and numbness in hands and feet, headaches, blurred vision, skin infections, elevated blood sugar, cholesterol or blood pressure, overweight, slow healing of cuts and impotence. Diabetes mellitus can manifest a cluster of symptoms. Two of five people who have diabetes don't even realize that they have the disease!

## HOLISTIC TREATMENT FOR DIABETES:

**The bottom line is to nourish the body, so that the quality of insulin production will be improved!** The combination of an anti-yeast nutritional program, herbal therapy, exercise, stress management, and deep emotional releasing usually works wonders for adult-onset diabetes.

### Anti-Yeast Nutritional Program:

As discussed in previous articles, sugar is a favorite food of yeasts. Yeasts thrive instantly in the presence of sugar! Unused blood sugar in the body will certainly give yeasts a big feast! On top of that, if you put more yeast-favorite foods (including dairy, wheat, yeasts, alcohol, and caffeine) into your body, can you imagine what a wonderful party they are going to have! An anti-yeast nutritional program is thus essential to control the overgrowth of yeasts in your body when you have diabetes!

### Herbal Therapy:

When the pancreas, adrenal glands, liver, and thyroid are nourished by high-quality herbal nutrients, they work together harmoniously to release

various hormones to maintain a steady blood sugar level. **The process of sugar metabolism is very complicated and delicate. If any part of the function is impaired, the chain operation can become inefficient.** Herbal formulas geared toward the restoration of the function of the pancreas, adrenal glands, liver, thyroid, and the entire digestive system are therefore essential.

### Exercise:

It is common sense that exercise burns the excess sugar in the body, and thus reduces the amount of insulin required to lower the blood sugar level. Excess blood sugar can result in ketosis and coma. It is a life-threatening condition! Regular exercise also facilitates blood circulation. This, in turn, can prevent gangrene in the lower extremities. Gangrene is a condition in which tissue starves to death because of a poor supply of blood that transports oxygen and nutrients. On top of that, opportunistic yeasts will take advantage of the situation and cause stubborn infections of the skin. This is not uncommon among severe cases of diabetes.

As mentioned in previous articles, slow walking is an excellent type of exercise for all ages, and free of charge! You do not have to go to the gym if you don't have the money or time. Thirty minutes of slow walking around the block daily will improve your circulation, digestive function, energy and mental clarity. **The more tired you feel, the more necessary it is for you to start with low-impact exercise, such as slow walking.**

### Stress Management:

Stress plays an important

role in every aspect of your health. Since diabetes is a condition which requires constant "watch," a regular stress-management technique such as meditation is very helpful. Especially those of you who have hypertension in addition to diabetes, stress management can do wonders to lower your blood pressure as well.

### Releasing Deep Negative Emotions:

Based on my several decades of clinical experience, the diabetics usually have some regrets in intergenerational relationships, and/or unaccomplished life goals. It's important that these deep emotional issues are identified and worked through, so that they will not continue to haunt you! Seeking professional help from an experienced spiritual psychotherapist is one of great steps!

Diabetes involves the deterioration of multiple glands, organs and emotional state; therefore, you will need an "overhaul"! Don't wait until you need amputation or are completely impotent to start taking care of yourself. Drop your denial mechanism and start a new lifestyle now!

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections and related illnesses. She is the author of books, and was a radio and TV personality in her specialty area. Recently she became the co-owner of the Dr. J's Vibrant Café in downtown Los Angeles (at corner of the Main and 4th St.) — A vegan and Anti-Yeast Nutritional Restaurant, the first of its kind!

**For more information, please contact: Academy of Vibrant Health, 541 S. Spring St., Los Angeles, CA 90013. Tel. (213) 489-1712 or visit: [www.drjsbest.com](http://www.drjsbest.com). Like our fan page on Facebook: [www.fb.com/drjsbest](http://www.fb.com/drjsbest).**

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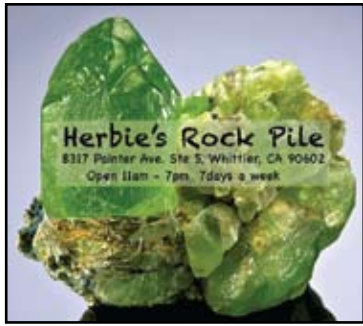
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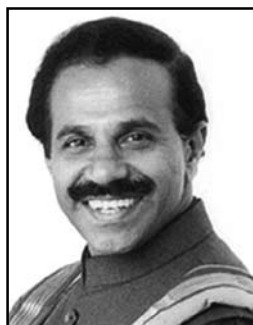
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*Invitation from Within*  
[www.annlicater.com](http://www.annlicater.com)

The flute has to be one of the most soothing instruments of all, and in the hands of a sensitive multi-talented artist like Ann Licater its sound is a gift to the body, mind, and spirit. On her latest release, *Invitation from Within* Ann plays silver and alto flute, as well as Native American flutes. The album features solo, duet, and multi-instrumental compositions. Accompanists include co-producers Peter Phippen on bass and percussion, and Ivar Lunde on piano, as well as some of my favorite artists like vocalist Lis Addison, and Jeff Oster on trumpet, among others. Ann's interest in spirituality and the healing qualities of music is evident on this recording and this album provides a deeply relaxing listening experience. I have greatly enjoyed Ann Licater's previous releases, and *Invitation from Within* is no exception, in fact it is my new favorite.

## DARLENE KOLDENHOVEN

*Tranquil Times*  
[www.darlenekoldenhoven.com](http://www.darlenekoldenhoven.com)

On her new "all-instrumental" release *Tranquil Times*, Grammy-winning vocalist Darlene Koldenhoven rests her golden voice and draws on other aspects of her professional talents. Hearing Darlene's piano playing exposed like this without being in the background of her vocals was a revelation. While Darlene's skills on piano and synthesizer are formidable to say the least, I really can't emphasize enough how impressed I am with her work as a composer, orchestrator, and arranger. Darlene's compositions feel exquisitely crafted and expertly produced. In this regard, the music exudes a polished elegance as well as deep feeling and passionate delivery. There is a cinematic quality to her music, which could easily lend it to being used in a film soundtrack. While *"Tranquil Times"* provides a rich experience for the ear, it is equally evocative

to the mind's eye, stimulating luminous inner visual imagery from one track to the next. Although Darlene has the voice of an angel, it is wonderful to see her spreading her wings to reveal her other equally impressive musical gifts.

## GET TRIBAL

*God of Drum*  
[www.get-tribal.com](http://www.get-tribal.com)

In my more than 30 years as a new age music journalist, I've written about a number of albums specifically created to attune the energy centers or chakras. However, *God of Drum* by Kari Hohne, who records under the name of Get Tribal, is certainly one of the most unique. She describes the recording as "a collection of percussion-based tribal music inspired by the thunder deities of world mythology." According to Kari: "Each track was composed based on an archetype and shamanic drumming pattern from different parts of the world." These reflect Native American, Norse, Celtic, Chinese, African, Mayan and more. As can be expected, there is a broad spectrum of ethnic instruments, while her parallel interest in electronic music brings in synthesizers, samplers, and other contemporary sounds. Although meditation music is generally soft and soothing, Kari purposely sought to unlock energy, and this album certainly does that.

"2002" provided their professional studio for the recording, and their 9-year-old daughter Sarah is featured on harp, tin whistle, and vocals. In addition to students, a few tracks include the school's Irish Heritage Advisor, world-renowned and award-winning fiddler James Kelly. With all the technologically-enhanced superficial teen pop music flooding the market these days, it is gratifying and encouraging finding a project with depth and substance such as this.

## DAVID HELPLING AND JON JENKINS

*Found*  
[www.SpottedPeccary.com](http://www.SpottedPeccary.com)

The new release by David Helpling and Jon Jenkins marks the third and final chapter in a musical trilogy that began six years ago. On this one, they "felt a major responsibility to make something bigger and deeper, both musically and emotionally." The music blends cinematic electronics with rock power and spacemusic sensibilities. While all of the tracks are deeply atmospheric, some are grounded by a powerful rhythmic foundation. It's hard to overstate how incredibly dreamy this music is with its fusion of lush synth textures, intimate pianos, shimmering electric guitars, and percussive elements, that at times brought to mind the music of Patrick O'Hearn. There is also a special guest appearance by virtuoso vocalist Miriam Stockley on the title track. Not only is this a triumphant masterpiece for the duo, but is another in a long string of innovative ambient albums from the southern California-based Spotted Peccary Music label.

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

## SCHOOL OF IRISH MUSIC

*Winter Air*  
[www.schoolofirishmusic.org](http://www.schoolofirishmusic.org)

While a recording of Gaelic or Celtic music is not unusual to find, one performed by children is. However, you would never guess by listening to it that the instrumentalists and vocalists range from age 9 to 18. All of the songs are traditional Irish tunes representing Christmas, New Years, and the winter season. The students spent hundreds of hours practicing. Randy and Pamela Copus of the new age ensemble



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*Please see her article in this issue.*

# BOOK Reviews

By Sonia von Matt Stoddard



## HIGH-ALTITUDE WOMAN

*From Extreme Sports to Indigenous Cultures Discovering the Power of the Feminine*  
By Jan Reynolds

Forced out of the fraternal order of adventurers after giving birth to a child, the author found herself as an adventurer without her (mostly male) companions. At this point, not willing to give up her high altitudes, ski competitions, diving expeditions and more, she began to assemble a post-partum plan, which included a mountain bike trip in the backcountry of the Czech Republic, with baby, on the back of a specially-designed trailer.

During this, at first, rebellious project, she received an amazing revelation. For the most part of her life she had admired men for their accomplishments. She suddenly realized that she had the same motivation, sense of daring and physical prowess. With her natural focus on being faster and stronger, she realized the power of her inner feminine strength. This book is full of her adventures along the way.

**Published by Inner Traditions Publishing, this book is available at your local bookstore or [www.InnerTraditions.com](http://www.InnerTraditions.com)**

## BODY OF WISDOM

*Women's Spiritual Power and How It Serves*  
By Hilary Hart

Our world systems, our health and vitality, and the earth's balance all depend on the collective living power of women; however, many women aren't doing their part because they don't understand how their power works and differs from that of men.

And, while we may have a

sense of this power, most of us do not yet trust it.

Women need to reclaim aspects of their nature, reclaim and honor our position in the world, while ducking the distractions and derailments that always seem to be in the way. This book is a way for women to gain support and confidence by exposure to teachers, visionaries and healers about women's esoteric spiritual and physical needs. If we can acknowledge that the new times call for new attitudes and approaches, here is a resource prepared to show us the way.

**Published by O-Books, this book is available at your local bookstore or [www.johnhuntpublishing.com](http://www.johnhuntpublishing.com)**

## BORN TO RECEIVE

*7 Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe*  
By Amanda Owen

Women's quest for a balanced life collides with a culture that has us convinced that pleasing others is more important than paying attention to

our own needs. We are more comfortable in the role of caregiver, and we neglect the fact that we can not serve others if we can not learn to serve ourselves first.

From this day forward, I'm committing to a complaint fast, instead of a food diet. I am sending Cinderella to rehab and for one day a week and, from time-to-time, I will ask someone else to help me, instead of the other way around!

This book is filled with new ideas and a radically different approach to achieving your goals, reducing stress and creating better health and happiness by using the power that already belongs to you.

**Published by Tarcher/Penguin, this book is available at your local bookstore or [www.penguin.com](http://www.penguin.com)**

## IN THE HEART OF LIFE

*A Restless Soul, A Search for Meaning, and A Bond That Nothing Could Break*  
A memoir by Kathy Eldon

While searching for answers to the question of whether she was responsible for her twenty-two-year-old son's death by stoning in Mogadishu, the author did not find the ultimate answer to her initial crusade, but rather was able to give it an astonishing new force, and turn it into an exciting journey.

The angry mob ended her artist and photojournalist son's life, but she was able to find his pending works and pursue the gripping stories in a very colorful and intriguing way.

Starting with a move from England to Kenya in 1977, this is a compelling and exciting story about a different world and lifestyle, pushing boundaries of "normal" and ending in tragedy, mixed with survival. The global Creative Visions Foundation, keeps alive her son's spirit by helping artists around the world shine a light on social injustices around the world.

**Published by HarperOne, this book is available at your local bookstore or [www.harpercollins.com](http://www.harpercollins.com)**

## THE INNER TRAVELER'S™ GUIDEBOOK TO MOYO

*Discovering the Power of Listening to Your Own Heart (Includes "Love Yourself" CD)*  
By Linda Newlin

"Moyo" means Heart in Swahili and can also mean Life and Spirit. The author suggests that when you begin to read this book you bring your curiosity, courage, and compassion as well as your favorite beverage; however, there is no suitcase necessary for Inner Travel.

The journey here is about

(Continued on page 32)

<p><b>The Zero Point Agreement</b> How to Be Who You Already Are JULIE TALLARD JOHNSON</p> <p>The Zero Point Agreement is a practice centered on the understanding that you yourself are the zero point of your life, that life's purpose comes from within. You can discover who you truly are by naming what you want to be and taking steps to make it a reality. With the Zero Point Agreement you can break free from negative states, be liberated from attachment to the behaviors of others, and co-create with the natural world.</p> <p>\$18.95, paper, 320 pages, 6 x 9, ISBN 978-1-62055-177-6</p>	<p><b>The Secret Influence of the Moon</b> Alien Origins and Occult Powers LOUIS PROUD</p> <p>Louis Proud explores the Moon from both scientific and esoteric perspectives and finds it is not a cold, dead rock but a rich world just as alive as Earth. He shows that NASA concealed what the Apollo astronauts found, and explains the many holes in the "Giant Impact" theory of the Moon's origins. He also looks at what occult traditions say about the Moon, and presents evidence for the Moon as the home of an alien intelligence.</p> <p>\$19.95, paper, 408 pages, 6 x 9 Includes 8-page color insert, ISBN 978-1-59477-494-2</p>	<p><b>STAY CONNECTED</b> at <a href="http://InnerTraditions.com">InnerTraditions.com</a> and RECEIVE DISCOUNTS and SPECIAL OFFERS!</p>
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# BOOK Reviews

(Continued from page 31)

learning how to listen and heal that which is not working in your life, so you can end your suffering and truly express your whole self and shine to ignite the entire world. It contains illustrations and exercises for accomplishing all the steps toward these goals.

Includes music, along with poems and lyrics on the Love Yourself CD, as well as a URL for an mp3 download, so you can take it with you.

*Published by Luna Madre Publishing, this book is available at your local bookstore or [www.LindaNewlin.com](http://www.LindaNewlin.com)*

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## **I THINK, I AM! TEACHING KIDS THE POWER OF AFFIRMATIONS**

*Written by Louise L. Hay and Kristina Tracy, illustrated by Manuela Schwarz*

I feel what I feel, and I think what I think. It's not like I can change my feelings or the thoughts in my head. Right? Actually, you can turn negative thoughts around, and make yourself happier, by changing the words that you think and say into positive ones. And this book can show you how.

Turn feeling alone into "I am surrounded by love." Turn wanting something into "I'm grateful for all I have." Using relatable situations, this book teaches children how to create and use their own positive affirmations. Bright illustrations of children interacting at a fair help bring the simple and powerful text to life.

Louise Hay has been teaching "your thoughts create your life" for over 25 years. Now she expands her teaching with this

delightful book for children.

Highly recommended for ages 3 and up.

*Published by Hay House, this book is available at your local bookstore.*

## **DREAMS COME TRUE – ALL THEY NEED IS YOU!**

*Written by Mike Dooley, illustrated by Virginia Allyn*

Climb into a hot air balloon and sail over the moon. Play with the dolphins and whales in a magical ocean full of secret treasures. Sing and dance on a moonlight beach with your friends. Believe in your dreams and they will come true.

Come on an amazing journey of discovery, and be sure to bring a friend. On this voyage, anything you can dream can happen. Along the way, you will realize that the journey matters more than the destination.

The simple poetry and positive message of this book makes it perfect for bedtime reading. The charming illustrations have a soft, slightly old-fashioned feeling. Together, they create a lovely atmosphere that gently leads the heart to dream and soar.

This is an excellent read-aloud book, and also good for early readers.

Recommended for ages 3 and up.

*Published by Totally Unique Thoughts, this book is available at your local bookstore.*

## **INCREDIBLE YOU! 10 WAYS TO LET YOUR GREATNESS SHINE THROUGH**

*Written by Wayne W. Dyer with Kristina Tracy, illustrated by Melanie Siegel*

Share the good within you. Do what you love. Let your love pour out. Find a quiet place inside. Let go of the past. Positive thoughts lead to good things. Take care of yourself. Focus on

what you want. Know that you are special. But how do you do it? Let this book guide the way.

These ten simple concepts can be the foundation for a loving and fulfilled life. It is never too early to learn them.

In this book, the renowned author brings to children the ideas from his bestseller, *10 Secrets for Success and Inner Peace*. Reading this can help children to realize their own wisdom and magnificence, and that is a gift at any age.

Recommended for ages 3 and up.

*Published by Hay House, this book is available at your local bookstore.*

## **THAT'S WHAT GRANDPARENTS ARE FOR**

*Written by Arlene Uslander, illustrated by Freddie Levin*

What are grandparents for? For being proud and bragging about you out loud. For playing peek-a-boo, and visits to the zoo. For trips to the park, and stories after dark. And most of all, for loving you. That's what grandparents are for.

This happy book celebrates the special moments between grandparent and child, including dancing and playing together, talking about everything under the sun, and just enjoying each other.

The rhythm of the rhymes sets a lively tone, and cheerful and colorful illustrations bring it to joyful life. Every child will find a grandparent that looks much like theirs, and a child who looks much like them, in the diverse illustrations. This book is a loving tribute to the grand bond of these special relationships.

Recommended for ages 3 and up.

*Published by Sonora Press, this book is available at your local bookstore.*



Rupam  
Sarmah  
Producer



# A Musical Journey For World Peace

By Michael Diamond

With the Grammy awards taking place in Los Angeles at the end of January, inspirational filmmaker Rupam Sarmah of India is holding a vision of adding this prestigious award in the “Best Music Film” category to his already impressive career. It is not everyday I have the opportunity to write about something that has been awarded a place in The Guinness Book of World Records, but the musical event portrayed in this colorful film, is one of them. The concert, entitled *A Musical Journey For World Peace*, was a massive (and that’s an understatement) international symphony that was held in Assam, India in 2013, and was attended by more than 30,000 people.

The extravaganza brought over 500 participants from around the world together, including 106 vocalists and 370 musicians. The world record referred to is: “Most Instruments Used In A Musical Composition,” in this case, an incredible 315 unique instru-

ments, which surpassed the previous record, held by 181 musicians in Japan. A representative from The Guinness Book was actually at the event and presented a plaque on stage certifying the award. The person receiving this prestigious honor was Rupam Sarmah, the creator and nucleus of *A Musical Journey For World Peace*. While awards of this nature can be the achievement of a lifetime, for Rupam, it was all about the message of universal harmony.

Originally from Assam, a northeast state of India, and currently living in California, Rupam is an internationally-awarded music and film director, singer, songwriter, producer, engineer and a media entrepreneur. For more than 20 years, Rupam has written songs in various languages and has directed music in many feature films that have received numerous awards, including an Oscar nomination. His most recent film project, entitled *In Search Of God*, is an inspiring story of a young lady from the

U.S. who travels to India on a quest for deeper meaning in her life. Although Rupam has achieved global acclaim for his work, he is a humble and down-to-earth person, whose only goal is to uplift consciousness in the world however he can.

And if this is what he’s aiming for, he most certainly hit the mark with *A Musical Journey For World Peace*. Watching the DVD of the concert, I was blown away by its profound statement — and the embodiment of cooperation and unity. Hundreds of performers filling the immense stage dressed in traditional costumes of their countries was a sight to see. Watching the huge musical assemblage flawlessly performing the various movements of this nearly 40-minute symphony, was a living example of the beauty that can happen when people work (and in this case, play) towards a common goal.

In Rupam’s words: **“If we could find acceptance, compassion, and love for each oth-**

**er regardless of religion, race, color, or identity, the world would be a much better place. Music is the catalyst to bring people together and send the message of peace and love. The credit goes to the entire team, their motivation, their dream and ability to make it happen.”**

As can be imagined, any event of this magnitude and complexity took a monumental amount of effort and devotion to bring to fruition. Rupam planned the event for about two years. The actual composition, for which he wrote all the music, took over 6 months. When I viewed the DVD, I couldn’t get over how smoothly it moved from one section to another with no breaks in between.

According to Rupam: “The composition includes various styles sung in English, Sanskrit Mantras, Tibetan, Irish, Chinese, Cuban, Latino, Japanese Chanting, Assamese Borgeet, Bihu, Jhumur, Bengali, Hindi,

(Continued on page 34)



# Musical...

(Continued from page 33)

North Indian Classical, South Indian Classical music, various World Folk, and more. The music needed to transition seamlessly from one section to the other with variations in time signature, key signature, tempo, and style change." The absolute elegance with which it all played out is a testament, not only to Rupam's vision and dedication, but also to the collective artistic energy of everyone involved.

I also wanted to comment about the camera work on the DVD. It is probably next to impossible to imagine the challenges of documenting any event of this enormity. But the numerous cameras that were used did a remarkable job of drawing you into the festivity with an up-close look at the performers and their interactions. The veritable rainbow of colors in the performer's native homeland costumes also added to the visual magic. This is truly a case of the whole being much greater than the sum of its parts.

According to Rupam, ***"When the dream of one person becomes the dream of many, it can transform a small dream into a much bigger one and create wonderful things in this world to bring people together with love, peace and light."*** An article about the event in Time Magazine quoted Rupam as saying ***"We did it together! It is a small dream, but we did it and it belongs to everybody — it is history for us."*** For 37 minutes, *A Musical Journey for World Peace* is the sound of many hearts beating as one.

**A video of the event, and a 4-minute trailer, can be seen at: [www.rupamsarmah.net](http://www.rupamsarmah.net)**

**Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines. For additional reviews, visit: [www.michaeldiamondmusic.com](http://www.michaeldiamondmusic.com)**



## Musings

By Mystic Trish®

### Welcome to the Renaissance

Women of the Baby-Boom Generation, it is time to start our Renaissance. I am done with the dark Middle Ages — I'm ready for the Renaissance of my life as I'm sure many of you are.

If 50 is the youth of our old age and 40 is the old age of our youth, we need to start planning for the future now. If we look at our progression of years like European history, we will see how we move through time as women.

First come the Dark ages, (around 35-40), then come the Middle Ages (around 40-49), and then come the Renaissance (around 50 and beyond). Or the flowering of Europe after everyone decided not to sit around feeling sorry for themselves in the Middle Ages.

After all, the entire world did not come to an end in 1000 C.E. as was predicted. It was another paradigm shift in our perceptions of how this world would keep on going.

As women we go through different phases in our life. We all are born knowing who we are and what we came here to do. You can still see the light of heaven in a baby's eyes; they are still connected to source. By the time we start school other forces are shaping us including school, parents and religion. This is when we start

to forget who we are and what we have come here to do. We start losing our authentic self.

But there is another phase that starts just a few years later when we girls are about 15. This is when we get hi-jacked by our hormones. And for the next thirty years or so we will have this as our driving force. We are hard wired this way, it is our biology and how we make sure that we keep our species going. We just got hi-jacked by our hormones from what was our personal path for the bigger human species path. Our spiritual path, the path we chose before we were born is now set aside. We have spiritual amnesia.

So what do we do when all those hormones calm down? We get restless. We start having these not-so-vague notions that something is missing and where is the rest of my life? Yes; "MY LIFE!" not the part of you that is a wife or mother or daughter. "Your personal path in this life." That thing you came here to do this time around on earth.

Your hormones just brought you back from where ever they were hi-jacked 30 to 40 years ago.

Yes... this is called menopause or middle age.

I prefer to call it "THE RENAISSANCE" a time of revival... or a renewed interest in your life. Not a mid-life crisis. Not menopausal histrionics that need to be quietly ignored or sedated. One of the best ways to find your authentic self again is to imagine what your perfect 10-year-old self would want to do. She knows, she remembers.

A few years ago I wrote about the baby-boom genera-

tion and how we were growing older and hopefully wiser, and what are we going to do with the extra years we have been given. Ah yes, a prosperity of years. Most of us are outliving our grandmothers' generation by decades. Our grandmothers were considered middle aged at 30.

At the turn of the 19-century the average life span was fifty years. So we must adjust our thinking, our new middle age is 50. We have so much more time now to enjoy our "Renaissance" and find our path of true fulfillment once again. It's time to bring your authentic self back to you.

We are the baby boomers and we have been part of a lot of changes from our massive population explosion in the late 1940's to early 1960's, to now having to deal with Social Security and Health Care reform. We are the generation of rock and roll, flower power and protest. In our youth we did not accept the wrongs of the world just because it was the way it had always been. We protested the Vietnam War. We marched for civil rights. We burned our bras for women's rights. Where is that passion for change now?

We have to Renaissance our middle age! If fifty is the new thirty, then retirement cannot be at age sixty-five.

We have several more decades to go. As middle-aged women we are a driving force that is changing the world. We now have enough time to change the world into something we want to leave our grandchildren. We might even live long enough to see these changes.

So be the Renaissance, be the flower and grow into your beautiful, true, authentic self.

It is now time to replant your garden.

**Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at [MysticTrish@cox.net](mailto:MysticTrish@cox.net)**

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AWARENESS

# REFLEXIONS REFLEXIONS

By Robert Ross



## on Cuba

*"A revolution is not a bed of roses. A revolution is a struggle between the future and the past."*  
— Fidel Castro

Cuba is 'struggling.' It is struggling with a worn-out and unworkable revolutionary vision. Struggling economically, partly due to a U.S.-imposed trade embargo and travel ban, and struggling with their own political identity in a world that has shrugged off the Communist ideology of the 1950's. As a result, visiting Cuba is like no other experience in the world.

In 1956 Fidel and Raul Castro, Che Guevara and a handful of revolutionaries land on a remote beach of Cuba. For three years, they fight the army of the brutal dictator Juan Batista. On January 1, 1959, revolutionary forces led by Fidel Castro enter Havana greeted by cheering mobs.

Initially, Fidel nationalizes some companies and land reform is put in place, giving title to two hundred thousand peasants. But, when Fidel reveals his true revolutionary vision, trying and executing as many as 500 former Batista officials within three months of taking power, and nationalizing the bulk of private companies, America reacts. The door closes on relations. Simultaneously, the former Soviet Union, under Nikita Khrushchev, opens the door to Cuba, establishing trade relations and other forms of assistance, including military aid. Cubans exit the small island country in droves. The stage is set for a half-century drama that, at one

point, brought the world to the brink of a nuclear catastrophe. There are two ways for Americans to travel to Cuba; illegally, by going to Mexico, Canada or any country that has normal relations with Cuba, then taking a direct flight to Havana. Or, legally, by traveling via a U.S.-sanctioned "people-to-people" program. We chose Friendly Planet's Colors of Cuba for our tour.

In nine days, our 'people-to-people' experience gave us a snapshot of Cuba today. We visited a medical clinic, organic farm, school, senior citizen home, national park, Che Guevara's memorial, and the cities of Havana, Cienfuegos, and Trinidad. We also explored Ernest Hemingway's home, a synagogue and . . . had some unexpected surprises along the way.

Entering old Havana felt like a dream. *This can't be real.* We were greeted by mildew-covered old colonial-style buildings everywhere, that hadn't been touched, cleaned or repaired in a half a century. Balconies with rusted wrought iron rails, cracks in virtually every structure, rotted wooden shutters, and clothes hanging to dry from windows and doorways were pervasive. It felt like a scene from an old Mad Max movie, in which the civilized world had come to an end, leaving pockets of people to scramble, to make do with what they had.

And 'make do' is exactly what the Cubans have been doing, starting with old American cars left behind when relations between the U.S. and

Cuba came to a screeching halt. Plymouths, Studebakers, Desotos, Packards, Chevy Bel Airs from the 1950's are everywhere. Some are used as taxis, others for personal transportation.

Our Cuban tour guide, Norberto, met us at Havana's International airport. The airport was, as all things are in Cuba, a throwback to the 1950's. Its sparsely-decorated interior and low-voltage fluorescent lighting said, in so many words, "Bienvenidos a Cuba" the land that time forgot.

In his early forties, with short black hair, and wearing an over-washed, over-worn, reddish orange polo shirt, a shirt that would be his trademark for the next nine days, Norberto ushered us toward our bus for an initial tour of Havana. Nor, as we called him, spoke perfect English, had a couple college degrees and most importantly possessed a sense of humor, which would come in handy as we negotiated our way through Cuban culture in the following days.

In Havana, we dropped by an elementary school, an artist's production studio, centuries-old fortresses and ate at government-run restaurants for lunch and dinner. Cuban food in the U.S. has developed a reputation as a flavorful fusion of Spanish, African and Caribbean cuisines. So it was a bit of shock to find out that Cuban food in Cuba is anything but flavorful. It's on the bland side. A typical meal might be chicken and rice with a green vegetable. Norberto explained that the hotels and restaurants were owned by the government which helped to explain the lack of imaginative dishes available. We would though, in the coming days, be treated to some Paladars, privately-owned restaurants,

which serve a variety of flavorful dishes.

Havana, with a population of two-and-a-half-million people is actually two cities — the old city or 'old Havana,' with its original colonial architecture, and the suburbs where newer structures are located. In spite of the deteriorating physical state of old Havana, UNESCO deemed it as a World Heritage site in 1982 because of its colonial architecture and historic fortifications. In the suburbs we saw the influence of the former Soviet Union, with ugly concrete-grey public housing buildings everywhere; stark, without balconies, blackened with mildew stains and of course, the laundry hanging from windows and doorways. Welcome to Cuba.

When Christopher Columbus landed in Cuba he wrote "this land is the most beautiful that the human eye has ever seen." The ride from Havana to the cities of Trinidad and Cienfuegos, five hours south, introduced us to Columbus' view of Cuba — with a patchwork of lush green valleys, rising up in the distance to form small mountains. Good roads, little traffic, it was all so peaceful and serene on the way to Trinidad; hard to imagine an area so picturesque was, not so long ago, caught up in an insurrection that would determine Cuba's fate for the next half century.

Trinidad, a town in the province of Sancti Spiritus, is lo-

*(Continued on page 36)*



Robert & Ingrid Ross with a typical Cuban car.



# Cuba...

(Continued from page 35)

cated on the coast in the central part of Cuba. It is a well-preserved community boasting a population of 100,000. Our four-star hotel — a joint venture between Spain and Cuba — sat in the town center, on the plaza; great for people watching when time allowed.

Trinidad's main industry is tobacco processing, but originally, sugar cane gave the town its reason for being. Today, tourism is bringing in a much-needed economic infusion, with pristine white sand beaches and inviting turquoise water only a few minutes from town.

The politics of Cuba give new meaning to the word contradiction. On one hand, everyone has food, with the help of their ration card, and everyone has a free education and free health care. On the other hand, it's not uncommon for doctors who are paid less than \$200 a month to drive taxi cabs to supplement their income. In fact, most Cubans supplement their incomes in order to survive, according to Nor. On one hand the world cheered — including the U.S. — as the romantic charismatic Fidel toppled the tyrant Juan Bastista. On the other hand, millions of Cubans have fled due to the brutal repression of the Castro regime. Fidel who has frustrated, but outlived nine American presidents, has put his political mark on this island country of 11 million.

On our government-approved tour, the Cubans we saw seemed to be O.K. with their lot in life, enjoying music and sports, and they apparently have live bands wherever they go. On a trip to a national park, we pulled up at 10:00 a.m., were treated to Mojitos and a live salsa band. After twenty minutes or so, another tourist bus pulled up, free Mojitos and free band. No Cubans in old Desotos pulled up for their free breakfast cocktail. Work-

ers' paradise? Or, an attempt by the Cuban government to project an unrealistic view of Cuban life?

Back in Havana for the remaining days of our Cuban adventure, we went to a "pairing" event. In the U.S., pairing is normally associated a certain food paired with a certain wine. But in this case it was a pairing of Cuban coffee, Cuban rum and a Cuban cigar. And of course, there was a salsa band. The event turned out to be great fun, even though I'm sure that most of our group, if not all, were not cigar smokers. They all gave it a few puffs, took photos and laughed a lot.

That evening, it was off to salsa dance lessons and a farewell dinner party. The restaurant was a Paladar, so the food was plentiful and tasty.

As we boarded the bus for our trip to the airport, Nor answered a few remaining questions that people may have had. Everyone in our group had a sense that Cuba is changing. Nor confirmed our suspicions, stating "you're lucky to see Cuba now, at the beginning of this great change." He went on to explain how the trade embargo was hindering Cuba's development, but Cuba would move forward in spite of these restrictions.

With a nation dependent on food rationing, free education and free medical services, this change will have to be well managed, because Cuba is worn thin, teetering between the promises of revolutionary rhetoric and the somber need for a higher standard of living.

Heading through security, I turned around for one last glimpse at this fascinating country, and there was Nor, big smile, waving — wearing that same over-washed, over-worn, reddish orange shirt.

(Writer's note: For more details of the Colors of Cuba trip, visit: [www.friendlyplanet.com](http://www.friendlyplanet.com) Their tour was reasonably priced, provided good accommodations, and our guide was excellent.)

**Robert Ross can be reached by e-mail at: [SanDiegoRoss@yahoo.com](mailto:SanDiegoRoss@yahoo.com)**

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## Voices of Hope

By Audrey Hope

### THE SOVEREIGNTY OF HER SELF

It was many years ago that my mission to help women began. While working in a clothing store to support my acting career, I became heartbroken by the countless women who came in to shop and hated their bodies and what they were seeing in the mirror. No matter what size, what shape, or how old they were, they would tell me stories of how they were going to fix themselves to be more perfect. It horrified me and I had to do something.

I realized women's lack of self-love and self-esteem was caused by society, harmful images in the media, the lies of our culture, and the untold truth of her story in history. Women didn't know they were brainwashed and had lost their goddess power, so I had to tell them, just that. My goal was to inspire a revolution in perception, by the spiritual concept that enlightenment can happen in a moment if you tell her what she needs to know.

I created Real Women TV dedicated to creating positive female role models in the media, and life-altering perspectives which can transform our world. My work led me to interview the greatest voices of our age to set the record straight. My journey then expanded to one-on-one intuitive healing to help women end their suffering.

What has changed since the beginning of my quest? Women are taking on new roles and earning more in the workplace and finding lifestyles to suit their freedom, but the damaging disease of her self-doubt is still present. The need for her inner revolution — lives.

The foundation of power is to align spiritual energy and to protect your divinity, every day and at every moment. The trick of losing source connection is to be distracted, confused, and to believe false belief systems.

Make women bow their heads in shame, waste time on guilt and self-punishment, have them worry about age and weight and she won't take her place on her throne and will miss the alignment of her center, her light.

The real crime is not what others do to her that is harmful enough, but what she does to herself because of it. And therein lies the key to her sovereignty — she alone can stop all self-slapping and self-criticism. She alone can take back her power. The amazing healing truth is women can transform instantly by feminine spiritual law — boundaries and vows of self-love and self-care. Her resurrecting elixir is her empowering choices, and her strong decrees. With the power of no she can command —

*"Stop! Enough! I will no longer believe that I am not good enough, smart enough, skinny enough, and young enough. I'll no longer allow anyone to take my energy. I will always follow my heart and speak my truth. I will end the internal war from this moment forward and not focus on what is wrong with me. I will open up the ancient spiritual knowledge that I am a powerful goddess. I will marry myself first, and for always."*

It's time for women's strength in the world. The golden age prophesy is that the goddess will take back her throne and bring balance to an unbalanced world. When she is restor(y)ed, the men and the world will follow. The sovereignty of herself is the magic wand, for her, for all, and for the sake of the planet.

**Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: [www.hopesrealwomen.com](http://www.hopesrealwomen.com) and [audreyhope.com](http://audreyhope.com) Her CD, The High Voltage Hope System, is available on [www.amazon.com](http://www.amazon.com)**



# Feng Shui Concepts

By Jenny T. Liu, M.A.

## Nine Star Forecast for 2014 the Year of the Horse

One of the highest and most effective levels of practicing feng shui is the Nine Star System. Knowing how to interpret these charts allows us to forecast annual influences on global, regional, and personal levels, helping us to prevent and minimize problems and focus our efforts on reaching our goals.

Each of the Nine Stars has myriad associations, including numerology, compass directions, the five elements, personality traits, economic sectors, family roles, and anatomy. Currently, we are at the 10th year in 20-year Period 8, which spans from 2004-2023. Period 8 falls within the 60-year Grand Era, comprised of Periods 7, 8, and 9. Thus, Stars 7, 8 and 9 are said to be in sync and have a more powerful effect than Stars 1, 2, 3, 4, 5, and 6, which are currently out of sync.

The following is a preview of the Nine Star energies for our homes and offices in 2014. Please be aware that this forecast is not a substitute for a personal feng shui consultation based on your unique circumstances.

### CENTER — 4, 9, 8

The center Stars provide an overview of the prevailing energy for our homes and offices in 2014. More people will be traveling for work and going back to school. This new social exposure could bring more colds or sexual ailments. Women are key contributors to wealth. The internet supports the growth of small and home

based businesses — especially for younger generations who are technology savvy. Place art of a golden red dragon to bring good reputation and success in the center room.

### EAST — 2, 2, 6

Minimize the use of the east room and door as ailment ener-



*Chi Art, "Dragon Constellation" was created by Grand Master Chi-Jen Liu to adjust the center energy for 2014.*

gies can disrupt the liver, arms, and legs. Be aware of conflicts between males and females, especially mother and eldest son. Symbolizing endurance and overcoming obstacles, a pair of elephants facing east balances these energies.

### NORTH — 9, 4, 4

Those in the north room enjoy celebration, marriage, and pregnancy. Place fluorite crystals to activate growth, promotion, new job, and licensing. The north direction is associated with the Rat zodiac, which directly opposes the annual Horse year energy. Persons born under the Rat and Horse should avoid being in the north and facing north.

### SOUTH — 8, 5, 3

Wealth, helpful people, and success — especially related to real estate businesses — are activated by the red color this year for those with a south door or office. Eldest sons need to be aware of fighting or complaints. Sleeping in the south room, pay attention to health — especially related to the liver, arms, and legs. The south direction is associated with the annual energy of the Horse. Rat persons should avoid facing south.

### SOUTHEAST — 3, 1, 7

Masculine wood Star 3 pairs well with the feminine wood energies of the southeast. Using images of water enhances romance and partnership in the

brations and ground breaking in this area. Fortunately, Stars 8 and 9 bring increased income and growth. Keep the northwest room peaceful by placing a pair of guardian lions facing northwest and ring a gong five times to clear Star 5.

### WEST — 6, 7, 1

Metal Star 6 enters the metal energies of the west direction. Too much metal is a clash of swords that brings the tension of confrontations and competition. If you have a master bedroom in the west sector, be aware of greed and temptation as Stars 7 and 1 can create lust and female ambition. Use earthy colors and mountain landscapes to bring calmness and stability to this room.

### NORTHEAST — 7, 6, 2

Star 7 brings motivation and wealth to the northeast room. Stars 6 and 2 form energies of marriage, partnership, and teamwork. Activate this with citrine crystals that enhance abundance.

**Visit: [Liu-fengshui.com](http://Liu-fengshui.com) for a calendar of FREE 2014 Feng Shui Guideline seminars.**

*Master Jenny Liu holds a BA in Environmental Design from UC Berkeley and an MA in Architecture from UCLA. She is an expert in feng shui who shares her knowledge through seminars, periodicals, and the internet. For more information please see [Liu-FengShui.com](http://Liu-FengShui.com), or call Jenny at (626) 272-4901.*

southeast room. Be aware that love can come in the form of tempting distractions.

### SOUTHWEST — 1, 3, 5

For businesses with a southwest facing door, water Star 1 arrives to give the female boss a boost in reputation and income. It is important to be cautious of tricky people and pay attention to health issues related to the reproductive system. The energy of live and growing green plants releases obstacles and challenges in the southwest room.

### NORTHWEST — 5, 8, 9

Those in the northwest room could be more vulnerable to harm, troublemakers, or illness. Avoid creating strong vi-



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# NEVER "Old?"

By Jesse Anson Dawn

## Tips for Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 68), author of the national award-winning book **Never "Old,"** plus **The Rejuvenator's Bible**, speaks out about a most stirring subject: how to personally control the unwanted effects of "aging."

**Presently answering the question:**

**"Dear Jesse, I always find your Awareness columns to be wonderfully revealing. Can you share some more of your potent insights about protecting ourselves by what we eat?"**

Dear Readers,

Yes indeed, Chapter 7 of my recently-published book, **The New Era of Consciousness**, is

titled: **The Life and ((Earth-Pre-serving)), New Era Diet**, and it begins by quoting Alan Watts, a truly enlightening author who, quite clearly, reminds us of this important fact:

"How ironical it is that we are fed by a food industry that, for the most part, cares very little about our health, and then doctored by a healthcare industry that, mainly for profit-based reasons, cares very little about what food we eat."

All of which is an [Old Era] situation generated by massive amounts of advertising, whereby the beneficial effects of healthy food are [[overshadowed]] by the sales-pitch of [vastly unregulated], pharmaceutical corporations.

Also, the meat industry has

an enormous influence on what is supposedly the "standard" diet, whereby "mainstream" humanity has been programmed to believe this continually widespread misconception:

"Vegetarians are weaker and have less energy than meat eaters."

But to accurately dispute that erroneous belief, I will point out some basic, Nature-proven facts of life:

First of all, if vegetarians are **truly** weaker (and less energetic) than meat eaters, then why are some of the strongest, quickest and most lively animals sustained by plant-based diets, mammals such as horses, zebras and antelope?

Also, in regard to the longevity factor, the longest living mammal is the hugely strong elephant, a strictly vegetarian being that lives **(seven to eight times longer)))))** than carnivores such as house cats, dogs, lions and tigers.

And along with that true-to-life reality, be aware that fruits and vegetables digest in about an hour, while meat takes four or five hours to fully digest, which is mainly why (strictly meat-eating) animals do so much sleeping, because the intensity of the digestion process consumes a lot of their energy.

And as to the human realm, of the 18 most decorated Olympic stars, 12 of them won their medals while being vegetarians — a list of people that includes world renown tennis stars, Serena and Venus Williams, along with the legendary Olympian sprinters, Carl Lewis and Edwin Moses. (Note: both of the Williams sisters have been (consistently) winning worldwide, top-level tennis championships for over a decade.

Oh yes, there's nothing like true-to-life facts to remedy the [negative influences] spread by widely believed fallacies about food, especially when it comes to realizing the **(actual)))))** effects of what we eat.

Also, there's a common belief that a vegetarian diet lacks (bone-strengthening) calcium, a widely advertised notion that has pharmaceutical companies steadily pushing calcium-supplying capsules. But as to keeping a bone-strengthening supply of calcium in your diet, be very careful about overdosing on calcium supplements, because worldwide studies reveal that taking an excess of those capsules can, quite dangerously, clog-up bloodstream flow, and thereby cause heart attacks. Therefore, to avoid what could be life-threatening artery clogging, your calcium needs can be healthfully fulfilled by nutritious foods such as cabbage, broccoli, potatoes and bananas (to name a few).

Okay then, dear reader, I will now wrap up this (brief report about dietary truisms) with this verse from what I call ((PERCEPTION-EXPANDING)) POETRY, a (hopefully absorbing)) and (safely digestible) little poem of mine that says basically this:

*To avoid [pesticides] and [genetically modified] food,  
eat what is organic and wholesomely good,  
Because food is a friend  
that we can't leave for long,  
so it should be a companion  
that won't do us wrong,  
And if you have a yard,  
perhaps the time has arrived,  
to make a garden that helps  
you and yours survive,  
a place where ((fresh))-food  
is ((ceaselessly growing)),  
blessed by the cultivation  
that keeps it all ((flowing)),  
A labor of love that feeds  
both body and soul,  
as being Earth-FRIENDLY  
is a ((LIFE-SAVING))) goal...*

**"Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing [jesseisforreal@yahoo.com](mailto:jesseisforreal@yahoo.com). Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive his uniquely beneficial, new book, THE NEW ERA OF CONSCIOUSNESS: A Truly Transformative Journey Into Self-Healing, Rejuvenation and ((Protection Energy)). Or you can have a bookstore order it via iUniverse Publications.**



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## Animals from Mother to Child

By Allen and Linda Anderson

Allen recently did a radio interview and had an opportunity to talk about his memoir, *A Dog Named Leaf*. He told the radio host about the challenging times he and Leaf went through and how they emerged as a spiritual team. Allen talked about the joy and comfort a person receives by having the unconditional love a dog.

On air, the host said she had grown up in an environment where her mother taught her to fear dogs. To this day, she would be too afraid to have a dog as a pet. She added that without knowing better, she had instilled that same fear in her ten-year-old son.

The host said, "My son and I are going to start volunteering a couple hours each week at our local animal shelters. That way, we'll get accustomed to and less afraid of being around all kinds of dogs. We can experience firsthand their different characters and doggy personalities."

She closed the interview by expressing hope that one fine day, she might find a dog at a shelter to bring home. Allen felt satisfaction that this host and hopefully her listeners had taken a step toward replacing fear with love for dogs and other animals. And what a treat to have this mom decide to take positive steps for overcoming the fears that had been passed on to her from previous generations.

### SSFROM MOTHER TO SISTER TO SISTER

We received an interesting story that illustrates another aspect of the bond between women and animals. Nancy Robison lives in Long Island, New York. Her story was published on November 24, 2013

in "Angel Animals Story of the Week" newsletter. Nancy wrote that the veterinarian who had cared for her mother's dog called and asked if Nancy would be willing to foster a dog while she was home from college.

Nancy writes about her first encounter with Sam. "He was a three-month-old puppy who had been badly abused and then thrown from a car. A kind person had brought him into this vet's office. He was terrified of everything and everyone. He hid under a chair in a corner and trembled. I took one look at this injured, scared pup and knew I had to help him. I sat on the floor for an hour and talked to him, until he finally came out of the corner and planted himself in my lap. From that moment on, Sam was mine, and I was his. That day, I promised that nobody would ever hurt him again.

"I had Sam for 13 years. He was the stabilizing force in a chaotic college life. He prepared me for my teaching career by showing me how to overcome fear with love. Even though the children I taught had been physically or emotionally abused or neglected, Sam had shown me that with patience and love, traumas like those he and my students had suffered could be overcome."

Sam lived a happy life with Nancy for 11 years but then developed a form of kidney disease for which there were no treatments available at the time. Sam wasn't in pain but would need special care. The vet said, "Your love for Sam is the only thing keeping him alive." Nancy gave Sam daily saline shots in hopes his kidneys would heal themselves.

Sam lived another one-and-a-half years without pain.

Toward the end of his life, he started whimpering, became sleepless, stopped playing and eating, and wanted to constantly be petted and held. Nancy says, "At that point, I felt like he was asking for permission to die. With a heavy heart, I gave it to him. I truly believe that on some level he understood me. That night, he curled up in my lap, went to sleep, and never woke up."

Afterwards, Nancy felt bothered by what she called a "moral issue." If Sam had stayed alive out of love for her, had she been wrong to tell him it was okay to die? For years she spoke with rabbis, priests, and counselors about her feelings of guilt. But then something happened that brought her experience with Sam full circle.

"Many years later, my sister Susan was fighting cancer. She had endured one treatment after another for five years. She would go into remission and then a few months later, the cancer would return. Each time, the treatments made her sicker and took more out of her. She was in constant pain; even morphine provided little relief. In the fifth year of her battle, Susan told me that she was tired of fighting and being in pain. My sister was ready to let go and not afraid of dying. She was afraid that I wouldn't be able to manage without her and was worried about her children.

"Susan was essentially doing the same thing Sam had done — asking me for permission to die and to be released from pain. How could I do less for her than I had for



Sam? I told her, as I had told him, 'I love you and don't want to lose you. But I would rather lose you than have you go through so much pain.' My sister didn't do her last treatment and died just two months later. Sam had prepared me to accept her death without getting angry with God or anyone else. He taught me to be thankful for the time I had with Susan.

"I believe that Sam and my sister are in heaven. I believe all creatures are put into our lives to help and teach us. Sam was my greatest teacher. I believe I will someday be reunited with him."

From woman to woman, mother to child, sister to sister, the human-animal spiritual connection is unbreakable, even beyond this world. The connection is love. And love never dies.

*Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals. [www.angelanimals.net](http://www.angelanimals.net). Their book "Dogs and the Women Who Love Them" was named on an Oprah website article as one of the top 16 books of 2010. It is available in paperback, e-book, and Audible Audio editions.*

### Awareness Magazine

*Wishes You a  
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& Prosperous  
New Year!*



# CALENDAR of Events

Calendars are \$1.00 per word, minimum \$15.00. Phone numbers with area code, websites, and e-mails are considered as one word; hyphenated words are considered as two words. Please e-mail your listing to: [info@awarenessmag.com](mailto:info@awarenessmag.com)

## ONGOING

**SUNDAY CELEBRATION SERVICE.** 10:30am. Spiritual Support Group 2nd & 4th Wednesdays 7-8pm. Experience Meditations,



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**WEDNESDAYS.** Every third Wednesday. Holistic Chamber of Commerce: Inland Empire Chapter Monthly Meeting, 6:30 to 8:30pm at Natural Magnetism, 8200 Haven Ave., Suite #2110, Rancho Cucamonga, CA 91730. Contact Julie D. Mayo, Chapter President (951) 833-7879 or visit [IE.HolisticChamberOfCommerce.com](http://IE.HolisticChamberOfCommerce.com). Everyone is welcome!

**THURSDAYS** in January and February. SACRED HISTORY, 7:30-9pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

## JANUARY

**JANUARY 3 — TED TALKS DISCUSSION GROUP.** Friday, 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 5 — MAKING DREAMS COME TRUE (Make A Wish Foundation).** Sunday 12-3pm, \$20 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 7 — DEEKSHA ONE-NESS BLESSINGS.** Tuesday 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 11 — UNIVERSAL LAWS, DESTINY AND DREAMS SEMINAR.** 11:30am-4:00pm. Entrance: \$10 for the whole day. International speakers! Seminar for those who want to change their destiny! 1st Lecture 11:30am - The Law of Reincarnation; 2nd Lecture 1:00pm - The Law of Karma; 3rd Lecture 2:30pm - The World of Dreams. This seminar is followed by weekly classes on the Gnostic Knowledge. Location: Hotel Courtyard by Marriot Sherman Oaks. 15433 Ventura Blvd, Sherman Oaks, CA 91403-3003. Organizer: AGEAC [www.ageac.org](http://www.ageac.org) [www.vopus.org](http://www.vopus.org)

**JANUARY 13-FEBRUARY 10** (evenings), **JANUARY 16-FEBRUARY 6** (Days). **MEDITATION FOR MIND BODY & BRAIN HEALTH.** Beginners. Learn various secular methods to reduce anxiety, insomnia, stress, pain. Ventura, the 4-week series repeats. Kimberly Wulfert. [com/classes](http://com/classes), (805) 320-9361, class size limited.

**JANUARY 16-FEBRUARY 20 — LOSING WEIGHT THROUGH MINDFUL EATING** with Kimberly Wulfert, PhD. Integrated holistic approach, interactive class. Ventura, class or private, Living to Make Sense of It All. [www.weight-loss-class.com](http://www.weight-loss-class.com), (805) 320-9361, class size limited.

**JANUARY 14 — REIKI HEALING CIRCLE.** Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 15 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 17 — DRUMMING FOR WELLNESS.** Saturday 11am-12:30pm, \$10 per person. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 19 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS.** Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 24 — SNEAK PREVIEW SCREENING: DALAI LAMA AWAKENING.** Friday, 7-9:30pm, \$20 per person. Open limited seating. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 25 — "SONGS OF ARCTURUS" Sacred Sounds Meditation Concert.** 6:30-8:00pm, Sanctuary Wellness Ctr., 505 W. 1st St, Tustin, CA 92780. A vibro-acoustic sound journey with singing bowls, pyramids, gongs, and cosmic healing songs channeled from the loving star beings of Arcturus. Their message serves to quiet the mind, open the heart, heal the body, and awaken cellular memories. Bring mat & blanket. \$20/person. [www.phyllisdougllass.com](http://www.phyllisdougllass.com)

**JANUARY 25 — EIGHT GREAT SPIRITUAL FACTS OF LIFE.** Hear Dick Larson discuss an emerging new consciousness that will forever change life as we know it, and the Teachers who have come to help. Free! Santa Monica Main Library Auditorium, 601 Santa Monica Blvd. Santa Monica 90401. 3:00-5:00pm. [www.shareinternational-la.org](http://www.shareinternational-la.org)

**JANUARY 28 — REIKI HEALING CIRCLE.** Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**JANUARY 29 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa

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**JANUARY 31-FEBRUARY 2 — AKASHIC RECORDS PRACTITIONER CERTIFICATION WEEKEND** with Barbara Schiffman, Fri-Sun, LA/Burbank. Access our collective Soul archive for yourself, others and non-humans via Linda Howe's Pathway Prayer process and Advanced Past Life Healing tools. (818) 415-3479, www.YourLifeandSoul.com, www.Meetup.com/AkashicLA

**JANUARY 31 — SHINE A LIGHT BENEFIT.** For Syrian War Refugees & Philippine Typhoon Relief, 8pm. The Orpheum Theatre, Los Angeles, Featuring Playing For Change, Lucent Dossier, Android Jones, Rocky Dawuni, Badi Assad, Sonic Butterfly. Guest Stars TBA. Tickets On Sale: TicketMaster.com Live Stream: shinealightbenefit.org, mailto:info@shinealightbenefit.org, VIP Tickets: (818) 626-9562.

**JANUARY 31 – FEBRUARY 2. RAW LIVING EXPO.** Hyatt Westlake Plaza Hotel, Thousands Oaks, CA. General admission tickets include access to workshops, speakers, networking events, chef demos, exhibitor areas, DJ dance parties, yoga, qi gong and fitness classes, ongoing movie screenings, and Saturday night Best of Raw Online Awards Show. Visit <http://www.rawlivingexpo.com/>.

## FEBRUARY

**FEBRUARY 2-7 — WORLD PEACE DANCE CELEBRATION.** Attend this destination event in Sedona, Az. Be inspired to embody peace and learn hands-on peaceful living skills. [www.worldpeacedance.com](http://www.worldpeacedance.com)

**FEBRUARY 4 — DEEKSHA ONE-NESS BLESSINGS.** Tuesday 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 7 — TED TALKS DISCUSSION GROUP.** Friday, 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 7-10 — CONSCIOUS LIFE EXPO.** 150 lectures, panels and workshops plus 3 Exhibit

Halls. Keynotes: Gregg Braden, Lynne McTaggart, Susan Miller, Eric Pearl, Dannion Brinkley, Dr. Dain Heer, George Noory and more. Special Latino program and the Conscious Life Film Festival. General Admission: \$25, Advance/\$30 Door, LAX Hilton Hotel, 5711 Century Blvd., Los Angeles 90045. (800) 367-5777, [www.consciouslifeexpo.com](http://www.consciouslifeexpo.com)

**FEBRUARY 12 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 14-17 — CELEBRATE YOUR LIFE CONFERENCE IN ARIZONA.** Spend Valentine's weekend with the world's top spiritual teachers and visionaries all in one place. Featuring Deepak Chopra, Marianne Williamson, Neal Donald Walsch, Alanis Morissette, James Van Praagh, Gregg Braden and more! (877) 300-7352 or [www.celebrateyourlife.org](http://www.celebrateyourlife.org)

**FEBRUARY 15 — GERI-FIT® STRENGTH TRAINING WORKOUT FOR OLDER ADULTS,** national exercise instructor certification Saturday, 10am-6pm in Temecula, CA. Visit [gerifit.com](http://gerifit.com) or call 1-888-GERI-FIT for more info.

**FEBRUARY 15 — DRUMMING FOR WELLNESS.** Saturday 11am-12:30pm, \$10 per person. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 16 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS.** Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 25 — REIKI HEALING CIRCLE.** Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**FEBRUARY 26 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

# Sacred Journey of the Heart

***It's a matter of the heart.*** That's the essence of Ronna Prince's powerful and inspiring documentary film ***Sacred Journey of the Heart*** that traces the role of the heart in connecting us to our higher selves, our spiritual essence, each other, the planet and the cosmic design. The heart is the single organ that not only creates a unified field among all people, but also creates a harmonic field with the earth itself.

This compelling film reveals how modern science is proving what ancient peoples have known all along: we are all connected — and that connection is the human heart. Featuring such luminaries and best-selling authors as Greg Braden, Joe Dispenza, Mary Morrissey, Sarah McLean, Colin Tipping, plus Dr. Rollin McCraty and Dr. Deborah Rozman of HeartMath, along with an array of other spiritual leaders, indigenous elders, and scientists, the film is designed to *give listeners new tools to achieve a state of "heart centered balance," so they can create a peaceful state of connection in their own lives.* Prince set out to chronicle this core connection of the heart from a subjective vantage point, yet it was her own

healing from childhood abuse that took place in the process and is now an integral aspect of the film, allowing the viewer to identify with someone who personally leads the way to "heart healing" on the individual level.

This beautifully rendered movie criss-crosses the world to bring forth the "heart" wisdom of native elders from many cultures — Mayan, Lakota, Inuit and more. It touches profoundly on how delving into our pain and hurt allows us to free our hearts for the deeper connection to self, mankind and the planet — to enable the heart centered balance that leads to a better life and a better world.

***This Award-Winning Film was featured at the LA Femme, Sedona International, Awareness Fest, Wild Rose, and International Spirituality, Religion and Visionary Film Festivals.***

Ronna Prince is writer/producer of "Sacred Journey of the Heart," a film about the science and spirit of our connection. She is an intuitive counselor, coach, guide to global sacred sites, licensed teacher of the Institute of HeartMath™, and songwriter. Visit: [www.sacredjourneyoftheheart.com](http://www.sacredjourneyoftheheart.com)

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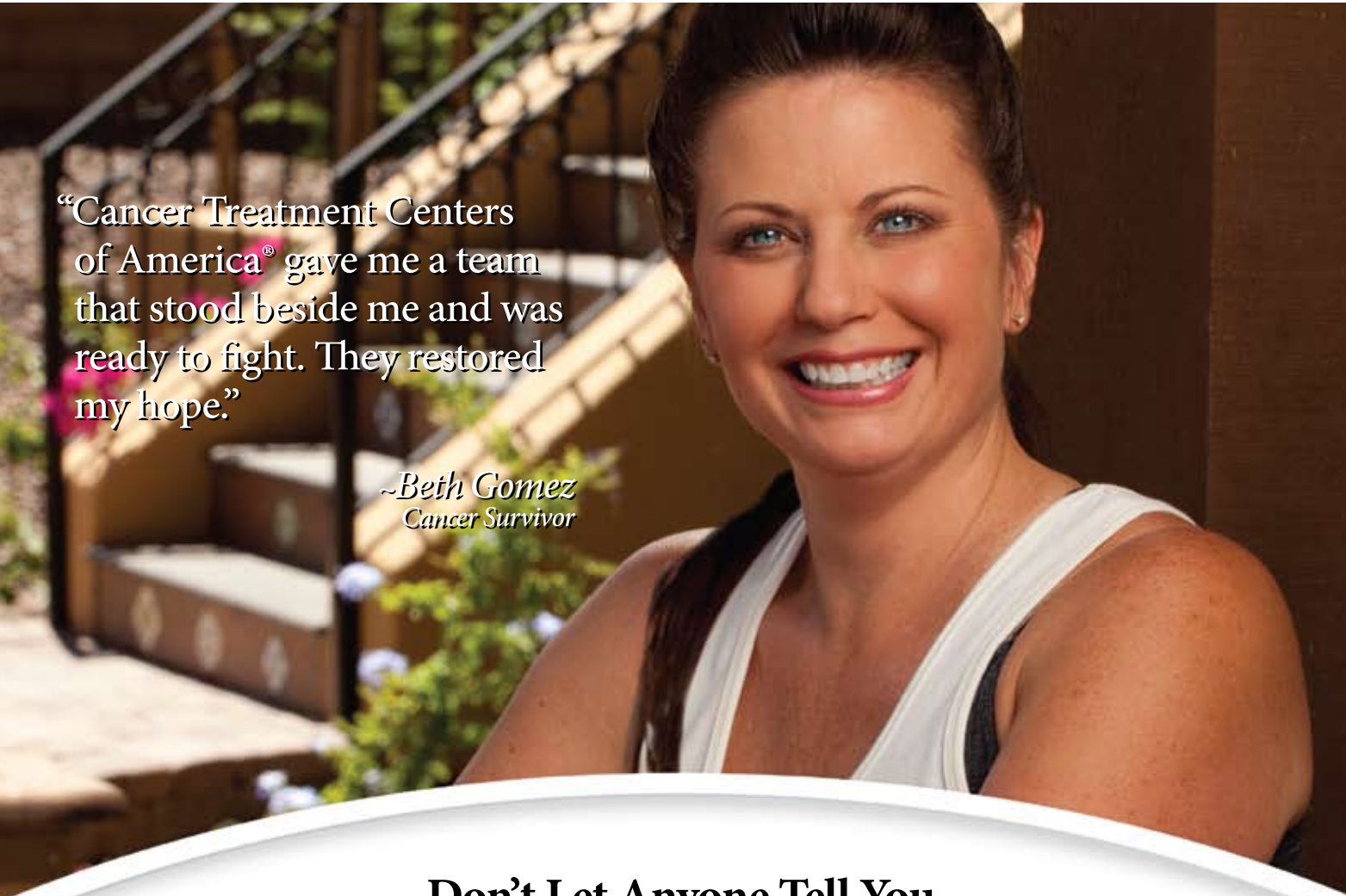
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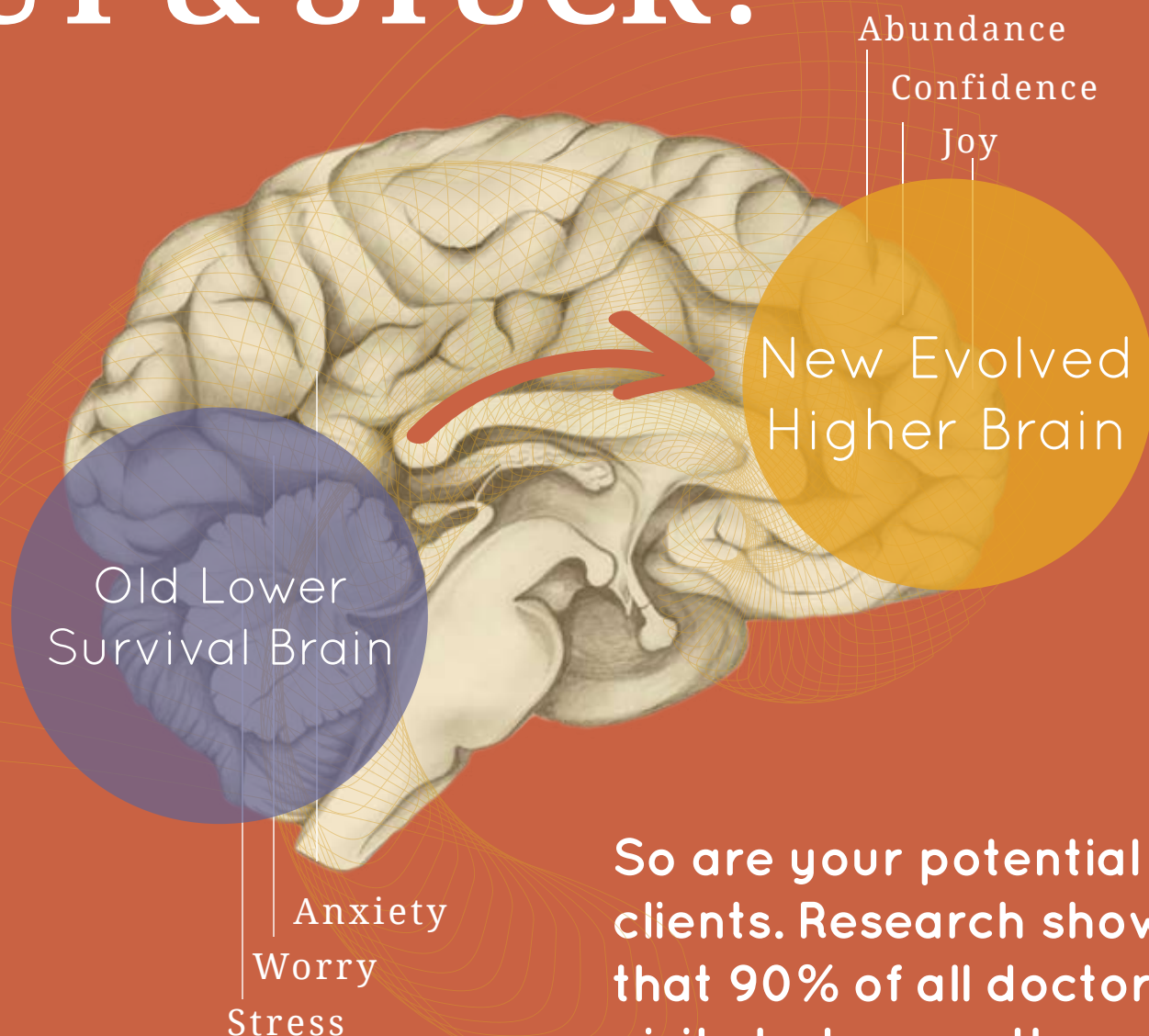
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