


Awareness[®]

Southern California's Guide to Conscious Living

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A close-up portrait of a woman with short, light brown hair, smiling slightly. She is wearing a light blue top and small, colorful spiral earrings. The background is a soft-focus green.

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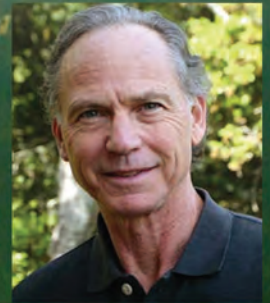
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The Empowerment of Women

A Conversation with Dr. Christine Page

By Donna Strong

Christine Page, M.D., has been practicing the art of creative discovery all her life. Gifted with intuitive abilities since she was quite young, she has continued to delve deeply into the mysteries. Christine has been described as a metaphysical physician, an apt term for a woman who has finely dovetailed very different worlds of wisdom — that of medicine and mystical subtle realms.

The prolific author of seven books, Christine's work spans subjects from health and healing to our home in the universe. Her newest book, just launched this month, is *The Healing Power of the Sacred Woman*.

As we open the door on a much-prophesied new era, Christine's insights are quite germane in these times of vast transformation. A spiritual seer of enormous acumen, she is living testament to the creative richness that we all can embody when we allow more soul-centered awareness to emerge.

Awareness: *I want to ask if you would talk about a woman's purpose, not only to give birth physically, but to new levels of consciousness. I wanted to say how much I loved your description of us as transformational vessels!*

Christine: Good! One of the things I thought about was, okay, what is it that all women do? Barring a very few, every woman has a menstrual cycle on average for around 35 years. In that time we have about 420 cycles and the average number of live children is about 1.2 around the world.

So I thought, well, if every woman is doing this for such a long period of time, what is its purpose? I felt that the Great Mother would not have created such a huge number of cycles

just to create 1.2 children per woman on the planet.

I came to the conclusion that we must be having these cycles for another reason than just having children and continuing our existence here on earth. What I realized is that outside of procreation, women are giving birth every month through their cycle,

together every emotion and belief and finished project and say, okay, what are we going to keep as family that is valuable and what are we going to release? Everything that the family was ready to let go of and give back to Mother Earth would be transformed with the blood of the menses at the moon time. With-



and this is not being explained to our young women. Even those of us who are post-menopausal, we are still cycling.

What's most important is to understand that every month we get the chance to release old energy just as you would clear a garden at the end of the year — you clear out what is no longer wanted, take from it the fruit of what's been grown, and let go of the rest. We do this as a woman every month. We keep what is valuable and release what is no longer valuable.

There was a traditional way that a woman would gather to-

quite positive in our menses. I have some concerns because our young women are choosing to have implants and injections and pills to stop themselves from having any cycles at all, which I think is a problem for humanity.

Awareness: *I'm so in agreement with you. It's part of our innate nature to be cyclical in some regard, not just as women, but men as well.*

Christine: Yes. Yes.

Awareness: *One of the things I wanted to ask you is about a woman's body, I love what you have written in your new book!*

Christine: One of the things I realized from life is how disconnected we are from our true identity, and anything that was less than 4,000 years old has probably been very tainted by the patriarchal viewpoint.

When I looked beyond 4,000 years ago, that was when I got in touch with these wonderful figurines that had very voluptuous breasts and bottoms. I thought if I were going to find out any information, it would be by returning to the body to really look at it from different points of view.

I believe all temples, synagogues, and churches were built to be places where you could come to be in the oneness, to reconnect to the Great Mother, the divine, whatever one calls it. So when I started to look at the reproductive organs, they reminded me very much of being in a church where there are different doorways until you go into the very heart of the church, where you would become quieter and more respectful as you entered into the presence of a sacred place.

With the body, I looked at the outer part, the vulva, which is the entry point into the vagina. Of course the vulva has so much there that is all about sen-

in that time, a woman would allow herself to be nurtured and she would receive new information and new consciousness for her tribe and her family.

For women, one of the most sacred purposes we have is to purify — a very important part of the transformative process; and then to inspire — to bring in inspiration and nurture whatever is brought in so it can be shared with others.

I would like to say that cycling is so important, and women need to recognize that it is not something to be gotten rid of, but there is actually something

sual and sexual arousal. I realized that what is so important is that before anyone enters into a woman's vagina, there needs to be sexual arousal in a romantic and respectful way in order to unlock the door.

This is like having the key to unlock the door and enter into a sacred temple, which is the womb. Illness around the vulva is often associated with someone who doesn't feel that her body has been respected, or that she has been nurtured and romanced before someone enters her body.

The vagina is a very important hallway — it is the place that can lovingly push a baby out, and it can pull something in, such as the penis. So many women in the Western world are not taught that the rhythm of sexual intercourse should be set up by the woman, not by the man in order for her to pull him in, rather than him to push his way in. There can be illnesses where a woman does not feel she has been respected and has control of the situation.

Then we come to the inner doorkeeper — the cervix. Some associations that we have with cervical cancer is that it is much more common in women who have had early intercourse, or several partners. Often there is a history of abuse or feeling that they can't make their own choices. I had early cervical cancer myself, and noticed I was allowing myself to be in relationships that were not respectful.

Finally, as you pass through the cervix, you move into the uterus — the womb of wisdom, the sacred temple where all the transformation takes place. If you think about it, it's a miracle of transformation that a small group of cells can transform into this amazing baby; and a woman's ability to take ideas, issues and beliefs and transform them and bleed them out at menstruation is an amazing transformation as well.

When we don't experience our thoughts and feelings fully, things get stuck. We lose our ability to lock doors in our body for protection, or to fully grieve, and let things go so new things come in and grow.

One of the biggest problems I see in the womb is grief — the inability to let go of a story, or the inability to let go of pain, of unrequited love, of rejection. Around the new moon, I think the most important thing we can all do is to choose to release our pain around things we want and our expectations of the things that are never going to come to fruition. We need to stop blocking ourselves by holding onto what we wanted to happen. This causes us to be constantly looking back and not forward.

Awareness: This is so brilliant! Also in the journey of this amazing book, I wanted to make reference to a surprise that you had during its development, and on being true to your own heart.

Christine: I'd written already on the Great Mother in my previous book, but it felt like it was time to go deeper, so I started writing. I wrote a lot, and when I got to the section on breast cancer, I found myself being more disconnected and confused about the message of this disease.

I finished the book and sent it in, and two weeks later, I developed a breast lump. So the lump appears and I go through testing, and of course it comes back as cancerous. I knew that this was an invitation for me to go much deeper into my understanding of what breast cancer is about.

Before I went in for the surgery, I spent about two months really going deep inside myself. Things came to the surface about how I had become disconnected from my true self.

When you get sick, people will give you advice, and they kept saying, "Nurture yourself." I thought... I don't know who I am, and that is the problem. I don't know the *self* that needs nurturing.

I have always been very intuitive. I learned very young, like I think a lot of women, to be a good girl, a kind individual, and think of others before myself. I had spent so much time thinking of others before myself that I had gotten lost. This wasn't so

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Dr. Page...

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much at work, but more in the acquaintances and friendships where I had a tendency to do whatever someone else wanted so as not to offend.

During the cancer, when I was going for treatments, I became stronger. Sometimes people would say, "I'm going to send you healing; I'm going to do something." I learned to say, "Please don't."

I had six weeks of radiotherapy and rewrote huge sections of the book. On the last day of my radiotherapy, I sent in the new book, which was kind of a lovely completion. Since then I have been very well. Most importantly, I'm happy that I listened to the messages of the disease and used them.

Awareness: Awesome! Given the opportunity, you certainly rose up to the challenge of showing your soul's journey through form, which I really think many people need to wake up to. This

life is really about the soul and spirit.

Christine: Exactly. I've never ever felt that my body was punishing me or that I was being punished for getting ill. I was not a victim. From the moment I got the breast cancer, my first thought was, "Wow, my soul loves me so much it's given me cancer."

Awareness: To be able to accept the deeper understanding of the calling embedded in cancer is very insightful.

Christine: That was why I did not accept offers of healing. People were offering to help me get rid of something that I had actually developed on purpose. My agenda was to hear the message and to do something with it. I said, "Don't shoot my messenger."

I have hundreds of stories of people feeling exactly the same way — that nobody's really addressing the deeper issues of why they got sick in the first place. We're so focused on getting rid of what we perceive as a problem, rather than listening

to the message of the soul that is really coming through.

Awareness: Well, I am with you 100 percent on that. It just takes so much courage of the heart though to be able to see it. On another subject, what would you like to tell us about the Great Mother?

Christine: If we look toward the creative force or our creative origins, I prefer to call it the Great Mother, rather than to see it as a male figure. I think the male figure for us is that which stimulates the creative energy into form.

Every culture that I looked at before 4,000 years ago talked about the primordial waters. It was seen as feminine and formless — the creative source, the potentiality; and as soon as we pay attention to any part of that potentiality, we create form. We are literally born from liquid in our mother's womb, so water has always been a theme of the Great Mother.

The Great Mother provides a rich abundance of potential and it is our masculine aspect, the attention seeker that chooses where we're going to focus.

Awareness: Why do we need to reconnect with the Great Mother at this time?

Christine: Because she is the source of our creative future, the source of our evolution; the source of the new consciousness. Humanity is at a tipping point and we're going to evolve to a new level of consciousness. In that new world there will be unity through the acceptance of diversity.

In contrast, the world we're living in at the moment is one where anything that is different from us, we feel challenged by. So I believe that the Great Mother's energy is really trying to break down these old ways of being which perhaps are more hierarchical and polarized. Of course we're seeing it even today where there is abuse of power or not accepting other people's diversity, and these structures are being broken down.

It is moving towards respect and honor for everybody, whatever their religion, culture, or gender. That is really why we're seeing the changes in politics, in religion, in banking and other industries. The Great Mother is the great balancer.

She has always been the one asking, "Are you playing fairly? Are you living in harmony with your surroundings or are you trying to control them?" That's really what she's doing — bringing us back down to the same level so we can work in harmony.

Awareness: This is luscious. Are there some thoughts that you'd like to share about your new book, The Healing Power of the Sacred Woman.

Christine: 2013 is the year of woman. I think that we're living in this place where we're being given the chance to step forward. I'm going to say, particularly as women, we need to return to our sacred purpose.

I think women have become disconnected from who they are. Women have this potential, this wonderful gift of fertility, and a wonderful gift of transformation, of clearing out energies and moving things on. They are the true inspirers because it is much easier for women to get in touch with higher realms of consciousness.

Christine has more than 30 years of experience in the caring professions as a doctor and homeopath. Now focusing on education, she sees herself as a messenger and bridge builder between different worlds. For more information on Christine's books and events, visit: www.christinepage.com

Donna Strong is a writer whose work can be seen on www.donnastrong.com. In the past year she has been developing a great affinity with bees. Her work with healing sounds of the bee can be accessed at www.harmonyofbees.com and <http://www.facebook.com/harmonyofbees>



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Weight Loss for People Who Feel Too Much

An Interview with Colette Baron-Reid

By Randy Peyser

As a lover of all things “oracle,” it was a delight for me to interview internationally-renowned intuitive, Colette Baron-Reid, creator of *The Wisdom of Avalon Oracle Cards*, the #1 best-selling author of *The Map*, and founder of The Master Intuitive Coach® Institute.

Colette hosts a weekly call-in program on CBS at www.NewSkyRadio.com and has been featured on Dr. Phil, Oprah and Friends with Dr. Mehmet Oz, and George Noory’s Coast to Coast among others. A popular Hay House presenter, she has spoken to more than 150,000 people in the U.S., Canada, and Europe, and has advised more than 35,000 individual clients in 29 countries.

Colette’s new book, *Weight Loss for People Who Feel Too Much*®, published by Hay House, comes out this month. This book focuses on the complex relationship between empathy, eating, and weight-loss. If you are a sensitive person who’s packed on the pounds and can’t seem to take them off, Colette offers a cache of wonderful exercises that have helped hundreds of people melt off the weight — without dieting.

For more information about her new book or coaching programs, visit <http://www.colettebaronreid.com/en>

Randy Peyser: What are the characteristics of people who feel too much?

Colette Baron-Reid: People who feel too much have a sense of the world beyond their own boundaries. Being empathetic, they can feel the energy in a room just by walking into it. For example, they can tell when there’s been tension in a room. It’s a palpable feeling, and it feels like it’s an emotion that is their own.

Randy: How does empathy apply to weight loss?

Colette: Empathy is the ability to feel others. People who are highly sensitive and have eating issues tend to experience their empathy as an overload. Throughout the day they get more and more agitated. By 4pm, they often turn to food to ground themselves.

as a civilization. For the first time in history, and in any given moment, we have access to information about people on the other side of the planet. Wherever we are, communication and information is delivered so rapidly via cell phones, Blackberries and texting, that we really do have access to other people’s experiences.



Put a highly-sensitive person into a high-stress situation, like a family gathering where people are drinking, or a situation where they may feel pressured to perform, and the stress will feel overbearing. Under these conditions, highly-sensitive people often experience what I call, “the Pufferfish Syndrome” where weight is gained even if they have eaten normally or eaten nothing at all.

Other issues can affect highly-sensitive people as well. We are becoming more empathic

The more we have access to people and global events from the internet, the more we are bombarded by information eliciting emotional responses from us.

As such, we’ve become “non-local”; we’ve become global in our reactions. For example, oil spills, tsunamis, and wars are not part of our local experience, but we are subjected to our personal reactions to them.

Humans were designed to experience what is in our general locality. Our intuition allows us

to be non-local and to connect outside the boundaries of consciousness. We experience the emotions of the world in such a big way that we are always on hyper-vigilant patrol.

Another issue affecting those who are highly sensitive is that we live in a consumerist culture where we are taught that there’s not enough and that we need more. “Not enough” is a theme that bombards us in the news every day. We live with the idea of droughts, food shortages, devaluation of the dollar, an unstable economy, not knowing if our retirement money will be there, and having to work into our old age, for example.

Women also receive the message that they have to be skinny to be beautiful. Our standard of beauty is abnormal. The average American woman is a size 10 or 12, but we are told that we are supposed to be a size 0. That’s ridiculous. In countries that are economically copying the West, like China and India, people are now experiencing eating disorders they never had before.

Randy Peyser: Can you talk about what you call, “porous boundaries”?

Colette: People who are highly sensitive don’t always know where they end and where others begin.

Randy: I expressed that exact sentiment to a partner many years ago who responded by saying, “The parts that hurt — they’re yours.”

Colette: (laughs) People who have porous boundaries are constantly tuned into other people. They know when a person feels broken and want to fix them. Porous boundaries are the crux of co-dependency. We have no control, and we do not know where we end. There’s no level of independence between people.

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Colette...

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ple. We “bleed” into each other. For example, my mother was a Holocaust survivor. From her life experiences, the pervasive idea in our house was that we were not safe. If someone rang our doorbell, we didn’t want to answer it. We would literally hide. If my doorbell rings and I’m not expecting anyone, I still feel like I need to defend myself.

Randy: How does this relate to eating?

Colette: Eating is a very physical experience. In the moment, when you don’t know where you end and others begin, and you feel overwhelmed by the amount of stuff you’ve taken in, the only thing that helps you to shift from that discombobulated state is a physical act. Eating is the most physical self-soothing act we can do. You put food in your mouth, and right away, your entire system is focused on that — the taste, the sensation of it, what it means to you, the positive nurturing, the self-soothing. Food is a quick and effortless self-soother. It’s a detour away from feeling something.

Randy: What do you recommend to counteract these feelings?

Colette: For people who feel

too much, the most important thing is to identify if you’ve taken on too many feelings. You don’t have to analyze the feelings or worry about what you’re feeling. You just need to detach from those feelings.

Randy: Can you give an example of how to detach from feelings?

Colette: I have developed a 3-minute trademarked process called, “IN-Vizion®,” that I wrote about in *The Map*. Part of the process involves seeing yourself as inhabiting a landscape that represents your thoughts, feelings and beliefs. This process enables people to quickly say, “Where am I?” instead of “What am I feeling?” All of a sudden, you will be looking at what appears to be a place. We turn your feelings into a place and then you learn to recognize that you are not that place.

We use indigenous symbolism to get distance from the place. We use something with wings because winged birds appear in all traditions in archetypes that connect humans with Spirit. We invite whatever comes to the imagination of a person to come forward. They get on the back of the bird, go off, and then see themselves at a distance in an area like a sanctuary where they feel safety and certainty. Then they have the ability to go to some level of sanity and objectivity to see what is really go-

ing on. The IN-Vizion® process has now become the foundation for my coaching school. It’s fast and it works every time.

Randy: Talk about creating an “experience board.”

Colette: An experience board is different than a dream board. On an experience board, you put images or words that elicit an emotional response from you. You want to use images for emotions that you want to reinforce in order to “imagineer” your future. We are like computers. We base everything on memory from information we have taken in, but we can train ourselves to have new expectations by using tools like an experience board. When you continue to reinforce an emotional experience, eventually the brain and subconscious start to believe that this is the truth.

Randy: I love the exercise about making a shopping list for your new life. You encourage people to create this list as if they had no obstacles.

Colette: Your list could be anything that you want to overcome, or life experiences you would like to have or thought you could never have. This exercise challenges us to see past our self-limitations or self-identification. You can ask yourself, “If I didn’t have any limitations, what would I do?”

For example... writing this book was on my shopping list.

I was terrified of writing it. I had a lot of shame because I could not control my weight. I am not a size 0; I am a size 8 or 10. I also want to be fearless. Fearlessness and being completely myself without fear of reprisal are on my list.

Randy: How effective has your program been in helping people lose weight?

Colette: I did a case study on 100 people. Using my system, the average weight loss for 3 months was 16 pounds. The largest amount lost by a single person was 60 pounds and that person didn’t diet.

Randy: Can you offer some advice about food?

Colette: The best eating for three months is to not eat sugar or flour and eliminate processed foods. If an item contains more than 5 ingredients or lots of chemicals, don’t buy it. Your body needs to be clean. The IN-Vizion® Process really helps with sugar addiction. There’s so much more I write about in the book, but this is a start.

Randy: You also discuss the importance of changing the magnetic field around us.

Colette: Yes. A lot of us have Electro-Magnetic Frequency (EMF) poisoning because we sit in front of computers. EMFs come out of computers and electric cars. Every electrical appliance in our homes emits an energy wave of positive ions that affect the atmosphere. We are also magnetic because our bodies are electric. We collect EMFs like they are lint or dust. Soaking in two cups of Himalayan salt in a bath will clear the EMFs off your energetic field. EMFs release into the hot water where they change bionic structure, producing negative ions, which counterbalance whatever you’re tuned into.

Randy: You suggest 4pm as the time to take this bath. Why?

Colette: That’s typically the time when people who feel too much can’t take on any more. That’s when we start eating high carbs, going for drinks, or drinking lots of coffee — anything to get out of ourselves.

If 4pm doesn’t work for you, soak the moment you get home from work. Then change your

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clothes. This will help you to clear yourself so you can start your day again. You will be in a different state of being to carry on for the evening, and be less likely to detour around food.

I also advise people to do IN-Vizion® exercises while they are in the tub. For example, you can meditate and build a sanctuary; say “positive in, negative out”; or breathe in light and push out a muddy color while taking your bath. You really will feel different.

Randy: Can you talk about unplugging from the energetic cords of others?

Colette: You can feel when somebody is sucking your energy. For example, you get off the phone and feel drained by the person you were speaking to. To cut cords, you have to first identify there is a cord. Then you have to see who it leads you to. Next, you can imagine that the cord is cut and see it coming back to you like a vacuum cleaner cord that coils itself back into the vacuum. Cutting cords involves the symbolism of identifying something, acknowledging that you don’t want it, and saying “no more.” It’s very freeing. You take your power back.

Randy: A lot of sensitive people eat from stress. Then their adrenals get overloaded.

Colette: When we are in flight or fight and we feel anxiety, our hormones and glands get thrown off and our adrenals constantly pump adrenalin. In effect, we think there’s a rhinoceros charging us in the forest. Adrenal fatigue is very common for people who feel too much. We have a class on supplementation and a list of supplements in the book that are helpful.

Randy: You also discuss the importance of remembering to

go out in nature. Many of us are sitting at desks instead of getting out for some fresh air or a walk by the ocean or through a grove of trees.

Colette: People forget that nature is crucial — especially those living in urban areas who don’t experience much greenery at all. Going for a walk reminds us that we are part of an extraordinary living system. It brings us back into more of a harmonious quality internally. You won’t get that at a gym where you are surrounded by equipment.

Randy: What about the role of metabolism? So many women hit perimenopause and the weight just gets packed on.

Colette: Perimenopause is a hormonal thing. We start to see our bodies change and then we will react. We try to control our weight by going on a diet, but we put on more weight because the body is responding to our thoughts, too. Your thoughts, feelings and beliefs affect your physiology. We get into a vicious cycle. Also, there is no real ritual to honor our passage into menopause. On top of it, there’s the anxiety to conform to a particular body weight. We begin to feel bad about ourselves and then we reach for chocolate.

Randy: Speak more about your weight-release coaching program and institute?

Colette: Weight Release Energetix is a 3-month coaching program using the IN-Vizion® Process in which individuals learn how to help highly-sensitive people lose weight. We teach new ways to dialogue with the body and heal parts of the self that have been disowned. There is a nutritional component as well, but the strongest emphasis is on the emotional

component. The coaches who have taken the coaching program have released so much weight. One coach dropped 50 pounds.

My Master Intuitive Coach® Institute is a holistic coaching program. People can sign up for different modules, including Weight Release Energetix, Divination Dynamix, Heart Dynamix, Wealth Energetix, Intuitive Kids and more. We will be signing new coaches on at the end of February or the beginning of March.

Randy: Do you have a final message?

Colette: There is hope. Love yourself and accept yourself. Forgiveness is not an option; it’s a must. You must give up resentment, anger and hatred because you must relinquish the things that keep you tied to your past. You can live in society without being completely overwhelmed. There are tools that work, like the IN-Vizion® Process, as long as you work it.

Randy Peyser edits books and helps people find literary agents and publishers. www.AuthorOneStop.com She is the author of The Power of Miracle Thinking. www.MiracleThinking.com



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The Heart of Perfect Health

By Brenda Watson

Heart disease has long been thought of as a man's disease, but this idea is mistaken. Heart disease or stroke kills one out of every two women. Compare this to breast cancer, which kills one out of every 25 women, and you can see the extent of the problem. It gets worse — 42 percent of women who have a heart attack die within one year compared to only 24 percent of men.

Symptoms are another important distinction between men and women when it comes to heart disease. Symptoms of a heart attack in women differ from those in men. Men tend to experience the classic heart attack symptoms of chest pain and pressure, whereas women often experience subtle symptoms that mimic less-critical health conditions, such as gastrointestinal distress, anxiety, or stress.

The main risk factors for heart disease in women include high total cholesterol, high LDL ("bad") cholesterol, low HDL ("good") cholesterol, high triglycerides, high blood pressure, high blood sugar, and obesity. Conventional medicine treats these risk factors with medications without considering what may be *causing* them in the first place.

This is an important distinction between conventional, or allopathic, medicine and integrative, or functional medicine. Conventional medicine treats diseases by addressing the signs and symptoms while integrative medicine looks at underlying causes of the signs and symptoms of a disease.

THE SILENT CULPRIT

Through the lens provided by the integrative medicine approach, we can see that the risk factors for heart disease all have a common underlying cause — inflammation. When most people think of inflammation, they think of joint pain, cuts, or something that hurts. But inflammation can't always be felt. In fact,

inflammation can be present in such a way that you might not even know it is there. This kind of inflammation — chronic, low-grade inflammation — is also known as silent inflammation because it can be present without being felt.

Inflammation is the body's natural immune response to a foreign invader (such as a pathogen), an injury, or some sort of malfunction in the body. Inflammation works to destroy and eliminate foreign substances or abnormalities in due time. Inflammation resolution, or the ending of the inflammatory process, is crucial for the body's return to homeostasis, or balance.

When inflammation does not properly resolve and when the trigger is constant, the result is chronic, low-grade inflammation. This silent inflammation essentially resets the body's point of balance — creating suboptimal normal, resulting in suboptimal function in the body. It is this long-term, suboptimal function that leads to heart disease and other chronic diseases.

Silent inflammation is the initial trigger of atherosclerosis, or the buildup of plaque, that is the hallmark feature of coronary heart disease. Silent inflammation leads to, and is worsened by, the major risk factors of heart disease, and in a chaotic array of vicious cycles each feeding into the next, the imbalances triggered by silent inflammation trigger and worsen heart disease.

GET TO THE HEART OF THE MATTER

If silent inflammation is the common denominator leading to and worsening the risk factors of heart disease and heart disease itself, the question becomes: What causes silent inflammation? Rather than treating silent inflammation with medication, we instead seek to understand the underlying causes.

There are a number of causes of silent inflammation. One of

the most important is poor diet. The Standard American Diet (SAD) is high in inflammation-promoting foods: processed, refined grains and sugars, chemicals and additives, and unhealthy fats; and low in the anti-inflammatory foods: vegetables and fruits, fiber, healthy fats, lean proteins, nuts, and seeds. SAD is exceedingly high in omega-6 fats, which is found in many vegetable oils, and exceedingly low in omega-3 fats, found in fish, flaxseeds, chia seed, and walnuts.

Excess omega-6 consumption and insufficient omega-3 intake increases inflammation. That is why it is important to increase your intake of omega-3 fats. The omega-3s found in certain fish and in fish oil supplements decrease inflammation and prevent the development of heart disease when taken in the right amounts.

Sugar consumption in the Standard American Diet is way out of control. The average American eats 37 teaspoons of sugar daily, yet we only need 8 to 10 to maintain healthy blood sugar levels. What's more, if you consider the contribution from carbohydrates on blood sugar levels (after all, carbohydrates break down into sugar in the digestive tract), then an average American could easily consume 87 teaspoons of sugar in one day. High sugar intake is a major trigger for silent inflammation.

Low fiber intake is another main cause of silent inflammation. I recommend 35 grams of fiber daily for a healthy heart and healthy digestion, yet the average American only eats 10 to 12 grams daily. The best high-fiber foods are vegetables and fruits, because they pack plenty of fiber, but also because they are nutrient dense, rich in antioxidant phytonutrients, and anti-inflammatory effects.

THE GUT CONNECTION

Aside from diet, which is where everyone must begin, we



must also consider one cause of inflammation that is not often mentioned. In fact, it's a taboo subject in general, but it just so happens to be my favorite topic — digestion. After all, they don't call me the "Diva of Digestion" for nothing.

Your digestive tract is about 30 feet long, and acts as the interface between your environment and your bodily systems. Poor digestion affects every system of the body, which is why it's so important to begin your health journey by building digestive health. A number of digestive factors can lead to silent inflammation, which I have overviewed below.

DIGESTIVE IMBALANCE

The digestive tract is home to about 100 trillion bacteria — 10 times the number of cells that make up your entire body! Ideally, the balance of these bacteria favors the beneficial (probiotic) bacteria and neutral (commensal) bacteria, and minimizes the potentially harmful (pathogenic) bacteria.

Unfortunately, there are many factors that increase an imbalance in the gut bacteria. These include the mode of delivery at birth (vaginal is optimal; Cesarean birth creates imbalance), lack of breastfeeding during infancy, stress, poor diet, antibiotic overuse, stomach acid suppression (with acid-suppressing medications), constipation, and other digestive conditions.

The gut bacteria are found throughout the digestive tract and are particularly prolific in the intestines — where up to 80 percent of the immune system also resides. When there is an imbalance in the gut bacteria,

also known as the gut microbiota, the immune system reacts by creating inflammation.

FOOD SENSITIVITIES

Food sensitivities involve a reaction by the body against certain foods we eat. Normally, when food passes through the digestive system, it is recognized as a friendly passerby; the immune system leaves it alone. With food sensitivities the immune system reacts to certain foods as if they were foreign invaders. This process triggers inflammation.

Sometimes the response is stronger and felt immediately, other times the response creates an underlying silent inflammation that might not create overt digestive symptoms, but ones that build over time and manifest in different areas of the body. Gluten sensitivity is the perfect example of this process. Many people have underlying food sensitivities and don't know it.

POOR DIGESTION

Incomplete digestion of food is a trigger of inflammation. Incomplete digestion may be the result of many factors: poor diet, poor chewing, insufficient digestive enzyme secretion, or insufficient stomach acid production. All these processes contribute to the incomplete breakdown of foods into smaller, absorbable parts. The result is poor nutrient absorption and inflammation due to the recognition of undigested food particles as foreign by the immune system.

HOW TO ACHIEVE OPTIMAL DIGESTION

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High fiber. Consume at least 35 grams of fiber daily by eating a healthy diet full of vegetables and fruits, and adding a fiber supplement to achieve your goal. A high-fiber diet supports regular elimination, healthy blood sugar levels, and heart health.

Omega-3 Oils. Eat more fat — healthy fat, that is. Omega-3 fats from fish are well known to help prevent heart disease

and quell inflammation. I recommend 3 grams of Omega-3s daily from fish like salmon and sardines along with a daily fish oil supplement to help you reach your goal.

Probiotics. Balance your gut, heal your body. Replenish your digestive tract with beneficial bacteria, or probiotics, that help fortify your Gut Protection System (your body's own GPS), build digestive health, and support a healthy immune system for the proper inflammation response.

Enzymes. Unlock nutrients with digestive enzymes. If you don't have enough digestive enzymes to unlock the nutrients naturally present in a healthy diet, what good is the healthy diet? Take plant-based digestive enzymes with every meal to help counteract poor eating habits and unlock the nutrients from food so that your body can absorb them.

By incorporating The H.O.P.E. Formula into your lifestyle, along with a healthy diet, you'll enjoy improved digestion and discover you can achieve vibrant health.

All of these topics are addressed in my new public television special on PBS, *Heart of Perfect Health: The Startling Truths About Heart Disease And The Power You Hold To Stop It*. **Additionally, my recent book, *Heart of Perfect Health*, will be offered exclusively to those who pledge with their local Public Television stations.**

Take control of your health — you will be empowered to change the very path you travel — and this path leads to the heart of perfect health. See you there!

Yours in great health,
Brenda Watson

Brenda Watson, C.N.C., is a New York Times best-selling author and a renowned medical researcher. With 20 years of experience on healthy-living measures, she is teaching others how to achieve optimal health. For more information on her upcoming PBS special that airs nationwide in February and March of 2013, visit <http://www.brendawatson.com/PBS/station-schedule.aspx>

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South LA Spiritual Leader Celebrates 27 Years of Service

By Edith Billups

On September 26, 2012, Shri Natha Devi Premananda Mataji, founder of Eagle Wings of Enlightenment Center, a Los Angeles-based Center dedicated to World Peace, non-violence and uplifting consciousness, celebrated 27 years of selflessly serving, and being a shining ray of light in South Central Los Angeles and throughout the world.

A Universal Teacher for World Peace, Mataji founded the Eagle Wings of Enlightenment in 1985, and under her loving guidance, the Center has grown from its humble beginnings to drawing people from all over the world who come for blessings, healings and make prayers for World Peace.

The Center's 27th Anniversary Celebration was attended by long-time center members and an extended spiritual family who participated in devotional songs, listened to a Divine Message from Mataji, and dined on a delicious vegetarian meal. A highlight of the event was a Vedic puja officiated by Babu Ghandi. Vedic pujas are tradi-

tionally performed during holy festivals and auspicious events.

Many attending expressed a deep sense of appreciation for the Center that has become a haven in the South Los Angeles community and expressed delight about the upcoming yoga classes and the new Wings of Wisdom Magazine soon to be distributed by the Center.

According to Sonia Bernard, a Santa-Fe based nurse and long-time Center-member, "I am happy that this Center continues to survive in the South Los Angeles area. It is a refuge for so many people in time of need and in crisis. Mataji's door is always open. She is willing to help and serve in whatever capacity the residents need her."

Bernard noted that, "She does a monthly ceremony on the Full Moon with women, and facilitates ceremonial dances for the healing of the Earth. She may lead a ceremony on the West Coast, but it affects the Earth worldwide. In this day and time, it is important to continue giving back to Mother Earth because She has been so depleted

and we need to help to revive Her."

For the spiritual leader, "Only the grace of God has carried us all through many years, and His grace is hope for all of humanity. Through His grace, we have put into action our motto of 'Changing the world with one prayer at a time; one ceremony at a time; one scripture at a time; one day at a time.'"

She said that the center's mission has been unity and diversity in action, "and it is time for all religions and creeds to come together and pray in sisterhood and brotherhood. It is also time to take part in the ancient ceremonies for Mother Earth, the ocean, the West Coast shoreline, and Japan, to aid the Mother Earth in Her healing. At the same time, it is to receive healing for one's self, our family and our ancestors."

On world peace, Mataji stated, "World peace is inevitable if we all do our part. We recently went to the Himalayas to offer The World Peace Dance for humanity. We were warmly welcomed by indigenous people of northern India. We danced, prayed, and offered each step for harmony, unity, healing of Mother Earth, and the coming together of all people as a universal family. While we were there, we also bathed in the holy Ganges River.

"The villagers were very hospitable, supporting us through prayer and went out of their way to make us feel comfortable. We were completely surrounded by the Himalayan mountain range, with spectacular views of the holy Ganges River below. The great mist came in each morning, and we were so fortunate to gaze upon the many



Mataji prays in the Himalayas while facilitating the World Peace Dance for Humanity.

Photo by Jean Dye.

eagles that came every day, making circles of light. The fact that they usually are not visible during that season was proof that the ceremony offered was indeed, auspicious. This was confirmed by the appearance of a rainbow at the end."

As a part of the Center's mission of service, members visited a Sadhu ashram nearby the Ganges and took offerings to the priests, including rice, flour, lentils, and sugar. For a rural village of 900 people, members brought school supplies for the children and purchased sacks of flour, rice, potatoes, beans and sugar that were equally divided among the villagers.

Harold Byrd, a participating Center member said, "The journey was a calling to assist the healing of India, the world, and all creation at this pivotal time in the healing of Mother Earth. It was truly one of the most sacred blessings of my life to travel to the Himalayas and make the sacred offering of prayer and ceremony. The Earth is our Mother. We must take care of her."

In South Los Angeles, Mataji remains a force in the commu-

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nity, teaching both adults and youth to equally embrace all of the world's great religions and philosophies, along with valuable human values, such as self-respect and unconditional love. She has counseled thousands and holds daily prayers for peace and harmony, a regular Sunday service and meditation, and a Native American sweatlodge for the healing of individuals and Mother Earth.

The Center conducts annual health fairs, regular Bible Study and Rites of Passage classes for youth, and conducts outreach programs to clothe and feed the poor. On the property is a Peace Pole sanctioned by the United Nation along with a Tibetan Prayer Wheel for healing of South Central Los Angeles.

In Joshua Tree, California, Mataji oversees Our Lady Queen of Peace Sanctuary, a beautiful and serene Retreat Center dedicated to Mother Mary. Pilgrims can come and walk on a nearly one-fourth-mile-long universal rosary made out of white marble along the mountainside.

Mataji has traveled the world sharing unique wisdom and conducting many ceremonies for World Peace, and has gained the respect of numerous high spiritual teachers who have, in turn, come to her Center to share their teachings in a diverse, cultural exchange.

She has been featured in two documentaries, including one where she was quoted with His Holiness the Dalai Lama. She was also mentioned in a documentary after hosting a 9-day ancient Vedic ceremony for World Peace after 9/11. The Center houses a 9-foot icon of Our Lady Queen of Peace which has a significant impact on those who have come over the years in need of refuge. In South Central L.A., Mataji has guided a men's circle, as well as a women's circle, and since 1988, she has taken men and women to the Pacific Ocean to make offerings for the healing of the waters around the world.

Mataji has been recognized by Congresswoman Maxine Waters and Los Angeles Mayor Anthony R. Villaraigosa. She has also been presented a letter of recognition for her outstanding service signed by President Barack Obama.

For more information on Eagle Wings of Enlightenment Center, visit: www.eaglewingsof enlightenment.org or call (323) 779-0210.

Edith Billups is a media relations consultant and travel writer who has traveled the world over the past 12 years offering prayers and ceremony for the healing of the Earth. She works part-time as a Biogenesis practitioner (<http://www.biogenesisglobal.net/>), working with spiritual energy to assist individuals and the environment. Email: eybillups@thegabrielmediagroup.com

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Discover the Female Element

By **ULRIKE**

What is the difference in the mental in regards to men and women? Why are we females seemingly unique? Why do we think and react differently, what are our issues, and what are our strengths? Better yet, what makes us so resilient and strong?

Many studies suggest, and psychologists have proven, that women are better communicators, nurturers, and caretakers. Men mostly rule with their intellect, they reason with fewer emotions, and are more controlled in many situations.

However, this is not a psychology paper or medical research study. This is a purely metaphysical look at our differences in the mental; an examination of the female mind.

What does this mean to the metaphysician?

How does this seeming diversity relate to our thoughts and our daily experiences?

Consciousness consists of the male and the female element. When used in mind the elements are also called 'reason' and 'feeling.' The male element or reasoning ability does the analytical chores, while the female element or feeling ability does the nurturing, loving, and reacts emotionally.

Men and women are comprised of both elements. We are male and female; however, we express what we have 'more of.' I am a woman because I have

more female present, and so forth.

An excerpt of my book "...because you can!" will explain the connection in a more traditional way. The chapter is called:

"What does marriage represent in the mental?"

The concept of marriage in the mental represents a blending together of the male and female elements in mind. This is not a physical action, but a mental one.

It takes the male and the female elements, knowing and feeling, to create anything. What is made, or appears in the visible world, was conceived in the mental, nurtured by good thoughts, and born through your conclusion or conviction, which is a feeling of certainty. It is an extension of your consciousness.

The birth of a child is the visible expression of this mental process. The visible symbol of earthly marriage is the coming together of a man and woman to create more life. As we explored earlier we are all composed of the male and female elements. We are a complete whole, and we give birth to more wholeness. We are multiplying life into its visible form.

The focal point of our journey is to unfold and gain an understanding of the truth of life and how the creation or birth process works. All else will fall into place naturally.

So how does the male and female element affect our daily lives?

Our thoughts are the creators of our experiences. We can think as many good and right thoughts as we want to, but unless we feel these thoughts as *true*, we will not manifest our desires. Feeling is the mother of all creation. Giving birth not only means giving birth to children to replenish the earth, it means giving birth to ideas and everything that exists in our wonderful realm.

Everything you see is a spe-

cific idea and was conceived by a thinker. It was not only conceived, but also nurtured and carried in mind until it was time for the idea to be born and manifested into this world. It could only be born if a feeling of certainty, the conviction that '*it is so*' was reached. This full understanding of the specific idea brought forth the experience, or manifestation.

What do you think makes a woman strong?

I'd like to point out why being the mother or feeling/ female element is most important. Our children are thought children or ideas, as mentioned earlier. Babies born, reflect life's urge to express more of itself — which could not be done without the feeling/female element. The idea of birth would be trapped, just sitting there as an idea in mind conceived by reason or the male element.

The reflection or picture in the material world shows forth as the male being equipped, yet trapped, with all of his potential. However, he would not be able to produce more life of his own. Reason, thoughts, potential, the male comes first, the feeling of certainty or conception and the creation of all, including more life, comes second. This process clearly shows that life consists of both, male and female — elements — as neither could produce without the other.

A baby's sex is determined at the point of conception, depending on the dominant mental element present. This is a progressive idea and most likely will meet with some resistance. But I have observed this concept over many years. When I first read about this discovery I was pregnant myself and not surprised that we produced a son.

The theory is that if the parents are more on the analytical side they conceive a boy, but if the parents imbue more feelings, the child conceived is most likely a girl. This is also the rea-

son that most 'planned' children are male and most surprises, conceived with lots of emotions, are females. Again, these are metaphysical theories and not backed up with medical studies.

A word of advice and loving guidance

God, Universal Intelligence, created all things from within. They are not created from nor are they of the material world. All creatures and things stem from this godly source and are projected out into the visible world. However, the substance of you, us, and all things remain of Universal Intelligence and are of mental origin.

In my world, there is only me and my sense of me. In your world, there is only you and your sense of you. No one knows how you feel and what you think deep down in your heart, not even your family or closest friends. Your feelings, emotions, and thoughts are your own; they are your secret.

I therefore ask of you: Do not see yourself as being a man or a woman. Do not buy into being black or white, or whatever color your skin exhibits. Do not think that your sexual orientation is who you are. Do not use the country of your birth as your identity.

All of these are only perceptions. They label you to act one way or another. See yourself as a mentality, a soul. Free yourself of the sense of racial, cultural, and sexual limitation. Act as the free Spirit you are. Your soul does not have a specific color or race; it is not only a man or a woman. It contains ALL.

Born in Salzburg, Austria, ULRIKE moved to Los Angeles in 1982 and fell in love with the diverse culture and arts this city has to offer. For the last 30 years she continued her intense studies, teaching and writing. In 2011 she established "Modern Thought Theories" a practical and provable guide to living life with passion, truth and goodness. modernthoughttheories@gmail.com, www.facebook.com/modernthoughttheories, www.modernthoughttheories.com

When one tugs at a single thing in nature, he finds it attached to the rest of this world.

— John Muir



The Universal Attractant

By Kathryn Alice

GAINING THE UNIVERSAL ATTRACTANT

Here are 3 steps to rediscover the self-confidence you were born with:

1. *Become inner- rather than other-directed.* Self-assurance requires that we quit caring what others think. Being other-directed means that you seek societal approval, an impossible goal. You can never make anyone but yourself happy.

As you find your own inner guidance and sense of self, true confidence can emerge. Unraveling the pattern of caring what others think is key to rock-solid security.

A Los Angeles psychologist Dr. Joyce Aronsohn's sums it up nicely:

"Never give away your self-image to anyone."

It seems an anomaly that giving up the need for approval will result in more of it, but that's what happens. Nothing is quite as irresistible as someone convinced of their own worth.

2. *Cease self-denigration. Do not allow belittling around you.* At some point in a young life, questioning voices around us are internalized. No longer do we need outward criticism. It is engrained within, so you constantly look for things you have done wrong or self-flagellate with critical thoughts like "I am so stupid."

Begin catching yourself when you go down that road of criticizing yourself, stop the voice and substitute it with a better one that says things like:

"I'm doing the best I can."

"I'm only human."

"I'm learning." or...

"I'll do better next time."

It can be even harder to draw boundaries with others who patronize you. When you are a people-pleaser, you attract friends who will gladly receive your overgiving and are used to criticizing you freely. At first you can feel mean and find resistance from those used to treating you

badly. But you must force yourself to raise your standards of how you are treated in order to attract better into your life.

3. *Rebuild your self-image and self-acceptance.* Begin to notice the things you do well and your value. List compliments you get as well as your successes and virtues such as kindness, sensitivity and patience. Think back over the reasons that past loves have said they adore you.

And when you do fall short, give yourself a break. Realize that your so-called weaknesses can endear you to others and that your soulmate will find them "cute" rather than repulsive. None of us are perfect. Accepting yourself "as is" without needing to embellish yourself or lie about who you are is a key to feeling lovable and attracting not only love, but all the things you want into your life.

THE RESULT

As you take these steps, you will notice changes in your life:

- More energy as you cease trying to prove yourself to anyone

- Admiration and potential loves pursuing you

- You will ask for that long overdue raise

- No longer will you worry that your good will slip through your hands or is too good to be true. You'll know that you are deserving, and that it's here to stay.

- No one will have the abil-

ity to bully you or guilt you into doing something you don't want to do.

- You will take care of yourself first, knowing that giving away more than you have will only result in your own depletion.

- No one will be above you in life's hierarchy from your new perspective. If they're on a pedestal, you're there right alongside them as equals.

One of my clients connected with a man who she felt was too good to be true. He adored her, but she was not used to dating someone so dazzling. She ended up in the emergency room with severe stomach pains, a panic attack due to her fear he would leave her and find someone else while on a trip. She had to raise her self-image to the point that she understood she deserved him. While on the trip, he had been planning a romantic proposal, which he enacted upon his return. The two are now married and have children.

Her happy ending can be your own as you embark upon your most important journey — restoring your self-confidence. As you do, you put the Universal Attractant to work in your life, and before you know it, everything you have wanted will land in your lap!

Kathryn Alice is author of the best-selling book *Love Will Find You*. She teaches in 50 cities and on 5 continents. Tens of thousands have found love with her work. To find out more, visit: www.kathrynalice.com



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A Collaborative Project of



Spiritual Mysteries of Ancient Egypt

By Jane Doherty

Ancient Egypt is the birthplace of consciousness and the keeper of secrets. The more you study this advanced culture, the more intrigued you become with Egypt. How an ancient culture could be more attuned to spiritual wisdom than modern man is a mystery.

What is a perplexing spiritual mystery is why this ancient land affects visitors today. Is there a secret code energetically imprinted in the temples, Giza Pyramids, and the Sphinx that in turn transforms people? Ancient Egyptians have given us clues to these mysteries through writings, art, symbols, beliefs, structures, and temples.

Some examples of those clues:

- Images of spherical shapes of light depicted over the heads of gods and goddesses. (see image 1)
- Waveform symbols identifying forces of nature—water, fire, wind and sound.
- Symbols representing the soul and other energy bodies.
- Images of figures holding cylinder rods in both hands, suggesting some form of healing tools. (see image 2)
- A flower of life symbol painted above the entrance of Abydos temple. (see image 3)
- Astrological signs on the Dendra temple ceiling.
- Advanced technological wonders in Egyptian structures.

Energy is the connecting dot to these clues. The ancients knew how to use the forces of energy to impact consciousness. Every facet of their lives focused on achieving a higher state of consciousness. Some believe the Nile represents the human spine and the temples are aligned in a way that represent the energy centers of the body.

The Egyptians believed in immortality. Death was a temporary interruption rather than an end of life. According to their philosophy, man contains within himself the seed of the divine. The purpose of life was to nourish that seed. If they succeeded, they were rewarded with eter-

nal life and reunited with the divine.

How were the ancient Egyptians able to determine the purpose for their lives, while many spiritual seekers today are still looking for that answer? Could the ancient Egyptians have been directly in contact with a higher force gaining this knowledge?

What's so striking is how they determined this knowledge without a religion. The concept of God as it is today, did not exist in the early stages of human thought. They did not worship a personalized form of God. The Egyptians worshipped a god who stood over them, and who gave them warmth — the Sun. Yet, their philosophical belief is similar to what has been a modern metaphysical thought for years, "the spark of the divine is within you."

THE GIZA PYRAMID

Consciousness expands in the Pyramid. Imagine you are a single dot of energy floating in space inside the Pyramid. Now imagine a series of energy dots gathering close together like a string of pearls adding to the single dot. Once the energy in the pyramid is activated, a critical mass of awareness is created as you stand in the pyramid. As a result, the dot becomes a plane of energy. That plane is a new reality and it shifts your consciousness.

What secrets cause the shift? The Great Pyramid seems to have been built to harness various types of energy in unusual ways. It is built in a location considered to be the center of the earth. It is attuned to the

earth's magnetic frequency and emits a low sound frequency facilitating meditation and altered-states of consciousness.

Interior chambers are harmoniously tuned to specific frequencies. A capstone of quartz crystal once adorned the apex of the Great Pyramid. The three Giza pyramids are aligned to the Orion star system which includes the star Sirius.

The pyramid has been a gateway symbol to the other world and the way to return for the ancient Egyptians. There is a vortex of energy beneath the apex. In fact initiates believed you could get messages from god meditating in that spot. Jesus and Moses were initiates and said to have started their ministries after being in the Great Pyramid.

Could the stones have a consciousness and play a role in the mystery? The walls in the King's chamber is made of 100 blocks of hard granite composed of quartz, feldspar and mica. The chamber is noted for producing out-of-body experiences, visions, and strange sounds.

There is a cavity under the hallway leading to the Queen's chamber filled with crystalline silica. The sand contains 99% quartz. What is unusual is the sand is known as musical sand. It makes a whispering noise when blown or walked on.

Quartz crystal creates a resonance which tends to enhance a psychic connection between the crystal and the user. Could the crystal be part of the spiritual mysteries? Spiritual seekers use crystal, and charging a crystal in the pyramid could enhance spirituality. The ancient Egyptians knew how to use crystal in unknown ways and there is no substitute for experience.

The sacred in higher consciousness and inner awareness seems to be the focus of the ancient Egyptians. Turning intuition on to its full power may just be a matter of visiting Egypt. Egyptian archaeologist Fadel Gad suggests that the ancient temples along the Nile were each designed to stimulate particular levels of psychic functioning.

The way of my life led me over the experience of spiritual awakening and transformation. It gave me the chance to discover the answers to the purpose of life and the riddles of destiny changed me from an ordinary woman to a psychic medium. In late 2011, I had a dream of the Sphinx and the Great pyramids — I was leading a group of people in Egypt.

Two months later, a tour organizer contacted me to lead a spiritual tour group to Egypt in September 2013. The best way to develop spirituality is to follow the ancient path of knowledge and be near the Sphinx for a direct experience. That is what I will be doing with the participants who are part of the tour group with me in Egypt.

There is no doubt that I am being guided to go to Egypt at this the time. What can happen? No doubt certain people will be guided to go with me as part of this tour experience. Deep inner knowledge can awaken us or we can transcend our consciousness, as we vibrate to the sounds and frequencies of the ancient stones — in this once-in-a-lifetime journey across time, space, emotion and inner-being.

The Egypt Tour will take place September 15-28, 2013. Visit: www.timeofanewera.com

Jane Doherty, named "One of the Top Twenty Psychics" by Dr. Hans Holzer, is author of Awakening the Mystic Gift, starred in international TV show, "Dead Tenants," and was featured on Coast to Coast Radio, numerous other radio, TV shows and newspapers.



Image 1



Image 3



Image 2

Yoga Beyond Asana Open to the Fountain of Happiness!

An Interview with Satya Kalra

By Randy Peyser



Satya Kalra is the author of *Yoga Beyond Asana: The Complete Guide for Blissful Life*, which offers a 30-day program to open to a greater fountain of happiness in one's life. Satya is also the founder of Path to Anandam, a non-profit that promotes the "Anandam Lifestyle" (Blissful Living).

Yoga Beyond Asana is a guide for self-transformation that explains how to apply the true meaning of yoga to one's life. It takes the reader on a beautiful, daily spiritual journey to access one's Higher Self.

Satya works with individuals in seminars, small study groups, and online venues, and also leads workshops at large conferences in the U.S. and India. When you look at Satya's picture, you can see that she embodies the bliss she teaches. Her personal mission is to live in love, peace, and Anandam, propagating blissful living.

Yoga Beyond Asana contains daily messages and beautiful color illustrations, and makes a perfect gift for those who want greater happiness. A Daily Planner in the back makes it easy to do personal transformational processes.

Randy Peyser: Why did you write *Yoga Beyond Asana*?

Satya Kalra: Millions of people practice yoga postures (asanas) without understanding the true meaning of yoga. Most people see yoga as a physical practice. If they can do their poses, touch their toes, and feel more flexibility or become slimmer, they feel they are doing yoga. These are all parts of yoga that are concerned with external activities. However, yoga offers so much more than physical exercises; *yoga connects you with*

your True Being, your Self, and the Divine, the Supreme.

Yoga has 8 elements. Asanas (postures) are only one of the elements. Weakness in the body requires asanas. However, some of the other elements include: the recitation of AUM, which is AUM Yoga; Surrender Yoga or Let Go Yoga, which is where you put yourself in the arms of the Divine; Action Yoga, where you perform services for others without expectations of a return; and Compassion Yoga, where you feel compassion and express love for people, especially when they're sick or need emotional support.

There is also a form of yoga called, Sorrow Yoga or Despondency Yoga, which involves the calling for Divine help during a difficult situation and acting accordingly with faith.

Sorrow is the foundation of first Yoga. Many people get connected to Divinity through sorrow, which might be the first time they've asked the Divine to help them. It might also be the first time a person starts to feel humble, more human, or even appreciates help from others when they are sick. Sorrow makes people feel more grateful.

Randy: Can yoga apply to every aspect of our lives?

Satya: Yes, every activity can be yoga, and every moment of our lives can be a practice of yoga to keep us connected to our super consciousness. People can even practice yoga on their death bed (by reciting Aum mantra Gita 8.12.13). Yoga takes you beyond your body and connects you with your mind and with your Supreme Higher Self, which is what we call Spirit or God or Super Consciousness. Basically, we connect with the Higher Self.

Randy: So yoga can help people make choices in their lives by helping them to establish a deeper connection with their Higher Self.

Satya: Yes. Yoga helps you discriminate between what to do, what not to do, and how to do it. Then you can make your own choices and your choices will be coming from your Higher Self, not just from the physical or mental level/ego. When we make choices from our mental level, we do not have that global vision. Yoga gives you higher vision to help you make your own choices.

Randy: You were a CEO of a successful biotech company. What led you to leave that life behind?

Satya: I left India 42 years ago and arrived in a new country, with a new culture, and a new language. I felt lost and disconnected. I got degrees in life sciences, but also took courses in business management. Whatever career goals I set, I achieved, but the higher I reached in the biotech world, I still was not happy.

My inner voice kept telling me to do another path. I had been meditating for 35 years. With God's blessing, one night when I was pregnant with my second daughter, Mintee, a golden energy with an AUM symbol encapsulated me. Every night, I drew that golden energy to me like a blanket and entered into that golden energy and slept all night in that light. I think that was my guiding light.

I was still doing all my other activities, but I did not get disconnected. I stayed fully connected. But I was still not happy within my life. I was spending so much time in my career that I could not share what I was

experiencing within my inner world with anyone and I could not help people as much as I wanted to.

Finally, with God's grace, the Divine call came to me. I resigned from my CEO position and started Path to Anandam to help people become happy, and that is also the reason I wrote *Yoga Beyond Asana*.

Once people learn how to open up the fountain of happiness within themselves, they want to share their happiness. Then wherever they go, people will ask, "How come you are so happy?" When I shake hands with someone, people often ask, "How come I have goose bumps just from shaking your hand?" The answer is that the Divine energy flows when you find that blissful place to live from. That is the true purpose of yoga.

Satya has so generously offered to donate the profits from sales of *Yoga Beyond Asana* to help Awareness Magazine staff writer, Randy Peyser, pay medical bills for breast cancer.

To purchase *Yoga Beyond Asanas* or find out about Satya's upcoming workshops in the U.S. and India, visit: PathtoAnandam.org/yoga-beyond-asana.php.

Randy Peyser edits books and helps people find literary agents and publishers. www.AuthorOneStop.com

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

9th Annual Health Freedom Expo

Your Source for Total Natural Health

By Mara Quigley



By the beginning of the new millennium, Dr. Wendell Whitman of Warsaw, Indiana had come to an alarming realization. No one was protecting the public's right to information about natural health products and practices that in many cases were more effective, less invasive, and less costly than standard medical drugs and therapies.

In the interest of protecting themselves, Big Pharma and the medical/insurance complex were slowly but surely encroaching on the public's access to natural health information, leaving people at the mercy of those entrusted with protecting their health.

"If a person does not know about their health choices, then there are no health choices," Dr. Whitman often said. Galvanizing colleagues, family and friends, Dr. Whitman created an affordable, high-impact forum to educate the public about all aspects of natural health, and in 2005 he founded the first Health Freedom Expo.

Unlike other health expos, the Health Freedom Expo is not just about selling products. It's about people who are passionate about sharing information, how our health freedoms are

being taken away, and how we can actively become involved to protect them.

Since Dr. Whitman's passing in 2008, his daughter, Julie Whitman Kline, has continued her father's mission to empower the Health Freedom movement, producing two exemplary expos each year in Chicago, Illinois and Long Beach, California.

The 9th Annual Health Freedom Expo: Total Natural Health, to be held March 1-3 in Long Beach, California, will feature world-renowned doctors and experts lecturing on the newest findings in natural health. Four panel discussions will explore the topics *You and Food*, *You and your Environment*, *The Politics of Health*, and *Longevity: 100 is the new 50*. Four award-winning documentary films, *Genetic Roulette: The Gamble of our Lives*, *Escape Fire: The Fight to Rescue Our Broken Health Care System*, *Folks, this Ain't Normal: The disconnect from Natural Food*, and *Simply Raw: Reversing Diabetes in 30 Days*, will be screened throughout the weekend.

THE 2013 FEATURED SPEAKERS LINE UP INCLUDES
Dean Ornish, M.D. - Known

for his lifestyle-driven approach to the control of coronary artery disease and other chronic diseases, Ornish is the author of six books, all national bestsellers, including: *Dr. Dean Ornish's Program for Reversing Heart Disease* and *The Spectrum*.

Patch Adams, M.D. - Author and speaker on wellness, laughter and humor, health care and health care systems, and the focus of the movie with the same name starring Robin Williams.

Joan Borysenko, PhD - NY Times best-selling author/co-author of 13 books, including *Minding the Body*, *Mending the Mind*, Borysenko is a world-renowned expert in the field of mind/body connection.

Michael Greger, M.D. - Offers practical advice on how to eat to prevent, treat, and even reverse chronic disease. His latest

two books are *Bird Flu: A Virus of Our Own Hatching* and *Carbophobia: The Scary Truth Behind America's Low-Carb Craze*.

Jeffrey Smith - Author, lecturer and the leading consumer advocate promoting healthier non-GMO choices

George Noory - Host of Coast to Coast AM Radio talk show, nationally syndicated on 545 stations

Jordan Rubin - The author of the NY Times best-selling book, *The Maker's Diet*, and 19 other health-related titles, including his latest work, *Perfect Weight America*.

Sara Ivanhoe - Weight Watchers' newest spokesperson and world-renowned yoga instructor.

Shelley Redford Young and Dr. Robert Young - Co-authors of *The pH Miracle* series lec-

STEM CELLS, CYTOKINES AND TELOMERES: HOW TO MAKE 100 THE NEW 50

The Nobel Prize in Medicine in 2007 went to researchers in the field of Telomere Biology. With that award, a little-known, esoteric area of study began to go mainstream. Media personalities from Oprah to Dr. Oz to Suzanne Somers began to spread the word about these tiny cellular endcaps, and "telomere" became a buzzword for early longevity adaptors.

But like resveratrol, which became a mainstream trend but was certainly no single bullet solution, there is no one solitary element that can complete the anti-aging picture on its merits alone. Longevity is a puzzle with interlocking pieces that must all fit and work together to create an effective strategy to make 100 the New 50.

Increasingly, top researchers understand the importance of stem cells, cytokine signaling, telomere support and a few other key factors as parts of a SYSTEM — you might call it the "Silver System" approach — as opposed to any single bullet solution.

Greta Blackburn, co-author of *The Immortality Edge* and a health and fitness pioneer for nearly three decades, will moderate a panel of leading experts in the field of longevity, including the world's most famous gerontologist, Cambridge scholar Aubrey de Grey; David Keckich, the founder of the Maximum Life Foundation; leading super centenarian researcher Dr. Stephen Coles; "Dr. Telomere" Dr. Bryant Villeponteau; and top cryobiologist Dr. Greg Fahy.

The Longevity Panel will bring to light the most recent discoveries in the key fields that impact how we age — and importantly, how we STOP AGING as we now know it. **Meet the Panel Sunday, March 3 from 2-3:45pm at the same expo location.**

ture nationwide about practical dietary application of the alkalizing principles contained in Dr. Young's research.

Dr. Carolyn Dean - A medical doctor, naturopath, herbalist and acupuncturist, Dean has authored and co-authored 19 books, including *Death by Modern Medicine: Seeking Safe Solutions*.

Dr. John Apsley - Co-author of five books, including bestseller *The Regeneration Effect*, Apsley lectures on human regenerative techniques in medicine.

Dr. Theresa Dale - Author, Lecturer, Dean and Founder, California College of Natural Medicine, Hormone Rejuvenation Therapy.

Chef Alex Jamieson - Author of *The Great American Detox Diet*, and featured in the Oscar-nominated hit movie, *Super Size Me*.

Jonathan W. Emord - Constitutional Attorney who drafted the Health Freedom Bill for Congressman Ron Paul. Emord has defeated the FDA in federal court a remarkable eight times.

Robert Scott Bell - Homeopathic practitioner, high-energy radio talk show host, called the "Voice of Health Freedom."

Christian Wilde - Author of *Hidden Causes of Heart Attack and Stroke*, his newest book, *Miracle Stem Cell Heart Repair*, delves into the science of using one's own stem cells for actually repairing the damaged heart.

The Health Freedom Expo will be held at the Long Beach Convention Center Exhibit Hall A, 300 E. Ocean Blvd., Long Beach, CA 90802 March 1-3. Expo will be open 10-7 Friday and Saturday; 10-6 Sunday. Expo Hall opens at 10 am. Cost: \$20 per day, or \$45 for the three-day weekend.

For complete details: <http://www.healthfreedomexpo.com> or call (888) 658-EXPO.

• Speakers and line-up may be subject to change

(Oneness Consciousness) is the only solution to all problems faced by man today; economically, socially and spiritually."

— Sri Bhagavan

Dealing with Panic & Anxiety Attacks

By Alex Strande, MS, Ph.D.



Panic attacks are marked by a distinct period of intense fear or discomfort in which a group of four or more symptoms happen quickly and reach a peak within 10 minutes. Anxiety is probably the most basic of all emotions and most people have felt some form of anxiety during their life. Anxiety experiences can vary tremendously in their severity, from mild uneasiness to extreme terror and panic.

Anxiety is a response to perceived danger. Scientifically, immediate anxiety is termed the "fight/flight" response because all its effects are aimed at either fighting or fleeing danger. Anxiety manifests itself through three separate systems.

The mental system includes all feelings such as anxiety, nervousness and panic. The physical system includes physical symptoms such as sweating, palpitations, dizziness and breathlessness. The behavioral system includes activities such as pacing, foot tapping and avoiding situations that may make you nervous, such as public speaking.

When danger is perceived or anticipated the brain sends messages to the autonomic nervous system (ANS). The ANS has two subsections: the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). The SNS is the fight-or-flight system that gets the body ready for action and the PNS restores the body back to its normal state.

Neuro-imaging techniques have provided evidence that the limbic system in the SNS governs emotional aspects of behavior, and that anticipation of emotional anxiety may stimulate the limbic system which in turn sends excitatory input to the inspiratory area to increase the rate and depth of breathing.

The two areas of the limbic system in the brain most actively involved in stress and fear are the amygdala and the hippocampus. The amygdala is directly con-

nected to the visual cortex and allows us to jump out of the way when we see something dangerous. The hippocampus allows us to learn and remember. As a response to danger the amygdala immediately signals the adrenal glands to pump adrenaline into the blood, triggering the release of the stress hormone cortisol.

The hippocampus is hypersensitive to cortisol, and puts all our cognitive functions on the alert. Cortisol and other chemicals remain in the body until they are destroyed by chemicals from the PNS; we are then restored to a relaxed state. However, adrenalin and noradrenalin take some time to be destroyed, so even after the anxiety has subsided we can be left feeling jittery and anxious.

One theory on the cause of panic attacks is they are due to a buildup of stress hormones in the body. If there is a buildup of stress in the person's life, and the stress has resulted in increased cortisol that has been chemically maintained in the body even after the stressor has gone, panic attacks can occur. High levels of cortisol in the body keep you hyper-alert.

The long-term impact of increased cortisol affects the sensitive hippocampal neurons in the brain, which start to shut down, causing the interlinking dendrites to start shrinking... meaning that they are unable to make necessary connections. A consequence of sustained cortisol is that you may start to forget things. It is believed that in some cases mental processes can become "frozen."

Another theory is that for some people the pain or trauma of a past event may be too great, and the memory of it is disconnected from normal emotional processing which takes place in the hippocampus. The pain or trauma of the event is pushed from consciousness, but the emotions return in the form of a panic attack or post-traumatic stress syndrome. This theory ex-

plains why some sufferers can wake in the night with a panic attack or an attack can come on suddenly without the person being aware of having experienced any resurgence of their previous trauma.

High levels of cortisol also affect your serotonin levels. High serotonin levels are directly associated with depression, which explains why depression is a very common symptom in people suffering from stress or panic attacks, with one-third of people with panic disorder having previously experienced depression. The fastest way to cure panic attacks is the nourishing of your nerve system using liquid herbs.

Alex Strande, MS, Ph.D., is a Naturopath and a Microbiologist. His office is at 3017 Clairemont Dr., San Diego, CA 92117 and he can be contacted for questions and appointments at (619) 607-4211. He does face-to-face consultations. Visit: www.simplyhealingclinic.com

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Historical Society Office. (Photo courtesy of Julian Chamber of Commerce)

Escape to the Mountains in Julian

By Ann Nelson

Have you ever thought of going on a llama trek through the quiet, serene countryside, or having a personal visit with the resident wolf packs? I wanted to try it all and discovered that it's possible to do in a remote Southern California town called Julian.

Nestled high in the pine and oak-covered hills of San Diego's backcountry sits the enchanting frontier town of Julian. This rustic mountain retreat, rich in history with small town community spirit, has grand stories to tell of fame, fortune and dreams come true. The town's old storefronts date back to the 1870's and offer visitors many historic sites to explore.

More than a hundred years later, Julian offers visitors a unique combination of history and natural beauty in which to tour and explore the region's unspoiled and peaceful countryside. There is no fog nor smog in this small mountain community. And the weather is mild, with summer

highs in the 80's and winter lows in the 30's.

Just an hour northeast of San Diego and three hours from Los Angeles, Julian is located between the northern end of the Cuyamaca Mountain range and the south slope of Volcan Mountain, just west of the Anza Borrego Desert. Even though this community was hit hard by wildfires, it is still beautiful, surrounded by uncluttered tree-lined country roads with grazing cattle and horses, fruit orchards and open meadows.

Following the Civil War in 1869, a group of veterans headed west and were so captivated by the beauty of the land, they made a decision to settle here. Within a month of finding gold in a small Julian creek, the town was flourishing with commerce, trade and homesteading. By 1934, after more than 60 years of mining, the total gold production was estimated between four and five million dollars.

Unlike most of the gold-min-

ing towns of that time, Julian didn't disappear after the mines were depleted. Tent housing gave way to the brick and wood buildings, many of which survive today. The area's temperate climate and close proximity to San Diego played a major role in the development of the town and by 1872, Julian counted fifty houses, three hotels, four stores, two restaurants, one schoolhouse and a large number of saloons. The town was named Julian City, in honor of Mike Julian, who later was elected San Diego County Assessor.

As the gold played out, pioneers planted apple trees, which thrived due to the town's elevation, climate and soil. Julian apples won national and international awards around the turn of the century. Visitors today can enjoy the world-class apples as well as pears, lily-of-the-valley and peonies.

Today Julian has more than 2,000 residents. But there are no movie theaters or shopping malls. People come here for the quiet atmosphere and nostalgic reminders of simpler times. Julian offers limitless outdoor activities including mountain biking, hiking, horseback riding, bird watching, picnicking, boating, camping, hunting and fishing. The people living here care about their community and about the environment.

The California Wolf Center sponsors private & group tours. Its mission is to increase awareness and conservation efforts in protecting and understanding the importance of all wildlife and wild lands by focusing on the history, biology and ecology of the North American Gray Wolf through education, exhibition, reproduction of endangered species and the studies of captive wolf behavior.

Julian's Historical Walking Tour will help any visitor feel the true soul of this town. The different plaques placed on the historical buildings reveal Julian's history from the Gold Rush times to the 1920's. There is a map available at The Julian Chamber of Commerce, located inside the Town Hall on Main Street. The Eagle Mining Company, one of Julian's original

producing gold mines, offers daily guided tours that take you through tunnels in the hard rock mine and recreates the lives of the early residents.

After trekking around the wide-open spaces and checking out the mine, you may want to consider spending the rest of the afternoon concentrating on wine tasting. The Menghini Winery is local and located down a two-lane country road. Set on ten acres of vineyards and apple orchards, this is the perfect place to bring a picnic lunch. Wine tasting and tours are offered daily.

Spending a night in Julian is essential if you want to soak up the full flavors of what this mountain town has to offer. There are lots of B&B's and boutique hotels, including one of my favorites, The Julian Hotel, dating back to 1897. The tree house, at The Shadow Mountain Ranch is another favorite, with a staircase situated in the arms of the oak tree leading to the room in the tree.

Traveling with my dogs, Megan and Murphy, is one of my greatest joys. They have spent many happy nights at high-end resorts, but one of their favorite places to stay is The Julian Meadow View Inn. The three of us agreed that getting into nature would be the best "cure for our souls" and we made the decision to go to a place where there were no phone or TV connections. The inn, located one mile from town and situated on 53 acres with breath-taking views, turned out to be a perfect destination.

The inn and all the property around it is family owned and taken care of by every generation, probably ranging in ages between ten and eighty. It fills my heart with joy to see the love this family has for each other and for the land they take care of. Seeing their simple life style in action gives me confidence that future generations may have a chance to learn what is really important.

Another great place to stay is The Julian-Cuyamaca House, tucked into the side of a hill, with a huge wrap-around deck and lake views that go on for-

ever. This cozy, country home was totally rebuilt after the 2003 Cedar Fire destroyed it and everything in its path. All that you need is here, including a fireplace, gourmet kitchen, a huge master suite and plenty of room for your well-behaved dogs.

The Orchard Hill Country Inn, rated "one of the top lodges in the west" by Sunset Magazine, brings sophistication and elegance to Julian. Simply stated, the inn oozes with sensuality. The guest rooms, cottages and the lodge are sprinkled throughout the property and connected with lighted walkways. Colorful plants and trees fill in the landscape, like a perfect and natural painting. A hearty breakfast, plush robes, afternoon wine and hors d'oeuvres are all included.

With the exception of some holidays, a four-course dinner is complementary with a two-night stay. Dinner is served in a cozy, intimate dining room on Tuesday, Thursday, Saturday and Sunday evenings. Trout Pecan with lime and wild rice and Grilled Colorado Prime Lamb with garlic rosemary rub are favorites.

Julian offers beauty and inspiration throughout every season of the year. It's the perfect destination for hiking, cross-country skiing, horseback riding, boating, wine tasting, apple pie and much more. Let your imagination run wild!

It is important to note that many places I have mentioned host special events, weddings, private and corporate retreats.

IMPORTANT NUMBERS

California Wolf Center:

(760) 765-0030, or: www.californiawolfcenter.org

Julian Chamber of Commerce:

(760) 765-1857

or: www.julianca.com

Julian Meadow View Inn:

(760) 765-2578, or www.julianmeadowviewinn.com

Mountain Realty Farms

(Julian-Cuyamaca House & other rental homes): (760)

765-0111, or: www.julian-realestate.com

Orchard Hill Country Inn:

(800) 716-7242, or: www.orchardhill.com

Ann Nelson is a freelance writer residing in San Diego, CA

Holistic Treatment for Leaky Gut Syndrome

(Part 2)

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

In the previous article, I discussed the symptoms of leaky gut syndrome and its possible causes. To recap, the leaky gut allows substances such as toxins, microbes, undigested foods, waste, larger than normal macromolecules to leak through an abnormally permeable gut wall.

Consequently, this will cause your immune system to react. You may experience symptoms including bloating, diarrhea, indigestion, unhealthy weight loss, sugar craving, genital yeast infections, chronic fatigue, mind fog, and depression.

Possible causes of leaky gut syndrome include yeast and parasitic infections, poor dietary habit, psychological stress, and a liberal use of antibiotics and other potent drugs. Luckily, leaky gut syndrome is repairable. In this article I will address the holistic treatment for you to repair the leaking guts and regain health and vitality.

Herbal Therapy for Yeast and Parasitic Infections

To prevent the worsening of leaky gut syndrome, the pathogenic yeasts and parasites need to be removed simultaneously as soon as possible from your intestines. A strong herbal detox program is needed to perform this task quickly and effectively. You also need herbal formulas that can repair the lining of your digestive tract and allow healthy tissues to grow.

Anti-Yeast Nutritional Program

An anti-yeast nutritional program contains no sugar, no dairy, no wheat, no yeasts, no alcohol, no caffeine, no nicotine, nor chemicals. Even though this is a tall order for most Americans who are used to Standard American Diet (SAD) loaded with the above no-no's, you need to do the best you can to follow these

"Eight Commandments," so that you can nourish your body and starve the little enemies: yeasts and parasites in your body.

To learn more about what to eat, and what to avoid, read my yeast-free cookbook, *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*. They may be available in your local libraries.

Manage Your Stress Effectively

Most clients reported to me that their leaky gut syndrome flared up when they were under stress. Stress is part of life. When managed effectively, stress can propel you to the higher level of success or spirituality. Many roads lead to Rome. Try different ways to reduce your stress.

Daily prayers, meditation and exercise are found to be very simple and effective ways for stress management. If you don't know how to meditate, visit my website: www.drjsbest.com and download the 10-Minute Meditation Guide for free. Practice 10-Minute Meditation daily, and you will enjoy newfound peace and harmony.

Use Antibiotics or Other Potent Drugs Very Cautiously

As explained in the previous article, the western medical establishment uses antibiotics as a "catch-all" magic bullet for all infections without consideration of strengthening the immunity. Cortisone is another popularly used drug to inhibit the inflammation process but destroys the immunity.

They may be effective in inhibiting inflammations for a short period of time; however, in the long run, they weaken your immunity, and thus allow yeast overgrowth. Remember, as I stated repeatedly in previous articles, yeasts and parasites are "Siamese Twins." They go hand in hand. When yeasts




overgrow in your body, so do parasites.

As I mentioned in the previous article, when people developed leaky gut syndrome, they usually encounter all the factors described above. However, if you employ a holistic approach to healing your leaky guts, you will experience improvement. Be patient with yourself, and with your life. Leaky gut syndrome is curable!

Dr. Juliet Tien (Dr. J) is a leading expert in treating female or male yeast and parasitic infections, and over-weight or under-weight conditions. She is also the best-selling author of *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing and Healthy and Tasty: Dr. J's Anti-Yeast Cooking*.

For further information, contact the Academy of Vibrant Health, 541 So. Spring St., Ste. 209, Los Angeles, CA 90013, call (800) 715-3053 or (818) 472-2213, or e-mail drj@drjsbest.com. Visit: www.drjsbest.com. Become our Facebook fan: www.fb.com/drjsbest to read updated articles regularly on alternative, holistic treatment for various health issues.



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"BE REALISTIC, EXPECT A MIRACLE"



UCLA Doctors Revive the Ancient Technology of Sound Healing

By Mischa Geracoulis

We live on a rhythmic, vibrational planet where everything is energy, vibrating at frequencies that produce sound — even if imperceptible to the human ear. According to NASA, if humans had antennae instead of ears, we'd be able to hear Mother Earth's symphonies.

All that exists — from planet Earth to all who live upon it — has a calculable electromagnetic radiation field. The Earth's frequency, which measures between 7.8 to 13 hertz, is also known as her "heartbeat," and corresponds to the frequency of the Sanskrit word "Om," the word "amen," and the Native American drumbeat.

UCLA Research Psychiatrist, Daniel Dickerson, D.O., M.P.H., explains, "The drumbeat represents the heartbeat of Mother Earth, of the Nations, and of the Native peoples. In that respect, drumming is a natural phenomenon. For example, when little babies are at a pow-wow, men can be singing and drumming five feet away and babies are peacefully sleeping. The drumbeat has a naturally soothing resonance."

Another example of the well-being induced by resonant sound is found in the teachings of Maharishi Mahesh Yogi who was known to have given each practitioner a specific sound mantra, one that resonated with that person's unique frequency. As the Maharishi explained to his students — including the Fab Four — the purpose of chanting mantra was to help restore the individual to her or his proper frequency, improving health and expanding consciousness. For thousands of years, Traditional Chinese Medicine has also used

"toning" — certain sounds repetitively chanted — to increase chi, or life force, of a particular organ or organism in sum, and to balance yin and yang.

What the indigenous peoples, the ancient practitioners of yoga and Chinese medicine have always known, modern medicine is finally coming to grasp. When an organism is "out of tune," immunity and well-being are destabilized, exacerbating vulnerability to physical, mental, emotional and spiritual health problems.

Just as an instrument can be tuned to correct standards of pitch and tone, similarly an individual can be "tuned" for the restoration of physical, psychological, emotional and spiritual harmony. To find resonance with Om or other mantra, Native American drumming, or other resounding music is to positively change the biological rhythms that will eventually strengthen and balance the immune system and overall sense of wellness.

Dr. Daniel Dickerson is of Native American/Alaska Native heritage and works predominantly with the urban Native American population on issues of addiction. Dickerson conceived a 12-week substance-abuse treatment program that uses Native American drumming activities as a core component. He expands on the program's background.

"For Native Americans and Alaska Natives, singing always accompanies drumming, as does the sharing of traditional faith stories that illustrate a purpose or moral within the song and drumming.

Our cultural leaders and elders emphasize that education must be provided alongside drumming so individuals understand its sacred nature. It is crucial to understand the meaning of every practice, song and

drumming activity. We'd never just beat a drum for the sake of beating a drum."

More than an art form and means of self-expression, music and sound can act as a doorway to the healing power innate within everyone. Healing, ultimately an inside job, is at the heart of tried-and-true sound and music technologies offered today.

Raffi Tachdjian, M.D., Allergy, Clinical Immunology and Pediatrics, began a practice in pediatrics including children with life-challenging illnesses. Dr. Tachdjian, a musician himself, delved into the possibility of healing through music after a young cancer patient responded to none of the multiple treatments he was being given.

Realizing the patient's love of guitar, Tachdjian was determined to see what would happen if he put a guitar into the hands of his young patient — as well as the hands of many of his other patients who were also dealing with severe illness.

Inspired by the positive results, he founded the Children's Music Fund to continue delivering the healing power of music to children with serious medical conditions and developmental disabilities.

Describing the process of music therapy, Tachdjian says, "It's interactive. A music therapist goes into a patient's room or home and gives them either an instrument or engages them in a final product, such as a song or CD. One of my more challenging situations was with a child who cannot use his limbs. We taught him to make clicking sounds with his voice, various intonations and rhythms. In doing so, he became an essential part of production, and was motivated to keep up.

Is that distraction [from pain]? Sure. And I want to go above and beyond distraction to literally

rewire the pain-to-brain signals. For example, if your toe is hurting and you're getting constant pain messages, as tired as you may get from that pain, you can not just shut it off. You must work on the downward signal.

Either bring that "elevator" back down — the one that's express shipping the pain up to your "penthouse" (the brain), or block it and use another "elevator shaft." What is that other elevator? It's you making music. It's like rebooting yourself.

Music therapy aims to reduce pain and anxiety and the need for medication thereof. Active engagement with musical instruments and music making, in some cases, actually prevent the need for pain and anxiety medication. We also hope to shorten hospitalizations, ease the transition from a hospital stay back to home, and facilitate the healing process."

Dickerson's Native American drum-assisted recovery therapy has shown promising results.

"We found a trend toward decreased depression and anxiety. When we interviewed participants, they reported feeling more motivated to stop using drugs and alcohol. Based on a general spirituality questionnaire that's used in research literature, we found a trend toward enhanced spirituality from participating in the culturally-based drumming activity. Participants reported feeling more spiritually connected."

In conventional health care — mental or physical — addressing the spirit is often beyond the scope of practice. Thus, instituted treatment of the human being as something more mechanical than alive is the accepted norm. So doctors like Dickerson and Tachdjian are on the forefront of medicine, challenging reductive models and

(Continued on page 26)

Subversive Comedy Queries If Movie About Channeling Can Be Modern Shamanic Guide

By Victor Goss

A new narrative feature film APOCALYPSE (according to Doris) by hollywood-expatriate director, Victor Goss, takes a look at channeling, prophesy, and our obsession with the Mayan End Time and 2012, warning the dangers of predicting the End of the World.

This apocalyptic comedy swept the Akasha Metaphysical Film Festival in Carmel recently with the top SPIRIT IN FILM AWARD, was selected as a script finalist in the very first SUNDANCE WRITER'S LAB, and launched on video-on-demand at 11:11am the morning of December 21, 2012, when the Mayan Calendar came to an abrupt end after a long cycle of 26,000-odd years.

Goss states: *"It has been my positive statement to release this film on the day that many believed the world would end. This is a good opportunity to have the last laugh with Doris — because we will continue to roll out our video-on-demand release to additional platforms throughout 2013."*

As described by Sydney Levine of IndieWIRE magazine, Apocalypse (according to Doris) is "Both funny and emotional, dealing with the paranormal, and conscious awakening — challenging us about who we are, how we act, and the meaning of our existence."

What is this business of channeling? Where do channels get their information, and what does it mean to those who don't understand? Should we expect this "new way of knowing" to provide solutions for real-world problems? Or does this point to new powers being revealed within all humanity?

In this story of an unknown housewife living on the edge of the desert, Doris involuntarily channels predictions of earthquakes that will bring about the end of the world, and becomes

an overnight media sensation. She opens her door to true-believers and nut-cases alike, turning her dysfunctional family inside out for the whole world to see, including an unscrupulous reporter who infiltrates her group and has the tragic secret of his life exposed by this psychically-gifted woman.

Understanding channeling and other involuntary psychic experiences is what Doris struggles hard to integrate into her life as she walks a virtual tightrope of paranormal experiences amidst a difficult family situation in an environment of national chaos. She shares these experiences with us by celebrating the awakening and evolving human consciousness we now are experiencing worldwide.

Viewers see Doris as the ordinary person she is, not branded with the stigmatizing label of "psychic." She is a sensitive and thoughtful woman with everyday problems, struggling and stumbling with conflicted gifts of paranormal perception. This complication ultimately guides her through a life crisis to a turning point where she must break free from routine and her past to become the butterfly she imagines herself to be, unfettered by criticism and negativity.

Channeling is becoming familiar around the world. Common sense melts into chaos trying to understand what this phenomena might be, if it is phenomena at all. If one acknowledges that a person can embody external separate personalities and voices, then our current paradigm of psychiatry and physiology is out the window. Yet in view of the overwhelming evidence, it's hard to deny.

Prominent West Coast channel, Nora Herold, who is a popular counselor and teacher, describes it by saying, *"We are operating on the AM band, and they are operating on the FM*

band." It is about *"...raising of the personal level of consciousness frequency state to be able to communicate directly with beings who exist already in a higher vibrational state themselves. They work on lowering theirs a bit because they want the communication to happen... we meet in the middle and have a conversation."*

Channeled information can often be misleading, conflicting, or false. Nora adds that those who are listening to a channel also participate in the value of the message equally, *"...And the way to authenticate as well, is to pay attention to what you're experiencing in your physical body and in your own intuition as you're receiving information."*

"Guides will often give information to manipulate," Nora suggests. *"Because the guide's intent is to offer guidance and a transmission of energy and love. The guide's intent is not to ...give predictive information."*

"So you've got two levels of consciousness here. You've got the consciousness of the being

that's coming through and then you've got the consciousness of the channel who is bringing the information through which acts as a filter. If the channel has it in their consciousness that they really want to give prediction, they will force that predictive kind of experience using the energy of the higher beings. It's not that it's false, but the channel themselves will begin to access future timelines held within the consciousness of the higher beings and bring that information through."

"The intent of the Guides is to offer guidance and love for all of humanity at this time in our development, but they have always been here. Channeling is not a new phenomena. Channeling is growing in the consciousness because of our collective shift in consciousness but there is nothing new about it."

She concludes by reminding us that channeling is not something you can believe. It's not an intellectual construct. It's something you must experience.

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What's New at GATE?

By Stacey Shaw

The Global Alliance for Transformational Entertainment (GATE) is a dynamic non-profit community that inspires entertainment and media professionals through education, advocacy and collaboration to transform the world by transforming entertainment and media. This has been a year of rapid growth of the GATE organization and strengthening the community at the leading edge of transformational content creation.

The power of entertainment and media in our world is vast. We have the opportunity and responsibility to create content that both supports and inspires the kind of world we want to live in and pass on to the future; to use our intention purposefully as we create and distribute the stories that our global society consumes.

The stories we tell impact our thoughts, actions, perceptions and consciousness. For this reason, GATE promotes critical thinking about the meaning and impact of story in the entertainment and media industry.

GATE seeks to identify and empower the audience that already exists for transformational entertainment, but may not be receiving the content they truly want; content that uplifts, inspires and supports meaningful insight, connection and conversation.

The cornerstone audience for transformational entertainment and media is the 'Cultural Creatives,' a group first identified by sociologists Drs. Paul H. Ray and Sherry Ruth Anderson. This year, members of GATE have shared information about the Cultural Creatives with Hollywood insiders and executives to shed light on this important market group for transformational content, estimated at \$180 billion.

GATE is building a foundation of advocacy for transformational content in Hollywood and other locations where large-scale decisions are made about the cre-

ation and distribution of media and entertainment. This advocacy includes building economic projections and presentations for studio executives, educational events for industry insiders and the general public, networking opportunities, and regular screenings of transformational content in Los Angeles through the GATE 'Theater Within Film Series.'

The GATE Leadership Circle, a group of highly committed individuals, contributes their valuable time and insight, as the policy-making body whose primary function is to birth GATE into the world. Through monthly meetings held in Los Angeles, the Leadership Circle envisions, discusses and delegates the work needed to move forward.

Beyond the Leadership Circle, groups of highly-skilled, passionate volunteers currently give their professional insight and experience to specific efforts in marketing, research, advocacy, programming and finances. GATE also has teams of advisors, ambassadors, and executives each offering a unique set of ideas, connections and skills to the expansion of the organization.

Currently, GATE is preparing for the upcoming GATE Transformational Story Conference 2013 (StoryCon) and GATE 3 events to be held at the Saban Theater in Beverly Hills on Saturday, February 2nd, 2013.

StoryCon will explore the role of story in promoting meaningful personal, social and global transformation. Story is explored from a wide variety of perspectives, with focused emphasis on the human transformational journey, the transformational arc of life-death-life. StoryCon is an ideal event for authors, screenwriters, producers, educators and anyone else for whom storytelling is an essential aspect of their professional or personal life.

The GATE 3 event is a celebration of transformational en-

tertainment, media and arts. The theme of the 2013 event is, "Celebrating Meaningful Messages for an Awakening Humanity." This amazing evening will be an exploration of what this new, emerging genre is all about, and an inspiration for attendees to openly share energies of their personal transformation with the world through their work.

GATE 3 will feature a multitude of inspiring presenters and talented performers, both well-known and emerging; all steeped in transformational arts, entertainment and media. Through a richly-woven program of speakers including Jim Carrey and Elkart Tolle, videos, music and arts performances, film clips and other multi-media presentations, attendees will leave intellectually stimulated, emotionally moved, and inspired to pursue their work with greater clarity, substance and commitment.

In addition to this already full array of goals and accomplishments, GATE will see the start of its first chapter organization in New York City by the second quarter of 2013. GATE has made great strides on several new exciting initiatives, including 'The Audience is Ready,' which is a goal to deliver one million audience member signatures to "Hollywood" to demonstrate to content creators there that the audience for transformationally-oriented films and television is massive ... and the desire for them is significant.

Another highlight of this year's progress includes the GATE Social Impact Media (GSIM), an incubator to provide an early-development environment for transformationally-oriented films and other entertainment projects. This initiative will accept and direct funding to these projects and help coordinate their early unfolding. GSIM's first project is 'Shot,' a non-profit feature film being produced by award-winning filmmaker Jeremy Kagan, along with GATE's John Raatz

and David Langer. The film stars Macaulay Culkin.

If the astounding progress of GATE in 2012 is any indication, 2013 is going to be an absolutely phenomenal year for transformational entertainment and media. To learn more about GATE, StoryCon and GATE 3 event details, tickets, membership and how you can become involved, visit: www.gatecommunity.org

Author Stacey Shaw is a filmmaker and media professional living in Hood River, Oregon. For more information, visit: www.staceyshaw.com

UCLA...

(Continued from page 24)

tired standards of practice not simply by calling the human spirit into the equation, but by treating spirit as the entryway and focal point. Each of their programs has garnered significant support based on hypotheses and evidence, demonstrating what music lovers already know — that music truly is therapeutic.

Mischa Geracoulis is a freelance journalist in Los Angeles. With a background in political and social sciences, her body of work reflects issues of identity, myriad paths to truth and justice, and the multifaceted human condition.

Doris...

(Continued from page 25)

Apocalypse (according to Doris) can be seen anytime after 11:11am, December 21, 2012 on streaming rental VoD release and download to own on the Distrify worldwide platform located at: <http://doristhemovie.com/streaming.html>

Apocalypse has won the following awards: Script Finalist - 1st Sundance Writer's Lab; Top Prize Winner, Spirit in Film Award - Akasha Metaphysical Film Festival, Carmel, CA and Best Feature in the Spirit Film Festival.

The cast includes: Jaime Gomez (Nash Bridges, "24" CSI: Miami, Crimson Tide, Clear and Present Danger) as "Felix" and Elise Robertson (Grey's Anatomy, Six Feet Under, Two & a Half Men,) as "Doris."

Contact the Starving Film Students at 140 N. Encinal Ave., Ojai, CA 93023, call (310) 740-2044, or email: vg@starvingfilmstudents.com

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MUSIC & MEDIA Reviews

By Michael Diamond



2002

Believe — A Spiritual Romance
www.2002music.com

Believe marks the 14th release by the husband and wife duo of Randy and Pamela Copus, collectively known as 2002. Now celebrating their 20th year of recording together, they are one of the most enduring and highly-regarded groups in the new age music genre. This album features a couple of new developments including the inclusion of vocals to their primarily instrumental music on 6 of the 10 songs, and the addition of their 8-year old daughter Sarah who appears on the CD in a surprisingly active role.

Besides the beautiful singing, some of the things I like most about this music are Pamela's harp and Randy's piano, which epitomize the glistening crystal-line sounds that are often found in the music of 2002. I was impressed not only with the way they blended vocal and instrumental songs, but also with the stylistic diversity and pacing. It is hard not to overuse the word "lush" in describing the acoustic opulence this music is imbued with. The ambience they create is majestic, in a way I associate with the music of both, Diane and David Arkenstone, Enya, or Patrick O'Hearn. 2002 have created another sonic masterpiece that inspires the heart and the imagination.

ACOUSTIC OCEAN

Chimes of the Spirit
www.acousticoceanmusic.com

Celtic harpist Peggy Morgan who perform and record collectively as Acoustic Ocean, have released their third album of soothing instrumental music, entitled *Chimes of the Spirit*. Their sound reflects the musical and healing arts backgrounds of the artists, as well as the beauty of the Hawaiian Islands, which

helped inspire the music. Both are talented multi-instrumentalists. Although the Celtic Harp is Peggy's main instrument on the album, she also performs on rhythm guitar, piano, Tibetan singing bowls, and vocals. Bette's talents, in addition to acoustic guitar, extend to fretless bass, electric guitar, penny-whistles, mandolin, Wavedrum, hammered dulcimer, chimes, keyboard (Uilleann pipes & clarinet), and vocals. They are also joined on several songs by Kay Aldrich on cello and Anne Berliner on flute.

Acoustic Ocean's music expresses a spectrum of feelings and moods, from light and lively, to wistful and reflective, and beyond. I appreciate how much Peggy and Bette infuse their healing influence and intention into the music. A peaceful, yet uplifting energy pervades, bringing a wave of Aloha spirit to the shores of the listener.

MIRABAI CEIBA

Between The Shores of Our Souls
<http://www.mirabaiceiba.com/>

Described as "a beautiful blend of Kundalini Yoga mantra, sacred chants and world music," the sound of Mirabai Ceiba is a uniquely cross-cultural experience. The group's name is a blend of Mirabai, the 14th Century Hindu devotional singer, and the Ceiba, a sacred tree of Latin America. Their latest album, *Between The Shores Of Our Souls*, also includes inspirational lyrics based on the poetry of Rumi and Kahlil Gibran. The album's subtitle, "Songs of Love and Longing," bears witness to the focus of their cre-

ative endeavors. It also expresses the energy resonating between the two principle people in the group, Angelika Baumbach and Markus Sieber, a couple from different worlds, he is from East Germany and she from Mexico, brought together by fate.

The vocal synergy of Markus and Angelika is breathtaking. In addition to Angelika's ethereal vocals, harp, piano, harmonium, and singing bowls, blending with the equally-haunting vocals and guitar of Markus, the duo has surrounded themselves with a stellar cast of world-renowned musicians on a variety of instruments, who make these luminous compositions shine even more brightly.

The music of Mirabai Ceiba is enchanting, and I genuinely enjoyed every song on the album.

PETER KATER

Light Body
www.peterkater.com

In an illustrious career spanning three decades, multi-platinum selling pianist, composer, and producer Peter Kater is not one to rest on his laurels. While he has had many albums of music designed to uplift the spirit, in my opinion, *Light Body* is the pinnacle of his healing music recordings. Peter, who plays synthesizers as well as piano is skillfully and tastefully accompanied by Grammy Award winner Paul McCandless on saxophones, oboe, English horn, and penny whistle. Paul is known as a member of The Paul Winter Consort. Also featured are the exquisitely ethereal wordless

vocals of Tricia Bowden, who also served as executive producer of the CD. The music is based on the 7 chakras or energy centers of the body, with each having its own distinct sound and vibe, corresponding to the specific qualities of the chakra, as described in the liner notes.

I was pleasantly surprised at how atmospheric the music is, and I was entranced from the very beginning, listening to the entire album nonstop on headphones. I especially appreciated the masterful way that the synthesizers, horn parts, and angelic vocals were blended to create a unified field of sound for Peter's exquisite piano melodies to dance upon.

MICHAEL BRANT DEMARIA

The Maiden Of Stonehenge
www.ontos.org/

From the earthy ambience of his "Gaia" CD to the ethereal electronic explorations of his recent album "Bindu," Michael Brant DeMaria never fails to surprise and delight. His newest release, "The Maiden of Stonehenge," follows a change of direction and charts a course for the Celtic Isles. The CD is the soundtrack from a play by the same name produced by Michael and Stephen C. Lott. The liner notes also trace the story line for each song. It has been described as: "a moving musical odyssey that portrays the riveting story of a young girl coming of age in ancient Britain."

(Continued on page 35)

We hide ourselves in our
music to reveal ourselves.

— Jim Morrison



Believe

by 2002

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BOOK Reviews

By Sonia von Matt Stoddard



THE HEALING POWER OF THE SACRED WOMAN

Health, Creativity, and Fertility for the Soul

By Christine R. Page, M.D.

From recognizing the fundaments of who we are, to meeting our ancestral grandmothers and listening to the wisdom of our bodies, this book will help women to reconnect with their roots, identify suppressed feelings, heal wounds and heal our inner selves so we can be even better women to others.

Deep healing begins when we agree to be true to ourselves and realize we have the power and choice to change and recreate our own circumstances. Harnessing negative emotions and nurturing positive ones can be a first step towards adjustments in our lives, bringing us closer to fulfillment, both on a spiritual and physical level.

Filled with practical analogies, you will explore the depth of emotions and perceptions and learn to reconnect by examining the ancient, historic and proven examples throughout the ages.

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

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Bridging the Gap Between Western and Eastern Medicine

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By empowering women to consider several treatment options, they are encouraged to recognize and overcome health disorders that may not be even identified or misunderstood.

This ambitious book covers all aspects of TCM, in a language that is easily understood, even for those who find medical terms a challenge. Discussed are vital substances, like the Qi and blood, acupuncture (as well as

what to expect during a visit) menstrual irregularities, fertility and pregnancy. Illustrations and charts are provided for all the major systems of the body, including some statistics, studies and a complete glossary of all the terms/issues discussed.

Self-Published by the author, this book is available at your local bookstore or www.orangecountyacupuncture.com

THE LAW OF DIVINE COMPENSATION

On Work, Money and Miracles

By Marianne Williamson

There are numerous reasons why successful people flourish. When we lack faith in ourselves in a financial context, we create and perpetuate the negative circumstances that we hope to avoid. Conversely, if we have faith in what can go right in our financial lives, we are able to receive miracles. Every thought is a cause that produces an effect. Our ability to think about something in a different way, gives that idea the power to create something magical.

Successful people often carry with them an optimistic aura of destiny. This book is about attaining that "something else" that will align you with the positive side of the universe. By putting love first as an intention, we learn who we are and we believe that we are entitled to miracles. Positivity breeds upon

itself thereby allowing us to create wealth and work miracles.

Published by Harper One, this book is available at your local bookstore or www.harpercollins.com

THE MAGICAL PATH

Creating the Life of Your Dreams and a World That Works for All

By Marc Allen

Would you like to know how to easily create immediate magic in your life? Simply start with the thought of what would be magic for you, and watch it grow into reality. This is a course in real magic! Called many things, the process of creation isn't truly understood, but it can be consciously set into motion. Also, every ailment and affliction that we might have can be properly controlled through the force of life, if we learn to harness our dreams and imagination and ask for those gifts we desire.

The author shares with us the essence of his knowledge toward attainment of life's ultimate rewards. He discusses our vast capacity for imagination, prayers, realization of our dreams and how to create our own special world, through exercises, repetition, meditation, mantras, intentions, words and dreams.

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

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This book is meant to be a key to a new chapter in our human experience that includes the realization of trade, travel and conflict in our regions of space, the birth and death of civilization across the stars, as well as a greater plan and purpose over spiritual life in all galaxies.

(Continued on page 35)

Primal Cuisine
Cooking for the Paleo Diet
PAULI HALSTEAD
Foreword by Nora Gedgaudas, author of *Primal Body, Primal Mind*

This companion to *Primal Body, Primal Mind* provides 150 budget-conscious paleo recipes for every meal of the day and shows that the foods of our ancestors—wild fish, grass-fed meats, and organic vegetables, nuts, and berries—are still the best choice for physical and mental health.

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MUSIC & MEDIA Reviews

(Continued from page 33)

As an instrumentalist, Michael is well known for his native flute and woodwind artistry. On this CD, he ventures into Celtic realms with the Low-D whistle and Hi-D whistle, as well as playing exotic wind instruments like the Fajara, Soljeflute, and Ultra Low G Drone flute. Michael also performs on various percussion, voice, piano, and synthesizers. Maggie Crain, a young vocalist with a hauntingly beautiful voice, provides a distinctive addition to Michael's sound on two songs. She was also the lead in the play. Listeners will experience an uplifting fantasy journey in the melodic world of "The Maiden Of Stonehenge."

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

BOOK Reviews

(Continued from page 34)

We are introduced to a concept of the Greater Community of intelligent life in the universe, the notion of visitation by other galactic races, the limitations of space travel, and the concept that we're not productive in engaging with other nations, but perhaps we could be, if we engage the possibility of our evolution in space.

Published by New Knowledge Library, this book is available at your local bookstore or www.newmessage.org

KID'S Reviews

By Lyda Whiting

RANGOLI: AN INDIAN ART ACTIVITY BOOK

Written by Suma O'Farrell, Photographs by Jessica Hamm, Kira McConnell, and others

Learn a fun and different way of drawing! Try rangoli, a flexible and different technique to draw all kinds of things. The book leads kids through some simple techniques using a grid of dots as a starting point. There are illustrations on every page, showing how to use straight and curving lines to connect the dots or go around the dots. Using the ideas and pictures as inspiration, kids can create almost anything.

Rangoli is a popular art form in India, often drawn on the ground with chalk or colored powders. This creative book includes drawn illustrations with colorful pictures of all kinds of rangoli designs.

This book will spark imaginations, because it encourages experimentation, not repetition. And because it is spiral-bound, the book will stay open to any page. For ages 9 and up.

Published by Mazaa LLC, this book is available at your local bookstore.

WHERE DO MISSING THINGS GO?

Written by Cynthia Drew, Illustrated by Bill LaRocque

What is wrong in Itza-Mine Woods? Things are vanishing all over the place. The animals all want to know — what made their things go? Did the key sneak away to fish? Did the tissues fly off on wings? Are the pens on the

roof? Does the washing machine eat socks?

Porter the fox advises the other animals to handle their things with care, to put them down in the right place so they will be there later. While the animals cheer, Porter realizes — he has lost his sunglasses! His friends search with him, and they all learn that friendship is something that can never be lost.

This funny rhyming book is easy for young readers. It is filled with colorful drawings of these endearing and forgetful forest animals. For ages 4 and up.

Published by Legacy Book Publishing, this book is available at your local bookstore.

KATHRYN THE GRAPE: JUST LIKE MAGIC

Written by Kathryn Cloward and Jody Duhamel, Illustrated by Christine Winscott

Meet Kathryn, nicknamed Kathryn the Grape because she loves purple and wears it all the time. Kathryn's best friend is a magical butterfly who gave her a magic wand. Kathryn uses her wand to banish monsters under her bed. She uses it to make her nervousness disappear on her first day at a new school.

But she can't turn her older brothers into toads, no matter how mad she gets at them. She can only do good things with her magic, like noticing the sadness of a boy sitting by himself in the cafeteria and going over to make friends.

Children will feel at home

with Kathryn and her real-life adventures. Parents will appreciate the message of the book: magic lives inside us all. For ages 3 to 6.

Published by Kandon Publishing, this book is available at your local bookstore.

BELIEVE! KATHRYN THE GRAPE SONGS FOR KIDS OF ALL AGES

Lyrics by Kathryn Cloward and Astra Kelly, Music by Astra Kelly

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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

Please see her article in this issue.

REFLEXIONS BELFEXIONWZ

By Robert Ross



on The Former Yugoslavia

In 1965, with a rucksack on my back, I walked across the border from Trieste, Italy, into the former country of Yugoslavia, a decision I later regretted. The plan was to hitchhike down through Yugoslavia to Greece. It was a journey that I still think back on . . . standing for hours on end, trying to hitch a ride, to no avail, sleeping on the metal floors between train cars (because there was no room, not even on the floors of the passenger cars), walking into the village of Skopje, famished, only to find the shelves bare, save for a few small bread rolls in the "market." This was President Tito's Socialist Federal Republic of Yugoslavia. It was considered part of the eastern European block, aligned with Russia, but it wasn't as hardcore as the other Iron Curtain countries, it was . . . communist-lite.

Fast forward to my return in October 2012; Yugoslavia had broken up into six nations during the 1990's . . . and things were different now, dramatically different. Those distant memories of an impoverished undeveloped region would soon be dispelled.

Our tour group — Grand Circle Travel — met in Dubrovnik, Croatia. We had 34 participants. The majority were retired, from

all over the U.S. For two weeks we would be experiencing the sights, sounds, and taste the ethnic cuisines of Croatia, Montenegro, Bosnia/Herzegovina and Slovenia. This area, along with Serbia, Bulgaria, Albania and Greece is often referred to as the Balkans or the Balkan peninsula.

The hotels were 4-Star, and we had the same tour guide and driver throughout the trip.

BEAUTY & THE BEAST

The United Nations awarded the title of UNESCO World Heritage Sites to four locations on our itinerary: Dubrovnik's Old City (Croatia), Mostar (Bosnia/Herzegovina), Kotor Bay (Montenegro) and the Diocletian Palace in Split (Croatia). Charming, beautiful, historic, pick your adjective, they all fall short of the actual experience of these sites.

Our tour would also take us along the Dalmatian coastline, where the deep blue Adriatic sea hugged its rugged shoreline. In Slovenia, we would visit a pristine lake setting with the Julian Alps as a backdrop. We would learn a bit of history and walk through palaces built by the ancient Romans. Along our journey, we saw that many villages and towns had been restored to their former splendor. Everywhere we went, it could only be described as an oil painter's dream, all quite beautiful. This is the "Beauty" of the Beauty & the Beast analogy.

But . . . there is a Beast, too. To discuss Croatia, Bosnia or Serbia, for example, is to examine war. The first Balkan war in 1912 was an attempt (successful) to wrestle control from the Ottomans. Then, the assassination

of Archduke Franz Ferdinand in 1914 in Sarajevo, Bosnia, was the flash point for World War I. WWII saw vast areas of the region occupied by Germany and Italy. More recently, in 1991, the conflict between ethnic groups was so brutal, it eventually involved NATO. Trials are currently being held in the Hague to determine the guilt or innocence of the warring parties.

On our excursion, we drove past a still uncleared mine field (with warning signs posted) and viewed more than a few bullet-riddled buildings. Do a little probing of those who lived through that period and it becomes clear that emotions are still raw for many. War, mine fields, potential flash points, ethnic conflicts — some dating back hundreds of years . . . this is the Beast.

A (NOT SO) SHORT HISTORY

One of the recommended readings from Grand Circle Travel was *The Balkans: A Short History* by Mark Mazower. Short History? Ah . . . there is no short history, no brief history, no Cliff Notes history, no thumb-nail sketch history to the Balkans. The history of the area can only be described as lengthy, incredibly complex and confusing. And just when you think you have an understanding, someone will mention the Russian connection with the Serbs, or the Bosnia Croats versus the Croats from Croatia, or the Orthodox Christians versus the Roman Catholic Christians, or the Islamic Serbs versus . . . or the Ottoman influence, or the Austro-Hungarian empire, and . . . it's head-scratching time again.

The Balkans have been a gateway to and from the middle east for thousands of years. But it wasn't until the 14th century that an invading army from the middle east officially moved into the area. It was the Turkish Ottomans, bringing with them a religion (Islam), language and culture. They were well entrenched until . . . to the

north, the Austro-Hungarian empire was formed in the 1860s. By the 1870s the Austro-Hungarian empire had occupied Bosnia/Herzegovina. As a result, turf wars ensued (and still do). This was one of many ethnic divides that confront the Balkans.

Today, the most noticeable tensions are in Bosnia/Herzegovina. For example, within Bosnia is the independent Republic of Srpska. An area carved out of Bosnia in the 1990s, made up predominantly of Serbs. But ask anyone in Bosnia (including our tour guide) about this independent republic called Srpska and they'll say flat out "*it ain't gonna work!*" Is this the next flash point?

And so goes the Balkans.

Our trip to the Balkans will linger with me for many years. This is an area that I once visited as a young adventurer. So it was eye opening to see how things had changed, developed and modernized, and yet with all of its beauty and charm, there are issues still unresolved. Issues that may never be resolved. Winston Churchill captured the enormity of it all when he said: "*The Balkans produce more history than they can consume.*"

Robert Ross can be reached by e-mail at: SanDiegoRoss@Yahoo.com



Ingrid and Bob at Lake Bled, Slovenia

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Musings

By Mystic Trish®

Uppity Women

So who is the archetype that is rising?

Who is she that calls in the deep night?

We have long heard that the feminine was rising but what does that mean exactly?

Is she going to match our idea of feminine beauty?

When we think of the feminine rising she may not be the vision we had in mind. I'm sure many of us think of the loving peaceful mother image when we think of the feminine rising. We forget that there is a dark mother that will rise as well. We have heard of her throughout our history.

She may not be the prettiest image of the sacred feminine rising but she says she is necessary and she is rising for all of us — every culture, every religion, every country. The women warriors are coming forward. It feels like a great battle for truth and equality for everyone. Not light and dark or good and evil, those things are subjective and open for interpretation, but truth and equality for both men and women.

There is a quicksilver flash of energy that is rising and it will not be denied. She is the Sacred feminine. She is the rising young warrior queen that the world is not expecting. She is Themis, Lady Justice blind-folded raising her sword. Blind-folded so she is more truthful in her actions and makes less subjective and emotional decisions.

She is the Goddess Maat who will weigh the souls of the departed to see if there is any light in the soul worth saving, both judge and jury. She is the black pillar in the tree of life, Boaz. She is the embodiment of the righteous rage that we all feel about the injustices of the world. She is Joan or Arc. She is Athena. She is Freya. She is the Morrigan. She is Boudica, Celtic

Queen who routed the Romans from London.

She is a young woman who has joined the military, who wants to be treated as an equal to the men she fights alongside of. Recently a group of young women, all of them serving in the military, filed a lawsuit against the Pentagon challenging the ban on women serving in combat. These women put their lives on the line everyday and are not allowed to move forward in their career simply because they are women. Talk about a glass ceiling. I think she needs a Bunker Buster.

Israel has always had women in their military, The Israeli Defense Forces. It is mandatory; Israeli is the only country in the world where this is so. Can you imagine if all countries had this as mandatory? What would that do for us as a species?

We assume that it is just men fighting in the Middle East. But the Arab spring has had just as many young women as men fighting for what they believe. Whether armed with a camera, a gun or just schoolbooks, they are fighting for their freedoms and their rights as well as their country's Hebrew; Muslim, and Christian histories all have female warriors. This is not a new idea. There have been women warriors from ancient times to modern times. This should not be shocking.

There are the Amazons in ancient Greek legend. Actually those Amazons were from the area now known as the Ukraine, but it was the Greeks who wrote about them so we have that association. And of course the Greeks had Athena, born fully formed and armed from her father's head. She is a warrior goddess who is accompanied by Nike Goddess of victory.

In every culture and every ancient period there are stories

of women taking up arms. Most often it was in defense of their families and lands from invading armies. Women don't usually just go to war just to fight, they usually have a reason.

But if you look to the classical goddesses you will see that quite a few are goddess of war. Freya was a Norse goddess of war and fertility — flip sides of the same coin. The Norse also had the Shield maidens, young women, who if not married and busy with domestic responsibility, could go off to war with the men if they wanted.

Egypt had Sekhmet, a lion headed goddess who was so angry with humanity she set about destroying it and could only be sedated with 7,000 vats of beer.

I wonder what the people did to make her so upset?

These are the Uppity Goddesses/Women history could not keep down. These are the ones who would not submit to the rules. History is filled with these women.

And it feels like they have all reincarnated right here, right now to be a part of this amazing step forward for all of humanity. Women of the world, what do you have to say? She is rising because the time has come!

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at Mystictrish@cox.net or at (949) 493-0705.



Voices of Hope

By Audrey Hope

HER MANDATE

How sweet the tale
That restores the land
How profound the words
To herald her revolution.
The goddess returns!!!

Truth sealed in
THE WOMAN'S MANDATE
Her story - not his.
It is a simple re-right, really.

The power is in the telling.
It sparks with electrical
currents

To enlighten her, him- all.

O Goddess Queen,
Hear ye, with trumpets
resounding...

Know who you are –
You are the fire, the battery, the
sun,

The lighter of lights,
Making everything – more.

But they stole your story,
Cast out your throne.
With deadly pen, silent sword-
They cut out your soul.

Till now!
Undone. Unbelieved.
Restored.

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

THE WOMAN'S MANDATE
In the name of the Goddess
fire,
In Feminine Decree,
I (your name) hereby
command,
To take back my ancient power.
I am the Warriress, Angel and
Queen,
The healer of the world,
The balancer of the age.
And now with magic scepter in
hand,
I vow to love myself for always.
I will never again ask for
permission to take back my
throne.
I wait on nothing.
I reach for no one.
I fear not.
I am a Triumphant Woman,
Resurrected, Transformed,
By a self-love that can never
be stolen,
By anyone, by anything, ever
again.
So help me god.
Amen. So it is. So mote it be.
A declaration signed by (your
name).



Feng Shui Concepts

By Jenny T. Liu, M.A.

Feng Shui 2013 Centers of Compassion

Wisdom gathered from the *I-Ching* (Book of Changes) and the Flying Star charts indicates that the Year of the Water Snake 2013 will test the compassion of humanity.

According to the *I-Ching*, the 2013 Snake Year is associated to the *wei ji* hexagram, which indicates a "lack of support," such as insufficient financial resources. In the 2013 Flying Star chart, the menacing energies of Star 5 appear in the center. This portends disease, irrational behavior, acts of desperation, an increase of predators, and challenges of natural forces.

In the face of these hardships it is necessary to act from a place of compassion rather than frustration. Everything happens for

a reason, and in every crisis it is with compassion for ourselves, each other, our leaders, and our natural resources, that we will heal and evolve.

It is important to realize that energy is cyclical. We are currently at the midpoint of a 20-year cycle, and often things get worse before they get better. Awareness of these energy cycles allows us to mindfully prepare by making harmonizing annual feng shui adjustments to our homes and offices.

You can help neutralize the Star 5 energy in the center sectors of your home and office by removing broken or negative items, donating unused articles, and recycling reusable materials. In 2013, it is also vital to adjust

the energy in public environments such as schools, common arenas, and city centers (particularly capitols) to emphasize community, support, and compassion.

If you are involved with public buildings and spaces, encourage a similar activity and eliminate negativity like graffiti, vandalism, dark areas, pollution, wastefulness, and trash.

In the human body, the center is associated to the heart, so clearing the center sector of your home also welcomes openness and a positive energy flow in your heart area. When your heart is light, you are more inclined to be happy, peaceful, and content. You are not held back and you recognize your true priorities.

Creating a positive flow of energy in your heart requires compassion for yourself as well as others. When you view life with compassion, you find there is no "good" or "bad." Actions and outcomes are simply an exchange of energy. At any given moment you are exchanging energy by either receiving or giving in some form. Just like breathing requires inhaling and exhaling, one aspect of a cycle cannot exist without the other.

Knowing when and how much to give or receive is living with understanding and compassion. Giving too much can create waste, and receiving too little can be as ineffective as receiving nothing at all. A lopsided energy exchange upsets balance and wreaks havoc.

People with a serious illness who treat their disease as a message to reflect upon and learn from tend to heal more thoroughly, for they work *with* themselves rather than fight against the disease. Self-compassion often allows the dis-ease to return to a state of ease and balance because negativity is eliminated, allowing blockages to dissolve. Often, a person will not heal until the underlying cause of their imbalance is resolved.

The Chi Art accompanying this article, *Quan Yin Protects You*, is a vision of Quan Yin — the goddess of compassion, mercy, and benevolence. These feminine *yin* qualities are symbolized as a female form, which represents the

unconditional maternal love, patience, and nurturing that fosters human growth and evolution.

Quan Yin's compassion is overflowing, depicted by her large golden aura from which many powerful mantras and blessings radiate. The mantras address the spectrum of human conditions — from releasing suffering, karmic debts, jealousy, conflicts, and illness to enhancing mind focus, promoting career, using good judgment, maintaining reputation, and balancing relationships. By placing this visual Chi Art



meditation in the center of your home, Quan Yin imparts to you the importance and power of compassion.

The emotions within your heart are responses that guide the mental decisions you make in your life. I believe true compassion is the ability to see and act with a heart that flows with positive energy. Interestingly, "compassion" contains the word "compass." Like the magnetic needle in a compass that unwaveringly points north, your heart acts like the magnetic needle in the body's compass, pointing your mind toward compassion. It is important to listen and act accordingly. Life on earth is a lesson in compassion and until we learn it, we are bound to recreate and repeat our lessons.

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



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By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

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

Presently answering the question:

"Why do TV sitcoms frequently portray so-called 'elderly' people as being grumpy and resentful, and how can we overcome the negative influences of being perceived like that?"

Dear Readers,

First of all, I will begin my response to that question by quoting the author and actress, Joan Collins, the outspoken, anti-ageism activist who, during a televised interview, said this:

"Despite the notion that so-called 'old folks' are, for the most part, ill-tempered 'fuddy-duddies,' the way I see it is this: no matter what your age is, the only time you are fully dressed is when, along with your clothes, you also wear a smile."

Yes indeed, I totally agree with that delightful piece of advice, especially since I've discovered that a smile, if emanated at the start of my day, is more ((positively energizing)) than the caffeine in a cup of coffee or tea.

But of course, a little smile doesn't make the world go round, but maybe it can make the ride more enjoyable, along with helping to quell the unhealthy effects of {chronic depression}.

As I increasingly realize that one's outward appearance, more than anything else, is a perception-based vision — a mental projection that can quickly shift from one (situations-caused) look to another, depending on what thoughts are entering our minds.

Thus by realizing the powerful effects of what we focus on,

[inner-resentment] can, quite effectively, be quelled by limiting our exposure to news broadcasts about death and destruction, all of which involve very saddening, basically useless information.

However, the process of transcending [gloom-and-doom] programming is much more complex than minimizing one's intake of bad news, especially in light of this significant fact:

"Extensive studies reveal that the most illness-producing influence is steadily ongoing anger, an extremely health-endangering attitude that, for various reasons, gets habitually disregarded as being merely a so-called hot temper."

Therefore, to justifiably subdue emotional explosions, keep in mind that they are {{blood-pressure-raising}} reactions, whereby you vastly increase your chances of inducing a heart attack or stroke.

For just as the great Buddha said: "Holding onto anger is like drinking poison, and then expecting it to do no damage to your body."

But even if it makes you feel slightly "weak" to let go of resentment, according to worldwide research, by duly releasing [long-held grudges] the likelihood of enjoying a healthy and happy, productive life is greatly enlarged.

Although mostly due to so-called "cultural" influences, developing a pleasantly positive attitude is widely seen as "unmanly," a belief that, to a large extent, stems from the perception that men are the "traditionally" grim, "nose-to-the-grindstone" providers.

But as to the so-called "superiority" of "manly toughness," according to global statistics, the average lifespan of women is several years longer than it is for men, mainly because women

tend to pay much closer attention to their bodies.

Nevertheless, regardless of one's gender, to transcend the notion that, as we age, we get more and more "over the hill," I believe that getting over so-called "hills" helps us to build up momentum, whereby we can ((joyfully)) overcome one (physical test) "hill" after another.

Yes indeed, nothing compares to the vital ability of activating ((self-curing, physical renewal)), a crucial endowment that, as we grow older and (hopefully) wiser, increasingly reminds us of this prominent fact:

What we (whisper) to ourselves is, in the long run, far more therapeutic than what we say out loud.

And by realizing that, especially during this "senior citizen" phase of my life, I find that most of my beneficial pleasure comes from the learning process, a relatively ((infinite)) dimension of awareness that I call:

((SELF-DESIGNED TIME))

The main objective of this mode of thinking is, quite essentially, allowing ourselves more time to consider the powerful influences of negative energy,

{{thought-waves}} on one's body. And by doing that, the more we will realize the need for truly comprehensive, drug-free methods to subdue {heart-attack-causing}, unvented anger, surely an important facet of healthcare that should not be overlooked.

Thus with that suggestion said (and hopefully utilized), I will now wrap-up this article with a verse from one of my songs — a message that focuses on what is probably the most effectively life-saving, ((rage-reliever)) of all — the eminent process that is simply called:

FORGIVENESS

If you learn to let grudges be duly **released**—
Your mind and body will be **blest with peace**—
Enabling you to spark-up your self-healing ((might))—
Soothing away tension with your ((curative light))—
Arousing your wellness with ((**POSITIVITY**))—
Keeping you aimed at your **BEST ((DESTINY))**....

Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing him at jesseisforreal@yahoo.com



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Women's Love for Animals

By Allen and Linda Anderson

When we wrote *Dogs and the Women Who Love Them*, radio hosts we interviewed with for the book questioned us. "Why write a book only about women and dogs? Men love dogs too?"

Yes, it's true, both men and women love dogs and other animals. But the animals seem to read the difference in human gender and act accordingly. Our cocker spaniel Leaf goes all-boy with Allen, bringing a bouncy ball for him to throw and dropping it at his feet. He tends to cuddle and kiss more with Linda. Leaf gravitates toward men on our walks and approaches them with his head held high and a swagger in his step.

Our bird seems to register male and female differences too. Everyday one of us carries our beautiful yellow cockatiel Sunshine from his cage to the fireplace mantel in the living room. Two windows are on either side of the mantel. Sunshine likes to run back and forth from one to

the other to take a closer look at the world outside his home.

One morning Linda carried Sunshine on her index finger to return him to his cage. She always whistles to him as part of their morning ritual and makes up new melodies. He listens and apparently takes them into his magnificent birdbrain. On the next day, he sings the composition back to Linda with variations that make it uniquely his own.

On this morning, Linda whistled a few notes to Sunshine, and he responded by flapping his wings in tune to the music's beat. They kept up this dance all the way from the mantel to his cage with Linda repeating the tune and Sunshine dancing to it.

Sunshine has never danced with Allen. Male-female? Who knows?

CAROLINE'S BEAU MAKES A DIFFERENCE

Caroline Loevner and Beau, her three-year-old Siberian husky, have been Pet Partners through Delta Society since 2009. This golden team of rescued dog and the woman who loves him shared the story below with our Angel Animals Story of the Week newsletter readers.

"After my husky Nikki became sick with Cushing disease, a degenerative disk condition, he was very weak. We went to the vet three times a week for numerous treatments. Whether he was having blood work to check his cortisol level or acupuncture or physical therapy for his back and neck, Nikki always had a smile on his face. Then one day, it happened; we awoke, and Nikki was no longer Nikki.

"This special dog was sixteen when he passed. I thought I would never be the same. The house was so lonely. My life was

incomplete. I had dedicated myself to caring for Nikki. Now, I wasn't sure what my purpose was in life.

"Then Beau came along two weeks later. He was a rescue from MaPaw Siberian Husky Rescue. I took him to my veterinarian. He was amazed by Beau's temperament and thought that I should do research on therapy animal work. At the time, I didn't know anything about therapy animals.

"We met the amazing Michele Siegel, a Delta Society licensed Pet Partners Team Instructor and Evaluator here in New York City. We took the training class, were evaluated, and became a Pet Partners team.

"Beau and I make weekly Sunday visits at Rivington House, which is a 24-hour care facility for AIDS patients. We visit Ronald McDonald House on Friday evenings. We also do special work with treatment programs for patients with substance abuse issues, events with the Best Friends Animal Society, New Alternatives for Children Kids Olympics, and our reading programs for children who have difficulty reading aloud. We also work with women who are mentally ill and homeless.

"The bond a human and an animal can have is truly amazing. Beau has taught me what it is to have emotions. What it is to be human.

"Each week, when we approach a facility, Beau amazes me with his power. He is sincere and compassionate; he gives me courage. He knows how each patient feels and when one needs an extra pick me up. He senses the right time to cuddle when someone is down.

"Beau is truly a special dog. He has given a stroke patient the power to speak. The patient is now able to say Beau's name.



Our furry friends really do have the power to heal.

"Through our visits, Beau has taught me what is truly important. My whole life is now put in a different perspective. Helping others is what matters. Making just one person's day happier is what matters.

"Beau has taught me who I am. I now want to pursue a career helping others and making a difference. I truly believe if it weren't for Beau and our volunteering; finding out who I am and learning about life wouldn't have happened.

"When we leave a facility, the patients always thank Beau and me for visiting. I reply, "No, thank you for allowing us to visit you." Our visits are not just therapeutic for the patients, but also for Beau and me. Beau loves to work, and sharing a smile definitely is his calling.

"Nikki taught me about the love an animal can give. Beau has reinforced that love. If it weren't for Nikki, I don't think I would have Beau. If it weren't for Beau, my life wouldn't have changed. He has helped me to discover and understand the person I really am and why I was brought on this earth.

"I often tell Michele that she and Delta Society have changed my life. It's so hard to explain how fulfilled I feel with the work Beau and I do. Words can't express it."

Is there an Angel Animal who will change your life if you listen to his or her sweet whisperings of unconditional love?

Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals www.angelanimals.net Find out more about their new book at www.adognamedleaf.com



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Weekly classes on Gnosis offered by AGEAC. In Santa Monica each Thursday, starting January 17th at 6pm and in San Fernando Valley each Wednesday, starting January 16th at 6:30pm. Locations: *Santa Monica, Bay Women Club*, 1210 4th Street and *Mid-Valley Public Library*, 16244 Nordhoff St., North Hills. (818) 614-6700, los_angeles@ageac.org

JANUARY

January 5 — Free Public Lectures on Gnosis. *Entering the Golden Age* 1.30 pm. *Awakening of the Consciousness* 3.30pm Gnosis (Greek: *Knowledge*) is an ancient teaching, representing the synthesis of all main spiritual traditions. Welcome! Mid-Valley Public Library, 16244 Nordhoff St., North Hills. (818) 614-6700, los_angeles@ageac.org

January 8 — Reiki Healing Circle. Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

January 9 — Spiritualist Gathering with Kathleen Vance, Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

January 9 — Free Public Lecture on Gnosis. *Universal Vibration and Chakras* 6.30pm. Welcome! Mid-Valley Public Library, 16244 Nordhoff St., North Hills. (818) 614-6700, los_angeles@ageac.org

January 10 — Free Public Lecture on Gnosis. *Universal Vibration and Chakras* 6pm. Welcome! Santa Monica, Bay Women Club, 1210 4th Street. (818) 614-6700, los_angeles@ageac.org

January 12 — Free Public Lectures on Gnosis. *Entering the Golden Age* 11am. *Awakening of the Consciousness* 1pm. Welcome! Santa Monica, Bay Women Club, 1210 4th Street. (818) 614-6700, los_angeles@ageac.org

January 12 — Kundalini Rising: *An Electric Convergence of Yoga, Live Music and Community*, featuring Snamat Kaur, Gurmukh, Guru Singh, GuruPrem and more! Los Angeles. www.kundalinirisingla.com

January 12, 19, 26 — Creative Writing + Thinking Classes. Be a Rockstar in 2013! This is not your same old writing class. Build your Imagination, Integrate your Logical Left with your Creative Right Brain, Increase your Focus + Memory, Grow your Confidence + Power, Improve Intuition + Decision Making for your Divine Life Purpose, Commit to your Creativity. For Women, Men & mature Teens. No artistic talent needed. Come to one or all classes. Newport Beach Studio. Dr. Miluna, your Magical Muse Coach. (949) 488-0844. \$30/class. <http://MagicalMuseCoach.com>

January 19 — Mandala: Journey of Acceptance. Creative arts workshop, meditation, Dances of Universal Peace. Using drawing and movement, we will create a communal mandala, a symbolic offering of the universe for All. 9:45am-7pm, \$120.00 sliding scale. Tara Sanctuary, 2376 Old Topanga Road, Topanga Canyon. Pavla (424) 200-7997,

pavla.uppal@gmail.com, <http://pavlauppal.blogspot.com>

January 22 — Reiki Healing Circle. Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

January 23 — Spiritualist Gathering with Kathleen Vance, Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

January 24 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

January 25-27 — Akashic Records Practitioner Certification Weekend with Barbara Schiffman, ARCT. Learn to read the Akashic Records for yourself and others with Linda Howe's Pathway Prayer Process. Expand your Soul's evolution and experience powerful Past Life healing processes. Burbank. Call to register at special 2013 rate: (818) 415-3479, www.YourLifeandSoul.com

January 26 — Basic Astrology Class with Sandi Bois. Saturday, 4-6pm, \$40. Class One: The Signs. Fun, hands-on class explores astrology through easy to grasp approach. Designed to give each student insight into their own chart. Mystical Dragon, 570 Grand Avenue, Carlsbad, CA 92008. (760) 720-1986.

FEBRUARY

February 2 — Basic Astrology Class with Sandi Bois. Saturday, 4-6pm \$40. Class Two: The Planets. Explore the meaning of the planets and how they play out in YOUR chart. Mystical Dragon, 570 Grand Avenue, Carlsbad, CA 92008. (760) 720-1986.

February 8-11 — Conscious Life Expo at LAX Hilton in LA. 3-day event featuring over 100 transformational lectures, panels and workshops. Featured speakers include Fran Drescher, "Coast to Coast" George Noory, Lynne McTaggart, Arielle Ford, Eric Pearl, Gregg Braden, Vaishali, Lynne Andrews, John Robbins, and more. Admission: \$25 Advance/\$30 Door. Workshop Prices: \$25-\$75. (800) 367-5777 or www.consciouslifeexpo.com

February 9 — Basic Astrology Class with Sandi Bois. Saturday 4-6 pm \$40. Class Three: The Houses. Learn the meaning of each house and its significance in YOUR chart. Mystical Dragon, 570 Grand Av-

enue, Carlsbad, CA 92008. (760) 720-1986.

February 9, 16, 23 — Creative Writing + Thinking Classes. See listing under January 12, 19, 26.

February 12 — Reiki Healing Circle. Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

February 13 — Spiritualist Gathering with Kathleen Vance, Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

February 21 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

February 22-24 — Raw Living Expo, Hilton Sedona. An Empowerment Weekend Extravaganza focusing on raw foods nutrition, education, motivation and inspiration for a healthier you! Workshops, speakers, discussion groups, professional chef demos, live music, DJ dance parties, Best of Raw Awards & Dinner, exhibitors & sampling. Info & Tickets: RawLivingExpo.com

February 26 — Reiki Healing Circle. Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

February 27 — Spiritualist Gathering with Kathleen Vance, Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

MARCH

March 1-3 — 9th Annual Health Freedom Expo. Recognize these names? Dr. Dean Ornish, Dr. Patch Adams, Dr. Joan Borysenko, George Noory, Aubrey de Grey, Marilu Henner and Dr Michael Greger are just some of the natural health experts you can MEET and HEAR at the Long Beach Convention Center. More info@healthfreedomexpo.com

March 20 — A2ZHEALTHEXPO.COM Weight Loss Success. Now Accepting Inquiries for Exhibitors, Sponsors, Lecturers. Contact Us. (818) 700-0286.

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Cure What Ails You Conference



Friday, March 22nd - Saturday, March 23rd - Sunday, March 24th 2013



The aim of the alive and healthy conference is to provide the public with access to personalized information on natural health, well-being, wholeness of mind, body and spirit. We have tailor made this event with hand picked experts/exhibitors in cutting edge healing techniques including: holistic health, mind, body and spiritual wellness and life management - designed to empower YOU, the individual to help Cure What Ails You!

Ayurveda Lifestyle	Silver Therapeutics
Chinese Medicine	Morning Yoga (Ship Sun deck)
Homeopathy	Practitioners Forum (Sat Night)
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Exhibitors and Speaking Opportunities Available - steve@thebusinessmuse.com

For complete conference schedule visit: www.purplev.com/alivehealthy

Born from this eastern concept that one diagnosis, one diet or one lifestyle will never "cure" all, The Alive and Healthy Conference was created to offer a gamut of personalized natural health and wellness practices, including: Chinese Medicine (Chi Nei Tsang), Ayurveda, Homeopathy, Spiritual Psychology, Raw and Organic Foods, Yoga, Energy Healing, A Healthy Lifestyle Product Exhibition, all addressing specific needs and concerns about being and staying well.



Interactive workshops include raw food benefits, Chi Nei Tsang massage therapy and a how to make natural skin care products from your kitchen demonstration, plus a one-to-one practitioners forum. The Alive and Healthy Conference will gently guide attendees through a variety of wellness practices and holistic health options.

Three day tickets (includes admission to the conference, practitioners forum, raw food and natural skin care demonstrations, morning deck yoga class and panels) \$99.00 in advance.

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* see website for specific line-up at each event

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