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An Interview with Temple Hayes Author of When Did You Die?

By Donna Strong

emple Hayes is a catalyst of creative enlivening. Her third book, When Did You Die?, published by HCI Books, is actually a wake-up call to live. Having triumphed in turning her own deep wounds into sources of strength, she is now a much sought-after spiritual leader who is active in assisting others.

Too many of us live in a semi-trance state of constantly attending to the dailies while our real self keeps slipping away from neglect. Temple is articulate in addressing how we can notice what we are really doing and stop dying little-by-little as our default strategy in life. Inevitably we lose sight of what is important; being alive and living to the fullest.

Her accounts of childhood filled with tension and pain are heartbreaking. As an adult, her own emotional wounds were close to taking a toll on her ability to live. At this critical juncture, she finally found her way to safe sources of sage counsel and care. Temple's work as a trailblazer is so relevant for our times, as we all face increasing pressure to find higher ground with our own unresolved issues.

Temple's own journey provides both a feast of inspiration and fuel for right action. This revered Unity Campus minister in St. Petersburg, Florida, is a woman with a global vision and mission; in her view it's now our time to step up and take our lives into our own hands. Joy and love and vibrancy are our divine heritage and Temple is full of fervor to touch our lives and make a big difference. When Did You Die? is meant to stop us in our

unconscious tracks and offer a much-needed course correction to a path that merges the mind with the heart. Having rightfully claimed many gems of wisdom, her words provide a resounding ring of truth.

Donna Strong: My very first

we often listen to what other people tell us. We have this internal way of listening to what is ours to do, but when we stop using that muscle, if you will, we diminish this capacity. A lot of times people and influencers mean well but when we lose our ability to listen in-



question for you is, what about the widespread pattern of living in a way that we lose our basic vitality?

Temple Hayes: Well, I think that in our world today we've lost some of our ability to really listen within. We have so many trends that are promoted all the time to listen to what I call an influencer, such as the doctor telling us what we need to do with a condition we're experiencing and we do it without questioning.

So from early on in our lives

wardly to ourselves, then we become vulnerable.

We have become disconnected and drained because we're not being true to what we need to do for our bodies, for our emotions and for our own well-being.

Donna: That is beautifully said. What about your waking up? You talk about it in beautiful ways. I mean, people can feel very much what it was like and that you did something with what you call your 'earthly story.'

Temple: I had a good bit of pain and discomfort in the early stages of my life. I was born in a very small town with one active religion, Southern Baptict

From the moment I was born, I was very different. At five years old I started having mystical awareness and insights, and I would sense that people were really unhappy. I could also sense that something was physically wrong with them. The one awareness that really stood out for me the most was that people were saying things that didn't match up with who they really were. It wasn't that people were necessarily not telling the truth, they weren't aware of it within themselves.

Yet I started rejecting some of those natural skills and gifts I had early in my life, because kids would laugh at me, that kind of thing. So I began to close the door to these parts of myself and this knowing until I was in my thirties because it had been kind of a painful road. Even though I'd accomplished things, I was an athlete and was in the band, there was such an unfulfilled longing and pain that I carried within my being.

When I came into my thirties, all this closing off of these parts of myself, not really being who I am, was the reason my get-up-and-go got-up-andwent. I was being hired by corporations as a motivational speaker but there were times I was just going through the motions because I had lost my own motivation.

So that was a real wake-up call for me because I realized

(Continued on page 6)



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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

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Temple...

(Continued from page 5)

that I was starting to die. I don't mean a physical death, but an energy death. I had too many subtle deaths along the way not being who I was, not being true to myself, being afraid of what people thought of me, all of that kind of stuff.

I always like to highlight, I was a kid in the '60s. You couldn't go to match.com or eHarmony or Google to check out the larger world and say, "I feel different, what's up?" It was a different time and I couldn't relate to other people around me that well. So my immense waking up was that I had somewhat gone to sleep to who I really am. I began to wake up to the grief about what I was missing in my life. Well, that was a true feeling because the thing that I was missing in my life was being me — the person that I really am.

Donna: That's great, I think a lot of us have subconscious grief because we are really missing the connection with our authentic self.

Temple: Absolutely. That's why I feel so comfortable and confident talking about the book. Because I know the things I'm sharing have been proven both with my own life and others I've worked with over the years.

I'm sharing stories of things I've endured over the course of my life, steps I've used, practices that I've integrated and still use, that I know will help. So many people are just going through the motions, they are on autopilot because they are not using their head with their heart. My mission is to help people to live a thriving life that we're all destined to have.

Donna: I would definitely say that's true. One of my questions to you is about changing our hearts and minds — for you, which comes first?

Temple: I think that many people have bought into the belief that life is hard and it's complicated, and need to focus on getting through the day or the week. Again, we're not using our instinctive and natural navigation system and going with the grain of how life is supposed to be. It doesn't mean we don't have challenges, that we don't have to make decisions or have hardship because we're human beings.

It does mean that everything we approach or everything we face, whether planned or unplanned, it is really designed to make us more, not less. We have it backwards today. We typically think these kinds of thoughts, "I don't know how I'm going to get by with this. I've been given way too much to handle; I don't know how I'm going to do it." So we live by that belief system and that's what has become true for us, where really it's the opposite.

What I've found is that everything we have endured in our lives, everything we walk through, we are meant to become more of ourselves on the other side. I have more energy in my fifties than I did in my thirties because I live by the belief that whatever happens — even as something as profound as my father dying unexpectedly in a tragic way even in the midst of that grief I decided to make my father's life matter. I'm going to make the experience matter and out of that I am going to become more, not less. I really believe that, and I live life that way.

Look at Betty White, wow she could be writing this book. In the book I talk about how so many have become robotic. They turn on the TV first thing in the morning. "Tell me what I'm supposed to be afraid of today. Tell me what might happen. Tell me what disease I might catch. Tell me who might be in my neighborhood that I need to be fearful of."

We all like to know what's going on around us, it's not that knowing things are wrong, but you have to take everything at its own face value and filter it through using your own mind and heart. Does this feel right to me? Does this resonate with who I am? "Do I really need a shot for shingles because I'm over 50? It's on signs everywhere I go, but do I really need it? Let me ask my body. No, it doesn't feel right to me." Everyone needs to be filtering the outer world information using their own guidance. There's not a one-size-fits-all, but we have become overlyinfluenced by statistics and a constant barrage of information.

Donna: Hallelujah. I agree with you on that. Most of us don't know about dousing our own system at all. You have a great way of helping people realize that it can work for them to do that. Would you talk about what you've done to allow your body to become more vital?

Temple: You bet. You know, I'm literally fascinated, I'm in awe now when I think about the person who I was in the beginning chapters of my life — eating fried foods and other kinds of things, and I just did it because that is what was on the table.

For me, I kind of set out early on to be fully energized and alive and truly make all my life experiences matter, knowing they had really developed me and designed me rather than defined me with limitations. So what I started doing is putting this decision in motion. I was going to start paying attention to what knocked on my door three times, and I would just be attentive to that.

So what that means is when I would be in conversation with a friend or meet up with someone new and this person would say, well, you know, I'm feeling better because I'm not eating wheat any more. There are people who would say that wheat doesn't really have any nutritional value. So for example, if that kind of message came up two or three times I'd go, "Wow, that's obviously something I should pay atten-

tion to — let me check in about that. Yes, let me do it."

So I urge people to just be without something for thirty-to-sixty days and then bring it back in. That was the way things started happening with me. I start to hear people talk about some food item, and once I realized I was putting a lot of it into my body and that it didn't really give me the kind of energy I'm looking to have, then I'd make a change.

Also, that's where the one size doesn't fit all because it's something that is very unique to each of us. I'm an O-negative, and this blood type normally eats a lot of meat and I eat none. That is because of choices that I made along the way, I've become a vegetarian. I still eat eggs; otherwise I'd be considered a vegan.

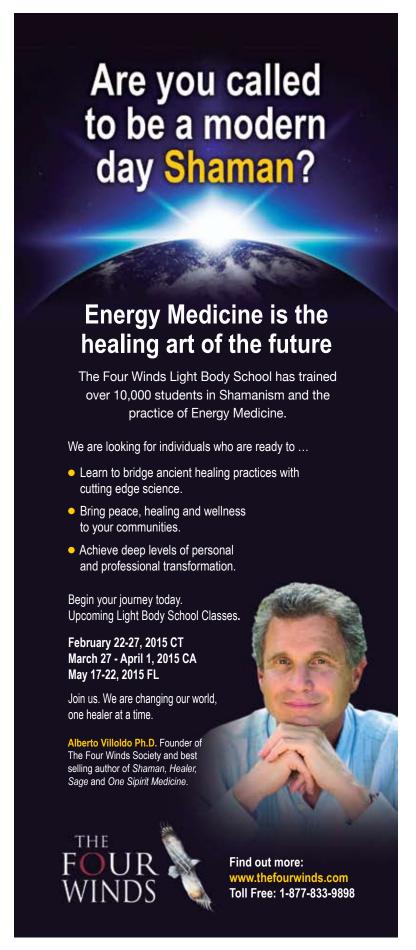
When I get back to the real navigation system that is guiding me, I believe part of our life experience is to have a lot of energy and I think we've been influenced in a way that is not a positive direction. We're told if you are a certain age then you need this stuff and you can't be okay unless you have this and that. My core belief, as I said earlier, is that we are meant to die with more energy than we started with. Look at Betty White. She's a perfect example; I use her as a role model to say, "If she can do it, I can do it." When a person is willing to put their whole selves in then things happen.

Donna: I really do resonate with what you are saying. I've been working with those kinds of ideas for a while. So you and Betty White are going to be helping me to up the ante for the positive use of experiences to become more, rather than less!

I think one of the things that makes you a great teacher is you have the ability to direct your will to express something that is more expansive and aligned with the divine!

Temple: Thank you for saying that. I think becoming more

(Continued on page 8)



Temple...

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aware of the divine can happen simply. One of my favorite examples comes from putting together puzzles with members of my family. I still put together puzzles on my iPad I love it so much. It stimulates the left and right brain and brings a sense of accomplishment. What I love about it also is that the image of what the puzzle is supposed to be is given to us immediately.

When we were little and we would see the image on the box, one of the little ones would wonder if we had all the pieces in place. "No, grandma, I don't see a piece that's red." "Well, it's got to be there because the manufacturer said it's in the box; look, you'll see it." We would argue and argue that the manufacturer would have never make a mistake, because every piece has its right place.

Yet we don't always go to bat or build a case about our

'manufacturer,' our Creator. My manufacturer created me to achieve an image in my life, a vibrancy that is magical, to have this heaven-on-earth experience. That image is guaranteed for me and I have all the pieces as part of my life's destiny.

I didn't know that early on though, because I thought "Oh, my god someone has given me the wrong puzzle box. I got the wrong box; what is up with that?" You know, the day came when I humbled myself and I finally cleared enough of the debris from my vision and from my heart and I could go, "Oh my gosh, all the pieces I've ever needed, they've been there all along."

I've force-fit a lot of pieces along the way, and because of that, the real pieces were not in the right place. As simplistic as that is, it's the truth and the secret of life is that everybody has been brought to this planet with an image that they are meant to fulfill, and of dreams being accomplished, to experience how profound our manu-

facturer is.

Once they grasp and start allowing the right pieces to flow naturally into place, then the other things fall in. That's how it works. It's not complicated but we've made it that way because we do not trust our manufacturer.

Donna: I totally agree with you. I would also say that because we are also so inundated with our senses, it's become quite complicated for us to be able to listen appropriately. You know, listen to the right things?

Temple: Absolutely, yes. We are over-stimulated and we aren't practicing and exercising our connection with Mother Earth and Father Sky, the relationship with all living things. So yes, we are disconnected and drained and more and more we are becoming an intellectualized over-stimulated culture.

In life, your knowing needs to stimulate your growing to become someone who comes from the heart. It comes from the ability to accept things that are the heart of the matter for your own path. It makes all of the difference in how we're living.

It's like when I've been a life coach to people or have had people come to me, they came to me because they've had problems. We've all had problems, but sometimes I find it kind of comical because when I attempt to show them something they resist. They'll go, "Oh, I know that already."

So I'll say, if you don't drink half your body weight in fluid ounces a day, you will be drained, energetically speaking. "Oh, yeah, I know; I read that somewhere." And I go, "Okay, you know; all right, well, do you know that sugar really gives you a high but in an hour it totally drains you?" A lot of people do sugar now because they aren't developing the sweetness within and it's like a sickness, but when I tell them this they say, "Oh, yeah, I know that already." I go, "Okay, I've given you two examples and you know them already. So here's my question, what are you actually practic-

So I ask the person if we can just approach the rest of our time together and talk about what they are being, not what they know. Because if knowing transformed the world, we would not be having a lot of these conversations. It's not just in knowing. We must go from knowing to have an understanding become integrated into our hearts for our lives to become realized.

For more information on Temple's books and events, visit: www.temple hayes.com

Donna Strong is a health coach/ educator. She can be reached through www.donnastrong.com

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

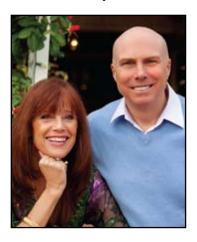
— Robert F. Kennedy



Creating Ritual in 7 Easy Steps to Make 2015 Your Best Year Yet

By Janet Bray Attwood and Chris Attwood

(Excerpted from Your Hidden Riches: Unleashing the Power of Ritual to Create a Life of Meaning)



Do you know that there is a unique design to your life? There is. Your mission in this lifetime is to discover that design and get aligned with it. When you do, life becomes fun, things flow easily, the inevitable challenges of life are only temporary setbacks, and you feel that your life has real meaning.

Your Hidden Riches are what surfaces when your rituals help you discover and stay aligned with your life's unique design. Rituals can help you manage your time, your energy and your thinking. Only 25% of life can be experienced with the senses. Rituals allow you to connect with and tap into the power of the other 75%.

Many people think that rituals are religious practices or superstitions. Yet rituals are the "secret weapons" of the world's most accomplished people — from sports stars to corporate executives to worldclass performers. What most people have missed is that rituals are essential tools in today's world to improve performance, to stay calm in stressful situations, and to maintain balance in an over-busy life.

But what is the difference

between a habit and a ritual? We all have good habits and bad habits. In contrast, rituals are conscious, intentional acts we choose to make habitual. Rituals focus attention in a very practical way, and can be tailored to the major needs we all share:

- Relationships: Attracting your ideal partner and forming a loving bond between you.
- Health, Diet and Beauty: Bringing your body into harmony at every level so that it becomes your strongest ally in reaching a state of optimal well-
- Money & Wealth: Matching your inner riches with external abundance.
- Ceremonial Rituals: Creating a sacred space and entering it for healing and renewal.
- Family: Bringing parents and children into a closer circle of security, understanding, and love.

There are 7 aspects to creating your own ritual — rituals that create a special feeling and experience when they are performed:

- 1) Intention Read out loud the intention you are set-
- 2) Preparation and Purifica*tion* — Create a special spot where you keep the elements for your ritual. Also, take a few moments before you start each time to clean up and wipe off your ritual space.
- 3) Use of Symbols Place symbols in your ritual space that are meaningful to you and will inspire you. These could include photos of your family, special mentors or teachers you value, mementos, and anything else that will give personal meaning to your ritual.

4) Activating the Senses —

By incorporating fruit, flowers, scented oils or candles, your ritual will have a deeper and more profound effect.

5) Prescribed Performance

- Create a specific order to what you will do during your ritual. An example would be:
- 1. Prepare the space: take a moment to clean the area, light some incense, arrange your fresh flowers, fruit or healthy snack, and put your scarf or cloth on.
- 2. Sit quietly in silence for 30
- 3. Open your eyes and read your intention out loud.
- 4. If you're beginning your day write out 3 things you'd like to accomplish today; If you're ending, list 3 things you accomplished.
- 5. Read a quote or passage from a book that is inspiring to you and reminds you why you are focusing on this ritual.
- 6. Quietly speak out one thing you are grateful for — find something you have not expressed on previous days.
- 7. Speak out one thing you appreciate about yourself — again find something that you haven't expressed before.
- 8. Put out incense and begin working on your project.
- 6) Repetition Repeating your ritual over and over will help ground your intention and create new neural pathways so

your day will always be connected to the intention you

7) Invoking the Unseen — This can be as simple as acknowledging that you need help to achieve the goals you have set for yourself and you are willing to accept that help from wherever it may come.

Using these 7 aspects of ritual as a guide (no need to follow a particular order) you will create specialness in your day and in your life. You will find you are more focused when you are working, and you don't obsess over your work when you are not.

There is a design to your life. You were born with it. Uncovering your unique role and purpose in the world lies in covering that Life Design through ritual. Our world is at a turning point. It needs you doing what you came here to do. When you achieve that, you will be living your ideal life, reaping the inner riches that are your birthright.

Janet Bray Attwood and Chris Attwood are the co-authors of Your Hidden Riches: Unleashing the Power of Ritual to Create a Life of Meaning and Purpose (Harmony Books). They are known globally for their New York Times bestseller The Passion Test, the #1 tool used worldwide to help people discover their passions and connect with meaning. For more information, visit: www.thehidden riches.com/

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Unleashing the Shakti within

By Anusha Wijeyakumar

Shakti or Parvati, Durga and Kali, as she is also known by, is the supreme Mother Goddess and the source of all feminine power in Hinduism. In Hindu mythology female deities are very powerful and equivalent to male deities, they are prayed to and revered in equal standing. Shakti is the universal essence of power, creativity and energy and the Shakti energy is the main principle behind Tantra Yoga. Shakti is Shiva's wife and Shiva embodies the male universal power. This female and male principle is intertwined and they are inseparable in nature. Shakti is also the mother of one the most popular Hindu Gods, Ganesh the elephant-faced deity.

The feminine Power of Shakti is also related to the Kundalini energy and the first chakra of the seven chakras or energy centers in the body. Ganesh is the presiding deity of the Muladhara Root chakra. The color of this chakra is vibrant red like a ruby and this chakra is where the Kundalini energy resides coiled like a serpent at the base of the spine. The Muladhara Root chakra must be open and grounded in order to release the feminine force of creativity and energetic vibration that resides here.

When awakened, the feminine Shakti energy is said to rise from the muladhara chakra up through the central nadi, called *sushumna*, reaching up the spine and to the top of the head. The progress of this Kundalini energy through the different chakras leads to different levels of awakening and mystical experience, until it finally reaches the top of the head, and the 7th chakra also

known as Sahasrara or the Crown chakra, producing an extremely profound mystical experience.

This union with the 7th chakra results in soul and spirit merging and the feminine energy merging with the divine energy to become one. This Shakti feminine energy is thought to be the source of all our untapped power and potential. Releasing this is believed to unlock the gateway to our seat of the collective unconscious and the magnetic force field that lies within and around us. The Muladhara Root chakra also connects us with the physical world and the spirit of Mother Earth. Those who are able to successfully open this chakra will fully accept life on earth and their physical existence, embracing all of the earthly forces and their

If this chakra is unbalanced blockages can occur and include feelings of instability, anxiety, the inability to say no, hoarding and fear of change. Once this chakra is in balance this Shakti energy enables gratitude and trust in life on earth to flow forward from within. Spiritual practices such as yoga, meditation, pranayama and mantra can awaken Kundalini energy, and ground and balance the Muladhara Root chakra. Being in nature is also a great healer and can help soothe and ground this



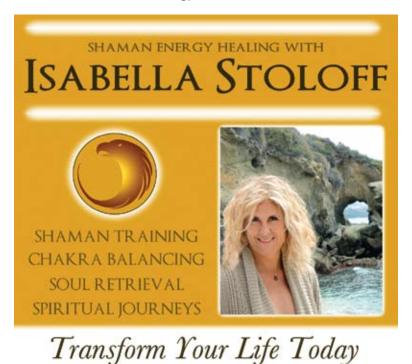


chakra. It is also important to pay attention to your physical space as this fortifies the foundation. One must also ensure that matters of housing, food and finances are taken care of as this helps to stabilize the Muladhara Root chakra.

By unleashing the Shakti feminine energy within and balancing your Muladhara Root chakra, you can willingly let go of all past fears and insecurities that are inhibiting you from moving forward. Set your inner Goddess free to fully embrace and accept all that awaits you on your soul's journey. Release anxiety and the frantic pace of an ungrounded life, moving towards feeling stable and secure at the center of your being. Become fully aware and unlocked to the wonder that surrounds you. Stimulate not only your own life, but also the lives of others around you.

Namaste

Anusha Wijeyakumar is a certified and dedicated Life Coach and the founder of Shanti Within Holistic Life Coaching. She has many years' experience of coaching people across the U.S., Canada and the UK. Anusha combines her Hindu upbringing and powerful spiritual background alongside her professional business experience, to create a tailored program of assisting her clients towards achieving their personal dreams and goals in life. She will be presenting a Shakti within Workshop: Opening of the Muladhara/Root Chakra on Feb. 21 in San Clemente, CA. For details visit www.shantiwithin.com or email anusha@shantiwithin.com



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How to Have an Invincible New Year

(this article is loosely based on the just-released book A Year Without Fear: 365 Days of Magnificence

By Tama Kieves



This year I want you to discover what you can really have. It's so much more than just accomplishing one goal. This year I want you to cultivate a power and presence within you that allows you to choose your good all the time. You are so much more than a few paltry achievements, even if they sound like the moon to you.

That said, sometimes, we have to want something, in order to spread our great silver wings or discover that we have them.

As a career coach, I love to use *any* goal as an excuse to part the veils, and tap into extraordinary power.

I know you will have days that throw you off course. But I want you to learn the skills of getting on course, even more than I want you to reach just one particular goal. I want you to adopt attitudes that release magic and velocity. The secret of being invincible is learning practices in which nothing can defeat you. It's not about the goals you set, but the attitudes you employ.

Real success is inevitable. It is the outcome of beautiful choices.

Here are 3 inspired mindsets to help you get beyond your fears.

1. Choose Kindness Over Self-Cruelty:

It's time to fire the Marine drill sergeant screaming orders and shoving your face in the mud. Maybe it works for a war. But it's time to live in the garden. You will accomplish more through love than you ever will through fear. Self-brutality may induce temporary changes, but they are not sustainable results. I blazed through Harvard Law School on the highpitched drive of anxiety. But I could not sustain that success. I suffered and eventually left the practice of law because it was not my true love. Only love takes you all the way.

As you dare to stretch, be kinder to yourself than you have ever been. Kindness reminds you of your unquestionable worth, no matter what you have done, and then it encourages you to do what you came here to do. Kindness is not a doormat, but a launch pad. Kindness gives you permission to try over and over without any fear of failure.

Self-kindness allowed me to tap true inspiration and clarity. And I became a best-selling author and speaker.

2. Choose Again and Again:

Rigidity will break your spirit. If you have to do something perfectly, there's no breathing room for expansion. In life, you are going to stumble. You are going to miss a workout or blow an audition. You are going to bury your face in a bag of Doritos.

But that doesn't mean you can not be invincible. For me, invincibility comes down to flexibility. It's the willingness to begin again and again without self-judgment. The present moment can heal most anything. Get back on the boat. Choose again. Drop the ball in Times Square all over again, ten times a day if you need to,

10, 9, 8... I give myself a clean slate. It's not weak to give yourself chances. It's dedicated. It means you want your goal.

And by the way, I found more peace of mind in losing my way and finding it again than if I'd never lost it at all. I developed self-trust, knowing that even if I tripped up, I could count on myself to come back.

3. Choose Dedication Instead of Dissipation:

If you do not dedicate yourself to something — you will never experience the power of your spirit and full potential. Commitment activates growth. When you dedicate yourself to your truth you become alive and present. Your goal helps you show up or evaluate why you are not showing up. There is no room for unconsciousness.

Dedication also helps you to realize you don't have to be in the mood — to be great. I've shown up to write feeling nervous, tired, and hostile. I wandered around the blank page like a raccoon rummaging for grub. I showed up believing nothing good could come of the sop in my mind. And like many writers before me, I was wrong.

Dedication helped me to ignore my ego, the guardian that strives to keep me powerless. On days when I felt absolute dread, I still found myself slipping past the metallic vice, and discovering another self, one who was weightless, giddy and skipping towards the horizon. I have been stunned to discover these capacities beyond my ordinary self-knowledge. We all house secret genies. We all have embedded powers we have yet to set free. And we all let familiarity talk us out of evolution. Sometimes it takes commitment to discover the invincibility of becoming our true selves.

I wish each and every one of you an invincible new year. May you know courage and the ability to walk yourself through anything — with love.

Tama Kieves, is an honors graduate of Harvard Law School who left her practice to help others find their calling. She is the bestselling author of This Time I Dance! and Inspired & Unstoppable: Wildly Succeeding in Your Life's Work! Her new book is A Year Without Fear: 365 Days of Magnificence. Featured in USA Today and on Oprah Radio, she is a sought-after speaker and career/success coach, who has helped thousands worldwide to discover, launch, and thrive in the life, calling and businesses of their dreams. Visit Tama Kieves.com and download her FREE Inspired Power Toolkit.

We Wish You
A Very Happy,
Healthy
and Prosperous
New Year!

Baring Our Butts and Baring Our Souls

By Tamara Veitch and Rene DeFazio

I had just completed an article about empowering women, when photos of Kim Kardashian's shiny butt beamed at me from every screen and paper. It was too much! Or was it? It certainly says something about the society we live in... but what does it say? And who are we to judge?

I was forty-something when I fully realized that my feelings of judgment toward others are useful only for identifying my own fears. This epiphany among others changed and empowered me. Every time I have powerful emotional responses in my life, I know my ego has been triggered and is seeking to remain in control and superior. Being awake to the language of the ego tells us that feelings of judgment correspond to our own fears and insecurity and signal exactly where we need to go deeper. Instead of turning away when I feel a heightened emotion I try to step outside myself and observe in the moment: what is my trigger here? What is my lesson? What FEAR is causing my emotion? It is not easy, but in my experience it is worthwhile.

How did I eventually learn that fear is the cause of all judgment?

When I became a divorced mom I observed it in my life. The box I'd been comfortably nestled in had been turned upside down and as I struggled to put my life back together I was being judged at every turn. Suddenly, how others saw me changed drastically. I received heaps of unsolicited advice and comments.

Before long, I recognized that the judgments I faced were the fears of others projected on me: fear of poverty, loneliness, failing as a parent, failing in the eyes of society, loss of status, fear that their children will hate/blame them, and the fear that they could be next.

If someone lashes out at me now I try to step back and observe what unspoken fear may be motivating them.

The very first step was understanding why others judged me, the next was discovering why it bothered me so much. Through reading, writing and a yoga practice of meditation and conscious self-development, I realized that my negative emotional responses, whether I be, defensive, judgmental, jealous, proud, selfish, or indignant, is a result of my underlying fear that I might lose control, be a failure, be abandoned, or be unloyable.

It was life changing when I became aware that I CHOOSE my emotions and reactions in every situation. No one can MAKE me feel anything unless I let them! It freed me to follow my inner spirit and purpose because it mattered less what other people thought. By consciously investigating my emotional reactions and opinions, I have transformed the quality of my life. I am happier, I am a more compassionate person and I hardly every worry or judge others.

Don't get me wrong, the ego is tricky and continues to undermine my inner soul's yearning to be loving, accepting and humble at all times; after all, I am human. I am far from perfect but I faced my fears and the fears of my family, friends and critics. In four years I went from being an at-home mom left with three young children, shocked and devastated by the worries that initially overwhelmed me, to writing an award-winning novel with my soul mate. A soul mate I would never have allowed in if I had let fear win the battle.

Shedding fear of being a social outcast is liberating but more empowering is discarding the belief that we can or should stand in judgment or tutelage of others. Do I think Kim Kardashian's airbrushed bod looks hotter than my real deal? Better not to compare. Would I plaster my scrawny white cheeks on every TV and



webpage across the planet? Not likely, but her doing so doesn't threaten me.

The thing is... it doesn't matter. Getting to the heart of why we are offended, judgmental, indignant, disgusted by anything that has no victim is more important. I think it would be great if we could look at our own emotions and reactions and take the responsibility for them. I have no doubt there are plenty more Kim Kardashian magazine covers to come but I would rather concern myself with things I can affect like my own spiritual evolution and what I give back to the world. We are all on our own path and become empowered when we regard others with compassion and love instead of judgment. Beware the sneaky ego that pities the choices of others or makes us feel like teachers. What would happen if we merely allowed the unstructured mind to ask "what can I learn from this?"

Tamara Veitch's first novel with co-author Rene DeFazio, One Great Year, has received rave reviews and won Honorable Mention at the New York Book Festival Awards and the London Book Festival Awards. One Great Year has also been optioned for development in Hollywood and in October 2014 won an Empowered Writer's Award at The Canadian International Peace Festival. Veitch and DeFazio are currently on tour and are writing the sequel in the series. Visit www.onegreatyear.com for information, video links and more.



Moving Beyond the Grief of Losing a Loved One

By Tim Braun

It is inevitable that at some time in our lives we will experience loss. We may lose a beloved spouse or parent, a precious child, a treasured sibling or a cousin, a wonderful friend or an adored pet. And we can never be fully prepared for it. The grief will shake us to our core, confuse us, shock us, depress us and make us question our existence. But does it have to crush our spirit? No! We can get through this difficult time and move beyond our grief and even thrive.

How we go through the grief process is as unique as we are and we must all find the path that works for us. From rituals, bereavement groups, therapy sessions and alternative paths like going to a Spiritual Medium, a hypnotherapist or a healer. They all can help. But it takes time to heal. Don't rush it. The key is to move through our grief and honor our path along the way.

The first step to understand is that when we lose a loved one, our lives change. After the shock, confusion, and deep sadness start to lift as we go through the grief process, there can be rejuvenation. But it is important to accept that you are in a new reality. Life looks different now. There is a new

"If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts you can give."

> ~ Gary Zukav, The Seat of the Soul

relationship with your loved one and yourself.

You will never "get over" the loss. This is an experience that will live with you for the rest of your life. But you can take this difficult time and create a positive outcome. You can find a way to put your loss and the memory of your loved in a special place in your heart that you carry with you from this moment on. If you try to just "get over it" the grief process could be a much longer, arduous one, and the healing a much bigger hill to climb.

To move beyond your grief can be a journey of self-discovery — to see yourself and your life in a new way. But, the way to move through and beyond the grief process requires that you are open and that you take action.

4 STEPS TOWARD MOVING BEYOND YOUR GRIEF

Surrender

We can't control the fact that we've lost someone we love. And we can't bring them back. But we can move forward into a more peaceful state of being. Surrendering is letting go of the pain so you can live in the present. Whenever you feel

that wave of grief, surrender to it. When you're overwhelmed surrender in your mind's eye. Say, "I surrender."

Forgive Yourself

You may have guilt around your loved one's death. You may feel responsible, blaming yourself for not doing enough. We must remember that this was their life's path. To move through the grief it is important to forgive yourself so you can free yourself to heal.

Connect with Your Loved One

If you are open to the idea that their spirit is alive, there are several ways to connect with your loved one. Going to a Spiritual Medium is a great way to do that. Many have found solace in the messages they receive from their loved one on the "other side." You can also connect with them on your own, in your daily life. The key is to send them love and light energy. As you heal yourself through the grieving process you may find a deeper connection to your loved one.

Meditate

There is nothing more powerful we can do than medita-

tion. It quiets the mind, energizes the soul and creates a more peaceful state of being. It can be the anchor that gets you through your day. Find a meditation that works for you, and practice it every day even if it is for a few minutes.

The grief you are experiencing does ease with time. Take all the time you need to get through this life challenge. Be gentle with yourself. Surround yourself with positive, loving people and great experiences. You may find that your heart has opened to a wonderful new life as you carry the memory of your loved one forever.

Tim Braun is an International medium and has conducted over 13,000 sittings over the past twenty years. He currently lives in Orange County, CA and is a graduate of the University of Southern California, where he earned a BA in Interdisciplinary Studies. He has been lecturing and reading for private clients for more than twenty years, appeared on radio shows throughout the world. Hollywood celebrities, renowned athletes, and corporate leaders have embraced him. Tim has appeared on the TLC network television show, Sin City Rules. Visit: www.TimBraun.net

We can do no great things
— only small things with
great love!

— Mother Teresa



Change Your Social Context... Change Your Life

Cure Your Own Depression Arising from Social Dynamics

By Wendy Treynor, Ph.D.

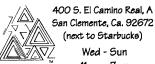
When I was diagnosed with cancer, at age 29, I asked my mom to visit me for a special mother-daughter weekend. Heeding my request, she came and showered me with what felt like an unsurpassed level of attention — a degree of attention that I had craved all my life but never felt like I had received, up until that point.

Now, for the record, I have boxes of notes, postcards, and gifts that my mother sent or gave me from her outings and travels during my life, so there's proof — hard evidence — that my mother showered me with oodles of love and attention. Perhaps I couldn't feel the love, because I wanted a different kind of attention. I wanted to be with her. I wanted to be heard and understood, accepted and appreciated— invited out for special mother-daughter outings and trips — rather than be showered with the remnants — postcards and gifts — from outings and trips on which I had not been invited.



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Perhaps part of my problem was that I had been born into a family — as a twin, no less whose values coincided with my twin's aptitudes, but not my own. My twin was "smart" (as judged by "A" grades, prestigious awards, and high SAT test scores), whereas I was creative, artistic, imaginative, and social. Given that my natural aptitudes were not valued by members of my social setting, I came to see myself as flawed. I kept aspiring to attain the unattainable — trying to be different than I am to win others' approval, but to no avail driving my self-worth lower and lower into the ground.

I carried this sense of defectiveness, worthlessness this *self-rejection* — with me throughout most of my adult life, as I navigated myself into similarly critical social environments, which shared my mother's values (which had become my own). Without awareness of what was happening, I interpreted—indeed, misinterpreted-my low self-worth as a reflection of the Absolute Truth of my unloveableness as unassailable fact, instead of seeing it as the fiction it actually was — merely a byproduct of the subjective standards of my particular social environment, which I, through long-term contact with it, had internalized into my own selfstandards, coming to devalue myself, also.

Emotionally, we may feel like the social group in whose context we generally find ourselves (what I call the *everyday group*) is the only group—ubiquitous, all-pervasive—but it's *not*.



In a conflict-ridden environment, facing on-going, inescapable rejection, we come to internalize this rejection into self-rejection — and thereby experience rejection from both others and ourselves (i.e., we feel shame), fostering a sense of inescapable conflict, long-term, which can lead to depression (and perhaps suicide).

Based on my research and experience, I believe depression is the result of this ongoing self-rejection and social rejection (chronic internal and external conflict), and depression's cure is simply to eliminate this conflict. Even though our social context may feel inescapable, it isn't. We have to realize that we have a choice, and then actively choose or create the group with which we wish to locate and affiliate ourselves. Over time, we will adopt the standards of the group as our own. For optimal well-being, an unconditionally loving (accepting) group is the way to go, because over time, we'll come to internalize this unconditional acceptance of ourselves into self-acceptance (thereby creating **both** *social acceptance* and *self-acceptance*).

If you can't find an every-day group that unconditionally accepts you as you are, then become your own every-day group, your own source of unconditional love (emotional support), which for me and my clients translates into daily "clear mind" or meditative practice (in the morning, and breaks, throughout the day).

A long-term, sole contact with any group is likely to result in its becoming your reference group — the group whose standards you use as your own — because it's your only reference point. If that group devalues you, it means you are coming to devalue yourself, also (unless, that is, you conform to its ways, thereby resolving your conflict however, sometimes you can't conform, as in the case of an amputee in a culture where everyone has, and values, having two legs and arms, or when conforming to a group's standards means betraying your-

When innocent, well-meaning people are immersed in a toxic culture, people resolve their external conflict — emotional conflict — by conforming to these toxic social standards (trying to be as they are **not**), and as a consequence of conforming, this toxicity permeates the group, and potentially, society, at large. An identity-shift effect occurs when the threat of social rejection (external conflict) induces one to conform to (group) standards contrary to one's conscience, but then as a result of conforming betraying one's conscience

— self-rejection (internal conflict) arises, so that, in essence, one exchanges external conflict for internal conflict. Now one must undergo an identity shift — adopt the group's values as one's own — to end this internal conflict. By undergoing the identity shift effect, harmony is achieved but at the cost of losing one's self.

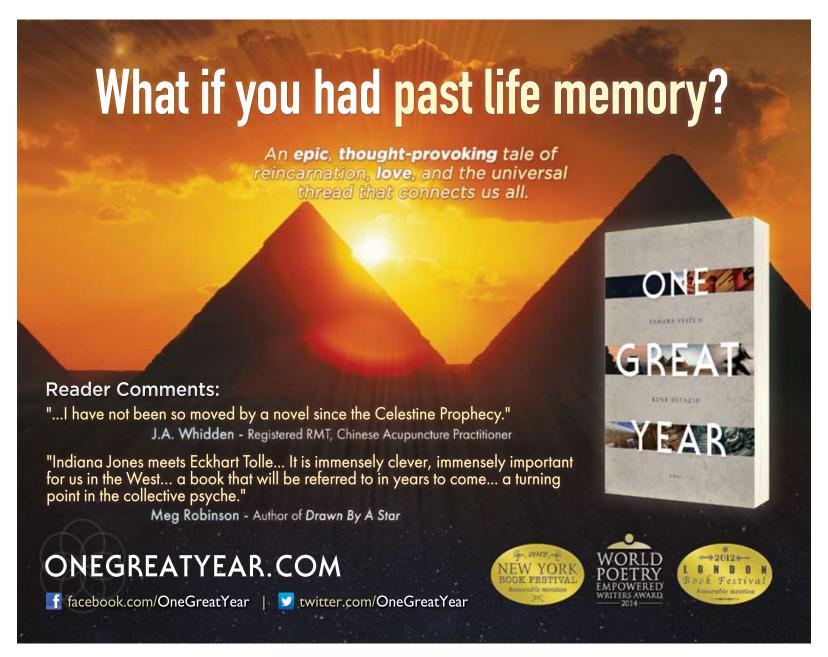
To stake our sense of selfworth on the standards of *any* (conditionally loving) social group is misguided, and to regard it as a true indicator of our inherent value is delusion. Our value has nothing to do with our bank accounts; it has nothing to do with subjectivity or social group membership and everything to do with unchanging truth: The truth is that we're all acceptable as we are. Stand alone in nature, or meditate, and you will know.

Viewed through this lens, now we understand our situation: We suffered because our self-approval was dependent on social approval. In contrast, through cancer, I discovered the solution: Disentangle this contingency of self-approval from social approval through meditative practice (contact with the non-social), thereby winning us self-acceptance re-

gardless of social acceptance. The result is — the only true freedom I've found.

The solution for us, as individuals, is to gather the courage to exit toxic social environments and join or create an unconditionally accepting environment that accepts us as we are. In time, as more and more of us defect from these toxic social settings, not only will we come to know, accept, and love ourselves but also, rather than find ourselves alone, we will find ourselves among likeminded others, together creating an unconditionally accepting social context that supports human thriving.

Dr. Wendy Treynor is a wisdom keeper on how the peer pressure process works; former UCLA Visiting Scholar; social scientist with Ph.D. from Univ. of Michigan, Ann Arbor; social psychologist who bridges social science and spirit; international speaker; author; creator of Healing Consulting, ICan Heal.org, and ICan Heal.TV. This article is excerpted and adapted from her new book, The Gift of Cancer: Turn Your Tragedy into a Treasure... A Treasure Map to Happiness! available at GiftofCancer.com The first 50 people who respond to this article, will receive a free copy of her new book in return for writing an honest review of it on AMAZON! To contact Dr. Wendy for free book, consultation, or to speak to your group, call (310) YES-LOVE, or e-mail DrWendy@ICanHeal.com



How to Lose 50+ Pounds and Keep it Off Doing What You Love

By Dianne Bischoff James

(author of The Real Brass Ring: Change Your Life Course Now)

I stood barefoot on the cold scale in my doctor's office, the metal weights swung up and down, settling in at 192 pounds. I felt nauseous and embarrassed, devastated. I had been struggling with obesity since childhood, but gaining forty-five new pregnancy pounds after the birth of my third child was a living nightmare. Not a fan of calorie counting, self-control, or overt food deprivation, I tuned into my body's natural communication system and practiced a feast and famine model, losing 55 pounds without cutting out any food groups. These simple rules will help you put a lid on overeating, restore your inner guidance system, and put a smile on your face when you look in the mirror.

Rule 1 - Reboot Your Relationship with Food

To me, food was a sumptuous, tantalizing reward, a friend, and a lover and then moments later, a cruel, villainous perpetrator. My rapport with this monster was certifiably bipolar. I ate to feel better about life, but the more I ate, the more I fell into a self-loathing pit. In order to get healthy and begin a journey of weight loss, I had to first change my core beliefs about food. A pint of Ben and Jerry's Chocolate Therapy is not a pacifier, a friendly hug, or compassion-

Life's most urgent and persistent question ...

What are you doing for others?

— Martin Luther King, Jr.

ate ear. Food is not love; food is fuel.

Rule 2 – Your Body Is Talking... Are You Listening?

Many of us have lost touch with two basic body impulses — the stomach growl and the gentle feeling of satiation. In order to lose weight, you must be able to feel and respond to your innate Hungry/Full meter. The best way to do that is to ask yourself a simple question, "Are you physically hungry right now?" Be honest. If the answer is "No," get a glass of water, a cup of tea, or piece of gum. Wait til your stomach talks before you feed it and stop the minute you feel full.

Rule 3 – Eat Like a Toddler

Despite what our society promotes, three full meals a day is way too much of a good thing. When we're young, our food consumption is directly related to activity levels and natural cravings. After a morning playdate, a toddler grabs large bites of hotdogs, peas & apple chunks, then will eat lightly for dinner, naturally balancing calories. As we age, our metabolism decreases and we require less food to function. To get lean, focus on eating two significant meals a day and make the third meal a medley of light, healthy snacks.

Rule 4- Lock the Fridge after Dark

Since we are more active during the daylight hours, we typically metabolize a hearty egg breakfast and hamburger for lunch as functional calories. Conversely, the heavy dinner calories at night are stored as body fat in the hips, thighs and stomach. To lose weight

quickly and easily, "lock" the refrigerator figuratively after 6 p.m. If you get hungry later in the evening, eat fresh fruits and steamed vegetables to curb your appetite. The pounds will simply fall off.

Rule 5- When You Love What You Do, Everything Becomes Easy

When I was at the top of my weight class, I was fortuitously cast in a local musical theatre production of *Oliver*. This was an exciting time for me and I joyfully danced and sang every night for months, preparing for the opening of the show. Miraculously, 30 pounds of fat melted away and never came back. It never fails, when you're emotionally happy, eating less, and physically active, losing weight happens all by itself.

Rule 6 – Gross Motor Movement Is Key

When it comes to keeping weight off, it's critical to take part in activities that utilize the large body muscles such as hiking, swimming, Zumba, or fastwalking for at least 17 minutes every other day. If you get on a treadmill and jog while watching your favorite reality show, the time will pass quickly and both your heart and waistline will thank you.

Rule 7 – Make the Scale Your Friend

According to the traditional height/weight charts, everyone has an ideal weight range that remains the same throughout life. Armed with your perfect "champion number," start looking at the scale as an honest friend who had no personal opinion regarding your



weight. Hop on the scale every morning before eating or drinking, and then monitor your weight without emotional attachment.

Rule 8 – Don't Give in to the Setbacks

When I started down the weight-loss road, I set a goal of reaching a resting point of 155 pounds. After reducing late night meals and light jogging for several weeks, I hit this number with relative ease. I then became totally hysterical when 1-3 pounds seemed to creep up on my body every day. I comforted myself by remembering that the yo-yo effect is normal because fat cells like to return to their original state. I stuck with the plan and refused to give up because I was in charge over food, not the other way around.

Dianne Bischoff James M.S., is an acclaimed, motivational speaker who specializes in life-enhancing transformation and encourages audiences to create a reality that is prosperous, deliberate and meaningful. She is the author of the award-winning book, The Real Brass Ring — Secrets of a Midlife Reboot (Findhorn Press), Screen Actors Guild actor, marketing consultant and founder of Live Your Everything, a sanctuary for midlife transformation at liveyoureverything. com Diane will be speaking at the Conscious Life Expo in February at the LAX Hilton.

You Were Born a Healer

By Chunyi Lin



You were born a healer. You were born with the gift of healing.

In fact, each and every one of us is born with this amazing gift. We are all born with the ability to help ourselves to heal and to help others heal; physically, mentally, emotionally and spiritually.

Think about that for a minute. Think about how wonderful that is. You were born a healer. You have the gift of healing. You simply need to be made aware of your gift and learn how to use it.

You may find that hard to believe. Most people do. If I hadn't experienced it for myself I know I never would have believed it. But, I know it's true from what I have experienced in my own life and from what I see in the lives of my students every day.

There are many ways to awaken your natural healing ability and put it to use to help yourself and to help others. The way I prefer, and the way I know best, is called qigong.

I was born in China where the study and practice of qi-gong began more than five thousand years ago. But when I was growing up you could have been imprisoned or even killed if you were caught practicing qigong. Qigong was just one of many things that were outlawed during the Cultural

Revolution which lasted for ten years.

I was just eight when the Cultural Revolution began and during the next decade I suffered great physical and psychological abuse, as did many millions of others. I survived but I grew into an angry and depressed young man.

I was in my early twenties when my life would be totally transformed by qigong and all because of a freak accident that severely damaged both of my knees. The injuries were so severe doctors offered little help and no treatment was effective. The pain was so severe at times I wanted to cut my legs off.

Then I heard of a qigong master who was coming to my town. I was ready to try anything so I went to see him.

I sat on the ground at a soccer field with thousands of others and followed the qigong master's guidance, doing exactly what he said to do for a full seven and one-half hours. At the end of that time a miracle had happened, my knees were healed. The pain was gone. I could walk. I could run. I could jump. I thought it was a miracle. I would learn it was the power of qigong.

From that moment on I devoted myself to learning everything I could about qigong and sharing what I've learned with others. And one of the things I've learned is that qigong is simply a technique for awakening and focusing the natural healing ability each of us is born with.

Qi means energy or life force. Gong means to work or master. Qigong literally means working with your body's energy. Let me give you an example of how your body's energy system works. You can experience it for yourself right now.

Here's what you do. Sit up

straight. Take a long, slow, gentle, deep breath and notice how your sinuses feel. Notice how your lungs feel too. Now exhale but remember the feeling of your sinuses and your lungs.

Next extend your left arm, palm up. Then you pat or cup the inside of your left arm from your shoulder down to your wrist. Start at your shoulder and pat firmly all the way down to your wrists and then repeat. Do this five times. It should take about five seconds.

Now extend your right arm, palm up and do the same thing. Pat or cup the inside of your right arm from your shoulder down to your wrist five times.

Once you have done both arms take another long, slow, gentle, deep breath and notice how your sinuses feel now.

Notice the difference? Your sinuses are more open now, yes?! Your lungs feel fuller.

Amazing, isn't it? But, it's not magic. It's your body's energy system at work. It's also a simple qigong technique.

You see, energetically speaking, your skin is part of your breathing system. The lung energy channel runs through your arm and is very close to the surface on the under side of your arm. By patting your arm you are stimulating the lung energy channel and in doing so you open up your sinuses and your lungs take in more air.

While you may not be able

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

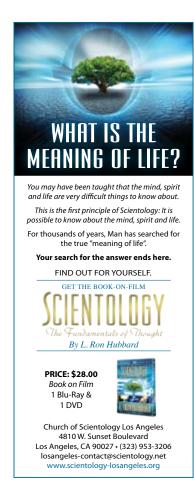
— Margaret Mead

to see your body's energy system you've just experienced how it works.

This is one simple example of how you can learn to awaken and utilize the natural healing ability you were born with.

And I hope it is helping you to see why I believe that you were born a healer.

Chunyi Lin is a certified international Qigong Master with a master's degree in holistic healing. He is the founder and creator of Spring Forest Qigong and director of the Spring Forest Qigong Center in Eden Prairie, Minnesota. He is co-author with Dr. Nisha Manek of the Mavo Clinic of a chapter on Qigong in a medical school textbook, The Textbook of Complementary and Alternative Medicine, Second Edition. His vision is "a healer in every family and a world without pain." The Spring Forest Qigong Center will hold an event in Encinitas, CA on February 19-25. For more information, visit: spring forestqigong.com



Understanding Epigenetics, Healing Disease and Your Emotional DNA!

By Theresa Dale, Ph.D., CCN, NP ©2014

Have you ever heard someone say, "I'm sick and tired? This continued internal dialog creates sickness and fatigue. Chronic heightened emotional states create a perfect breeding ground for illness. Through a 30-year practice Dr. Dale observed the relationship between one's mental focus on negativity, epigenetics, stress, methylation and disease.

A negative thought pattern, feeling, or belief absorbs into our unconscious mind: focusing on them reinforces their existence. This information is then transmitted to our cells! Moreover, every time we think about something we do not want, we actually draw it to us.

A healthy internal environment includes empowering identities, which stimulate positive belief systems and emotions. As Carl Jung's research revealed: a persona is an identity (unconscious, pre-existent disposition), which we present to the outside world. A persona propagates beliefs, which in turn stimulate emotions. Most identities are unconscious yet may be connected to genetic predispositions.

Thousands of years before Epigenetics and Psychoneu-

roimmunology (PNI), the Chinese Five Element Theory and Body Clock lead the way to understanding the relationship between emotions, stress and disease.

Psychoneuroimmunology (PNI) is the study of the interaction between psychological processes (stress) and the nervous and immune systems of the human body. PNI takes an interdisciplinary approach, incorporating psychology, neuroscience, immunology, physiology, genetics, pharmacology, molecular biology, psychiatry, behavioral medicine, infectious diseases, endocrinology, and rheumatology.

The immune system and the brain communicate through signaling pathways and they are the two major adaptive systems of the body. Two major pathways that are involved in this cross talk are the Hypothalamic-pituitary-adrenal axis (HPA axis) and the sympathetic nervous system (SNS). The activation of SNS during an immune response might be aimed to localize the inflammatory response.

The body's primary stress management system is the HPA axis. The HPA axis normally responds to physical and mental challenges to maintain homeostasis in part by controlling the body's cortisol level. Through accurate Saliva Testing Dr. Dale observed elevated and depressed cortisol levels, which can occur when the HPA axis may be unable to perform due to toxic overload of HRT, BHRT or medications.

UNDERSTANDING WHY YOU EXPERIENCE STRESS

Stress is experienced from unresolved issues in life. In other words, the uncomfortable gap between...

- a) how we would like our life to be and
 - b) how it actually is!

If this gap is persistent and growing, despite our efforts to reduce it; the distress becomes acute.

EPIGENETICS AND METHYLATION

In biology, epigenetics is the study of changes in phenotype (appearance) or gene expression caused by mechanisms other than changes in the underlying DNA sequence, hence the name epi - Greek for over, above) genetics.

Traditional science has believed that our genes are fixed and that nothing can change genetic determinism.

Conversely, continued research in epigenetics is proving that cells are responsive to their environment and that these responses reach deep into the internal structure of the cell, including the DNA. Cells have a dynamic cellular intelligence; research indicates that genes are being turned on and off based on environmental factors.

What is most exciting is if the environment that supports the disease is eliminated, and a



new healthier environment replaces it, the predisposition for the genetic disease will not be supported and it will not manifest. The discovery that cells are responding to the internal environment of our thoughts, beliefs and feelings gives all of us founded hope that changing our behaviors literally produces biological changes on the cellular level.

Epigenetic research reveals the following.

- * Genetics are controlled by perception of our environment NOT genes.
- * Genes do not control who you are nor your biological expression.
- * Genes adapt to your beliefs and identities.
- * Genes can not turn themselves on or off; the organism changes to adapt to the environment.

Let's review another potential link between epigenetic processes and Methylation.

The Methylation Cycle is a biochemical pathway that manages or contributes to a wide range of crucial bodily functions, including: Detoxification, Immune function, Maintaining DNA, Energy production, Mood balancing, Controlling

(Continued on next page)

NEXT ISSUE

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inflammation. Methylation is the passing of a chemical fragment called a methyl group (a carbon atom linked to three hydrogen atoms) from one molecule to another.

All of these processes help the body respond to environmental stressors, to detoxify, and to adapt and rebuild. That's why lowered methylation function may contribute to healing many major chronic conditions. Methylation is involved in almost every bodily biochemical reaction, and occurs billions of times every second in our cells. DNA methylation is one of the essential, and one of the most important uses of methyl groups. DNA methylation was the first epigenetic alteration to be observed in cancer cells.

A number of factors can influence the DNA methylation levels of a cell without requiring a change in genomic DNA sequence.

- * Biological Aging; A whole body detoxification is needed bi-annually
- * Diet: Avoiding toxic foods. (Read: Revitalize Your Hormones)
- * Environment; detoxify pesticides, chemicals, radiation.
- * Mental and Emotional stress; (Read: Transform Your Emotional DNA)

Dr. Theresa I. Dale, PhD, CCN, NP is an international speaker, inventor, author and Naturopath. She is the "Pioneer of Hormone Rejuvenation" with over 20,000 case studies using her homeopathic hormone rejuvenation formulas and her "Five Element Salivary Test" panel. Dr. Dale's Non-GMO, and Gluten-Free nutritional and detoxification formulas are successful in clinical testing and in outpatient clinics.

In 1994 Dr. Dale, founded The Wellness Center for Research and Education, Inc. The California College of Natural Medicine (501C3) was then founded to offer careers in advanced natural medicine. Dr. Dale has authored two books Revitalize Your Hormones; Dr. Dale's 7 Steps to a Happier, Healthier and Sexier You and Transform Your Emotional DNA, Understanding the Blueprint of Your Life. Visit: www.wellnesscenter.net

The Gateway to Heaven on Earth Exists in Your Mind

By Dr. Michael Cotton

Lately I have been thinking about 'heaven on earth' and I am wondering how many of us really truly believe this to be a possibility. We say things like, "we want to transform," and "the world can become a place of joy and abundance and possibility for all".... But do we believe it? Do we truly believe it? What if it were true? What would we do then? What if...

The demanding and complex modern world we live in has exceeded the capacity of our lower primitive brain's processing system. The result to this overload is quite naturally increased stress, anxiety, foreboding and apathy in our daily lives

Researchers tell us that the stress will kill us and we must change our habits or die. Newage gurus tell us to change our thoughts and we be fulfilled. Good information, except it's not working. A recent Harris Poll found that two thirds of American adults are not very happy. This is tragic.

It's tragic in light of modern neuroscience. You and I (and all of humanity) have brain structures, referred to by esteemed brain researcher Dr. Paul McLean as 'angel lobes.' The name was given to this newly-evolved area of our brain, due to the association in these brain structures with higher consciousness, deeper meaning in life, joy, spiritual connection and purpose. When engaged and energized these dormant new brain areas lead to a profoundly-enhanced way to experience the world. We, modern humans, have a brain designed for transcendence, joy and meaning and yet, we aren't even happy.... what is wrong here?

Alexandrian philosopher, Plotinus stated; "mankind is poised midway between the gods and the beast." I think that's right and I think modern neuroscience confirms it. The lower survival-based brain (having evolved at a time when the environment was predatorrich) is primitive and outmoded but is still the major influence on the experience and direction of our lives. Fear-based lower brain mechanisms arrest our forward momentum, cycling us back into a life of familiar habits (even if they are negative) because to the lower brain 'sameness equals safety.' In our 21st century lives these primitive lower brain survival mechanisms are at war with higher brain growth and evolution. The higher brain wants to change and grow, but below our conscious awareness the old lower brain savs "oh no you don't, change is scary, let's stay the same."

We are indeed 'poised midway between the gods and the beast,' midway between the higher and lower brain. Stuck. We see glimpses of our transcendence and yet are pulled back down into old familiar patterns. We are living from a state of fear, sameness, stress, anxiety and apathy, instead of joy, purpose, passion and meaning. Enough is enough. Isn't it time we bring our awareness to this uniquely human predicament and take up a path that awakens our (dormant) higher

Imagine a world where the highest part of our brain was awakened in all of humanity and we brought that empowered state to all areas of life. Could we create heaven on earth? If enough of us committed to this shift from the



lower stress brain to the higher enlightened brain, not only would our own lives transform, but the ultimate result could only be a beautiful new world for all of us. I am on fire with this possibility! Will you join me?

The Higher Brain Living® system is one such path to individual and collective transformation. HBL is designed to promote a gentle surge of energy into the latent potential of our higher brain and provide a revolutionary new way to bring that empowered higher brain state to all areas of our lives.

Learn how you can create Heaven on Earth through activation of your higher brain by attending our upcoming presentation and live, mind blowing demonstration in Los Angeles! Register for our marquee event at the Hilton-Los Angeles Airport (La Jolla Ballroom) on February 10 from 6:30-8:30pm (FREE if pre-registered, \$97 at the door) and visit us at the 2015 LA Conscious Life Expo! To preregister visit: http://higherbrainliving events.com/los-angeles/

From the beginning of time to the end of time, the force of truth wins over violence.

Mahatma Gandhi

Calling All Women!

By Shaman Isabella Stoloff

Dear Women, we've been asleep for too long. We have allowed our power to be stripped away and we have given until we can give no more. Many have come before and fought for our right to vote, to speak and to be heard. But there is still more to be done. We cannot lie down now. We are in a time of revolution and expansion. As the caregivers we will be the ones to birth a new generation, a generation of balanced, thoughtful children, children who will trust themselves and listen to their intuition. Those children who will stand up for their rights as humans, their right for clean water, clean air, and clean food. But it has to start with us. The women

I write this letter to all who will listen, those of you who have been awake for some time, and those of you who are still asleep. For those of you who have found your voice, and those of you still seeking a way out of the lives you have created for yourselves.

First become totally honest with yourself, and those around you. Stop hiding. Stop lying. Start to speak your truth and trust the truth you speak. Learn how to listen to your intuition by hearing your inner voice. Once you clear the clutter of your mind, you can hear your truth and start to see the signs of synchronicity all around you. This is why meditation is so important, for it is only when we clear our minds that our higher selves can be heard.

Meditation can be done in a variety of ways. It does not have to be traditional, as that does not work for everyone. Explore different ways of quieting your mind and releasing the judgments. Start by listening to your thoughts. Hear yourself, listen to what you are thinking, and if you don't like what you hear, change the thought; simple as that. Once you gain control of your mind, your intuition will deepen. As women one of our biggest attributes is our intuition. Allow this to be your guide and teach your children to do the same. Ask yourself, "How do I feel about this?" Your feelings will never lie to you.

We are in a great time of awakening on the planet, of learning how to balance the masculine and feminine within. I believe by doing this we are helping Mother Earth to balance her energies as well. Expand your consciousness and live outside the box.

This year of the horse has been the fastest year yet. I've faced some of my biggest challenges, and come out a stronger person for it. The year started out a bit rocky as you can tell by my early YouTube videos from the beginning of 2014. But by March I was up and run-



ning and I have been busier and happier than I have ever been in my life. I have trusted my intuition more and more, and learned how to follow energy. I look for the synchronicity life brings me everyday and I remain grateful.

I recently traveled to Bulgaria and England to do earth healings and ceremony. One of my teachers Marcella Lobos gifted a group of women with the Womb Keeper Rites in Joshua Tree right before my journey, http://theriteofthewomb. com and at each ceremony I held after that, I installed them for women as they were gifted to me. The rite of the womb allows women to release pain and suffering and embrace the truth of who they really are, life-giving creatures, abundant and beautiful.

As women we have so much to offer. It all begins with us.

Be kind, compassionate, and nurturing with yourself, just as you would another. Face yourself and love what you see. Find the jewel in your soul and let it shine. Then raise a generation of intuitive humans, humans who love in order to make the world a better place.

Shaman Isabella Stoloff founded the Orange County Healing Center. She has a full-time practice and travels all over the world teaching and leading ceremony. Her next spiritual journey to Peru is October 6, 2015. www.isabellastoloff.com

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Why Malta / Why Now?

By Johanna Carroll

Malta is an archipelago of three islands 60 miles south of Sicily. It is known for the oldest goddess temples on earth and home to the first oracle. People came here long ago even before the pyramids existed. The temples are national treasures honoring the divine feminine goddess energy. It is a country filled with great weather, food and the genuine warmth of the Maltese people.

I lived for several years in Sedona, Arizona which is a spiritual destination for many people whom I had the pleasure to meet. I feel that being in the heart of a sacred site changes your life. I started taking groups of people to sacred sites around the world about 15 years ago. Each time I came home something amazing would occur in my everyday but not ordinary life. Likewise, it would make my heart sing when someone reported back to me a life-changing occurrence after one of our retreats together. One of these tours was to Malta.

I sat on the island of Comino in 2009 and gazed into the waters of the Blue Lagoon. I felt something shift inside of me and gently closed my eyes dropping deeper into my meditation. I had a vision of fallen goddess temples beneath the sea in the crystal blue waters. I swam in my mind's eye from temple to temple searching for some answers. This is amazing I thought. I believed there

were temples here that had dropped into the sea! What hidden wisdom was beneath the surface waiting to be discovered another day? I knew then I would return to Malta sometime in the future with a new group of seekers.

A spiritual journey, in my humble opinion, should be personal and unique just like your relationship with the Universe. Beyond historical data, the sacred mysteries reveal gently to each soul in divine timing. I like to have a pure experience when journeying to sacred sites because I don't want anything from the outside world clouding my psychic sight. I let the spirit of the elements teach me. I read very little until after I come home.

Why Malta and why now? A number of months ago, I had a dream about three etheric goddesses rising to the surface of the Blue Lagoon on Comino Island with a golden crown held in their hands between them. I knew it was my calling to return to the waters of Malta and discover more hidden wisdom rising to the surface in this ancient archipelago and its mystical goddess temples. I called Vanda Osmon, owner of Joy Travel, who has been doing sacred site journey work for over 35 years. She created my last tour to Malta with a group and we decided it was time to offer a new unique historical tour and spiritual retreat in May 2015. A few days later she called and said she had found some exciting news. "We know Malta was once a large land mass that broke apart. Maybe it is possible when the islands were formed, some of these ancient temples fell into the water like you saw in 2009." She went on to tell me about a recent discovery of new underwater caves. This was a great second kick in the butt from the Universe to get going and create an amazing program.

Something magical is waiting for us in Malta. More sacred information is rising to the surface daily. Each generation of our spiritual evolution reveals sacred teachings that help, heal

WHY MALTA? WHY NOW?

Walk the scared goddess path

on a life changing journey

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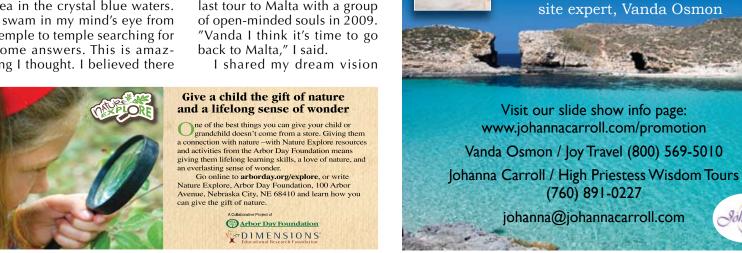
Johanna Carroll, and sacred

and inspire. We must embrace a radical change to fulfill the ancient prophecies.

You are being called by the hierarchy of the goddesses.

Merge with the Divine Feminine energies to shake up this world to a higher state of peace and healing. You know it has to start with you. We have created a ten-day historical tour and retreat to Malta for women only and invite you to join us in May of 2015. Our tour is called *The Goddess Water Temple Initiation Tour and Retreat*.

For further information and slide show, visit: www.johannacarroll. com Contact: Johanna Carroll / High Priestess Wisdom Tours USA (760) 891-0227, email: johanna@johanna carroll.com or call Vanda Osmon / Joy Travel USA (800) 569-5010, email: Vanda-joy@sbcglobal.net



Escapes to Nature

By Ann Nelson

It was time, once again, to explore and discover quiet and peaceful places outside of the city. The anticipation of not knowing what to expect while traipsing around the mountains, the desert, the ocean or the bay, always fills my soul with wonder. John Burroughs has a wonderful quote that comes to mind when thinking about these natural settings, "I go to nature to be soothed and healed and to have my senses put in order."

The first afternoon of this adventure was spent driving up a winding, deserted mountain road with my friends Lisa and David on our way to the remote destination of Palomar Mountain, located halfway between Orange County and San Diego. During the drive to Bailey's Palomar Resort, we stopped along the way to take pictures of breath-taking scenery and at a roadside farm stand to purchase huge bags of avocados for \$5.00!

Bailey's Palomar Resort & Retreat Center is situated on sixty pristine acres of wilderness and on one of the high-

It isn't enough to talk about peace.

One must believe in it.

And it isn't enough to believe in it.

One must work at it.

- Eleanor Roosevelt

est peaks in San Diego County, with an elevation of 6,140 feet. The land, known for its spiritual qualities, has long drawn people looking for inspiration and solitude.

In the 1700's, the Luiseno Indians occupied this area, where sacred "rights of passage" ceremonies were held. Today, the population is about 200. There are no strip malls or gas stations. In his book, "Images of America — Palomar Mountain", Brad Bailey refers to the mountain as "truly unique, compelling and a timeless oasis in the sky."

This first-rate country resort, built up over the years by the Bailey family, beginning around the 1920's, is still in the family and taken care of by Brad Bailey and his nature-loving wife Terri. Their love of the land is obvious and shows itself in every direction... in the hiking trails, the cozy sitting areas and in the rustic pieces of old farm equipment, scattered about like art work. The original adobe homestead is now a hotel.

Guests have plenty of other lodging options to choose from, including luxury tent camping or spending the night in one of the snug historic cottages, spread out on endless acres of pristine land. We decided to stay in a two-bedroom cottage, perched on the side of a hill. Our welcoming home felt like paradise, with a huge private patio, bbq and outdoor living space.

The next stop, Jacumba Hot Springs Spa and Resort, located 75 miles east of San Diego, turned out to be the perfect



The Marina at Paradise Point. Photo courtesy of Paradise Point.

place for rejuvenation and relaxation. The name Jacumba, originates from the Kumeyaay Indian word for "hut by the water." In the mid 1920's, the hot springs was a popular destination for Hollywood stars. The size and status of the town drastically changed after interstate I-8 was built and bypassed the area located on Old Hwy 80. Today, the population is approximately 561, there are no traffic problems and plenty of authentic galaxy stars fill the night sky.

All the essential ingredients for spending a few perfect days are here. My friend Teresa, an acupuncturist and regular guest, has long referred to the waters as magical and healing. I wanted to check this place out for myself and spend time swimming in the spring-fed pools, soaking in the jacuzzi and sitting quietly, enjoying the sounds of nature. I booked a massage with Jenny, wondering in the back of my mind, if a town with less than 600 people could support a good therapist. I didn't wonder for long. Simply put, this is one of the best messages I've ever had!

At night, we walked across the courtyard to The Tepary Southwest Grill and ordered Crab, Shrimp and Avocado. We saved room for a scrumptious house-made dessert, a threecitrus cheesecake. Yum! Swimming in the pool and taking the dogs for a walk, while gazing at the stars in the dark desert sky, was a perfect way to end the day.

When the time came to continue my "nature escape" and relax by the water, I chose Paradise Point as my destination. The island resort, tucked away on 44-acres on the shores of Mission Bay, feels like it's a million miles away, but is actually a 10-minute drive from the San Diego airport and 90 minutes from Los Angeles. This tranguil wonderland, insulated from the city and surrounded by water, is filled with lush expansive open space, lagoons and over a mile of walking paths. Fourteen miles of scenic bike trails are nearby. While visiting, you won't need a car. This Four-Diamond resort features a full-service marina, biking, tennis, an award-winning spa, swimming pools and five dining venues. There are even bonfire pits on the beach!

After checking into my seaside bungalow and exploring endless acres of lush foot-paths at this vacation oasis, I headed over to the spa. Along the way, I was accompanied by ducks, seagulls and hundreds of birds in the idyllic natural surround-

ings. Quiet areas with inviting benches, encouraged me to sit, linger and relax. The Spa at Paradise Point, voted one of the Top 100 U.S. resort spas by Conde' Nast Traveler, is inspired by the tropical islands of Hawaii, Bali, Fiji and Thailand. My favorite treatment, The Sticks and Stones Massage, is influenced by islandthemed rituals. This unique and powerful therapy incorporates heated volcanic river stones, bamboo and rattan as massage tools that penetrate deeper layers of muscles. The use of these instruments proved to be unbelievably effective in melting my tensions away. Afterwards, I spent hours lingering in the eucalyptus steam room and lush garden courtyard of this blissful island paradise.

Dining at Tidal, the signature bayside restaurant, complete with snugly couches and flickering fire pits, capped off an impeccable day. A seasonally-changing menu features locally-sourced dishes such as

fish in paper, with purple potato, caramelized onion, squash and flowering herb butter. We topped off dinner with a sinfully tasty dessert and a Treasure Island craft cocktail, consisting of flora de cana rum, Evgeny's falernum, fernet branca, smashed pineapple and ginger. WOW!

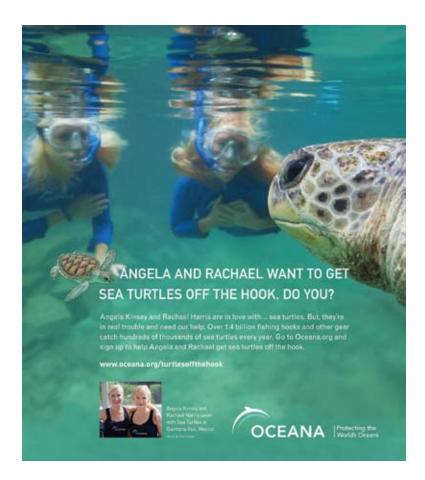
These nature escapes, located in the mountains, the desert and the bay, range from rustic to elegant. All are pet-friendly and provide the ultimate oasis for relaxing, slowing down and quietly connecting with your soul.

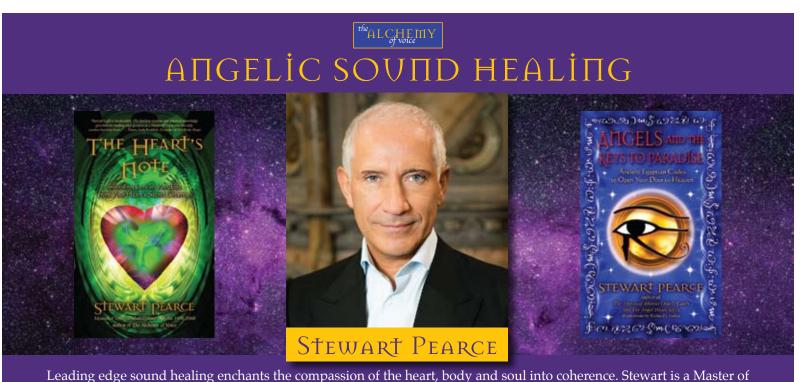
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Big Diagnoses, Simple Solutions

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

Recently I posted free gifts of 10 Secrets to Attract the Income You Want and 10-Minutes Meditation Guide on social media such as LinkedIn and Facebook, the response was overwhelming. People from more than 15 countries responded with the same theme of health concerns: they had gotten big diagnoses from physicians, such as cancer, diabetes, Irritated Bowel Syndrome, Hashimoto Syndrome, Leaky Gut Syndrome, overweight conditions, Chronic Fatigue Syndrome, Fibromyalgia, Attention Deficit Disorder, food allergies, apnea, and skin rashes, etc.

No matter what diagnosis you obtained from your physicians, the solutions are simple: improving your immunity, so that your body will be able to conquer whatever physical symptoms you encounter.

How to improve your immunity then? Certainly not by drugs, surgery, or radiation! Unfortunately, the contemporary medical establishment usually uses these killing strategies to treat the dis-ease. If you wish to take responsibility for healing yourself naturally, here is my recommended holistic approach:

ANTI-YEAST NUTRITIONAL PROGRAM

As you are aware, most the part of the world is following the foot-step of Americans and adopt SAD (Standard American Diet) by eating lots of refined foods that are loaded with sugar, dairy, wheat, yeasts, alcohol, caffeine, and chemicals.

These foods feed your enemies within: yeasts and parasites. When your "extended family" is well fed, they have a rock and roll party, and meanwhile deposit toxic waste in your body and cause you all sorts of allergic reactions. Once you wean yourself from those nono foods, you will starve the yeasts and parasites and nourish your body.

Choose fresh vegetables and fruits for daily consumption. These foods will create an alkaline environment. Disease will grow out of control only in an acid environment. When you know that your little enemies: yeasts and parasites like the acid environment, don't you want to keep your body alkaline to inhibit their growth?!

Even if you choose the organic produce, you still need to wash them thoroughly or soak them in the saline water for 10 to 20 minutes, and rinse off the impurity such as yeast pores and parasite lavas thoroughly.

HERBAL THERAPY

Based on my experience working with people from all walks of life across several continents, yeast and parasitic infection is the base for all kinds of diseases regardless of your diagnoses. Drugs may control the symptoms for a short period of time (according my clients' self-reports). They usually lose their effects after six months and meanwhile clog the liver and kidneys. On the contrary, when my clients used strong herbal formulas to detox, and rebuild their immunity and energy, they tend to improve their quality of life.

Basically, you need to take strong formulas to remove the harmful yeasts and parasites through an herbal detox program. You might also need hormonal regeneration formulas to balance your hormones; and weight control formulas to boost your metabolism and reduce the unwanted weight. You need to stay on the maintenance program for prevention after you got well, because controlling the overgrowth of yeasts and parasites is a lifelong process.

STRESS MANAGEMENT

Yeast and parasitic infection is the root of all evil when physical health is concerned; and stress is the core of this root. Based on my clinical observation, all physical symptoms are reflections of emotional and spiritual imbalance. You might claim that your case is an exception. Unfortunately, there are no exceptions based on my clinical experience! You can choose a bandaging approach to focus on chasing physical symptoms. However, the symptoms usually come back when you encounter a stressful life situation. The only way to get long-lasting results is engaging in "dirty work" to uproot the real cause that is psychological in nature.

Negative emotions such as anger, resentment, guilt, regret, and grief, etc. are usually buried deep in the subconscious level. Because of that, most people would deny the existence of these negative emotions and their effects on their physical condition. This may hold you back in your business success, prosperity path, and personal relationships, and exhibit stubborn physical symptoms.

Once you deal with the real



causes with the help of an experienced, spiritually-oriented therapist, you will learn to have a different outlook on the life event you went through with the "wrong doers." When you are able to understand, accept, forgive and release, all sorts of physical and psychological issues dissipate. Your prayers, affirmations, meditation, EFT, or any other techniques would also become more effective.

Therefore, the simple solutions to improve your immune system and get rid of all kinds of allergic reactions in your life are removing both physical and mental toxins. Be aware, "simple" may not be "easy." That is why most people will choose an easy way out: focusing on chasing physical symptoms only. The choice is yours. It's your body and your life. Just know that whatever your choice is, you need to take consequences for it!

Dr. Juliet Tien (Dr. J) has more than four decade of clinical experience helping people from all walks of life, across many continents, to remove both physical and emotional toxins, and heal their physical and psychological wounds. For a free gift of 10-Minute Meditation to Reduce Day to Day Stress, please click the following link: http://drjshealthybmi_7.gr8.com.

For more information, please call (213) 489-1712, or (818) 472-2213; or visit: www.HealthyBody-Healthy-Mind-HealthyIncome.com. Like us on Facebook: www.fb.com/likedrj.

Practice watering seeds of joy and peace and not just seeds of anger and violence, and the elements of war in all of us will be transformed.

- Thich Nhat Hanh

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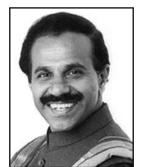
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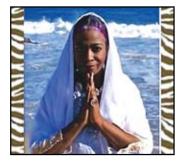
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Valentine's, Heartbreak and Healing

By Dr. Bradley Nelson



Valentine's Day is a time for celebrating love, but what if you have lost someone you love? Heartbreak is not just an expression for the strong emotions we feel surrounding loss. It is a very real condition that can damage your health and even lead to premature death. A recent study in the UK found that bereavement doubles a person's chances of dying of a heart attack or stroke.

You can probably remember a time in your life when you thought your heart was going to break. That sensation may have felt like an elephant were sitting on your chest, or that you couldn't breathe. These are common physical sensations that result when your heart — the core of your being — is suffering from a deep trauma.

In the ancient world, the human heart was thought of as the seat of love, the seat of the soul, the core of our being, and the source of our creativity. New research is beginning to reveal that the heart functions more in these ways than we have imagined. For example, heart transplant recipients often report strange symptoms, including changes in their music, food and entertainment preferences, as well as handwriting changes. Some even reported receiving memories that were not their own.

There are thousands of sto-

ries of "cellular memory" like these. How is this possible? The answer may lie in new technological developments. It has been proven in the laboratory that your heartbeat becomes instantly measurable in the brain waves of another person when you are focusing love and affection on them. There is an invisible communication going on between us that we had never been aware of before.

When you are experiencing deep grief, hurt or loss, it may be interpreted as an assault on the core of your being, on your heart. These feelings of heartbreak can be so uncomfortable, so foreign and so difficult to deal with, that they often result in the formation of an energetic "wall" put up to protect the heart from further injury.

Miranda is a perfect example of how a "heart-wall" can interfere with a love life. She was an attractive 38-year-old nurse who came to me suffering from neck pain. During the course of my examination, she mentioned that she had not dated anyone in years and had no interest in having any kind of a relationship with men anymore. When I tested her, I was not surprised to find that she had a heart-wall.

Eight years before, Miranda's heart had been broken in a relationship with a man she had deeply loved. In an effort to protect her heart from experiencing that kind of pain and injury again, her subconscious mind had created a heart-wall.

In Miranda's case, three lingering emotions had been trapped in her body all those years, blocking her from experiencing a loving relationship. She had no idea that these trapped emotions were the major underlying cause of the pain she was experienc-

ing in her neck as well. Her neck pain had been going on for some time, and was considered chronic and even a bit mysterious by the other doctors she had consulted, as nothing seemed to relieve it.

One by one, we cleared each of these emotions.

I didn't see Miranda again for about three months. When I did, she looked incredibly happy. I asked her what had changed and she excitedly said, "Everything!" She reported that her neck pain was long gone. But there was even better news than that.

"Right after I saw you last," she said, "I ran into my child-hood sweetheart. I hadn't seen him since elementary school. But it turned out he had been living around the corner from me, less than a block away for almost eight years. We started dating and something really sparked between us. We're in love! I think he's going to ask me to marry him."

The woman who had come into my office complaining of neck pain and swearing off of men was gone for good. She was like a completely new person.

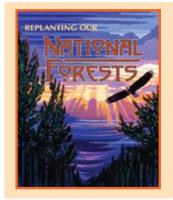
When a heart-wall is released, people sometimes say it's like they can finally feel again. They can give and receive love freely for the first time in a very long time. In that state, very interesting and wonderful things can happen.

In addition to bereavement and loss, the inability to forgive is a major cause of sadness, depression and loneliness. Here are three steps you can take to heal the heart:

- Write a letter to the person you need to forgive. It helps you express angst and negativity that might be in your soul about yourself or another person, even if you don't mail the letter.
- Burn the letter. Take the letter outside and light it with a match, burn it up and send it out to the universe. That can really help you to let go and forgive.
- Speak Forgiveness. This can be telling yourself or another person whom you truly have forgiven the one who has wronged you. This helps seal the forgiveness.

When we withhold forgiveness we may think that we are getting even with the person who hurt us, but nothing could be further from the truth. What we are really doing is hurting ourselves. But when we allow ourselves to finally forgive our own selves or that person who has hurt us, the end result is peace for us.

Dr. Bradley Nelson has lectured internationally on the natural healing of chronic illness and, as a holistic chiropractic physician, successfully treated patients from across the U.S. and Canada. For more information, please visit www.EmotionCode.TV



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MUSIC MEDIA Reviews

By Michael Diamond



CARLOS SANTANA

The Universal Tone www.santana.com

The Universal Tone by superstar guitar virtuoso and spiritual warrior Carlos Santana is a 500-page autobiography and a photo gallery that charts his rise from obscurity in Mexico to international adulation. I recently had the honor to attend a private reception for Carlos followed by a talk that he gave about the book at Dominican University in the SF Bay area. Subtitled: "Bringing My Story To Light," it documents much about his childhood, the late 60's scene, and musical influences like Miles Davis, John Coltrane, Jimi Hendrix, and Bill Graham, among others. Although for many readers, it is the depth and detail of Carlos' quest for higher consciousness that will engender the most interest. From acid-inspired awakenings to being a follower of guru Sri Chinmoy, as well as his current focus on A Course in Miracles, and much more — his music and his mysticism are inseparable. The Universal Tone is an inspirational read that will appeal to hard-core fans like myself, as well as anyone seeking lifeaffirming lessons about overcoming adversity and realizing their dreams.

SHERRY FINZER

Artist profile www.sherryfinzer.com

Classically-trained flutist Sherry Finzer has performed and recorded in a wide diversity of musical contexts. However, it is the new-age genre that resonates with her growing awareness of holistic health and healing. Sherry's 11th release, Sanctuary III: Beyond the Dream consists of original tunes and renditions of wellknown songs such as "Amazing Grace," "Hallelujah," and "Wayfaring Stranger." In addition to flute, the album's accompaniment includes atmospheric synthesizers, electronic effects, and nature sounds, as well as acoustic guitar on one track. The music is flowing and peaceful, providing a fitting soundtrack for relaxation, massage, yoga, etc. In addition to her recording, Sherry's heart and soul shine through in all she does including performing, teaching, being the head of a non-profit music organization, and host of the Heart Dance radio program. In her words: "This is my purpose... to use the gifts that were given to me to share with others."

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A professional bassist since the 1970's, Erik has serious credentials in the rock music arena, having toured with Alice Cooper and other highprofile artists. However, Spirits, is light years away from the kind of music of his past, and shares more in common with new-age artists like bassists Michael Manring and Patrick O'Hearn. Of interest is the way Erik brings the bass out front as a lead and melodic instrument, and his use of ambient electronic effects. As well as Erik playing fretless and fretted bass, baritone guitar, drums and percussion programming, and keyboards, there are many guest musicians covering pedal steel guitar, violin, mandolin, flute, percussion, and more. A highlight is Erik's stunning rendition of The Beatles' "Yesterday." Some songs even feature a bit of Celtic influence. Erik's album has far exceeded my wildest expectations and introduced me to a most imaginative artist who has reinvented himself to explore uncharted musical territory.

THIERRY DAVID

Hypnosis www.thierrydavid.com www.RealMusic.com

Internationally-known French electronic music composer and ambient recording artist Thierry David has released numerous recordings over the years, including four on the San Francisco Bay areabased label, Real Music. His latest for this highly-regarded company is entitled Hypnosis and is described as: "soft rhythmic patterns, recurrent loops, and subliminal echoed notes that capture the listener with the essence of sound." I must say that, true to this descrip-

"There is nothing more unifying in this country than our music."

— Barack Obama

tion, from the first track I was absolutely entranced by this mesmerizing music, as atmospheric synthesizer textures float ethereally over subtle percussive grooves, bells, shakers, and more. I particularly appreciated the balance of ambience and animation so the beats did not overpower the track, as is often the case. Thierry, who performs on synths, samplers, percussion, piano, and programming, has an exquisite feel for this kind of soft space music that should appeal to fans of Jonn Serrie. This album is high on my list of new favorites!

BOB SIMA

putalittlemoreloveintheworld www.bobsima.com

Known as a "transformational troubadaor," guitarist/ vocalist/songwriter Bob Sima has crafted a powerful album of songs with positive life-affirming messages. His unique blend of folk, pop, rock, Americana, and new age have gained him notoriety. He has shared the stage with leaders in the consciousness movement such as Marianne Williamson, lack Kornfield, Gay Hendricks, and others. He has even been referred to as "Eckhart Tolle with a guitar," which is a pretty fair description. Bob's music is incredibly soulful, although he prefers to call it "soul-full." His voice has just the right blend of smoothness and grit to bring his lyrics to life. Backed by a full band, Bob's songs tell beautifully-written stories in a style that brought to mind artists like Jackson Browne and John Mellencamp, but with more spiritually-focused content. Bob's goal of creating music that is uplifting and empowering is beautifully realized in this transformational album.

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.michael diamondmusic.com

REFLEXIONS

By Robert Ross, CHZT



on Earthing

"I have been walking barefoot all summer, for two-tenths of a mile back and forth to work, a few times a day, and pretty much anywhere else where I can go barefoot. I also walk around a big grassy field. I love being barefoot. I love, love, love it, and I can't believe what a difference it has made in how I feel! More alive, more toned, more articulation in my feet, more settled emotions, and greater overall wellbeing," states Eileen McKusick a recent convert to Earthing, from Johnson, Vermont.

From the book *Earthing*,
 by Clinton Ober, Stephen T.
 Sinatra M.D., Martin Zucker

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

Connecting to the earth; feeling the pulse of the planet; 'settled emotions, a greater overall well-being,' what's not to like? A one-month trial period for me was in order.

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

And, according to some experts, one of the major advan-

tages of Grounding or Earthing is the reduction of inflammation and pain. The negatively-charged electrons migrate up from the ground into the body to the positively-charged free radicals. They effectively cancel each other out, creating nature's own anti-inflammatory.

My Earthing kit arrived, via UPS, from Earthing headquarters in Palm Springs, CA. Opening the box felt like Christmas. The kit included an Earthing bed sheet, a sheet crisscrossed with four-hundred yards of silver thread woven into it, and an Earthing pad, for use at a desk or when sitting, an electrical socket tester and a grounding tester. The grounding tester can test the sheet, pad or anything, to verify the presence of electrons from a grounding source. Also, in the box of goodies was an Earthing Ground Rod, to be placed in the ground with an attached wire, if one were not able to locate a grounding source. Finally, I received the book Earthing, a DVD on Earthing, titled: The Grounded, and a booklet titled Going Bare-

Time to reconnect with Mother Earth!

Placing one's bare feet on the ground? I think I can handle that. I started my thirty-day test program by walking around the house in bare feet whenever possible. Although one doesn't get the benefits of Earthing while walking on carpets — the carpet blocks the electrons from the earth — it still achieved some positive results, like greater muscle and bone articulation. Carpet walking quickly evolved into walk-

ing at the beach a couple of times a week.

Immediately, I noticed one positive result from my foray into Earthing; my feet were happy.

The foot keeps us upright and balanced, takes us places, likes comfy shoes, and loves foot massages. Information from the foot is transferred into ankles, knees, hips and spine, all the way up to the brain. Feet contain twenty-six bones, over a hundred ligaments, muscles and tendons, and more than a hundred thousand nerve endings.

And feet, like thoroughbred horses, like to get out and run, jump, and feel the soil beneath. My feet were no ex-

ception. Freed from those stuffy shoes, they now walked the shoreline, feeling the initial chill of the ocean water as it rolled over them, and then the loosening sand beneath as the water receded. They felt the minute, uneven nuances of the land, and temperature changes of the surspring.

After a few days of walking on the beaches, I felt more emotionally settled and my sense of balance had improved. Those bones, ligaments, tendons and muscles were relearning what they were designed to do.

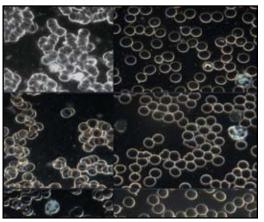
Feet liberated, it was time to figure out how to absorb some electrons via my new Earthing half-sheet. Our house built in the 1950's rendered most of the outlets ungrounded, except the kitchen outlets — as a result of a recent upgrade. Options? Sleep outside on the ground or run a sixty-foot thick orange extension cord from the kitchen to the bedroom:

wife not too happy, but I had to do what I had to do.

After testing to see if my sheet was grounded, this writer was ready to do some serious sleeping.

The first thing I noticed was, going to bed was a big event. There was an anticipation involved in this test. After all, I would be receiving some almost magical electrons from the earth while sleeping. After a few nights of using the sheet, I noticed that I went to sleep faster and felt an improvement in overall energy during the day.

Testimonials about the Earthing sheet are abundant. "I was slated for surgery and now that is not going to happen"



face beneath. Bare feet, I was eight again, running like the wind across a damp lawn in the spring.

After a few days

declared Carol Snyder after using an earthing sheet. Carrie McDonald was delighted that her son, who had been diagnosed with ADHD, no longer needed to take his medication. And regarding sleep: eighty-five percent said they went to sleep more quickly. Ninety percent reported sleeping better throughout the night. And one-hundred percent reported feeling more rested when they woke up.

The earth is a living electrically-charged body. Free negatively-charged electrons are

(Continued on page 35)

BOOK Reviews

By Sonia von Matt Stoddard



AKASHIC ALPHABET

By Trenace Rose

Through a series of spiritually-inspired vignettes, and for those of us with a healthy curiosity about life beyond the mainstream, this book provides us with intriguing perspectives of other universal trends that will resonate with you on many levels, starting with primal knowingness.

Going from "A is for Archangel" to 'Z is for Zen" — and containing a separate glossary that defines terms you may not recognize, this book covers a topic for each letter of the alphabet. Hand-drawn illustrations are included for each subject. The book is approximately 12" by 12", so it's not something you can carry with you, but it is perfect as a coffeetable book. Better yet, it's not meant to be devoured in one sitting, but rather more like a consultant you can visit when you feel the need to explore a particular topic.

Published by Dementi Milestone

Publishing, this book is available at your local bookstore or www.dementi milestonepublishing.com

BETTER THAN SEX

The Ecstatic Art of Awakening Coaching By Arjuna Ardagh

The term "Open Secret" describes something available to anyone, anywhere and will solve all your troubles instantly. This will give you access to infinite creativity. The book isn't about better sex but rather about something that is BETTER than sex. Once you know where to find the Open Secret, which is in every one of us, you will never have to fix it in order to receive the magic it offers.

This book shows us how to unlock that inner strength, through meaningful questions that will present a deeper understanding of ourselves. It draws on several real-life examples from coaches and clients.

And, as an added bonus, once you have purchased the e-book or a hard copy, you also

have purchased a free membership to the writer's website. All you need to do is register for access to video, audio and additional materials.

Published by Awakening Coach, LLC, this book is available at your local bookstore or www.awakening coachingtraining.com

FOREVER AND 365 DAYS

Modern Thought Theories By Ulrike

By reaching out to those searching for more meaning in their lives, the author tells us that we need to re-educate ourselves to think and act on a more spiritual level, and reminds us that this is a daily task, not just a once-in-a-while endeavor. She encourages us to enjoy our health, wealth and happiness, not just in the now, but for all 365 days every year.

Applying the principles in this book will help us to sort through the wrong beliefs we have accumulated in our lives thus far. We are encouraged to show strength and trust in ourselves, then work on that foundation, towards achieving what is magic to us: perhaps a cosmic vibration or two, deep insight and complete healing — physically and mentally — so that you can easily return to the source of pure bliss in your life.

Published by Troll River Publishing, this book is available at your local bookstore or at www.modern thoughttheories.com

THE LIGHT

A Book of Wisdom By Keidi Keating

Re-awaken your inner life and discover an enlightened one instead! With guided preparation, practices and follow-through, we can experience subtle wisdom from other worlds, like manifesting miracles, angels, karma, forgiveness and destiny. You, alone, are the miracle that contains the energy, frequency and alignment of your entire nervous system, in order to obtain that ultimate understanding of the Supreme Experience you are seeking.

Begin your journey by pre-

paring the world around you with Feng Shui, while nurturing your physical being with spiritual nutrition. Express gratitude. Learn to find true happiness in your heart. Find inner, as well as outer, peace. Use meditation to power your understanding of all these different, yet sometimes similar, disciplines.

Chapters are included from some of the world's leading luminaries and best-selling authors such as Neale Donald Walsch and Don Miguel Ruiz.

Published by New Page Books, this book is available at your local bookstore or www.newpagebooks.com

ANIMAL STARS

Behind the Scenes with Your Favorite Animal Actors By Robin Ganzert, Ph.D., with Allen & Linda Anderson

Written in partnership with the American Humane Association, we get to meet and learn about some of our beloved animal actors, from monkeys, horses, and wolves to our domestic dogs and cats, and a few of their "star" owners as well. We also get to know the trainers and some secret tips and techniques we could try on our own pets.

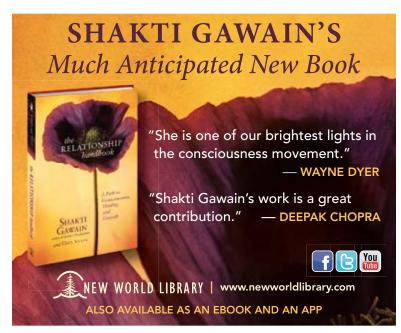
Did you know some animal actors display diva tendencies, or are taught to perform in a way which helps us believe or feel that we know them? This is a fun book with a deep inside look to places many of us are not familiar with. We learn what really goes on at the studio and on the set, and get a glimpse of what their lives are like off-screen as well.

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

DREAMING WITH POLAR BEARS

Spirit Journeys with Animal Guides By Dawn Baumann Brunke

As we awaken to the wisdom of our dreams, we begin to heal ourselves and our Earth. Dream work can help us to



forge deeper connections with the natural world and move more consciously in planetary evolution with all beings. By drawing on the author's dreams of polar bears (as well as their dreams of her) it is revealed how we can each dream ourselves awake and, with animal companions and guides, help create a better world.

This book's focus is on deepening our awareness, so we can see what we are afraid of in ourselves, and move toward a more positive and deep understanding of how everything fits together.

Published by Bear & Company, this book is available at your local bookstore or www.bearandcompany books.com

ENDLESS COSMIC ORGASM

Part I by Wake Breathe Love, Guided by Tao GrandMaster Mantak Chia

Part II by Tao GrandMaster Mantak Chia

This is a fascinating read. A consummate storyteller, Wake Breathe Love weaves an engaging narrative with the lyricism of a poet and the wisdom of a sage. The book provides a bird's eye view into his personal journey with Grand-Master Mantak Chia. Master Chia shares complex esoteric ancient knowledge and Wake shares his personal experience of the practices and insights while he is learning them.

As such, the book has an almost dual purpose. It is part classic memoir and part instruction manual, revealing the universe's inner mechanisms and secrets. This allows the reader the ability to experience the book as both a witness and as a participant. Wake's engaging fluid style and voice invites the reader to not only keep turning the page, but also to incorporate the spiritual practices espoused in the book into his or her own life.

Published by DolphinOlogy, Inc, the book is available at www.dolphin ology.org, www.amazon.com/ or itunes.apple.com

Reviewed by Alison Blasko

REFLEXIONS

(Continued from page 33)

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

Clint Ober, founder and coauthor of Earthing, is no stranger to adversity. In 1993, the then highly-successful electronics entrepreneur had experienced a near fatal disease. During the healing process, Clint looked at his wealth and possessions and said: "I don't want any more of this life." He sold his business and went on a search for new meaning. Crisscrossing the country in an RV, Clint was determined, often asking for guidance from above. In 1998 the proverbial light bulb went off in his head. He was watching a parade and noticed that everyone, including himself was wearing thick rubber soles. He concluded that all of these people were insulated from the ground, the very ground that can and does nourish them. It was during this time period he discovered that when people had direct contact with the earth, with feet on the ground, or through conductive materials, their health was better; they slept better and experienced more energy. He dubbed his discovery Earthing. He's been on a mission ever since to research* and promote this concept.

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

With my research and testing complete, there was a bottom line: the earth is a magnificent round sphere that nurtures life through food, water, and energy from its depth. And there are unseen forces that support all living things. But, as a consequence of our modern lifestyle with freeways, high-rise buildings, and rubber-soled shoes, that physical connection, that support from the earth, in many

cases has been broken.

My thirty days was a wakeup call. I'll be spending more time touching the ground, walking the shorelines, swimming in the oceans, and most of all: marveling at this planet's often unseen gifts.

Khalil Gibran, author of *The Prophet*, expresses these sentiments best with his statement: "And forget not that the earth delights to feel your bare feet and the winds long to play with your hair."

*Earthing research can be found at www.hindawi.com/journals/jeph/291541 and at www.earthinginstitute.net

For those interested in learning more about Earthing products, visit: www.earthing.com

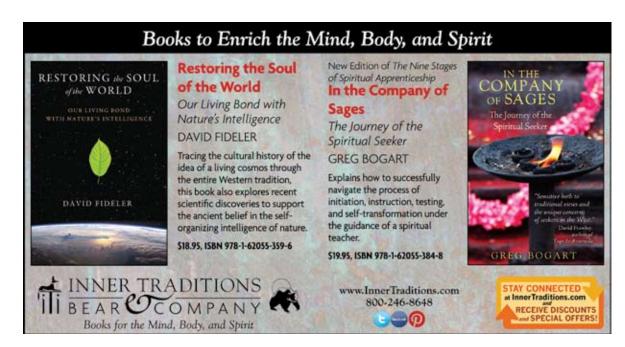
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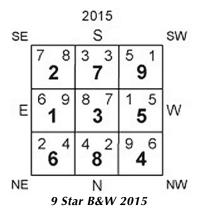


Feng Shui Concepts

By Jenny T. Liu, M.A.

2015 Global Feng Shui Forecast

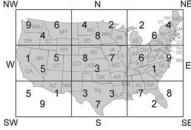
Every year, studying the Yi-Jing, annual Nine Star Chart, Five Element Theory and the philosophy of feng shui, helps us to understand patterns of interacting energies and forecast global events. This wisdom handed down to us allows us to prepare for potential disaster and minimize loss, as well as take advantage of potential growth energy to achieve positive results. To ignore this, we deny ourselves a precious inheritance and risk suffering the consequences of neglect. Following is a brief overview of the 2015 Nine Star energies.



CENTER — The Center Stars indicate that central government world leaders face judgment in 2015. Focus will be on reformation of corrupt and outdated political systems. Worldwide natural disasters will be a wake-up call reminding humanity that life is short and resources are precious. We must prevent our own destruction and relieve the suffering of future generations. Painfully aware of this, the next generation will carve their own paths by rebelling and creating

their own world and fortunes through technology and the internet.

NORTH — In the northern regions such as Scandinavia, Canada, Michigan, North



USA 9 Star B&W 2015

Dakota and Minnesota, the younger generation enjoys prosperity and improvement of circumstances. New young ethnic leaders in government, as well as in vital corporate and academic posts bring about positive changes and develop effective programs. Challenges arise due to mudslides, water pollution, disease, poor judgment, or working class rebellion.

SOUTH — The southern regions of Africa, South America, Louisiana, and Texas may encounter competition for resources — especially regarding labor, land, and forestry. There may be disasters related to fire such as explosions, warfare, air crashes, electrical storms, and burns. "Shocking" events of rebellion, political scandal, and violation of young females also occur. Still, we can expect to see strong female leaders and persecution of criminals.

SOUTHEAST — Natural disaster and illness energy can

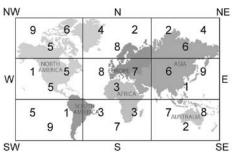
spread in the southeast regions such as Florida, Southeast Asia, Australia, and New Zealand. High storm activity can cause landslides and cave ins that result in property loss and casualties. Medical, pharmaceutical, and construction-related fields

will be busy in the Southeast regions. Disaster may be an opportunity for leaders who know how to observe a rebuilding community's needs. There is a surge of cultural and economic collaboration as people from both the west and east (such as the U.S. and China) head into the southeast to do business and get married.

EAST — East energy is dominated by China but also relates to the U.S. East Coast and Europe. In 2015, Chinese culture spreads through tourism, food, manufacturing, entertainment, philosophy, healing therapies, and population. Eastern governments experience changes in leadership that create new partnerships between Western and Southern governments to overcome obstacles together. It is a time of renewal for the East as they let go of the past and move forward. With this progress, there may be fighting among leaders and staff, sex scandals, and health problems.

NORTHEAST — Northeast regions of Japan, Beijing, Korea, and New York experience economic improvement in 2015 due to new leadership in both the public and private sectors. Stocks go up as new investors infuse the market with money from abroad. Business related to health, spirituality, alternative healing fields, and travel will do well. Storms, drainage problems, water-borne disease, and mosquitoes may occur in the Northeast.

NORTHWEST — Positive critical research and female scholars appear in Northwest



Global 9 Star B&W 2015

regions like Alaska, Vancouver, Washington, and Oregon. An unexpected union of leaders develops training programs that foster civilian talents and effectively improve the economy. There may be a sex scandal or special relationships among leaders in the northwest regions. Storms or hurricanes may cause public transportation accidents.

WEST — Western regions like the U.S., West U.S. Coast, San Francisco, France and Spain are exposed to greed and money conflicts. Questionable corporate and government dealings will be exposed. Natural disasters related to earth and water, such as earthquake, flood, and drought may occur. The West may also experience security and privacy violations, sexual discrimination, epidemic, internet hackers, terrorists, sex scandals, or harmful exercise fads.

SOUTHWEST — Temperatures and real estate value continue to rise in southwest regions like Southern California, Hawaii, Chile, and Argentina. Businesses related to trade shows, expositions, weddings, and celebrations should increase. Middle-aged female leaders and celebrities rise in the Southwest. Water and earth disasters appear like earthquakes, water pollution, water shortage, or flooding due to old pipelines. Gang, mafia, or black market dealings related to drug and sex trafficking may increase in the Southwest.

For more information and upcoming seminars on the 2015 forecast, visit liu-fengshui.com or join our Liu Feng Shui FaceBook fanpage.





By Jesse Anson Dawn

Tips for Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 70), author of the national awardwinning 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:

ARE YOU WILLING TO LEARN MORE ABOUT THE ((CRUCIAL)) KNOWLEDGE OF SELF-CURING? If so, congratulations for reading Awareness magazine, what has duly become known as THIS PLANET'S MOST CONSCIOUS PUBLICATION.

Dear Readers,

As more and more people are (fortunately realizing))))), our most effective defense against [Old Era[, medical procedure errors is, first of all, learning about how and why they happen. However, not only are the fatal mistakes of "standard practices" steadily on the rise, but so are the prices being charged for them, whereby "mainstream" healthcare is riding a sky-rocketing inflation rate of 20 percent a year. And that [runaway-rocket]]]]] just keeps on flying higher, constantly battling against government regulation of doctor's fees and pharmaceutical prices.

But of course, when a disease or injury is threatening your life, if you're rich enough, money is no object, all while it's a serious, panic-causing crisis for people of middle and lower class incomes. And yet if the truth be told, far more

(powerfully helpful) than medical insurance is the (self-healing)))) education uncovered within this ((perpetually beneficial publication))))

As I again justifiably reveal one of the most [deviously problematic] aspects of the "mainstream" medical industry, the "practice" which involves:

FREQUENTLY INACCURATE MEDICAL TESTS

According to a very informative book called "Medicine On Trial," upon getting a medical "check-up," the routine number of tests given to a (potential patient) is fifteen or more. But studies revealed in "Medicine on Trial" say that these tests are only "65 percent accurate," and so even if someone is quite healthy, they have 1 chance in 3 of being subjected to totally unneeded (and perhaps quite risky) treatments.

Advertising techniques call this profit-producing ploy "creating a customer."

But to protect yourself from an incorrect diagnosis, do keep in mind that it's **only ONE doctor's point of view**, a singular [and oftentimes profit-based]]] notion that, with duly proper caution, should be backed-up by another physician's **increasingly crucial second opinion**.

And yet second opinions are usually avoided, mainly due to the cost involved, plus an unfortunate lack of **Body Knowledge Education**, whereby the medical industry steadily keeps self-healing information [subdued], all while bribing away any government-driven reforms. For example, one of the most increasingly expensive

(and commonly overdone) surgeries is the:

CONTINUALLY INCREASED USE OF MASTECTOMIES

Quite alarmingly, the breast removal operation called "mastectomies" has become an habitually "standard" treatment for breast cancer — a disease that, in the U. S., now causes over 40,000 fatalities a year. And as to why breast cancer has become so epidemic, according to a very revealing book called "Dressed to Kill," the authors, medical researchers Sydney Singer and Soma Grismaijer, after studying over 4,500 women (in five cities across the United States) duly exposed this startling information:

"Because of what a [tight-fitting bra] does to suppress the (vital to the body's immunity system) lymphocyte circulation, THREE OUT OF FOUR WOMEN who, quite repeatedly, wore their bras 24 hours a day, eventually developed breast cancer."

All of which is a dilemma linked to what is becoming this well known fact:

The main circulator of ((bloodstream-cleansing)) lymphocytes are lymph nodes, the inborn, CREATOR provided, vitally helpful organs located at the outer edges of the breasts: the same place where [tight-fitting] bras continually block ((lymphocyte circulation)).

As I again respectfully refer to the (perhaps life-saving) book "Dressed to Kill," in which the following, very significant statistics are revealed:

"1 out of 7 women who wore bras (approximately 12 hours a day) developed breast cancer, but among those women who wore their bras (less than 6 hours a day), only 1 out of 152 developed breast can-

Therefore, due to this well researched information, all of you brassiere-wearing women out there, **PLEASE** ((protect yourselves)) from lymph-node obstruction, simply by regular-

ly loosening your bra (or taking it off when at home, where there is probably no need to wear it).

Thus hopefully, more and more people are realizing the importance of what [Old Era] medical industry "practicalities" call the "P word"—PRE-**VENTION** — the irreplaceable ((salvation-energy)) factor that, quite clearly, should be an ongoing part of EVERYONE'S education. All while keeping in mind that, amid humanity's long evolution, there are those who arise as genuine teachers, teachers who help us go BEYOND the [profit-based [[blinders]] of "mainstream medical" mistakes, whereby we TRULY LEARN to defeat the diseases of physical decay...

"Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing him at jesseisfor real@yahoo.com. Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive his uniquely beneficial, latest 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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one of the best things you can give your child or grandchild doesn't come from a store. Giving them a connection with nature – with Nature Explore resources and activities from the Arbor Day Foundation means giving them lifelong learning skills, a love of nature, and an everlasting sense of wonder.

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Musings

By Mystic Trish®

Life, Liberty and the Pursuit of Happiness

Southern Trees bear strange fruit, Blood on the leaves and blood on the root. — Abel Meeropol, 1937

Annie Lennox recently recorded this Billy Holiday song because she says it is still relevant today. Not just in terms of race issues but also in terms of the violence being done to all people across the planet, especially women.

Her comments about Beyoncé's highly sexual performances started a little dust-up on line. Annie doesn't believe that Beyoncé's behavior does anything positive for feminism. And that it over sexualizes young girls and what they see as their place in the world.

I agree with her about Beyoncé's brazen sexual performances not being appropriate for young girls. I think that her flagrant sexual behavior is a response to the brutal restriction of all feminine sexuality in some parts of the world. But I don't believe Beyoncé's behavior should be met with violence. Extreme violence as seen across the world and in this country as a way to control women or anybody, male or female, is something that must be stopped.

This country has had its issues with feminism and women's rights for years and the struggle has been violent and bloody. Ninety-five years ago women won the right to vote and to hold office, but it was hard won.

Feminist Sonia Pressman Fuentes documents this history in her article on Alice Paul. She includes this re-telling of the story of Occoquan Workhouse's *Night of Terror,* November 15, 1917:

Under orders from W. H. Whittaker, superintendent of

the Occoquan Workhouse, as many as forty guards with clubs went on a rampage, brutalizing thirty-three jailed suffragettes. They beat Lucy Burns, chained her hands to the cell bars above her head, and left her there for the night. They hurled Dora Lewis into a dark cell, smashed her head against an iron bed, and knocked her out cold. Her cellmate Alice Cosu, who believed Mrs. Lewis to be dead, suffered a heart attack. According to affidavits, other women were grabbed, dragged, beaten, choked, slammed, pinched, twisted, and kicked.

These women warriors fought with their blood, sweat, and tears for our right to vote. The Nineteenth Amendment was a major accomplishment for this country and the women who can now vote. Unfortunately it did not end there. Mississippi did not ratify the Amendment till 1984.

As brutal as the suffragettes' experience, it was not as vicious as what many women endure in other parts of the world. At the other extreme from Beyoncé's gyrations is the genital mutilation of young girls and women throughout the world.

In 2008 Egyptians passed a law banning these terrible barbaric procedures. Yet in June 2013 a doctor preformed one such procedure on a 13-year-old girl; though she died, he was not found not guilty in a court of law. In a UNICEF survey it was determined that 91% of married woman in Egypt between the ages of 15 and 49 have been mutilated.

New York based Human Rights Watch recently reported that Boko-Haram was holding over 500 women and girls hostage. Actually the 219 schoolgirls they kidnapped several months ago have now been married off to their captors and have been forced to convert to Islam.

In a 2009 BBC interview Mohammed Yusuf, founder of Boko Haram, (whose name means 'Western education is forbidden"), claimed that such education "spoils the belief in one God." He also said, "Like rain. We believe it is a creation of God rather than an evaporation caused by the sun that condenses and becomes rain ... Like saying the world is a sphere. If it runs contrary to the teachings of Allah, we reject it. We also reject the theory of Darwinism."

So these women who were kidnapped and sold into marriage are not allowed to read or be educated in anything but the Koran. They now are being forced to memorize it because they are not allowed to read. How does one even begin to have a conversation with people who are this ignorant, barbaric, and violent?

This is the very mindset we should be fighting against. Such ignorance is the lack of light in this world. For all the hard-won rights that bring light and learning to all the peoples of the world there are always those who want us to stay in the dark, in the ignorance and in the violence.

The poem/song refers to the black man swinging from a limb on a tree. Maybe the tree with the strange fruit was originally the tree of knowledge from the Garden of Eden. The tree of knowledge that Eve plucked that strange fruit from may be the tree that Billy and Annie sing about. The knowledge of good and evil, profound versus profane.

The tree of the knowledge of good and evil and all of the blame and shame that is associated with that tree, and the blood of a woman who was originally blamed for eating the fruit of that tree and is still being made to bleed for it.

We need to plant a new tree, a tree of knowledge and enlightenment for all of humanity.

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 40 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at Mystic trish@cox.net



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Not of Hope By Audrey Hope

The Goddess Rules Her Tenets (Ten Its)

May it be known that this edict applies to every woman, in every nation, in every culture, in every era, for women everywhere suffer, then and now, from the wounds of hisstory. The curse bestowed upon her down through the ages, and today, is the worst of crimes — the loss of her own soul and ancient magic. In the name of the most high, may she now be restore(yed) and resurrected into her divine power. Hear her tale:

Once upon a time there lived great women who possessed the secrets of the kingdom and the wisdom of the ages. The divine goddesses convened in sacred circles and healed the people and the land. But the men grew frightened of her and devised an evil plan to steal her power. They used the most dangerous weapons imaginable — tricks of guilt and shame and invisible brainwashing that turned her against herself. They tore her name out of holy books and blamed her for everything. The deadly deed — they stole her goddess power and her knowledge of it.

And so her magic lie dormant, hidden and forgotten. Sometimes she would catch glimpses of it, in moments she might remember. But without her wings, the world looped down into heavy weights of war and siege. Without her love and light, the world grew dark. Until now...

The golden age prophesy foresees a time for women. But, she must now rise up, wake up, and transform into the full restitution of her holy power. She must reactivate ancient codes,

rebalance what is unfair, unequal and set things right. She must be "unbrainwashed" to lead the way for peace for herself, men and the planet.

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

The battle has been long. Much has been required.

This remarkable fight to win back the earth is an unprecedented grand experiment to take over the job of angels and masters. We have been tried and tested for the divine mission. So many of us did not know the curriculum, the plan, and reasons for the hard lessons, and so we suffered greatly. The new age taught us to attract from law, and so we are confused as to why our dreams do not come, even when we do everything to make it so. May the truth be known. We are manifesting what serves our higher soul. We are in a master class to gain strength and grow our light. All issues must be healed and cleared. The course is spiritual warrior ship. Everything serves.

May she now reign again as the queen she is. May she understand the horror of her brainwashing and the crime through the ages. May she now reboot her sacred power, move into the sovereignty of herself, the place no one can destroy, belittle, criticize, rape, weaken, kill or silence ever again. She must take her place in history.

HER DECLARATION OF POWER

In the law of the limitless light, in the power of the one, I come from the land of the ancient ones, and it is my divine given right to live in my sacred power. I as woman, decree:

- 1. I will never again ask for permission to be who I am. It is beneath my sovereign power to hold a scorecard of what the world says of me.
- 2. I will never give away my soul light and I shall never allow it to be taken. I protect 100 percent of my energy to manifest my own dreams.
- 3. I am first. My relationships are only icing on the cake. I will love another wholly and not "holey" (from a place of need, a donut hole that needs to be filled). I am aware of my vulnerability to give everything for love till I am depleted, and I am on guard of this weakness, and heal it with the armor of self-love.
- 4. I allow every emotion, every feeling to be expressed, honored and validated by me. I am free to speak my truth and follow my heart.
- 5. Guilt and shame are no longer allowed in my vocabulary. I simply step into my center alignment and allow healing fires to face what I must,

heal what I must — quickly and easily.

- 6. I will no longer fall prey to a life system that does not allow me to age or celebrate my strengths. My weight and beauty are not measured in bathroom scales or mirrors. I am from the holy realm and my true worth is priceless and immeasurable.
- 7. I will never allow myself or any woman to be hurt or put down ever again. I will stand up, change laws, scream, yell, change attitudes, beliefs and injustices. Enough is enough. Silence no more!
- 8. I alone have the power to stop all self-doubt. I wait on no one. I end the inner war that says I need to be fixed.
- 9. I am a goddess; I am light from a legacy of light returning to the age of light. My job now is to activate the hidden potential in my DNA, to access higher frequencies in my body and embrace the collective awakening of humanity.
- 10. I know my life can change in a moment, like caterpillar to butterfly by following feminine spiritual law the boundaries of self-love and self-care. In love with myself, and in honor of my inner beauty, there is nothing I cannot do. I can reach for the stars, and take everyone with me.

I begin re-evolution.

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

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PET Corner

Women and Cats

By Allen and Linda Anderson

Over the years we have read many stories about the spiritual connection people have with animals. The stories come from all over the world. Often we find one common factor in the stories: one of the central characters is a strong, loving, nurturing woman.

Whether a cherished pet, an animal in nature, a horse, or other types of animal companions, there always seems to be the unwritten agreement between animal and woman allowing both the freedom to open new doors to greater spirituality. Both woman and animal are individuals experiencing together the trials of living. As a team, they give each other strength, comfort, and joy.

As a special treat, if you've not already met her, we want to introduce you to our little black-and-white tuxedo kitty Cuddles. We found her at an animal shelter as one kitten in a litter of the cutest little critters. We couldn't decide who should go home with us.

Linda held her arm out, palm up, in the cage full of kittens. Cuddles leaped over all

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the other kittens and landed in Linda's outstretched hand. Linda looked at Allen and said, "This must be the one!"

Cuddles came to us when we wrote our first book and needed to do everything we could imagine to let people know about it. Because "Angel Animals" was such an intriguing concept, when we told local media about the stories we had collected from all over the world and which were now in a book, they began coming to our house to help us bring out our spiritual messages.

Cuddles became our kitty ambassador. She posed for cameras, sat on reporters' laps and purred, and became a publicist's dream image. Since then, she was our dog Leaf's running mate when he became the first cocker spaniel candidate for president of the United States. (He didn't win but we were told he had write-in votes.)

This sweet little cat is our friend, our "enforcer," who makes us all follow the house rules, protector of our vulnerable cockatiel (another whole story about cats and birds), and our teacher.

KITTY ALARM CLOCK

Cuddles has a spiritual connection with Linda that seems to carry a special female-to-female energy. They "get" each other. Cuddles always intuits what is important to Linda and in her feline way manages to assist. Since their bond is so strong, Linda puts her furry friend to work and entrusts her with the important job of waking her up.

If Linda intends to take a nap, she says to Cuddles, "I want to sleep for twenty minutes. Will you wake me up?"

Cuddles registers the request in her mysterious brain. Twenty minutes (on the dot!) later, she licks Linda's hand until her human charge is awake.

With that kind of precision, it's no problem at all for Cuddles to wake up Linda for whatever time she sets the alarm clock. The trick is for Linda to remember to tell Cuddles about the anomalies, such as daylight savings time and snooze alarms.

Their relationship is beyond words or even emotions. It is a meeting of souls, and the love they share will live on forever.

ASK CUDDLES

Below are a few excerpts from the "Ask Cuddles" column in our book Angel Cats: Divine Messengers of Comfort, published by New World Library in 2004. All rights reserved. Reprinted with permission.

Dear Cuddles,

Do cats really love us, or are we merely the source of their food supply?

Sincerely, A Human Can Opener

Dear Can Opener,

Can't you tell we love you from the way we follow you around, jump onto your chest when you least expect it, and purr even when it's not dinnertime? Of course, we love you even more after you've given us our favorite cat food!

Complexly yours, Cuddles

Dear Cuddles,

Why were cats given such amazing powers to heal with their purrs, their companionship, and their unconditional love?

Sincerely, A Cat Purr-son



Dear Cat Purr-son,

We cats are endowed with healing powers because we don't hesitate to use them, even if no one notices.

Intriguingly yours, Cuddles

Dear Cuddles,
Do animals go to heaven?
Sincerely, Hopeful

Dear Hopeful,

Yes, of course animals go to heaven. And we will joyfully greet you there at the Rainbow Bridge (it does exist!) when you arrive. That's a promise.

One more thing. (You can believe this or not, but I happen to know from personal experience that this does happen.) Sometimes the soul that was your sweet kitty can't wait for a heavenly reunion with you. This soul then rejoins you at another place and time in a different body. If you want to know the truth of this, look into our eyes. See if you recognize an old friend. Our love never dies.

Forever yours, Cuddles

To see photos of Cuddles go to www.angelanimals.net/ nlimage94.html and visit her on Facebook at Angel Cats.

Do you know a woman and a cat who have a spiritual connection?

Allen and Linda Anderson are cofounders of Angel Animals Network and the authors of a series of books about the spiritual connection between people and animals www.angel animals.net. Their newest book is Animal Stars: Behind the Scenes with Your Favorite Animal Actors (www. animalactorsbook.com)

CALENDAR of Sueuts

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 Deadline is February 15.

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FEBRUARY 8 — STEWART PEARCE PRESENTS THE ANGELS OF ATLANTIS WORKSHOP, 2pm. Conscious Life expo. LAX Hilton, 5711 W. Century Blvd, LA 90045, booth 304C. email stewart@thealchemyof voice.com

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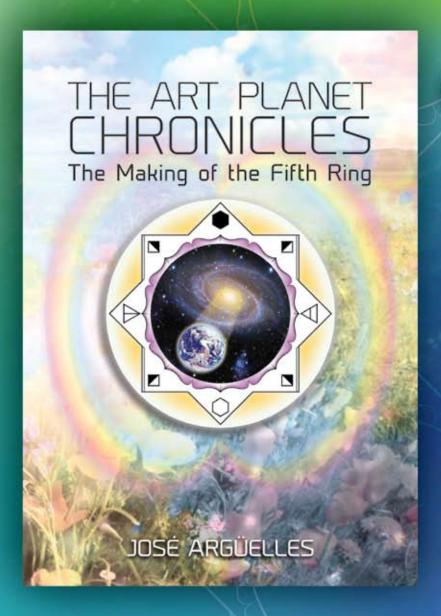
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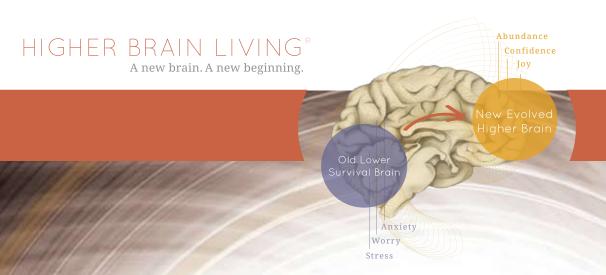
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