

Awareness[®]

Southern California's Guide to Conscious Living

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Flordemayo
Sowing Seeds of Peace

don Miguel Ruiz
Facing Fear the Toltec Way

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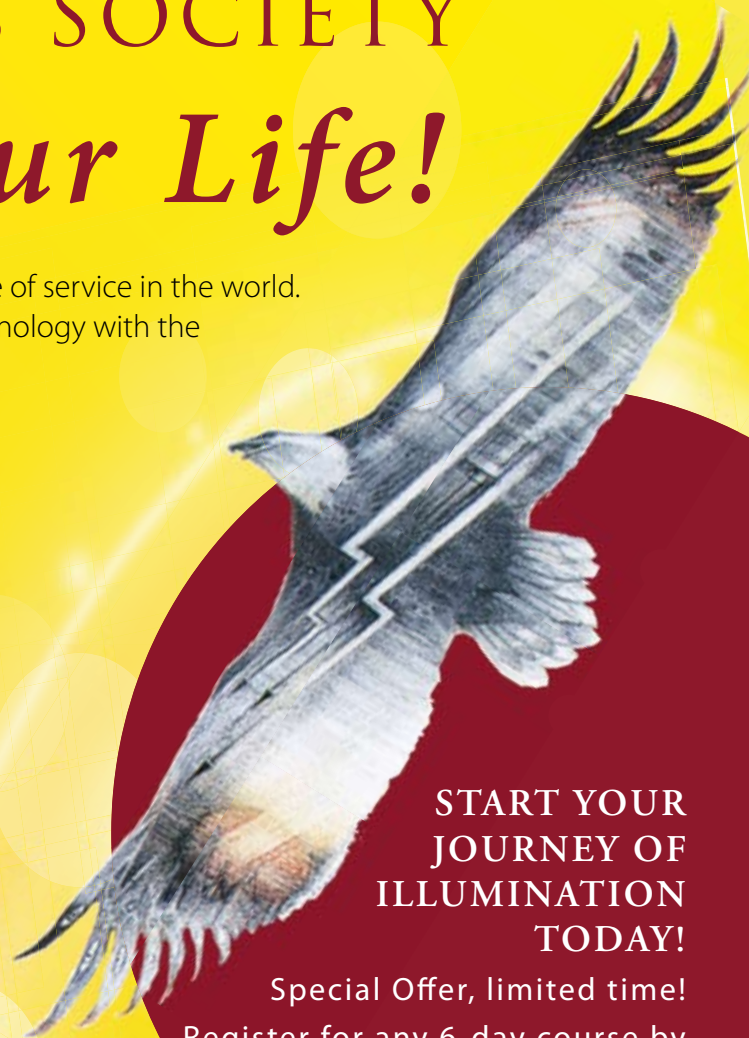
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Photo by Marisol Villanueva



FLORDEMAYO

Sowing Seeds of Peace

By Donna Strong

At age four Flordemayo was recognized as having the gift — of being a seer into other realms of color, light and sound. At this very early age she began her training as a 'Curandera Espiritu' or healer by divine spirit. True to her roots, Flordemayo continues the legacy of her family lineage — being traditional healers. Originally from the highlands of Central America, she now lives in New Mexico.

At sixty-two, she has been a healer of divine spirit through her whole life, giving generously to help others. Flordemayo's considerable contribution has been recognized by the International Congress of Traditional Medicine. She has been the recipient of the prestigious Martin de la Cruz Award for Alternative Healing.

Not one to rest on her laurels, Flordemayo is currently a member of the International Council of 13 Indigenous Grandmothers. This global group formed as an alliance of prayer, education and healing for our Mother Earth. She is a Mayan priestess whose teacher, don Alejandro Oxlej, is the head of the Quiche Maya Council of Elders.

Flordemayo travels widely to speak and offer ceremony at events and conferences around the globe. Most recently, she participated in the Aloha Wisdom Gathering of Elders in Kona, Hawaii, to align with the shift occurring at this pivotal portal of time.

As a traditional healer, she has been teaching people about how to work with the plants for many decades. In recent years, working with seeds has come into major focus. Flordemayo works closely with her two colleagues, Emigdio Ballon, and

Patricio Dominguez of the Institute of Natural and Traditional Knowledge (www.intk.org) to preserve seeds. As a woman who has 'given life' through having been a mother, Flordemayo's role is to take care of the seeds through prayer. Working with spirit and taking action in the

growth. The place where we receive our cosmic inspiration is the East. A seed person plays a role as a cosmic germinator.

Awareness: *Oh, that sounds wonderful!*

Flordemayo: Its significance is about germination, life and creation. It symbolizes abun-



Photo by Marisol Villanueva

world, she continues her potent purpose to germinate a peaceful planet for us all.

Awareness: *I understand that you were born under the Mayan astrology sign for Seed.*

Flordemayo: Yes. It's known as the Q'anil.

Awareness: *Okay, so what does being born under the sign for Seed suggest for someone's life?*

Flordemayo: Well, the cosmic alignment is all about teaching, community, manifesting and growing things — just bringing people into an awareness of

dance and those who take part in harmony. It's the fruit of love and understanding. It also represents creation of the universe and that of the human race. It is the portal of the spiritual seed, meaning constant regeneration. We would be considered planters of life so it includes divine semen and of course, it would be the female cosmic seed.

Awareness: *If that's not fertile I don't know what is!*

Flordemayo: As the planters of life — we're benefactors.

Awareness: *Would you say that this was a very auspicious indication of your work?*

Flordemayo: Well, yes. It seems like my work has been part of this. I come from a family that worships the goddess, and the Q'anil is representative of the goddess of the corn. The goddess takes many manifestations, and she has appeared to me like this 14-foot luminous corn that speaks with a cosmic voice, not a human voice.

She calls me child and daughter, and I just go down on my hands and feet — just hit the ground when she comes. I've seen her materialize three times in my life already. Four years ago, the first time that we had a seed exchange, Emigdio and I were out in the field and he handed me an ear of Hopi blue corn and the corn became animated! It opened up and exposed its little kernels and they were moving and had little smiley faces with little eyes and little mouths.

It was so adorable. I mean, just so adorable. It just took me into absolute tears. I still own that ear of corn and I have her in a very sacred place. I have traveled with the ear of corn all over the world. I have done presentations and blessed people with it. Yeah.

Awareness: *You're very gifted with being able to help people realize that the realm we see with our eyes is not the only one that exists. What is most important for us to realize about being aware through visions?*

Flordemayo: Well, there's one thing that is absolutely imperative with your question. What I see is that as a human race we are always receiving constant, how should I say, callings from our Creator. We're always being touched. There are times that humanity does not respond and open. What I mean by that is to

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Flordemayo...

(Continued from page 5)

open from the heart and allow the beauty of the mystery to enter into our being. We have to allow ourselves to become these vessels of life and to be in constant communion with our Creator.

There are things that the Creator needs to be done on this Earth plane, so we are asked, you know, everybody's being asked at one time or another to do a particular thing that is going to be good for humanity. It's an enhancement of our constant evolution and unfolding in the spiritual sense. Sometimes people will receive these messages and they don't know what to do with them. They have no idea how to proceed. What I have done is take them very seriously, and gone into dialogue with my Creator and say, "All right, I'm just going to go ahead and do it."

There are times that you don't know how it's going to get done. You know, I don't have the physical strength, I don't have the mind, I'm not computer savvy. How am I going to reach people? There are times that we don't know how to just start, but if you are a willing participant, you are meeting the Beloved. I say, "I'm willing to do this, Beloved Creator, just guide me."

The thing about it that we forget is we have to be examples. We have to be walking our talk. We have to be in constant communion with the Creator and just follow our steps. You know, I just spent all morning at the planning and zoning office. Everybody knows what that's like, trying to get something passed by the county or state zoning office. It's a nightmare.

There's so much stuff you've got to know, but somehow we get through and we pray for the people to come into our lives that are going to help. We pray for things that are needed and trust and just keep surrendering and saying, Creator, you know I'm in your hands. I'm here, I'm following everything that you want me to do, I'm open.

That's what I mean by surrendering. In other words, get out of the thinking brain and allow your heart to guide you and allow the magic of what is possible to take place. So things get done and people come and every day I just say, "Beloved Creator I'm doing your work. You know, guide and help me."

That's what I mean by surrendering. I don't mean give up, like the English word says. When we say the word in Spanish it's *entregar*, which means to give ourselves to whatever it is that you are in prayer about at the moment. In other words — I'm not going to struggle with the Beloved.

Awareness: Good idea!

Flordemayo: Yeah. The word means I am here to work with you 100 percent. So throughout my life this is what I do, I manifest things. I'm a good listener, I follow directions and I work really hard pretty much 24/7. I'm not here to question the real mystery, I trust. I constantly trust all the time and that's one of the things that I feel is the strength that comes through personal prayer, just being in sync always with a prayer.

That's not to say, Donna, I'm not a human. You know, I do have a tendency to get cranky and tired. You know, I will let people know how I feel if I see something that is not correct. I'm a living, breathing person that lives both worlds simultaneously. I was born a curandera, this is what I do. All I have to do is close my eyes and I go into the invisible world.

The other thing that I am is a dreamer and a visionary. I am constantly receiving guidance through visions. They're not necessarily for me, they're for humanity and this has been one of my, we call it in Spanish, '*don*,' which translates to a gift that you're born with.

Awareness: I'm smiling at all the beauty of this, including all the humanity that we have to live with, not knowing the outcome but taking steps, while holding trust.

Flordemayo: Yeah... Absolutely.

Awareness: Well, tell me a little bit about the work you are doing with Emigdio. I did read that he had asked you to do some prayer blessing with the seeds.

Flordemayo: Well, three of us, meaning Emigdio, Patricio and myself, we've been working together since '99. We work very hard together. The three of us are people of prayer. Emigdio is the farmer and the agronomist and Patricio does shamanic medicine and a lot of different teachings and drumming.

I always use herbs for my medicine and I have been exporting them from Central America for many years. One time I approached Emigdio to see if he would grow the plants and it's now been about four years he's been growing them for me.

This is the kind of association that we have — we all have our gifts. I'm a woman of prayer and a manifester and a visionary. This is who I am. When the Beloved gives me a task I go with it. One of the visions given to me is the golden child. It was given to me two years ago on March 17th.

In an awakened vision a beautiful holy being came gliding into my room — you could see the movement of his robe and it looked like a cosmic wind was moving it. When I looked at his head, it was just this luminous glow extending out into the room. I'm saying he, but I don't know. The androgynous being had a red robe, like perhaps closest to a Tibetan Buddhist or something like that.

He called me twice and said, "I have a gift for you," and he placed this enormous egg into my hands. The egg looked like it was made out of clay, and I put it on my lap and started a spontaneous mantra. The mantra, 'you are love. There is nothing but love and love is all that there is.' I repeated this for about two hours, moving my hands back and forth, when the vibration of the hands and the prayer started to remove the outer shell of the egg.

As the shell began to fall off the egg I found myself sitting out

in the cosmos and I could see the dust falling into the heavens — down from the heavens and into space. As I looked inside the egg it was crystalline pure white — almost like crystalline snow that started to fall. It felt like stardust falling. As I saw this magic was happening with the egg, I continued to do the extremely rapid mantra, almost beyond the way that a human would speak.

Then I noticed that there was a baby inside the egg and I just broke out crying, "How can this be? I said to my Creator, how can this be?" There was a human baby in the egg and the baby was absolutely perfect. I just praised the baby as I looked at every bit of its little body and I said, "Baby, look at how beautiful and perfect you are!" Then I noticed that the baby was an androgynous little baby.

How perfect is that? I just praised the baby. You know, the beauty of its little hands and arms — everything. The baby's face was a flesh color. On top of the flesh color the baby had gold shimmering skin. It was a golden baby and I called out to the Beloved Mother, "How can this be possible, there's a human with golden skin? How can this be?"

I just cried and cried. Hearing my voice, the baby started wiggling. I said to the baby, "Look at you, you're so, so beautiful!" There were strands of gold in its hair. I was just shouting to the universe "This is a golden baby! The baby responded to my voice and started moving its eyes. Its little eyes were an absolutely beautiful almond-shape. The center of its eyes was midnight blue and the golden baby had little stars that were shining in its eyes.

I let out another shout to the Beloved Creator, "The baby has the universe in its eyes! How can this be?" At that moment I found myself leaving my body, entering the eyes of the baby and traveling into the four directions of the cosmos and then coming back into my body. It was the most incredible vision, one of the most profound that I've had in my life.

(Continued on page 8)

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Flordemayo...

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The thing is, people have been calling me and wondering, 'Who is this golden baby that has appeared in our community?' It represents the peacekeeper and us as humans evolving into the golden children of the future. The baby has asked that when it is seen, we should erect a peace pole and put multiple ribbons on top, rainbow ribbons of all colors representing the nations of the Earth.

At the top of the pole we are to put a golden ribbon, because this is who we are. We're the nation of golden children. So we've been erecting peace poles and I've been telling people that it doesn't matter even if it's a family pole, because if you have peace in your family that's where it starts. You know, we've got to be walking our talk and these poles are here for the children and everybody to go to the pole and release and find peace within their hearts and surrender.

You know, whatever it is that's bothering you, whether it's anger or hatred, whatever it is, surrender it, just let it go and embrace yourself in that peace pole and say, I want to be part of the peace that's coming onto the Earth.

Awareness: How very profound!

Flordemayo: Yeah. I have wanted to be an activist of peace. The other thing that the invisible beings have said to me is that they bring us these tangible things, like the peace pole, as a way to speak to us. Many of us receive things from the invisible realm, whether it's a flower, a rock, a branch, something like that. You know, they're speaking to us and we have to hold these things close to our hearts.

Awareness: So how does the golden child relate to the Sacred Temple of the Seeds?

Flordemayo: Well, the property where I live here in Estancia, the main building is really a very

small hogan under 1,000 feet. I had nothing in there, not even a spoon, and the first thing that I brought in was the image that was painted of the golden child, which is three feet by five feet. Over many days while I was in and out of prayer, it came that this is the temple of the golden child. This is the main house where I am now doing my teachings.

I have an altar there, a staff, and a picture of the baby. I also have acquired a small kind of sculpture of the baby with wings. It's something that children can touch and hold and it becomes tangible to them.

The seed temple came through a vision last year where the Beloved Mother showed me a picture of myself sitting in a rocking chair making bundles and placing seeds in them. The Beloved Mother said, "Make bundles for the children being born and gift these bundles to them. Remind the parents that they are to take care of the seeds the same way that they take care of their children."

I'm introducing the bundles at a conference that we're putting together in Chicago with Anasazi children. The mothers and the group leaders are going to collect flower seeds and put together their own bundles through the instructions that were given to myself and another lady by the name of Diane Henry, who is also a peacekeeper. She and I received this collective vision on how to make the bundles and guide the children on how to make their own.

The Beloved Mother has given me the guidance to bring some fast-growing flower seeds to these inner city children so that they can have their own little gardens, even on a window sill, if that's the space they have, so they can see the growth of beauty. It will remind them that they are living flowers of the Earth and empower them in this way.

For more information on Flordemayo's activities, visit: <http://www.followthegoldenpath.org>

Donna Strong is a writer and a creator. For more information see www.donnastrong.com or <http://spiritsynergy.wordpress.com/>

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Facing Fear the Toltec Way

An Interview with don MIGUEL RUIZ

By Randy Peyser

In *The Four Agreements*, a New York Times bestseller with more than seven million copies sold worldwide, don Miguel Ruiz revealed how a set of four simple rules can help us to align with personal freedom, happiness, and love. ***These Four Agreements are: Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best.***

Recently, don Miguel Ruiz joined his son don Jose Ruiz to bring forth a new book called, *The Fifth Agreement*, which is intended to lead us to a deeper level of awareness of the power of the Self, and to return us to the authenticity that we were born with.

For nearly three decades, don Miguel Ruiz has shared his unique blend of ancient Toltec wisdom and modern-day awareness through workshops and journeys to sacred sites around the world. You can find *The Fifth Agreement* and the other Ruiz titles in bookstores, and through ebook retailers and the ibookstore.

For information about his upcoming journeys to Mexico, an Alaskan cruise, and other workshops, please visit www.MiguelRuiz.com

Randy Peyser: I recently received a surprise cancer diagnosis and had surgery. However, a second surgery may be necessary, and I'm facing many unknowns. It's been challenging to stay out of fear. Can having a better understanding of the Agreements help anyone, like me, who is facing a challenge or an unknown in their lives to stay out of fear?

don Miguel Ruiz: This is very interesting. In 2002, I had a major heart attack. I was in a coma for many weeks. When I came back from the coma, it took 8-1/2 years before I had a heart

transplant. I can understand exactly how you feel, but I was not afraid.

Randy: How is that possible?

Miguel: I was not afraid because I have awareness. In fact

the ICU except for the family.

The first one to see me was my middle son, don Jose, who wrote *The Fifth Agreement*. He was in his early twenties. He came to see me, and he looked

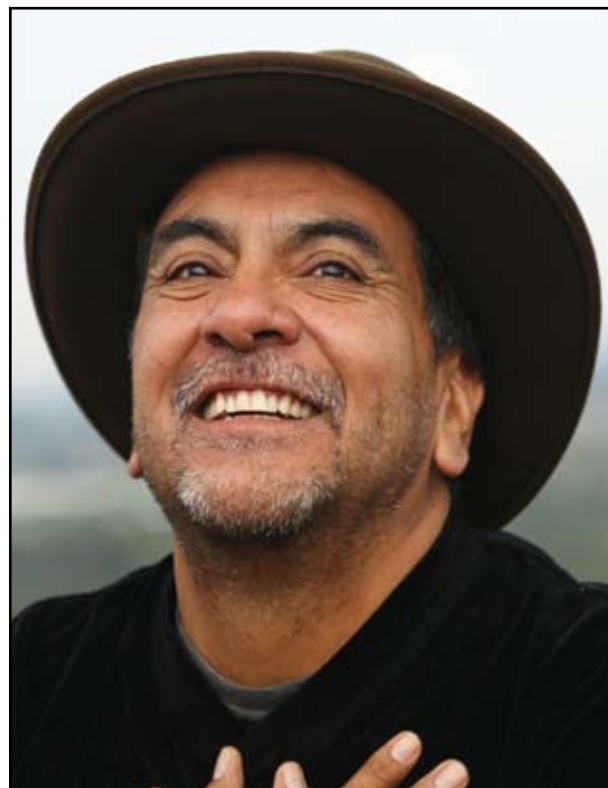


Photo courtesy of Ellen Denuto

it was the opposite. I was excited when I had the heart attack. I thought: Finally, I will experience what death is. Several times, I had near-death experiences, but when I had that strong pain in the chest, I knew that this was it; I knew I was dying. The pain was very strong but the excitement was even stronger. Finally, I could show everyone a better way to let go of everything. I could show a proper way to die.

I called 911 and I called my manager to let everybody know I had a heart attack. I wanted everyone to witness how I would handle everything. However, they wouldn't allow people in

like everything he had ever learned was completely gone from him. He was in tears with a lot of fear. He said, "Please Father, don't die. Don't leave me alone. I need you."

That surprised me because I had taught my children since they were very little. I even sent him to the swamis in India when he was sixteen. He had a lot of knowledge. However, when he came to see me, it was like he'd forgotten everything. I looked directly into his eyes and told him, "Is this the way you are going to celebrate the death of your Father? Get outside and fix yourself. Then come back in because I have

something really important to share with you."

He was shocked by the way I treated him. He went out to think about what I said, and he understood his selfishness. He came back to the room a few minutes later and everything was completely different.

He said, "Oh Father, please forgive me. I didn't notice all my selfishness. I was taking the last moments of your life for my misery. I was using your death to hurt myself when you really want me to be happy. I can see that." He took my hand and said, "I am with you, Father."

Then I started talking to him. I told him to just imagine that, instead of me, that he had had a heart attack because it was his time. I said to him, "Let's imagine that you are dead in the coffin, and you can see the pain of all the people you love — your wife, your mother, your grandmother, and your friends. You can see that their pain is real. They are in pain because they will not see you anymore and they want you to live. Imagine that you have two minutes to talk to them so that you can give them a message. What is the message that you would tell them?"

He said, "I would tell them that I am perfectly fine. I have no pain. I am happy. I understand that everything I did in my life was completely irrelevant. Everything I accumulated, it really was never mine because I cannot take anything with me. Do not use me in order to hurt yourself because I am dead. You guys are alive. So celebrate my death because I am no longer in pain, I have no worries anymore, and I have no more reasons to suffer, no justifications. I am completely free right now."

We are dying all the time.

(Continued on page 10)

don Miguel Ruiz...

(Continued from page 9)

Every time a tree falls over, it is a death. When I finished high school, when I lost a car or a relationship, everything I lost was dying. But every time something died, something new came and replaced it.

Randy: *Do you believe in intuition? I am confused about making assumptions versus following one's intuition.*

Miguel: They are two different things. We make assumptions because we have a language and use words. We make assumptions about whether something is good or bad and then defend our belief systems in that part of our mind that is knowledge. Intuition happens before we create knowledge.

When we are four, five or six, we start creating an identity. It's made of words. We learn the language that our parents speak, that our society speaks. When we are five, six or seven, the knowl-

edge starts speaking with sounds that no one can hear but us, and we call this "thinking." We use thinking — all those words — in order to justify and make interpretations about everything we perceive. This is how we make assumptions.

As we grow older, we can have entire conversations in our heads. We think about something that happened to us and we think about all the things we should do, say, or not allow someone else to do, etc. We shape a whole story. All of this is made by assumptions.

Intuition is always there. Intuition comes directly from our integrity, from what we really are. It's so important to follow our hearts. This is another way to say it.

In your case, it is completely normal to feel fear. The biggest fear of knowledge is the unknown. We have a need to un-

derstand in order to feel safe. If we are afraid, it is because we don't understand. Even if the information is not true, it still makes us feel safe. Hundreds of years ago, to know that the earth was flat made us feel safe. It is normal for you to feel fear because there are so many things that you don't know.

But the biggest unknown is death. "What happens when I die?" When I had that heart attack, I wanted to share with everyone who wanted to listen so I could help them to face the unknown. There is nothing wrong to feel the fear. That's okay. But to have the awareness, face that fear, and overcome the fear of death is the real challenge. Be yourself, be authentic. Enjoy your life. This is our mission — to enjoy life. How to do it? There are 7 billion people and 7 billion different ways — one for every single human. We are unique. There is no one like you. There never was anyone like you and never will be anyone like you. Only we know exactly what makes us happy or unhappy and

what we want or don't want. This is what makes humanity extremely beautiful.

Everything that exists in the universe is perfect. We are all perfect. We say, "I'm human. I'm not perfect. Nobody's perfect." It's the biggest lie. We don't understand our own perfection. But we are perfect. Every atom, electron, particle, and organ is perfect. Imperfection only exists in our knowledge, in our minds. It is what we believe that is imperfect.

Randy: *Illness doesn't feel like perfection.*

Miguel: Of course it's perfection. Everything that is created will end. But new creation is replacing it. There are two things that are true: one is life and the other is death. We know that life is real because we all are alive. We know that death is real because all of us will die. And also, we are alive. That is a fact. Disease is normal. Only our knowledge can say it is not perfect.

Randy: *If everything is irrelevant after we die, what about all the love and the giving we've*

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done in this lifetime? Isn't that relevant?

Miguel: Synonymous with "life" is "love." Love just exists. Truth is also synonymous with love and life. It just exists.

Many people ask me, "What is the opposite of love?" They expect me to say hate or fear. But no — the opposite of love is love itself.

Randy: Can you explain that?

Miguel: Look at yourself in a mirror. Your left hand becomes your right hand. The image in the mirror is the opposite of what you really are. It's the same thing with love. Love just exists. We perceive love and we are a mirror for that love.

We distort love with knowledge. What we think of as love is exactly the opposite of what love really is. What we describe as love is jealousy, possessiveness and controlling others. That creates a lot of drama and emotional pain. We say, "Love hurts." No, it's not that love hurts; it's that image of love that we have in our heads. Real love just exists.

Love exists in gratitude and



don Jose and don Miguel Ruiz.
Photo by Catherine Just.

generosity. That is real love. Real love has no expectations or obligations. It just exists. People don't feel safe to love because we have so many broken hearts. People can say they do things to us for our own good. Then we have to deal with their garbage and their judgments and opinions and we call that love. They try to control us. That is not love.

Randy: Many people are stuck in relationships like the ones you are describing. It seems hard for people to leave those relationships.

Miguel: That is because we grew up surrounded by those kinds of relationships. That is what we have practiced. It's not our fault. We've learned what society has taught us. It's complicated. All of it is in the mind and in the knowledge that we have.

Randy: Can you talk about the Toltecs?

Miguel: I can tell you who the Toltecs are now, since the ancient Toltecs no longer exist. Toltec means artist. We are all the Toltecs; we are the artists. Every human being is an artist because we create all the time. As artists, we see the world in a different way, as a thing of beauty. It takes practice to live that kind of life, the life of an artist.

This is our legacy for all of planet earth, with all humanity. We are unique, but we have similar programs. We complement each other. This humanity is just like an organ for a bigger living thing. We are just one organ of the planet earth. The forest is another one, the ocean is another

one. We all work together. In medicine we call it "the metabolism of the planet earth." We are the earth and the earth is extremely beautiful.

As artists, the biggest creation we make is the story of our lives. The real world is in the truth, in life. Everyone lives in the world in the reality that they create. It is real for them and for nobody else. **The fifth agreement is Be skeptical, but learn to listen.** When we say "be skeptical," we know that we live in the story that we create and everybody lives in the story they create. The truth is the "unstory." Every human has their own truth and that is the reason why we try to make everybody else wrong.

When someone speaks their story, we don't have to believe it. But as we listen to them, we can take from them what can help us, or what we can use to make our world better.

Be skeptical, but learn to listen is the end of the consciousness that exists in our minds. For thousands of years, we have

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




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Ruiz...

(Continued from page 11)

tried to stop that noise in our heads, that dialogue, that thinking. We use mantras, meditation, dancing, and music — anything that really inspires us to stop the mind. The fifth agreement takes you to that point where you are no longer a worrier. You don't have that worry in your mind anymore. Finally, you are at peace. You respect your own story. You respect yourself. You love yourself. You respect everyone else and you help everyone to become free. Nobody is responsible for our creation but us. They are responsible for their creation. We are not responsible for their creation. But we respect the creation that they created.

Randy: *In The Fifth Agreement you mention that we are all messengers.*

Miguel: As humans we are always messengers. Angel means messenger. We are those angels. Our wings are our imagination. Everything that humans create first exists in our imaginations. With action we make things real

and transform what already exists before humanity. All the feelings, cultures, cars, computers, everything. It's in our imagination first and we make it real.

Randy: *How can we use the Agreements to restore the world to balance?*

Miguel: It is happening right now. It's working. The Agreements speak directly to the human integrity. It is exactly the same for every single human. Please help me to change the world. The Planet Earth needs humanity to be aware of the world we each create in our own minds. That is the world that only we can change.

The benefit when you change your world is that you can live in peace, love, and joy. The benefit is not just for you. It's for your friends, your children, your relatives, the community. By changing your world, you are part of the change of all of humanity. Just imagine what would happen if we all changed. How different everything would be.

For more information, please visit www.MiguelRuiz.com

Randy Peyser edits and ghostwrites books and helps people get book deals with literary agents and publishers. www.AuthorOneStop.com

The Prophetic Story Shared by One Indigenous Tribe

By Sue Chehrenegar

As the last decade of the 20th Century came to a close, and the world welcomed the 21st Century, one elementary school teacher in LA County shared with her students a series of facts about the people and animals in the rain forests of South America. She didn't realize that the focus of her classroom presentation allowed her students to learn about a group in which the elders shared the details of an interesting prophecy, one that concerned the period of history in which they were living. That group included all of the indigenous people of the South American Rain Forest.

The calendar used by those forest-dwelling men and women features more than months, years, decades and centuries. It also includes something called a Pachakuri, a period of 500 years. According to that calendar, mankind currently lives at the start of the fifth Pachakuri. A prophecy familiar to the same indigenous people has foretold the significance of this time in history. It has made reference to a meeting between two different groups.

One of those groups has been described as the people of the Eagle, each of whom lives in a society that concentrates on matters of the sciences and the intellect. Those associated with the eagle have a far different outlook on life than those associated with another bird, the Condor. Those men and women who have been linked to the condor have been described as being attuned to nature and the intuitive realm.

This story/prophecy has been told by inhabitants of the rain forest, particularly those who identify with one tribal society. Members of that society have chosen to share the details of

their prophecy with Lynne Twist. She has devoted two to three pages of her book, *The Soul of Money*, to an explanation of the South American prophecy.

According to that published tale, both groups of people have progressed tremendously in the areas each has deemed most important. The people of the Eagle have become respected for their mind-expanding tools and technologies. The people of the Condor have attained to the height of intuitive wisdom.

However, such accomplishments have come with a sacrifice. The people of the Eagle face real challenges, due to their lack of attention to spiritual issues. The people of the Condor long for the sort of knowledge that can help them to succeed, in a world that is focused on material goods.

And as stated in the ancient prophecy, these two very different groups will come together at the start of the fifth Pachakuri. As envisioned by those who identify with the condor's wings, that meeting will lead to emergence of something not seen before, an eagle and condor flying together in the same sky. That occurrence promises to bring the world into balance, following a period when the world's extinction seems almost imminent.

As laid down in the prophecies of the Indigenous communities, those with different mindsets must come together. One group must share its knowledge, while the other shares its heartfelt wisdom. Completion of that union is supposed to ensure the attainment of a wonderful goal, namely that of a promising and sustainable future.

Sue Chehrenegar has been a professional writer since 2004. She worked as a reporter for more than two years before becoming a ghost writer for various web sites. In addition, she has composed a short story that was included in the anthology *Through the Eyes of Love*. She has also written nonfiction articles accepted and published by several different magazines.



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Carlos Santana *Shape Shifter*

By Michael Diamond

With a 40-year career that includes 36 albums, 10 Grammy awards, and 100 million albums sold, I'll take the liberty of assuming that it's not necessary to go into great detail about who Carlos Santana is. And I'm sure that I'm not the only guitarist who cites Carlos as a major influence in their playing — for me he's always been number one. However, it's not just his music that has touched my life, it is his Being... as a spiritual warrior, which not only flows through his fingers, but also through his words, his actions, and his Soul in service of love, understanding, and unity in the world.

What makes Carlos Santana especially relevant in this issue of Awareness Magazine with its theme of "Indigenous People" is the fact that his brand new album, *Shape Shifter*, is dedicated to Native Americans. In his words: "I have consciously created a CD to honor the first people of the land. I dedicated this album to them because I think it's important with where we are in 2012, since the world is supposed to end, and they know more than anyone about the shifts in perception. But as Bob Marley said, 'It's the beginning,

not the end.' We have computers and satellites, but we're not as connected to Mother Nature as they are. We're always fighting with her."

And while the album has a strong focus on honoring the Native Americans, in true Santana fashion, he takes a more expansive and inclusive perspective: "As you know, people in New Zealand collectively agreed to give an apology to the Aborigines in Australia, and for me, whatever we do here in America to honor the American Indians, the Chinese, the African-Americans and everybody else is a big step." He cites President Obama's signing of the 2009 Native American Apology Resolution and says, "I encourage any and all countries (that have not as yet done so) to acknowledge the first people of their land, and make this a collective global effort."

In addition to its theme, one of the most interesting things about the album is that with the exception of one track, it is an all-instrumental CD. This is a fact that is sure to surprise and delight fans of his fiery fret-work. Unlike many of his recordings since 1999, there are no pop

star vocalists or high profile special guests. It was his intention to "create instrumental music where the melody becomes a universal language. It's more a collection of stories than songs," says Santana. "Songs require intros, choruses, bridges, endings. On this record, it was more about 'close your eyes and play.' They're still songs, but they're not directed at radio. I was just being true to what I felt."

The title track, which opens the CD does unfold like a story with its earthy and atmospheric intro of Native American elements such as rattles, drumming, chanting, the cry of an eagle, etc. The piece also begins and ends with Carlos playing nylon string acoustic-electric guitar, which actually finds its way into a number of tracks on the CD. However, those wanting to hear him soar on electric guitar don't have to wait long as he lets fly with an extended solo midway through the song, as well as elsewhere on the album. I appreciated the fact that Carlos' signature lead guitar sound is used judiciously throughout the CD, and that he takes a softer approach on a number of songs and allowing the album to breathe and have a balance of yin and yang. Some of the tracks have a more laid back ambience that would be right at home on smooth jazz radio. It is indeed, a well-rounded album with something for fans of his many facets. I particularly liked one of the slower tunes entitled "Spark Of The Divine," which opened with tinkling chimes, harp glissandos,

and soulful guitar that recalled the 1974 release "Illuminations" which was a collaboration by Carlos and Alice Coltrane — a spiritually-based meditative excursion that was a forerunner of new age music.

The music on *Shape Shifter* represents a collection of Carlos' instrumental tunes that have been germinating since the late 90's, waiting for the right mo-

**Just as Jesus created
wine from water,
we humans are
capable of transmuting
emotion into music."**

~ Carlos Santana

ment to bloom. He has paid particular attention to the sequencing of the songs on the CD, giving the album a won-derful ebb and flow and making it feel like a body of work. As a huge fan of Carlos Santana I am equally excited by the music on this latest release as I am by the spirit and the inspiration behind it. Carlos says it best: "We are one family — and *Shape Shifter* is basically the same concept of honoring that the blood flowing through your veins in your family is holy and sacred and we are all one family."

For more information, visit: www.santana.com

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

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Amazon's Tribal Awa's Cry for Help

By Chitra Gunderson

Dense Amazon forests used to cover large areas of northeast Brazil... now they have almost disappeared. Forests once lush with the world's greatest biodiversity now stand bare, destroyed plant species burned to a crisp, plants that could have been the future cure of a devastating disease. These ancient forests are where tribal Awá peoples are struggling to resist the advances of cattle ranchers and loggers eager to make a fortune from excavating iron ore.

"Little Butterfly" lives in this ancient forest with her tribal community where they live a nomadic lifestyle, depending en-

tirely on the berries, plants and animals living in the forest for their sustenance. As she plays with the other children, takes care of a pet monkey or swings on a vine over the river, there are no worries, until the fateful day arrives...

"Little Butterfly" Awá's village is just half an hour's walk from the frontier where settlers are invading her tribe's lands. The rains will soon stop, and a new wave of burning will begin." Visit: SurvivalInternational.org

As the rainy season ends, loggers begin targeting one of the Awá's main hunting areas. As trees are burned and mas-

sive areas destroyed, Little Butterfly's tribe has to move to find a new location, sometimes a great distance away from their ancestor's lands. The Awá tribe's land is being destroyed faster than any other Amazon tribe; they are on the run for their lives.

"The hunters told me how the loggers were driving animals out of the forest and explained that they targeted the same trees the community relies on for fruits and berries," said Justin Rowlatt of BBC News. One Awá man told Justin...

"This is our land and if they cut our trees we can't survive."

So... what is the Awá's alternative? Move to the cities where they will end up living in shantytowns or slums, and struggling to survive, longing for the forest they used to know and love?

"In the city, we feel the same inse-

curity outsiders do in the forest," says Blade, an Awá man.

Just imagine if it were you being dropped off in the Amazon rainforest with no guide to lead you to safety, show you what plants are good to eat, or how to build your shelter. Personally, I would be totally lost, scared, and starving from hunger.

Facing total annihilation are so many other un-contacted Awá tribes, their lives crushed by illegal loggers, ranchers and settlers invading the land they depend on. Fiona Watson of Survival International explains that over 30% of one territory has already been destroyed, even though the land is legally recognized. There have also been reports that heavily armed ranchers and loggers, along with their hired guns, are shooting the Awá on sight.

Who are the savages? In my book, respect for other humans and cultures, is or should be a core value of humanity, especially civilized humanity. After all, cultural diversity is the beauty of the world.

If we don't honor and respect the basic human right to live our lives the way we choose, then... how are we any different from animals?

"If we can't respect the right of the last tribes living in isolation on the planet to decide their own fate, then how are we different from the conquistadors of 500 years ago, whom we so roundly condemn for their violence and greed?" Says Mitch Anderson, writer and activist.

"How will we live without the forest?" asks Armadillo Awá

Yet, some may ask... So what does the extinction of a tribe have to do with us westerners? With the loss of a tribal culture, we lose the knowledge of the

Amazon Rainforest's healing plants. Plants in the Amazon have been used for thousands of years by the indigenous peo-



Hemokoma'á stands in smoldering forest in Awá territory - 31% has been burned and destroyed by illegal invaders. Photo credit: ©Survival

ples to heal health problems that we, who live in developed countries, struggle to find relief from. In addition, the Amazon rainforests are an integral part of the air we breathe all over the world. Unless we save the Amazon and the inhabitants of the forest, we will gradually destroy our own civilization.

Save the Amazon Forest, Save the Awá, Save the Planet

Survival International has launched a campaign to Save the Awá. In their campaign film, Actor Colin Firth, requests our help, "One man can stop this: Brazil's minister of justice. He can send in the federal police to catch the loggers, and keep them out for good. But we need enough people to message him. This is our chance, right now, to actually do something. And if enough people show they care, it will work."

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For more information about the healing properties of Amazonian Plants, call Chitra Gunderson, independent distributor, at (240) 674-5220 or Chitra@rainforestcanopy.com

References: www.survivalinternational.org
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Apāranā ("Little Butterfly") swings from a liana over a creek where children bathe and play. Photo credit: ©Survival

A Modern-Day Shaman

By *Isabella Stoloff, Shaman, Speaker, Spiritual Guide*

When I was asked to write an article on Indigenous people from a modern-day Shaman's perspective, I thought, what could I possibly say that everyone does not already know? So then, as I often do, I began to think outside the box.

Why are we so interested in Indigenous people? What is so special about them? The thought of Indigenous tribes takes us back and connects us to another time and space, a time when we trusted our intuition and knew how to be stewards of the earth. It was a time when we felt a deeper connection to everything.

In today's world we're losing our connection. With so much information coming at us all the time we have lost touch. I think we love the Indigenous peoples because we can feel they are still in touch with something much bigger than themselves.

There is a certain vibe when we hear the word Indigenous. It conjures up images of a time long ago, ancient civilizations, different cultures and traditions we could never understand. It also makes us think of jungles and plant medicine, unfamiliar territory to most. But this territory is where people are finding their way back to themselves.

Those who are noticing that something is missing from their lives are seeking ways to get in touch with their soul's purpose. The people who want to connect and return to the Mother are what I call "New Indigenous Tribes."

These tribes are yearning for something more. We see them popping up everywhere. All religions, all walks of life, are joining together to make a difference in the world. Permaculture, sustainable living, communes and more, are sprouting up all over the country. Occupy "whatever" is the fad of the day and people are joining in force saying enough is enough. And, because of this, things are changing.

I believe this is the time to take control of your destiny. If things are not working, fix them.

We can no longer stand by and allow the lies to fill our day. One way to do this is to begin clearing your life of all that no longer serves you. I say, if it makes you feel bad or is negative, it is a lie. If it makes you feel good and is positive, it is the truth. As the old saying goes, "The truth will set you free," and freedom is what we are all seeking.

happen.

In 1991 when I began on my path, I remember making the decision to be honest in all my affairs. That meant absolutely no lying. It was not easy, and even harder for those around me. But I told my truth and to this day I do not lie. I feel this is one way for others to dial in to their intuitive nature. Speak your truth no matter what.

All of us are connected to every living thing. Once we tune into the planet and listen, all of our questions will be answered. It is a waste of time to sit around and beat yourself up over things. To tell yourself you are fat, or not good enough, or stupid. Allow these thoughts to melt away and fill your mind with love. Love is the answer, especially at this time. We are in the middle of a great change and I feel this change can bring us back to our Indigenous state of being.

So, what if we took the word Indigenous and created our own culture, our own tribe, our own world? What if the word Indigenous described us as, *the people of the new world*, the world we have all been talking about, one filled with peace, love and light, compassion and solidarity. How would that make you feel? Imagine it now. Let that image spread all over your being.

We are all feeler healers and once we clear our minds, learn

how to tell the truth and trust ourselves, we will be ready for the next step, using our connection to the Mother and inner guidance to assist us on our path. The inner guidance system, what I refer to as "my own tracking device," is that intuition we all possess. When you are open and dialed into your heart and the planet, magical things can, and do

Shamans are tuned into the Mother. They can feel her heart beat as if it were their own. Very simply put, Shamans are conduits between the physical and spiritual world. They commune with nature and speak with spirits to assist individuals, communities, and the planet. They are grounded in earth medicine and live between the worlds. Shamanism is not a religion, it is a spiritual practice, and can be for just about anyone, no matter your religion. People come to me from all walks of life to deepen their understanding of themselves, and to grow.

In 2010 I was asked to speak at the 6th Annual Shamanic Conference in Iquitos, Peru. Each July Alan Shoemaker brings people together in love to meet Ayachusca Shamans. Here they learn about plant medicine and herbs so they can explore their subconscious minds and get in touch with their souls.

Speaking at the conference was very enlightening. Here I was this white Shaman with blonde hair from Orange County, and they accepted me. After I finished giving the Shamanic healing on stage I could feel they appreciated my work. It was during this time that they named me the Golden Condor Healer. It was an affirmation from the universe that I was on the right track.

Although plant medicine is not for everyone, when it is used

correctly with a trained Ayachusa Shaman it is an experience like no other. Talk about expanding your consciousness, and healing your soul! These Indigenous Shamans made me feel like I was one of them, there was no difference between us.

While there, I discovered a sacred piece of land where I now lead groups on spiritual journeys. A connection to the land is vital if we are ever to get past the trauma of our lives.

We've spoken of worry and fear long enough. The time is now to fully shift into this new light, this new consciousness, and we need to do it with such confidence and determination that we never look back again. It is time for us to step forward and become the new Indigenous peoples in our communities, shining our light for the world to see.

Golden Sparkles~

Isabella Stoloff is the Golden Condor Healer and Shaman of the light. She founded the Orange County Healing Center in 2009, and speaks all over the world. She is a visionary and her sessions leave you feeling clear and focused. Isabella teaches a year-long certification course on Ancient Healing Techniques, guides people on spiritual journeys to the Amazon and Peru, and assists her clients in healing at the deepest level. Book your session today! (714) 603-8624, visit: www.ochealingcenter.com



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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.

The Lifestyle of Transformation

Kriya Yoga and the Satguru

By Bryan Gates

I was 19 in the summer of 1999, a freshman at Colby College with a big sense of excitement because we had an adventure planned for summer break. I drove cross-country with my two best friends to explore a land of milk and honey, living and working in Berkeley, California. I didn't know what I was looking for, or if I was consciously looking, but I had the feeling of being a seeker, a traveler of some sort. There was no possible way to foresee the mystical places I would travel to and the modes of transportation that would take me there.

Earlier that year, I received a curious call from my best friend Dylan. After spotting a grainy flyer at UC Berkeley, he had gone to see a man with a white

beard and piercing eyes in the photo, a Master of Yoga from a Himalayan tradition — people called him Gurunath, or Yogiraj. He had come to the west coast to teach meditation, and would be returning to Berkeley in the summer.

Dylan proceeded to tell me about the experience of being in his presence, and many things I had never heard before. It sounded like standard California crazy talk to me, initially. A lot of inscrutable words, a lot of syllables, a lot of ahhh sounds. *Sadhana. Mahamudra. Shakti.* I wasn't getting it.

But over the course of the summer, the stories of this Yogi began to unfold in miraculous fashion, each one more wild than the next. I spoke to some

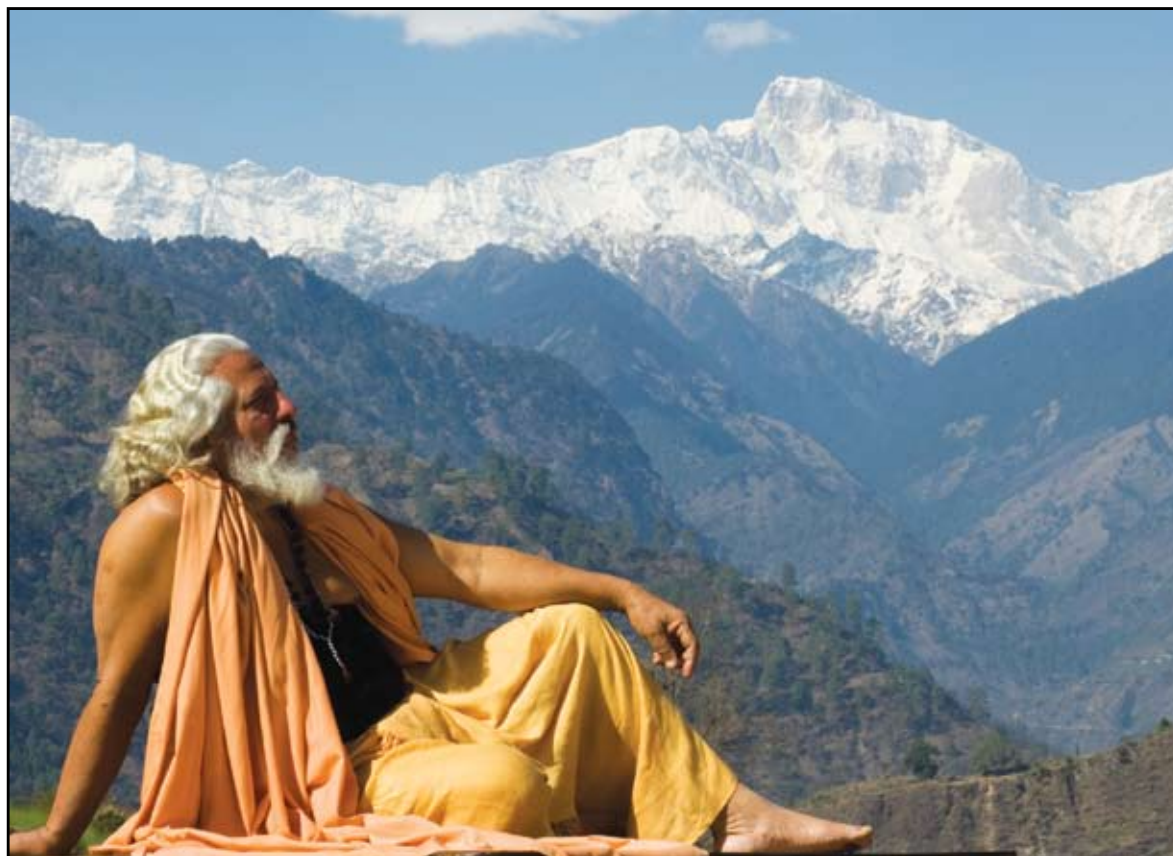
of his older devotees and began reading a small black and white pamphlet on the "evolution of consciousness" and its corresponding brain science, written by the man himself, Yogiraj Siddhanath. On my breaks in the back of the beer garden where I worked as an underage bouncer (and quite possibly with a beer in hand), I would read and re-read this little booklet that seemed so rich with intoxicating, exotic information. I had never heard anything like this before.

Yogiraj wrote about how at this point in human evolution, the earlier "hot," mammalian brain of passion and instinct was in a tug-of-war with the newer "cold," rational human brain of reason and intellect, which you

can see as our now-pronounced forehead with its neo-cortex. He would then effortlessly traverse the anatomical science of the body to blend it with much loftier talk of light and power and the mysterious spiritual energy residing in the spine known as *Kundalini*. I would often say to myself, 'What is this stuff?', 'Who is this guy?' A mild curiosity began to develop into a burning fire. I began to consider Yogiraj my Guru. I didn't know what a Guru was, or if he would even accept me as a disciple, but this was my Guru. And then, embarrassingly enough, I missed him that summer because I had to work! Now *that* was a choice *and* a lesson that would launch me on a year-and-a-half struggle through life's many dramas to finally meet him in India, 2001. In that time period my experiences began evolving. I tried meditating for the first time. All I remember is a single blue spark I could somehow see within the lower spine. I said to myself, that just happened; you cannot pretend it didn't.

I began reading *Autobiography of a Yogi* by Paramahansa Yogananda, the famous disciple of Gyanavatar Sri Yukteswar. I would read a chapter and then try to "meditate." One night in my dorm room I was lying on my back, and my breath began to move without me trying. As I relaxed into this elongated breath, I realized that I was not breathing but being "breathed" somehow, an override of my natural inhale and exhale. Did I have a mystical breathing coach who worked remotely?

Many hard trials sprung up in the time before finally arriving in India to meet Yogiraj; in retrospect, every one of them built me into a yoga aspirant on my evolutionary journey. And the Satguru, himself, was more amazing than I could fathom. He was ever youthful with this



Himalayan Siddha Master Yogiraj Gurunath Siddhanath. Photo by Atul Sharma.

flowing platinum hair, yet he looked like he was from long ago. He seemed so incredibly fresh every moment, awake, interested, always having fun. Then he would stop moving from time to time, and he was gone. When he started meditating, everyone else instantly swooned into meditation.

After a few days at the Siddhanath Forest Ashram in Simhagard, I received the long-awaited Empowerment above his meditation cave inside a little temple. After the initiation into the Kundalini Kriya Yoga of Babaji, I sat alone under one of the mango trees on the arid ashram grounds and wondered what this new energy meant. And with daily practice, my experiences began to take root, take hold, take me out of my body. True power showed up.

I have distinct memories of sitting in a hotel room, on our way to the Himalayas with Yogiraj, amongst my new yogi friends. With eyes closed, I experienced being vacuumed down a long narrow tube in my mind's eye, like falling down the rabbit hole lined with psychedelic hues. And, no, I didn't believe it either, but it was happening, and it was only the beginning of a new life as a meditator.

I thought to myself, "You cannot keep this to yourself. You have a responsibility to share this." That was my first impulse to teach, and thank God I did not teach then, as many try to do when they are brand spanking new to the complexities of meditation.

I would go to India every few years and see Yogiraj in the U.S. as he made his annual tour: six months in India, two months in Europe, and four months in the States, giving workshops and retreats to huge varieties of people. His following built slowly but surely, picking up steam as time went on. With my own meditations, the growth seemed exponential. The differences from year one, to year three, to year five, seemed like different lives, new versions of myself unearthed and for the better.

There were singular meditations where I knew I would not

be the same person coming out the other side, and I was right. There were days spent with Yogiraj in beautiful settings, camps and fires and family outings, filled with ecstatic, very visible energies and the ever-present light that surrounds him and every scene he inhabits.

Yogiraj always returns to the simple brilliance of Kriya Yoga, gifted to humanity by the "spiritual super genius, Babaji." He explains Kriya as a science whereby our life force currents are directed into the spinal column then breathed up and down along that superhighway of evolution. As the practice continued, I noticed the infrastructure of my physical body changed dramatically.

The spinal breathing would send cleansing, refreshing energy (sometimes warm, sometimes cool) through the central river of the spine into the command center of the brain and back down again, reviving me. This in turn purified all of the other nerve tributaries while magnetically oxidizing the spine, providing abundant, fresh life force and incomparable relaxation. The de-carbonating effect of Kriya Yoga is legendary in India, known to remove venous blood and toxins from the system. This is why Yogiraj often calls it "the ultimate spa."

He explains human beings as electrical circuits with various wires, fuses, switches, and transformers. The subtle nervous system is collectively called the *nadi* system, along which the bioelectricity of the body moves. These nerves or *nadis* are the wires and the *prana* or life force energy is the current running through them. When a person practices the rhythmic breathing of *Kriya Yoga*, the nerves develop more bandwidth to receive more electricity, and it shows. Every fiber begins to spiritualize as the body electricity circulates through specific channels to unite under the practitioner's control.

The Satguru's role in the student's progress is irreplaceable. The Satguru is the meditation. Through the sacred bond of Guru and disciple, a Master of exceedingly rare caliber will ab-

sorb and convert the higher electrical forces of the cosmos and then step those energies down for those willing to receive them. You can't plug a light bulb directly into a power plant or it will explode. Likewise, Masters like Yogiraj are extremely careful to give people dosages they can handle, ramping up this spiritual voltage gradually, protecting and illuminating our fragile human nervous system.

Many amazing things happen along this path. Many are not fit to share with an uninitiated public. But I can tell you from experience, a Satguru is a rarity on this planet. My advice is don't

wait, just go and experience. If the science of stress removal and radiant health does not compel you, perhaps the promise of illumination will.

Yogiraj Siddhanath will begin his 2012 U.S. tour in mid-July visiting New York. He will arrive in Southern California and host Kriya Yoga Meditation Workshops and Satsangs in San Diego/Encinitas and Los Angeles between August 11-19, followed by a New Life Awakening Meditation Retreat in Carlsbad, CA starting September 27th. For registration and more information, please visit www.Siddhanath.org. Questions can be addressed to events@siddhanath.org

The author, Bryan Gates is a Kriyacharya authorized by Yogiraj to teach/initiate Kriya Yoga. He may be reached at bryan@hamsa-yoga.org



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The Language of the Birds

Coming Into Resonance with Mother Earth as We Speak (and Write)

By Laurel Airica

Speak a new language so the world will be a new world.

— Rumi

A concept that has gone in and out of fashion among linguists for decades is that words affect perceptions. This would seem obvious to most of us. But now cognitive science has proven beyond doubt that this is true.¹

So, what would you do if you knew that the words in your mind-mouth-ears — and throughout the at-most-fear² — were literally ‘bugged?’ What if you discovered that the food-for-thought packed into letters and words contained cultural biases — akin to computer viruses — that infected the thinking of long-dead people and have profoundly affected your own worldview? Would you want to spit them out in a hurry — or at least clean up your speech?

As one who has spent a lifetime playing in the magical undercurrent of word symbols and sounds, I have come to the conclusion that English is largely a fear-based language of limitation and persuasion toward conformity and mediocrity. And I think we need to do something about it.

BETRAYED BY OUR OWN TONGUE

“The Women say the language you speak poisons your glottis tongue palate lips. They say, the language you speak is made up of words that are killing you.”³

Consider the sad ring of ‘mourning’ that greets us each new day as we come ‘a wake’ from our nightly immersion in our personal Life’s Dream. Hear how the ‘week days’ sounds like the ‘weak daze’ and how ‘weekend’ is hardly different from ‘weakened’ — which is precisely how so many of us feel after being pulverized in the ‘daily grind’ through which we endeavor to ‘urn’ our living at various jobs⁴ and ‘undertakings’.

What a somber vision of a fallen life such words conjure together when shown in translation. It’s little wonder, then, that our most common salutation to each other is ‘HELL-o’. Ten years of such mind-numbing living is termed a ‘decade,’ which the British so wisely pronounce ‘decayed.’

We are almost as unconscious to words (and their subliminal inferences) as fish are to water. Yet according to Scrip-

tures, “Life and death are in the power of the tongue.”⁵ This means that just as we alter what we see through our acts of observation, so what we say helps define our life experiences. For not only is it ‘done onto you as you believe’⁶ but ‘decree a thing thus and it shall be established onto you.’⁷

We are constantly decreeing what we are not even hearing or seeing — through unheard words that cohabit the vibrations we give voice to every day. By assuming that anagrams, puns and the ‘cymbals’ of the alphabet have little if any significance or impact, we have virtually ex-communicated ourselves from knowledge of the power of The Word to reflect and shape our world — and from our response-ability to take command of the language and make profound ‘See Changes’ in the polluted Ocean of Human Consciousness. But where does this pollution come from?

In *The Language of the Birds*,⁸ the author/mythologist William Henry explains that —

“Our brains are primarily formatted by the commercial Roman alphabet and worldview instituted by force in the early 400’s. The Roman worldview has nearly completely separated us from nature, from the world of interpenetrating patterns, the web of life in which our lives are intricately weaved. [sic] As a result, our civilization is more interested in churning out kids with master’s degrees in business than it is in allowing true spiritual mastery to gently emerge. Fortunately, however, if we can speak English we all have access to the Language of the Birds and access to our true selves.”⁹

Through commerce and conquest, we have ‘put a lot of Eng-

lish’ on the globe. And the spin this has placed on humanity’s whirled-view has left many too

dizzy to decipher the Actual from the factual, the Real from the reel, the Cosmic from the comic.¹⁰ We are caught in a web of illusions — many of which have been spun by our words.

The late plant-based consciousness explorer and wisdom teacher

Terrence McKenna intuited that, “We are inside some kind of linguistic construct that springs from out of the collective unconscious of all of us.” He concluded that, “all possibilities exist but we have to deconstruct the cultural tyrannies of language.”

What are these ‘cultural tyrannies?’ How are we to deconstruct them? And what can we do to upgrade our language so that it can support the fullest cultivation and expression of our authentic Selves? It is fortunate that wordplay holds some real answers to this question, for “Wordplay is one of the most beloved practices of human beings the world over and throughout recorded time.”¹¹ Wordplay also offers entrée into the Language of the Birds.

THE LANGUAGE OF THE BIRDS

“.... Solomon ... said, “O people, we have been taught the language of birds, and we have been given from all things. Indeed, this is evident bounty.”¹²

Imagine speaking a language that is as sonically nourishing to Nature as birdsong (which has been proven to enhance the growth of plants¹³). According to ancient legends, humans did once speak such a language that was so vibrantly resonant with



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A blue book cover with white text. The title is 'I Have Proof of a Higher Power'. Below it, in smaller text, is 'My Prophetic Dreams Predicting Real Events'. The author's name 'Dirina Ioan' is at the bottom.

all of Creation that all we had to do was ask and we received — without lag time and personal frequency adjustments currently required to become magnetically attractive to that which we desire.

This was the condition we refer to as Paradise. And ironically —

... the fact that all needs
were met
may even be the reason
Need and Eden
share the same three letters
of the Alphabet.¹⁴

According to Mr. Henry, this original language was called 'The Green Language' and 'The Language of the Birds' — possibly because of its compatibility with natural harmonies and because birds are associated in mythology with angels. The Language of the Birds is a language of puns. He explains.

Because it uses phonetic resonance the Language of the Birds is called a 'phonetic cabala', a phonetic language code. ... This code equates words that sound alike in different languages, connecting word concepts by sound in English. These language connections reveal astonishing literary and historical synchronicities or meaningful coincidences that point to the interconnectedness of all creation.

What are our chances of ever recovering and reviving this mystic, holistic linguistic sound system of Human-Nature interpenetration (or what we could call 'communification') which was said to confer enlightenment, re-open the gates to Paradise, and "bio-physically reprogram the human body to a higher (or lighter) being capable of entering this gateway"?¹⁵ Our chances are probably not very good.

However, William Henry identifies English as the Language of Birds.¹⁶ And documentarian Ken Burns calls English 'the most powerful force on Earth. So, given that English is rebuilding Babel's tower — in the sense that it is the language that facilitates global communication — we could actually create the Language of the Birds anew by putting wings on our

words to empower our global ascension.

TOWARD A NEW WORD ARDOR

"What cannot be said cannot be created by the community. So what we need then is the forced evolution of language."¹⁷

When we speak, it's like casting our prayers to the wind. As we write, we are conjuring energies to configure along the lines we have inscribed upon the page. So, how much more effective might we be if we evolved our language concurrently with our consciousness to support our more enlightened explorations and expressions?¹⁸ Those of us who chant sacred syllables regularly to attune ourselves to universal harmonies — enjoy an extraordinary flow of favorable synchronicities among many other beneficial consequences. So, imagine what could happen if globally, creatively and progressively we endeavored together to 'tune-up' the English language to convey a higher frequency of consciousness in our communications and inspire a greater frequency of kindness in our interactions?

Since we possess the awesome 'power to name,' it is clearly up to us to evolve English into a language of the Heart. The fact that Heart and Earth are practically the same word — differing only in the placement of the Letter H — to my mind underscores the appropriateness of such an undertaking. How else could we possibly talk our way back into accord with each other and with the systems and the cycles of our Mother Earth?

With the recognition of Divine Mind as our 'heart drive,' we can start downloading and sharing heartening new symbols, sounds, words, metaphors and phrases that give voice to the exquisite octaves of Love-Beauty many of us are now accessing in consciousness but which are currently beyond expression primarily because of the limitations of our language.

In *The Language Crystal*, author Lawrence William Lyons writes that, "A force foretold as the Second Coming is 'the Word'

itself." By reversing the linguistic curse that was put upon our consciousness long ago, we may more readily learn the simple truths that have been hidden in plain view in the mirroring dogma of our everyday language.

Once we re-cognize that we are each an eye/I of the Creator¹⁹, and can say with conviction that **I Am God**, we will need no dogma to guide our way. Our mind will be guided by the wisdom of our heart. Thus, **compassion** will be our natural direction.

So here are three questions worth asking ourselves and considering together: Could a global movement for linguistic improvement help to create a Global Warming of the Heart? Could we generate a high enough degree of warmth to precipitate our evolutionary transformation from HumanKind to Human-Kindness? And wouldn't this be a good time to put our 'articles of faith' in the Power of the Word to the Ultimate Test?

"Come my friends, 'tis not too late to seek a newer world."²⁰

Laurel Airica is a Santa Monica-based freelance writer and an English Language linguist who has spent a lifetime exploring the means by which the World is fashioned from the Word. She shares her discoveries through articles, books, workshops and performance/presentations of WordMagic: An Enchanted Literary Entertainment (www.laurelairica.com). Join Laurel at The Great Spirits Ranch (www.greatspiritsranch.com) in Malibu on July 21st and at the Mystic Journey Bookstore in Venice on August 2nd

and become part of a linguistic re-VOLTage — in which we elevate the amperage on the English.

SOURCES:

- 1 See Dr. Lera Boroditsky on *How Language Shapes Thought*
- 2 Atmosphere
- 3 Monique Wittig from *Les Guerilleres*; quoted by Jane Caputi in *Gossips, Gorgons & Crones: the Fates of the Earth*
- 4 Job is a Hebrew word for persecuted.
- 5 Proverbs 18:21
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- 8 2001, Scala DEI, Nashville Tenn
- 9 Ibid.
- 10 "It is the exact and literal-minded who live in a fictitious world." Neville, *The Power of Awareness*, DeVorss & Co., 1952
- 11 Walter Redfern, author of *Puns*, Basil Blackwell, 1984.
- 12 Qur'an (27:16), quoted by William Henry in *The Language of the Birds*
- 13 <http://www.newphysis.com/dawnchorus.html>
- 14 © 1996 Laurel Airica — excerpt from *Love's Letters*
- 15 op.cit., Wm Henry
- 16 Why is English the Language of the Birds: "England is a small island that was constantly invaded throughout history. Because of these incursions by other cultures the English language accumulated many words and expressions from other languages." (pg. 123) ... "The answer is, the language in which these words have meaning to the mythologist is not exactly English either. In the Language of the Birds (or Bards) English becomes L'Ang(l)ish or L'Angel-ish, the Language of the Angels. (pg. 121)
- 17 Terrence McKenna
- 18 "In these times it is important to communicate, to put our best foot forward, to put our best metaphors on the table because we can move no faster than the evolution of our language." Breck Costin
- 19 "...in terms of the anthropic principle ... the human is seen as a mode of being of the universe as well as a distinctive being in the universe. ... The human is that being in whom the universe comes to itself in a special mode of conscious reflection. That some form of intelligent reflection on itself was implicit in the universe from the beginning is now granted by many scientists." Thomas Berry, *The Dream of the Earth*
- 20 Alfred Lord Tennyson

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Walking a Sacred Path with Black-Native American Women

By Edith Billups

When more than 100 individuals turned out in July 2010 for a Black-Native American pow wow in Virginia, the event was touted as the first of its kind held on the East Coast.

Attracting tribes from North Carolina to Alaska, the event honored a cherished Black-Native American elder who had symbolized the embodiment of the Divine Feminine and who had walked a sacred path for more than 60 years.

Held on the ancestral land of a Black Chickahominy family and featuring drumming, dancing and song, the 1st Annual Mountain Eagle Place Intertribal Pow Wow honored the memory of Mountain Eagle Woman,

(Mama Binta Hasan), a Cherokee Choctaw Sacred Medicine Carrier. Born in 1922 in Mississippi, the revered elder, affectionately known as "Mommi," transitioned in 2000 after being injured in a car accident.

Those attending came to pay homage to the elder whom her family called "the full walking embodiment of Divine Womanhood." The elder dedicated her life to teaching the power, beauty, and grace of the divine feminine in the indigenous woman. Mountain Eagle Woman also was known for her deep connection to the Creator and to the Earth and Nature. She stressed the importance of women using their hands and

songs to nurture and heal the Earth and bring forth herbs for healing the family and the nation.

I met the beautiful, silver-haired elder in the late 1990's, having traveled with her and her family to build a Native American sweat lodge in Cape May, NJ. Along the way, Mountain Eagle Woman would always say a prayer each time we crossed a body of water. While building the sacred purification lodge, I learned from her how to honor the Earth with each shovel of dirt. Prayers and offerings of cornmeal were always placed in the holes where we had disturbed the grounds.

The memory of those sacred teachings would stay with me when I began meeting other females with Black-Native American ancestry who would teach me how to offer prayers and ceremony for the Earth. These women included Shri Natha Devi Premananda, a Black Native-American spiritual leader from Los Angeles who is the founder of Eagle Wings of Enlightenment Center dedicated to peace and non-violence. The great granddaughter of Black Wolf, a Cherokee Native elder, Mataji, travels the world offering ceremony and prayers for the healing of the Earth and her waters. The universal teacher for world peace also teaches meditation and how to use ceremonies for self-purification.

Other women included Penny Gamble Williams, a Maryland resident and radio host, whose lineage includes Wampanoag, Alabama Creek, African and European. Williams, the former sunksqua (chief) of the Chappaquiddick of Massachusetts, and her husband, Thunder, presented the concept for

a Smithsonian traveling exhibit, "Indivisible," that describes

the history between Africans and Native Americans in the western hemisphere. To learn about relationships forged between Africans and Native Americans, visit www.nmai.si.edu/exhibitions/indivisible.

On my journey, I developed a deep connection between these sacred women who embrace their Black American and Native American ancestries and honor their indigenous ceremonies and wisdom teachings. I find them unique, mystical and highly spiritual. "It is because of their faith and the blood lines from their ancestors," says Mataji.

According to Gamble Williams, in ceremonial and healing rituals, wisdom teachings can be powerful tools, "because one connects with the land and the water and the power of their ancestors." When participating in a sweat lodge purification ceremony she notes, "You are at one with the elements. You feel the intensity of the steam, and the heat and power of the grandfather stones. It takes you to a whole other consciousness."

The impact of Mountain Eagle Woman and Mataji continue to resonate with me deeply, as I discover my own ability to be used as a facilitator for healing. Although I am a long-time journalist, media relations consultant and travel writer, recent work with a transformative healing modality that uses spiritual energy to bring the environment and individuals into balance has led me to my Soul's Purpose.

In hindsight, I now realize that a gift for healing is in my genes. In my family, I've been told stories of my paternal grand-



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mother, Frances Billups, a very gifted healer. The Swainsboro, Georgia native was a humble housewife gifted with the ability to heal individuals who had been burned in fires. She is said to have used scripture to "talk the fire out of" individuals.

Therefore in this powerful year of 2012, I will celebrate women like my grandmother, Mountain Eagle Woman, Mataji and Sobonfu Somé, an African ritual teacher whose wisdom teachings from the Dagara tribe of Burkina Faso, resonate with my soul. They have helped me to embrace my Soul's Purpose and to relish the sacred teachings entrusted to my care.

These include learning that all women, when joined together in ceremony, have unbelievable power. I have learned that their prayers are even more powerful during the time of the Full Moon and when Spirit calls, by surrendering, your Soul's Journey will be miraculously revealed.

Additionally, I have learned the power of connecting with the world's water and its abil-

ity to heal. I have learned the power of fire, and the power of one's own breath. All of this I have learned from sacred women, and continue to learn daily as my Soul evolves.

Finally, I will remember, and am grateful to, all young women who are embracing the wisdom teachings. At the pow wow, Zena Duze, a South African filmmaker, noted that the day was important "because it is about women being called to be catalysts of change."

She pointed to 29-year-old Mahatara 3 Buffalos Hasan, Mountain Eagle Woman's granddaughter, and pow wow organizer, who joyfully danced the crow hop and an energetic round dance.

As a teenager, Mahatara had walked away from the teachings of her grandmother. Now, she looks forward to organizing the annual event. "It is a hard job, but it has humbled me a lot, along with the role of being a healer and carrier of the medicine. I have an obligation to walk with spirit and to help

this event continue to grow," she said.

She is determined to pass her grandmother's legacy down to her own children. According to Rabiah Al-Nur, a Fairfax, VA resident, "If you look at the way that her 18-month-old daughter came in with the procession, led by the Eagle staff, and smiled and danced the whole time we prayed, it exemplified her great grandmother's spirit being there."

And for this continuation of the lineages of my Black-Native American ancestors, I am grateful and honor this special sisterhood.

Edith Billups is a long-time journalist, 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, using her healing gift to assist individuals and the environment. Contact her at eybillups@thegabrielmediagroup.com

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Being in the Bhav

By Janice Hall

Outdoor concerts are a ritual of summer, but if you are aching for more than a musical romp in the sun, look to Bhakti Fest for a musical infusion filled with passion, purpose, community and a conscious living experience. www.bhaktifest.com

Make your travel plans for an end-of-summer adventure that will feed your soul through the seasons ahead. From September 6-9, immerse yourself in four days of yoga, kirtan music and workshops from extraordinary teachers and performers. Krishna Das, Jai Uttal, Donna De Lory, MC Yogi, C.C. White and Dave

Stringer, to name a few, will lead chanting music (kirtan), some of which is traditionally performed, while adding creative adaptations based in jazz, blues, rock and even hip hop — fostering an artistic integration of cultures that has become extremely successful.

Billed as the spiritual Woodstock of our times, I had to attend one in order to verify that it was truly possible to experience the awe-inspiring sense of connectedness, as I did attending Woodstock all those years ago. It was a life-changing event. I had no idea of what I was getting into, and the same was true of Bhakti Fest. I saw amazingly blissed-out people, only this time without the alcohol and drugs, and much better vegetarian food!

As one of the attendees told me, “the Bhakti Fest adventure begins before you even get there. Unlike most concerts in a club or a stadium where you go and return the same day or overnight in a hotel in a city, Bhakti Fest brings you to the desert and that takes a certain intention. People say their car seems to cross an invisible line somewhere on Palms Highway, where all of a sudden the world as you know it seems to drop away.

Performer C.C. White notes, “Something comes over me that is calm, positive and surely mag-

ical.” Joshua Tree Retreat Center is the venue and its 450 acres was founded in 1940 as a place of peace and meditation. It is rightly described as “a powerful and rare fusion of sweeping vistas of desert, mountains and centuries of Joshua Trees” — a perfect spot for an ephemeral community of souls seeking a transformational experience.

Donna De Lory shares, “I tell people if you are into yoga, the spiritual teachings and music, come to Bhakti Fest. She hails from a family of pop musicians and even sang back up to Madonna, but found her devotional nature through kirtan. Donna’s first performance at Bhakti Fest was “quite mystical, like finding my home — a great meeting of spirits — with a complete sharing between players and listeners alike.

When I asked Donna about her plans for this September Bhakti Fest she tipped a teaser about a new CD merging rhythmic fusion of transdance, world music and classical. Her father just passed and playing his Steinway she will infuse Hebrew, English and mantra into a “soundscape to open the heart.” I felt she was carrying a special sensitivity to the immortal and the Divine, which could just become a rite of passage with her music as the medium.

C.C. White, a rising kirtan star reflects, “sitting in with the other musicians is priceless. Everyone is there for the love — the stage keeps lifting and never comes down. C.C. performed her first solo kirtan at Bhakti Fest and brings her musical family traditions of soul, gospel, southern blues and old-school jazz.

“Kirtan is time-honored, beloved and respected, so if you choose to do your own version, then be true to your roots. Bring a piece of your own heart and soul.” She chanted kirtan with a great variety of wallahs (kirtan leaders) who encouraged her unique approach. “I am grateful, as it is the inspiration that led me to releasing my first CD, *This IS Soul Kirtan!*”

When I asked how she spent her time when not performing, she recommended the massages and loves to check out the cloth-

ing and jewelry. “The food is so healthy — creations from the heart. You can taste the love.”

The limits of your body and mind can be stretched by Shiva Rea, Sara Ivanhoe, David Saul Raye, and “Hoop Girl,” Christabel Zamor. Whether you have years of expertise in yoga or are a neophyte who is appreciative of it being called a ‘practice’ because like me, you need plenty of it, you will definitely up your game several levels and get to know your body and mind in a new fashion. Yoga teacher, Mark Whitwell capsulizes it so well, “This is direct intimacy with life... when you link the breath to the whole body, you line the mind to the body and the whole body is life itself.”

If variety is the spice of life, then this is the hot sauce of the desert. From recycled hippies and middle-class mamma’s, to business professionals, urban hip hoppers, and yes, Wall St. refugees, I found the level of trust amazing for an event so large. Everyone brings their own brand of love and community. This is what they call “Being in the Bhav.”

Swami Radhanath passes on a story about how people have different names for the sun and water yet it’s the same sun and the same water to which they are referring. Similarly, it’s the same God to which all religions are referring. Likewise, Bhakti Fest is a spiritual festival that encourages the coming together of a caring community that embraces all faiths.

Invoking the creative power that is in all of us seems to be the nature of this path, while unleashing the freedom to see the reflection of your true soul. When you invariably do, you have no choice but let the bliss fly.

It must be true, or maybe it is those 18,000 vortices on the Joshua Tree land that are said to amplify an experience, but “The Bhav” sticks to you when you leave. It shifts your being. I know it for a fact.

Janice Hall is the President of Natural Network International (NNI), a business development and trends specialist, consulting for LOHAS (Lifestyles of Health and Sustainability) sector companies since 1991.



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“BE REALISTIC, EXPECT A MIRACLE”

Bone Density and Quality It's a Piece of Cake

By Steven Frank

Some prescription medications function by killing the cells that remove old bone so you build the same amount of new bone but **remove** less old bone. Some medications excite the cells that **build** bone so that you build more than you remove. The commonality is that both methods cheat Mother Nature by im-balancing the natural system of bone recycling to obtain the objective of adding more bone.

Remember, "It's not NICE to fool Mother Nature!" The results can be some terrible side-effects and adding (in most cases) poor-quality, brittle bone. The clinical studies show increased bone density ...but life is showing no fewer hip fractures. This allows strong advertising but is over-all bad for my Mom and yours. You cannot build quality bone without all of the ingredients to build quality bone being present in your body at the same time.

As a society we tend to get MORE than enough calcium from the food that we eat. We do NOT get enough Vitamin C from our food to produce the collagen which is used to make bone. Dr. Linus Pauling taught us that we can't synthesize this vitamin and we need a lot of it. We do NOT get enough Vitamin D to regulate the Calcium levels in our body. The amount established by the USRDA is only enough to keep us from getting Ricketts. We should take in more than the minimum to keep from being diseased.

Most of us don't get enough Vitamin K, Folic Acid, Magne-

sium, Boron, Manganese, Phosphorus and especially Copper to turn the collagen that we can to bone. There are many building blocks that are utilized by our bodies to build quality bone. Quality bone is **dense**, it is **resilient**, it is hard where it needs strength and soft where it needs to bend and able to take the impact of daily use.

If you take lots of Calcium without all that you need to build bone, your body's first response is to dump it out in the urine. Then, it tries to squirrel it away by just attaching it to bones (bone spurs). If you force still more on it, your body can actually resort to making kidney stones and gall stones. Don't do that.

Sure, you can bake a cake with just flour, water and some baking powder. We call it a pancake. But anyone who bakes pastry treats, knows that

the difference between a bland and simple pancake and a pastry (fit to serve to their Mom) is found in the details of the subtler ingredients. And so it is with building quality bone. You need to select a quality supplement with ALL of the ingredients that your body needs in order to make all of the wonderful different types of bone that make-up our skeletal system, keeping it so versatile and durable.

But then **do one more thing**. Frost that cake with a layer of Black Cohosh to balance the endocrine system naturally, so that your body rebuilds quality bone at the **same rate** it disassembles old bone for re-cycling. Black Cohosh has been used for centuries to help women transition the natural endocrine level change associated with the shift of living from child-bearing to non-child-bearing age. Make

sure you buy a supplement that has it **ALL in there**. This beautiful natural and balanced recipe should be the basis of your bone density maintenance pastry. Bon Appetite! (*pun intended*)

Steven Frank is a natural products designer and herbalist with Nature's Rite, LLC. (www.MyNaturesRite.com) He has been researching improvements in natural healthcare for more than a decade and has numerous patents in areas of antiseptics and herbal products. He can be reached for comment at stevef@naturesrite.com

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Everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence.

— Mourning Dove Salish

Five Essential Steps to Healthy and Fast Weight Loss (Part 2)

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

This three-part article discusses five essential steps to healthy and fast weight loss. In the previous article, I addressed Step 1: Understanding the cause(s) of overweight condition. They include: poor dietary habits, yeast and parasitic infection, hypothyroidism, psychological stress, and spiritual imbalance. Usually multiple causes intertwined with each other.

Once you identify the causes of your overweight condition, you can focus on correcting the issues. Let's now discuss a very important step: Developing a Weight Loss Meal Plan.

What I'm going to discuss here is called **Dr. J's Anti-Yeast Nutritional Program**. This life-long nutritional program contains the **"Eight Commandments"**: no sugar, no dairy, no wheat, no yeasts, no caffeine, no alcohol, no nicotine, nor chemicals.

1) No Sugar:

Sugar is poison! Sugar stimulates the thyroid and pancreas to overwork. Continuous overwork of these two vital glands can result in their exhaustion and sluggish metabolic function. Consequently, weight gain, low energy, irritability, anxiety, depression, poor mental concentration, and mood swings become common symptoms.

2) No Dairy:

Dairy products include whole or skim milk, ice cream, cheese, yogurt and butter. These are favorite foods for yeasts and para-

sites and are mucous-producing. Hypothyroidism (low thyroxine production), bloating, sinus headaches, snoring, sore throats, bronchial infections, coughs, postnasal drips, halitosis, and constipation are common symptoms associated with mucous problems.

3) No Wheat:

Wheat gluten is a favorite food for yeasts and parasites and is mucous-producing. Most people believe that wheat is a nutritious grain and they therefore consume a large amount of wheat products on a daily basis. When yeasts and parasites are well-fed with their favorite foods such as wheat, they multiply quickly. In addition to sucking your nutrition through their strong, vampire-like hooks, they also deposit toxins after a hearty feast. The toxins they release can cause all kinds of allergy symptoms.

4) No Yeasts:

Yeasts belong to the fungus family which consists of at least 100,000 to 250,000 species. They include yeasts, mold, mildew, rots, smuts and mushrooms. The function of yeasts is to break down dead bodies so organic matter can be turned into its basic elements of oxygen, nitrogen, carbon and phosphorus. However, overgrowth of yeasts can

also break down living organisms. They tend to build a colony in the areas of your body that are weak and have no defense.

For example, if your thyroid is weak to begin with, the gland can further deteriorate by the yeast overgrowth.

5) No Alcohol:

Alcohol is a product of fermented wheat or fruits (usually grapes). Fermentation requires

yeasts. Sugar is a by-product of this fermentation. When drinking alcoholic beverages, you are ingesting yeasts, sugar and chemicals all at once — a triple whammy!

Alcohol is particularly detrimental to a person who is infected with yeasts and parasites because of the "triple whammy" effect. Yeasts in the alcohol add to the existing yeast population in the body. The result is more bloating because more yeasts are fermenting! Sugar feeds yeasts and parasites and makes them thrive. Alcohol is ethanol which is a thought-altering chemical. Therefore, it can make the foggy mind even foggier!

6) No Caffeine:

While drinking coffee or tea may be an upper for you, it also makes your little enemies in your body, yeasts and parasites, very happy! Coffee is acid which forms a base for yeasts and parasites to grow. In order to neutralize the acidity, your body will have to draw alkaline from your bones (calcium). Therefore, if you are a long-term, heavy coffee drinker, you might have calcium deficiency as well.

7) No Nicotine:

Nicotine is another favorite food for yeasts and parasites. Even if you are a non-smoker, secondary inhalation can be just as

detrimental. Some smokers complained that when they stopped smoking, they gained weight. One possible explanation is that when they smoked, their bodies hosted a lot of yeasts and parasites. These little enemies can eat them away and create a delusion that they weigh less.

8) No Chemicals:

Artificial sweeteners, artificial food coloring and flavoring, drugs (including medication, LSD, heroin, cocaine, marijuana, etc.) are all chemicals. Chemicals can clog the liver and kidneys easily. When the liver and kidneys are clogged with chemicals, they cannot excrete toxins efficiently. When toxins are backed up, the immune system becomes sluggish. Consequently, opportunistic organisms such as yeasts and parasites are allowed to thrive.

Once you follow **Dr. J's Eight Commandments**, you will experience rapid weight loss. Your tummy can be flattened in a matter of weeks. My clients have reported that by far these **Eight Commandments** are the most effective Weight Loss Meal Plan they have experienced!

In the next article, I will discuss the remaining steps including herbal therapy to ensure a healthy, fast and yet long-lasting weight loss. Stay tuned!

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 more information, please call (800) 715-3053 or (818) 472-2213, or send e-mail to contact@drjsbest.com. Website: www.drjsbest.com. Blog: www.drjsblog.com. Facebook fan page: www.fb.com/drjsbest (Become a fan to read updated articles regularly on holistic treatment for various health issues.)



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VISIONS & DREAMS EXPANDS ONCE AGAIN

Today's world requires an entirely new way of being. As we all know, the world we live in is in the midst of massive changes on every level. The earth is purging and adjusting to new relationships with the galactic alignments that have been predicted for generations. We each are being asked to embrace the prevailing energies and become a renewed expression of ourselves. An expression that makes the greatest contribution to the evolutionary process humanity is now experiencing. The evolutionary effects not only apply to individuals and the planet, but also to all aspects of life including businesses.

It was spring of 1987, just months before the Harmonic Convergence, when Suandra Newberry and her husband Joseph accepted the challenge of operating **Visions & Dreams**, a metaphysical store in Costa Mesa. Motivated by a commitment to support the evolution of consciousness, the Newberrys have offered all types of tools and the venue for learning via all pathways, be it esoteric, wiccan, eastern, new thought. This has given them a front row seat in the theater of evolutionary unfoldment that is taking place.

The Newberrys have ridden the wave of change over the years, paying close attention to the shifts in the communications industries and how information is being delivered. As humanity was slowly awakening and "New Age" became more mainstream, books became available via many different means. First large chain stores carrying the most popular authors, then Amazon came with lesser prices. Now everything from books to the spoken

word or music and video can be downloaded onto any number of devices.

Needless to say, the model of "bookstore" has morphed cre-



ating the need to continually adapt along the way. Twelve years ago, Suandra and Joseph created their own Y2K experience by relocating the shop. Leaving the more traditional retail area of Costa Mesa and moving up Newport Boulevard toward the fairgrounds to Sea-Coast Village a complex where **Visions & Dreams** is the only retail entity. The focus was shifting from a retail store to that of a center with space for programs and an expanded staff of intuitive readers. At this location, there are trees and grass outside the windows offering a lighter feel to the already uplifting ambiance of the shop.

As we move through these current times, the astrological patterns offer us a perspective or understanding of the energies influencing all of life. Our individual charts can provide insight into our personal processes and opportunities. Upon studying the chart for **Visions & Dreams** it became apparent that once again it was time for a renewed expression, in fact, an entirely new approach.

Over the last few months the shop has morphed into its next expression and a new level of

service. Doors literally have been closed off and new doors opened. The store is now physically located in the space that was our classroom, Unit 3.

There are new wood-like floors and golden walls filled with the items that will continue to be available as support to our patrons. Our focus is narrowing and being inspired by the desire to support the awakening of the true self and the aligning with the refined dimensional energies now present.

The original store space is transforming into the NOW, a community gathering place. It turns out that what was the shop makes a much grander

event room. The vaulted ceilings and wood floors are perfect for any number of events. Yoga classes, concerts, lectures, meditations and discussion groups to start. The walls are perfect for displaying the artistic expressions from those in our community. There are plans for a large-screen TV to allow the community to gather and be a part of live streaming global events. This new facility can hold upwards of 100 people and more than a dozen massage tables. What event or program would you like to offer?

The first programs being offered are:

- Insights for Conscious Living with Suandra and Vibe Night with Joseph on Tuesdays.
- Oneness Blessings Wednesdays.
- Yoga classes with Amber on Thursday mornings and The M.A.S.T. (movement, awareness, space and time) program facilitated by Lorene in the evening.
- On the weekends you will find a variety of workshops and programs.

The first concert scheduled for the Now Gathering Place is a Crystal Bowl Vibrations Con-

cert. Our friend and master of the crystal bowls, Elivia Melody, will bring her magnificent collection of bowls and gongs to take us into finer frequencies available via the crystal kingdom. Elivia's bowls and the acoustics of the room will provide an evening to remember. There are many fun, informative and exciting events being planned for the remainder of the year.

JULY 29TH — GALA OPEN HOUSE to officially introduce the NOW GATHERING PLACE. Mark Your calendar as this will be a great day. We will have a Grand Trine in the sky to energize the birth of the NOW gathering place. Meet the teachers, readers, staff. Entertainment, food and networking.

We are experiencing effects of numerous planetary events that appear to be accelerating with each Equinox and Solstice. We are truly living through a rapid and massive alteration of life as we have known it. There is no one way to walk through this transformation. For certain, we are not meant to go it alone. Connecting and communing

**Visions & Dreams
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July 29, noon-6pm**

with one another creates a sense of oneness and support. This is the motivation for the creation of the Now Gathering Place. Another way for the Newberrys to support the Evolution of Consciousness.

Do you currently get emails from **Visions & Dreams**? If not, call (949) 650-6929 and ask to be put on our list, or send an email to info@visionsanddreams.com Have you been to the Facebook page?

Contemplating the Navel

By Vaishali, author of "You Are What You Love" and "Wisdom Rising"

It all started when I was in my mid-twenties, with a small pain in the abdomen that became most acute when I would bend over. Little did I know how this little pain would force me to make big changes in my life. I did what most people would do when seeking to address something health related: I made an appointment with my doctor. After extensive testing, everything we had tried was inconclusive.

Over the course of a year, the pain spread down the right leg and across the lower back. I pretty much just dragged my right leg around. My abdomen slowly swelled until there was a constant state of discomforting distention. My skin turned a pasty shade of gray with tiny bumps, the greatest concentration being on my back.

Looking back on it now, I can understand that my skin looked this way because it was the only organ still detoxifying my entire body. Due to my declining condition, my doctor suggested that we try exploratory surgery. My doctor and I discussed best and worst possible scenarios; the worst case would be that they might have to start removing organs.

I clearly remember the moment I regained consciousness in the recovery room. My doctor wouldn't make eye contact with me, and I was thinking, "This can't be good." He said, "I have some good news and

some bad news. I'll start with the good news. We did not take anything out; you still have all your organs.

The bad news is every organ from your stomach to your colon is in crisis." Your liver and small intestine are the worst. I could flip this quarter to determine which organ is going to shut down first, but most likely you are going to die from either the liver or small intestine shutting down, and I don't know why."

Looking back on it now, I can see this specialist, unintentionally, did me the biggest favor of my life. I heard about a rare Chinese form of internal organ massage called Chi Nei Tsang, and decided to try it. Fortunately for me, I stumbled into the office of Gilles Marin, the foremost master in this technique.

He worked on me for about ten minutes and then said, "Okay, I am going to tell you what is wrong with you. I am warning you now it is going to be extremely hard for you to hear, because you have been diagnosed as terminal and been through so much pain for so long. The problem with you is you are not breathing correctly." My first thought was, "If it were my breathing, I would have

been dead long before now."

Gilles explained that breathing is how we digest our emotions, thoughts and experiences, as well as supply oxygen to the body. "You have absorbed as much fear as a person can, and still be alive, but barely alive." Gilles further explained, "The diaphragm in the body is designed to move downwards on the inhale.

Yours is moving in exactly the opposite direction. Instead of going down, it is coming up. It is pulled up so high in the front of your body, it is pinching off your liver meridian, cutting off your liver from desperately-needed Chi, life force, energy. Your liver is hanging on by a thread now because the flow of energy has been choked off for so long. The result is that the liver and the liver meridian are swollen and in crisis.

The liver meridian comes closest to the surface of the skin where the most nerve endings are, and then dives back down here, here and here (those three spots). So that is where you would be experiencing the most pain. When you learn how to breathe correctly and bring the diaphragm back down, the flow of energy will be restored to your liver, and it will come right back, because there is nothing wrong with your liver. Your doctors were right about one thing, you will die *if* you do not change how you breathe. But you do not have to die, you can reverse this."

In ten minutes this guy explained my pain, how I got it, and what I needed to do to recover fully from it.

Chi Nei Tsang is designed to be self-administered, so I spent the next several years studying with Gilles. The first year of the

recovery process was extremely intense. In addition to retraining the respiration and actual physical manipulation of the internal organs, an emotional exorcism occurs.

The massage is about purging the body of negative emotions and bringing consciousness back to the core of the body. The day of the appointment I would feel great. I could tell I was improving dramatically. Then the next day, I would be an emotional basket case. The fear would just start pouring out of me.

During that first year I also experienced some profound changes in the myofascial tissue that surrounds the internal organs. Tissue, responding to years of fear stimuli, had grown very tight and had a death grip around the organs.

A combination of breathing exercises and the emotional releases from organ manipulation caused the tissue to rip loose from the inside out, finally permitting the organs to relax. The sensation of the tissue tearing loose inside the body was a bizarre combination of blinding pain followed by the sweet bliss of relief and healing.

My prayer for you would be that you are never faced with overcoming two terminal diagnoses in your lifetime. If it does find you or a loved one, know you are powerful beyond measure, and there is a wealth of life-saving complementary and alternative health wisdom out there for you to discover.

Vaishali is the author of *Wisdom Rising* and *You Are What You Love*, a columnist for the *The Huffington Post* and international health & wellness speaker appearing on *The Dr. Oz Radio Show* and *Oprah.com*. She hosts a weekly talk radio show "You Are What You Love" on Contact Talk Radio Fri. 1-2pm PST/4-5 pm EST and Sun. 11-noon PST/2-3pm EST. She learned to transform her life from the threat of two terminal disease diagnoses, domestic abuse and financial devastation. Completely recovered, she shares her wisdom @ www.purplev.com/mediakit. Join Vaishali in Los Angeles July 21st & 22nd for a two-day workshop.



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Why We Need a Training Camp for Consciousness

By Beth Green

Some of us have worked so hard to change our world; some of us have worked very hard to change ourselves. And yet, for many of us, no matter how hard we have worked and no matter how much we have progressed, something is still eluding us.

It's not an illusion. Something is still eluding us. It is the experience of oneness, the experience of thriving in a thriving world, the experience of going beyond our own narrow self-concerns and living from a place of inspiration and connection, from the place of safety that can come only from knowing that others, too, are seeking the highest good of all, including us.

As humans, we long for this experience, but the only way we will get it is if we change and so does our world. We can do it. We can change ourselves. But how? By going beyond the domination of the ego: the instinct that causes us to protect ourselves, promote ourselves and pit ourselves against others; the instinct that causes us to feel shame, isolation, competition and alienation; the instinct that causes those around us to do the same, which only gives us even more reason to protect "ourselves" against "them."

Can we overcome the domination of the ego? Yes, we can. But first, let me address the issue of disappointment. Whether through direct political action or through charitable work or volunteering, we may have given our all and still experienced disillusionment — not only about the results of all that work, but about the timidity or narrow self-interests that blocked the bold changes required.

On a personal level, too, we may have experienced disappointment. We may have committed to sobriety from one addiction, yet find ourselves consumed by another. We may have reaped the rewards of ex-

ercise or meditation, yet continue to be anxious or irritable in daily life.

We may have understood certain of our dynamics, yet still feel baffled about our underlying sense of dissatisfaction about ourselves, our relationships and our lives. We may have taken many chances on love, yet are left feeling resentful or resigned.

All right. So we have been disappointed. We have been disappointed by ourselves, by others, by movements, even by spirituality. The question is: What have we done with these disappointments? Have they discouraged us? Have we kept using the same tactics despite encountering the same results? Or have we utilized the gains that we have already achieved and been motivated to dig deeper, to look for the underlying cause of our alienation from ourselves, alienation from others, alienation from faith?

Those of us dedicated to digging into the underlying cause of our political, social and personal pain have frequently come to the same conclusion: It is the domination of the ego, the me-based perspective keeping us in shame, fear and alienation. Now what can we do about that?

A lot. We can retrain ourselves and our egos, and we can open ourselves up to a better way of being, a way that allows us to see our interests as connected, rather than opposing; a way that opens us to the flood of divine energies that help us feel better, more whole, more connected and more relaxed, the divine energies that can also inspire us to solutions that we could not see before.

In order for us to retrain our egos, to leave the "I" universe for the "we" universe, we need three elements: awareness, in-

tention and support. Awareness: catching on to the ego's games and acknowledging the need-

less pain it has caused us and others. Intention: dedicating ourselves to self-awareness and giving up all the excuses for engaging in behaviors that destroy our bodies, minds and spirits. Support: human help — a mutually supportive environment that helps

us see ourselves and heal ourselves, so we can truly transform; divine help — a steady stream of divine energies that increase our sense of well-being and open us to higher consciousness.

Overcoming the domination of the ego is not easy. It takes work and dedication. It takes engagement at the level of a boot camp, a boot camp for higher consciousness. Why boot camp? Because boot camps are intensive training experiences that allow us to respond almost instinctively to the challenges that confront us.

And the response they encourage is that we automatically function as part of a mutually-supportive team, freed from the attachment to our individuality, so that we may achieve our goal and find ourselves in the oneness. For centuries, humans have used boot camps to prepare us for war. Why not now use boot camp to prepare us for transformation?

We need a boot camp for consciousness, a boot camp to help us instinctively respond to

life's challenges in a way that is self-aware, mutually supportive and inspired. And for such a boot camp, we need programs that challenge and enable us: to see ourselves clearly; to disassociate from the identification between us and the ego; to understand the ego and help it evolve; and to heal from the traumas and life patterning that have kept us enslaved by the unconscious drives that cause us to hurt ourselves and one another.

Let us dedicate our lives to transforming our bodies, minds and spirits, so that, together, we may feel more whole, more happy and more able to solve our common problems. And let us turn our discouragement into inspiration.

*Intuitive counselor and spiritual teacher Beth Green is the author of **Living with Reality: Who We Are, What We Could Be, How We Get There**, a 688-page handbook for achieving higher consciousness now available as a free e-book at www.livingwithreality.com. She is also featured in the new book **The New Science & Spirituality Reader**, edited by Nobel Prize nominee Ervin Laszlo. This July she will be the closing keynote speaker for the California Institute for Human Science "Subtle Energy" conference, and she will be leading a retreat on "Creating a Collective Vortex of Change: Are You In?" in August. Visit: www.bethgreen.org*



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

Thich Nhat Hanh

Escape to Catalina Island

By Ann Nelson

My friend Pat had been working on a frustrating neighborhood project that seemed to be going nowhere and it was time for her to take a well-deserved break. I suggested we take a trip to one of my favorite places: a quiet, little magical place called Catalina Island.

This quaint island destination, twenty-two miles off the coast of Los Angeles, is a perfect retreat for eco-tourists, historians and ocean-water lovers. Catalina, rugged and serene, is a true refuge from the city and a perfect place to unwind and rejuvenate your soul. Sometimes you see the island and sometimes she is hidden in fog, adding to the allure of a place so near and yet so far. Naturalists describe Catalina as "Southern California about 200 years ago."

We departed on the Catalina Express from Long Beach, just south of Los Angeles. Once on-board the catamaran, the mainland drifted into the background.

Porpoises swam beside the boat, sea lions sunned on buoys. Our thoughts turned to the peaceful days that lay ahead of us.

An hour after departing from Long Beach, the ferry boat draws close to the southeastern tip of Catalina and we see the postcard cove of Avalon Bay dotted with sails and the town's cottage dwellings hugging the hillsides of the bay.

After the ferry pulled up to the dock, we grabbed our bags and walked a short distance to our condo on Pebbly Beach Road. Pat and I wanted to spend two nights in town and one night at the secluded enclave of Hamilton Cove. We worked with Catalina Island Vacation Rentals to find the perfect places to stay. The in-town condo was within walking distance to restaurants, shops and art galleries. Our condo at Hamilton Cove was located in a secluded hill-top area that drops down into the ocean and has magnificent views.

Soon after arriving, we unpacked our bags and headed out to the zip-line. The thrill of zip-lining was not new to me, but it was to Pat. I watched as her sense of terror turned into sheer delight after completing the first two lines. The zip-line tour consists of five separate lines that start high in the hills above Avalon and descend through Descanso Canyon. We traveled 300 feet above the canyon floor at speeds close to 45 miles an hour!

After an exhilarating day, it was easy to find a great restaurant. There are dozens to choose from, but a few standouts include Ristorante Villa Portofino and Steve's Steakhouse Bar & Grill. Both have bay views and gourmet food. After dinner we walked along the bay side while breathing in the salty air and looking up at the twinkling lights of the houses on the hill. We sat out on our deck at our condo and felt engulfed in the

quiet magic of Catalina. It was good to be here.

Catalina has been a Southern California playground for more than 100 years. Chewing gum magnate, William Wrigley, Jr., who made his fortune peddling Spearmint and Juicy Fruit chewing gum, fell in love with Catalina and bought the entire island in 1919. The island spans about 76 square-miles and 86 percent is now protected by the Catalina Island Conservancy.

To get a true sense of what Catalina Island is all about, it is a must to explore the unspoiled backcountry. The only way to visit the island's interior is to hike, take a shuttle bus or join a motor tour. We decided to hire Catalina Transportation Services to show us around.

Our tour guide, Rene, not only brought along champagne for the trip, but entertained us with fascinating stories as we explored the jagged cliffs, isolated beaches, and miles of rugged wilderness. Since he grew up in Catalina he knew every nook and cranny and even showed us an island lake I never knew existed.

Catalina is a delicate and unique environment, home to more than 400 native plants and more than 100 species or varieties of birds. Rattlesnakes, native quail and Channel Island fox are found here. The non-native animals introduced to the island include pig, goat, deer and American Bison, fourteen of which were brought to Catalina in 1924 and used for the filming of "The Vanishing American" in 1925. Today, about 200 buffalo roam the island.

An early morning kayak expedition to Frog Rock was a definite highlight and the perfect way to see what the Indians must have explored years ago. As we paddled in the peaceful waters, porpoises were playing all around us. As a novice kayaker, I felt totally safe with



Ann Nelson kayaking in Catalina. Photo by Scott Bryan



Pat zip-lining in Catalina.
Photo by Ann Nelson.

my trusty guide beside me paddling his own kayak. He gave me pointers and filled my head with history lessons about Catalina.

You won't run out of things to do while visiting the island. Catalina offers activities and attractions for everyone: golfers, kayakers, divers, hikers, shoppers, campers, couples, music lovers and art buffs.

During our weekend stay, we rarely saw anyone talking on a cell phone, or roaring around in an SUV. Very few cars are in sight. In fact, locals must wait more than a decade to have a car on the island and tourists can't bring one at all. The golf cart is Catalina's favored mode of transportation. They're easy to rent and a great way to get around. Even the sheriff runs around in a souped-up golf cart!

Catalina is one of the rare places where you can arrive without a schedule. The only time we needed an alarm clock was to wake up in time to catch the ferry back to the mainland. Departing Catalina was not easy and leaning against the rail of the boat while watching the island fade into the distance was even more difficult. We promised each other we'd be back.....

CONTACT INFORMATION

Catalina Island Chamber of Commerce and Visitors Bureau: Call (310) 510-1520 or visit www.CatalinaChamber.com

Catalina Express: Call (800) 995-4386 or visit www.CatalinaExpress.com

Catalina Island Vacation Rentals: Call (800) 631-5280 or visit www.catalinavacations.com

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

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The Happy Heretic

By Reverend Leo Booth

At the time of writing this article I had just heard that Health Communications Inc. will be publishing my latest book, *The Happy Heretic* subtitled, *Dancing with Pelagius and Rumi*. It is about affirming the metaphysical teaching concerning co-creation and applying it our daily relationship with God.

Throughout the book I trace the arguments that arose between Pelagius and Augustine of Hippo, later known to the world as Saint Augustine. In a nutshell, Augustine said that without God's grace a human being can do or achieve nothing; Pelagius affirmed that grace is manifested when human beings co-operate with God's intention for living the good life. Pelagius sees Jesus as the perfect human being who fully and actually co-operated with God's will and is therefore the example (not the exception) that we should follow in the living of our lives.

It is my belief that everything changes when we grasp what Pelagius is saying, because now instead of *waiting* or *handing over* our lives to God we now have been given, within nature itself, divine creativity. It is therefore nonsense for me to suggest that I have nothing

to do with my success, recovery, health or ability to live the spiritual life. God supplies one hand and I supply the other in our mutual applause of creativity.

In *The Happy Heretic* we consider what our part is in the following messages; we discover what is to be found in the other hand. Let's examine them:

If God wants you to have it, then it will happen.

I don't believe that we have a job, wife, car or a college degree because God wanted us to have them; *I'm convinced that we also did something*. We attended the interview with an excellent resume, we got to know and love the woman who is now our wife, we saved for the car that we now own and yes, we studied hard for our exams.

There, but for the grace of God, go I.

I always liked this saying until I began to think about it. Do I really want to suggest that we are not blind, or in prison, or homeless because God's grace stopped these tragedies from

happening to us? Should we thank God that we're not like those we feel sorry for, or do we need to feel good about the circumstances, actions or choices we've made that prevented us from going to prison or not being able to make our house payment? Our *choices* create success in life and we are necessarily involved, even if we're not

always conscious of it.

When your time is up, God will take you home.

This saying feels appropriate when we die at eighty, in a comfortable bed with our family around us; not so acceptable when our teenage son or daughter is killed by a drunk driver or dies as a young soldier in a war. Are we seriously suggesting that God directed the drunk driver or created the war?

What God has joined together let no man put asunder.

In any marriage, healthy or unhealthy, both people are involved. The choice to marry is made for many reasons and sometimes there are unrealistic

expectations on both sides; however, *it is the two people who make their marriage work*. Yes, God is involved but He does not magically keep the couple together.

It is also unacceptable, especially if abuse is involved, to invoke a promise made before God in order to keep a toxic relationship together.

I have been exploring these ideas during the writing of my book at Common Ground, a Spiritual Center in Tustin, CA. I challenged the congregation and the recovery people who come the last Sunday of each month (a service called A Celebration of Spirit) to this dynamic Pelagius philosophy; *We don't need to be praying for what we've already been given*.


In recent years I have come to understand the person Jesus in a different way; He is much more the example than the exception. He is what we can seek to be; He epitomizes the combination of divine and human grace, asking us to do the same.

"Verily truly, I tell, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father" - John 14:12

He reflects the perfection we are all called to be. Yes, Jesus called us to His perfection. "That's heresy!" you might say. Well yes, I am the Happy Heretic.

Reverend Leo Booth is a Unity Minister, former Episcopal priest and an acclaimed author, lecturer and trainer on all aspects of spirituality and recovery from depression, addictions, compulsive behaviors and low self-esteem. He is the author of 12 titles including: Say Yes to Your Life, Say Yes to Your Spirit, The Angel and the Frog, The Wisdom of Letting Go and Spirituality and Recovery. To learn more: visit: www.fatherleo.com; email: fatherleo@fatherleo.com and Facebook Reverend Leo Booth.






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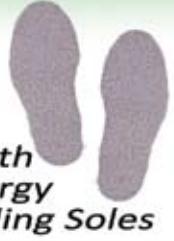
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— Mahatma Gandhi

A Doctor Who Has Not Suffered from Chronic Illness May Not Understand

By Aleksander Strande, ND, PhD

When Alex Strande fell sick fifteen years ago, he thought he was going to die. A typical workaholic . . . running 100 miles an hour, 24 hours a day, he suddenly collapsed. It felt like a heavy flu, and he thought that within three to seven days it would be over. Instead, he got so ill that he could not get out of bed.

Soon many new debilitating symptoms started to appear. They included constant sore throats, low-grade fever, total body aching day and night, lymph node swelling, headaches, depression, anxiety, mood swings, inability to concentrate, hot and cold flashes, sensitivity to noise, light and temperature, intestinal discomfort (reacting to most food consumed), sleep disturbance and extreme debilitating fatigue.

A variety of tests were taken which showed absolutely nothing but an antibody to a flu-like virus. He was subsequently diagnosed with Myalgic Encephalomyelitis (ME), Mononucleosis, yuppie flu, Chronic Fatigue Syndrome, Fibromyalgia, Glandular Fever plus a number of other name tags. He was offered drugs, vitamins, natural remedies, treatments . . . you name it.

Strande started to recover only after consulting with another naturopathic doctor, one of his mentors at the Australian College of Natural Medicine, who had suffered from chronic fatigue and Fibromyalgia. As he recovered, he became fascinated with this condition. Many health-care practitioners had claimed to be able to bring about recovery, but in fact, people got showered with irrelevant tests and treatments.

As he recovered, he became more interested in patients who suffered from CFS and Fibromyalgia. People say that very often a doctor who experiences a disease himself, will attract and better help those suffering from said disease.

In spite of the fact that Strande attends to many other difficult conditions, close to half of his clients come to him for a resolution to Chronic Fatigue Syndrome. As he became proficient in addressing this condition, this experience was a great asset to him in securing his Ph.D. on "Effective Naturopathic Treatments in Post Viral Chronic Fatigue Syndrome."

Strande found that the reason some doctors have a low success rate is because they don't understand what the therapeutic dosage should be in the field of naturopathic medicine. In conventional medicine, one prescribes specific doses of drugs indicated by a pharmaceutical company. Standards in naturopathic medicine are different as one is recommending concentrated extracts of foods, plants, nutrients or homeopathic.

A practitioner creates a personalized program for a patient. It is not the herbs or nutrients that work, it is the knowledge together with clinical experience in treating these cases. It definitely helps when a doctor has gone through the misery of these symptoms himself or herself.

In ancient China, a village doctor was paid wages by the village or community when no one was sick. When someone fell ill, the wages were cut until the doctor cured the condition. One wonders if any doctors would survive if there were the same policy in America.

Chronic Fatigue Syndrome is the descriptive name of a syndrome characterized by a myriad of seemingly unrelated symptoms. The determination is made on the basis of certain symptoms and the ruling out of other ailments that could cause these conditions.

The major criteria used to distinguish CFS are:

1) Persistent fatigue that does not resolve with bed rest and that is severe enough to reduce average daily activity by a least fifty percent for at least six months.

2) The presence of other chronic clinical conditions, including psychiatric disorders, can be ruled out.

CFS was hardly known in the 70's and it was often misdiagnosed as hypochondria or a mental problem. "You've got it all in your mind." I find even now some practitioners in America have this type of approach. At the end of the 90's it had become one of the most common ailments people talk about.

Most clinicians dealing with a reasonable amount of CFS

cases observe certain patterns of deregulation of immune and hormonal/metabolic systems as well as the whole body's detoxification system. CFS is not only a vastly complex illness, but also one escalating alarmingly in frequency. Epidemiological studies confirm that is spreading and crossing all boundaries, including socioeconomic, racial, political, gender, occupational and geographical.

"I find that among people who suffered from CFS or Fibromyalgia for more than 10 years, about 20% have gone from one practitioner to another and after continued failure, they give up. Call and talk with me before you totally give up."

Aleksander Strande, ND, PhD, is a microbiologist and naturopath. His special interests are: difficult-to-help conditions. His office is located at 3017 Clairemont Dr. in San Diego (Clairemont Village Center next to Keil's Grocery). Call (619) 607-4211 for questions and appointments. Visit: www.simplyhealingclinic.com



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Visit the Galapagos in September or October

By Sara Duncan Widness

Here's an idea to add to a calendar of "must dos." In September and October the animals, birds and sea life are at their friskiest best in The Galapagos. Cooler, dryer air and lower water temperatures prevail at this time in these fragile islands and in regions of mainland Ecuador. These conditions make for good sightings of sea lions with pups while snorkeling and diving. Manta ray congregate for plankton that arrives on colder currents.

Giant tortoises are still nesting and laying eggs, Galapagos penguins are friskier than usual while hammerhead sharks school in greater numbers. Most species of sea birds are active at their nesting sites providing prime viewing. Off the mainland coast in a region called Ruta del Sol it's high season for surfing and humpback whale encounters.

Temperatures in the high 60s to mid-70s compel visitors to climb and trek, activities that might seem daunting when it's hot or wet; plus it's a great time to surf mainland beaches. Because September and October are off-peak, there are fewer people at popular sites and hotels are known to offer reduced rates.

A dilemma that often faces travelers is not scheduling enough time to see and do everything a brand-new destination offers. This can be true in The Galapagos and on mainland Ecuador. You may want to consider dividing your time between the islands and mainland. Think about Ecuador as four quadrants or distinct worlds on two hemispheres. These are the Andean Highlands with the World Heritage capital city Quito, the Equatorial Monu-

ment, historic Cuenca, and the best-preserved Inca complex in the country, Ingapirca.

The second quadrant takes in the bio-diversity in and around the Galapagos Islands with snorkeling with sea lions, a visit to a private preserve where giant Galapagos tortoises freely roam, exploring pirate lore and legend on Floreana, and hiking in the caldera and visiting lava caves on Isabela.

The third quadrant includes the Amazon Basin where guests stay at a remote jungle lodge accessed by dugout canoe with hikes to a native village and a canopy tower adventure.

Quadrant number four encompasses the Coastal Lowlands and includes tours of historic Guayaquil, Ecuador's largest commercial center, a yacht tour on the Guayas River and shopping at artisan markets.

For example, Samai Lodge in Santa Elena is a relaxing jungle inn and wellness spa on the mainland where it's easy to access unique dry forests and cloud forests and coral reefs. For a longer visit to Ecuador guests can combine this lodge with quality time at accommodations on three Galapagos islands and even include snorkeling and diving at the Red Mangrove Dive Center that opened recently.

Red Mangrove Galapagos and Ecuador Lodges own and manage the center as well as five lodges on the islands and have also researched and personally sampled the offerings of inns and activities on mainland Ecuador. While taking care of guests it also looks after its wildlife friends. It has created Red Mangrove Tortuga Reserve, the first such reserve in the Galapagos, on 20 acres adjacent to the Galapagos National Park, a short drive from the company's Aventura Lodge on Santa Cruz. Here animals have free and unobstructed movement. "We see this as a necessary step for the preservation of the threatened Galapagos giant tortoise," said

Hernan Rodas, founder.

He said the reserve is being created from a minimalist, least environmental impact perspective. Only guests visiting the Red Mangrove Aventura Lodge



Galapagos giant tortoise.
Photo courtesy of Red Mangrove Galapagos Lodges.

may walk the grassy trails on the preserve. Although there will be washroom facilities and a rain shelter, there will be no gift stores.

"This reduced traffic and development will limit any impact on the tortoises and their environment," said Rodas, underscoring that conservation is the top priority. Red Mangrove Galapagos and Ecuador Lodges seeks to build alliances with local conservation organizations and the national park for the greatest benefit to the species.

At present the site harbors 30 to 40 giant tortoise, but the total number at any time will depend of how humid it is and how much water is in a small pond that attracts the tortoise. These reptiles weigh up to 880 pounds and in the wild can live for over a century.

The name Galapagos comes from the Spanish word for tortoise. Early explorers would have witnessed the species in numbers of over 250,000 in the 16th century. By the 1970s the number had dropped to around 3,000 and the species is classified "vulnerable" by the International Union for Conservation of Nature.

For more information please see www.redmangrove.com

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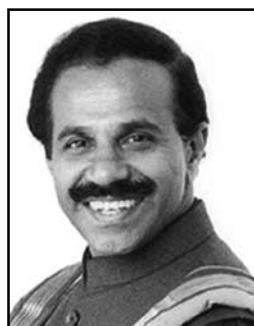
My name is Jon and I am Clairvoyant. I am not a fortune teller. I do not read cards. I am not an astrologer.

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MUSIC Reviews

By Michael Diamond



VARIOUS ARTISTS/ PRODUCED BY WILL ACKERMAN

The Gathering
www.cdbaby.com/thegathering5

The Gathering is a compilation or “sampler” of 22 artists presented by Grammy-winning recording artist and producer Will Ackerman, who gained international recognition as the founder of Windham Hill Records, and as a pioneer of the acoustic new age music genre. The tracks on this CD were produced and recorded by Will at his famed Imaginary Road Studio in Vermont. Many of the songs include session work from his stable of world-class musicians such as Michael Manring, T Bone Wolk, Jill Haley, and Tony Levin, among others. Having reviewed the CD’s by a number of the artists on this compilation, including Jeff Oster, Kathryn Kaye, Fiona Joy Hawkins, Shambhu, Ann Sweeten, and Todd Boston I’ve had the opportunity to speak to some of them directly, and have heard glowing praise about their experience of working with Will Ackerman.

The music on this collection is diverse and includes solo piano, duets, and larger ensembles, ranging from earthy folk melodies to world music influences. Although there is not room to go into detail on specific tracks, as a whole *The Gathering* is a harmonic convergence of outstanding talent and a tribute to one of the preeminent producers in music today.

*In our every deliberation
we must consider the
impact of our decisions
on the next seven
generations.*

— from the Great Law of
the Iroquois Confederacy

CATHERINE ANDREWS

*Visions — The Art of
Catherine Andrews (DVD)*
www.catherineandrews.com

It’s been over 25 years since Catherine moved from England to Southern California where she still lives and pursues her artistic endeavors, which include painting, stained glass, film, and even recording an album of celestial new age music. The appropriately titled, *Visions*, offers a retrospective into the life and work of this gifted visionary artist. There are two parts to the DVD, which Catherine co-produced with Christopher Toussaint. The first is a nearly hour-long documentary filmed at her home and in LA-area art galleries where she talks about the inspiration behind her paintings. The second part is a 36-minute “music art gallery” which provides a continuous flow of Catherine’s artwork set to a soundtrack of her music.

The subject matter of Catherine’s paintings covers a wide spectrum, yet an aura of spirituality is always present. Some of her work has strong elements of romanticism, sacred sensuality, and mythology. Providing glimpses into other dimensions is central to Catherine’s work, which includes mystical visions of heavenly realms, angels, Goddesses, and spiritual beings. I enjoyed gaining a deeper perspective about Catherine as the talented artist and beautiful person that she truly is.

TODD BOSTON

Touched By The Sun
www.toddboston.com

The term “world-class” gets thrown around a lot these days, yet in some cases it is well deserved. Todd Boston’s new release, *Touched By The Sun*, is certainly one of those cases. In addition to his jaw-dropping guitar work, the CD is a collab-

oration of some of the top talents in this genre of music. Even more so than his debut album, *Alive*, which garnered critical acclaim and extensive radio airplay, his new release incorporates extensive and intricate ensemble playing and a diversity of world music influences. The production on this CD is a work of art in itself, although not surprising coming from the studio of Will Ackerman, an undisputed master of recording and producing acoustic music.

Todd’s music draws from a variety of influences and combines the distinctive sound and spirituality of the East with the guitar innovations of the West such as the use of electronic effects, alternative tunings, and the advanced fingerstyle techniques of people like Leo Kottke and Michael Hedges. In addition to guitar Todd plays flute, bass, and a number of Indian music instruments. *Touched By The Sun* is a pan-cultural musical masterpiece that I thoroughly enjoyed and highly recommend.

CELTIC DREAMER

Chris Conway
www.chrisconway.org

Multi-instrumentalist Chris Conway has integrated Celtic influences into an ambient new age context to create a blissful soundscape that is supremely relaxing. In fact, as Chris says, “One of the aims of this album is to provide music with a Celtic ambiance for relaxation and to aid sleep.” Having listened to this CD, I can attest to the fact that it has achieved its goal — it is indeed quite lovely and restful. There is also a mythological theme to the album in its telling of a Celtic tale about a princess who becomes a swan every other year, which is described track by track in the liner notes.

On *Celtic Dreamer* Chris plays Irish tin and low whistles, piano, keyboards, zither, guitar, percussion, and more. Also participating are a number of other musicians on Celtic harp, violin, guitar, and wordless female vocals. This release on the excellent Paradise Music label (www.paradisemusic.us.com) is only one of a staggering 80 CD’s he

has released either solo or with bands covering a wide range that includes pop, rock, folk, jazz, world, new age, ambient, and electronic. *Celtic Dreamer* is a gorgeous recording that is sure to please fans of Celtic and new age music alike.

CARL WEINGARTEN

Panomorphia
www.mphase.com

As one of ambient music’s most innovative guitarists, Carl Weingarten has been crafting his unique sonic tapestries for three decades. While his recordings are guitar-based, he often takes the instrument in expansive and experimental directions that defy categorization. It can be quite atmospheric, giving some of his work the feel of an impressionistic soundtrack with the guitar creating lush sonic clouds that could easily be mistaken for synthesizers.

Part of his sound comes from the use of electronic effects, which are essential ingredients in the mix. Also in his arsenal is a technique known as “looping,” that allows an artist to generate multiple layers of sound on sound, stacking melody and rhythm on the fly, creating spontaneous compositions. *Pano-morphia* consists of seven tracks, three of which are layered solo performances and four that are collaborations with some of the most talented musicians in the Bay area including world-class bassist Michael Manring, drummer/percussionist Celso Alberti, and award-winning recording artist Jeff Oster on trumpet and flugelhorn. The description of the music as “deep space jazz” hints at its direction which also includes elements of ambient and electronica, with occasional excursions into more exotic and esoteric terrain.

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

By Sonia von Matt Stoddard



2012-2021 THE DAWN OF THE SIXTH SUN

The Path of Quetzalcoatl
By Sergio Magana
(Ocelocoyotl)

According to ancient Toltec Wisdom and cycles of times, we are in a transition from the Fifth Sun, an era of light, into the Sixth Sun, an era of darkness. In the former, we focused on the understanding of our physical world, and in the latter we will learn to relate to the inner aspects of ourselves, the divine and the unconscious.

If you ever wanted a comprehensive understanding of Toltec/Aztec tradition, this lovely book will enlighten you. It begins by explaining the structures of the universe, the cycles, calendars, numbers, heavens, underworlds and trainings. The author translates a little-known oral tradition of profound and complex cosmology, science and mathematics in order to understand the possibilities presented to humanity during this next shift.

Sacred poses, breathing exercises, dances and other ancient practices all show us how to realign ourselves with the universe. If we wish to understand changes taking place in 2012, which will be more clearly visible in 2021, this book will enable us to make sense of our physical world as it has come to being out of a spiritual world.

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

DREAMING THE SOUL BACK HOME

Shamanic Dreaming for Healing and Becoming Whole
By Robert Moss

When we encounter trauma or loss in our lives, it seems that a part of us goes away as protection against a harsh, cruel world. We disassociate from the encounter and try to hide it from our psyche. The reality is that it never really goes away. It just gets buried.

In our dreams, our higher self finds a way back to us, so we can address all aspects of our soul and turn them into positives. Dreams not only show us what the soul wants, they show us where it has gone. By connecting with those dreams, whether they are current ones or ones from ages ago, we find powerful tools to recover the missing aspects of our lives.

This book introduces us to techniques of Active Dreaming, designed to bring our soul back to our body so we can become whole, in spite of our spiritual wounds. Through the process of Shamanic Soul Retrieval, as well as other exercises, we can be-

come not only shamans of our own souls, but will be able to help others become healers of their lives.

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

STAR ANCESTORS

Extraterrestrial Contact in the Native American Tradition
By Nancy Red Star

The author's primary goal is to pass on the traditions of the "Old Ways" including those of several native Indian traditions. Exploring the "Sky Elder" theme found in virtually all Indian cultures, researchers unravel the teachings and ancient prophecies that can be applied in our current time.

The Hopi call the world we are in now the Fifth World. People who are able to follow the instructions of our sky deities will walk ahead into the Sixth World. Now that many native peoples have regained their ceremonies, languages, songs and dances, we are in a position to achieve, then maintain a balance with the earth.

Discussed here are the basic laws and tenets shared through extraterrestrial relationships. Caring for the planet, the principles of justice and rituals for visitation, are only a few wisdom teachings that are touched upon. Recognizing signs of the paradigm shift, as well as learning

to develop our psychic powers, invites us to learn from a culture that is proud of its lineage and willing to share its wisdom and survival plan for walking into the next phase of our world.

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

THE LAKOTA WAY OF STRENGTH AND COURAGE

Lessons In Resilience from the Bow and Arrow
By Joseph M. Marshall III

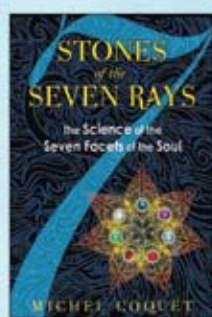
Simplicity is peace. So why do human beings insist on complicating even the smallest of tasks? Are we beyond the salvation of simplicity? The author believes that the answer is most certainly not, but we need to step back, listen and learn from our indigenous ancestors who thrived in an era where an abundance of unnecessary creature comforts through the electronics of today did not exist, while the abundance of whole life did and still does. They did not have a lot of "things" but they were fed well, comfortable and happy.

With several analogies and discussions about the simplicity, yet amazing utility of the bow and arrow, and beautiful stories about the interaction between individuals, for example, a grandfather and his grandson taking a short journey on foot, we are asked to think about things like

(Continued on page 42)

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

— Mahatma Gandhi



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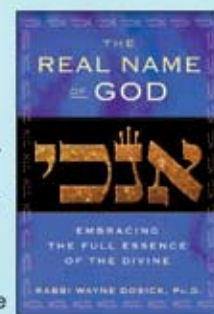
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BOOK Reviews

(Continued from page 41)

the endless list of complications we create, ways and ideas you can choose which, if any, have any place in your life, today, tomorrow or ever. Also discussed are purpose, strength, resiliency and advice for transformation.

Published by Sounds True, this book is available at your local bookstore or www.SoundsTrue.com

VISIONARY SHAMANISM

(Includes the Musical Journeys CD)

Activating the Imaginal Cells of the Human Energy Field
By Linda Star Wolf
and Anne Dillon

Imaginal cells are the energies of what has happened, as well as what will happen, as stored in the blueprint of the invisible world. In order to be fully present and embodied today, we must be able to not only tune into our past, but also acquire information from the future. By incorporating wisdom teachings, shamanic journeys and breathwork practices, you will be able to tune into these imaginal cells, thus opening up the blueprint of who your highest and best self is meant to be.

The future self is very real. The authors introduce us to many realities that are available for our imagination to grasp. The many connections available, such as instructions on activating these cells, are all included here. There are also discussions on shamanic portals, shape-shifting, the Duat, sacred geometry, and psychospiritual transformation. Personal encounters by the authors are shared throughout the book which creates an illustrative manual, bringing the experiences described to life.

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

To know that even one life has breathed easier because you have lived, that is to have succeeded.

— Ralph Waldo Emerson

THE LITTLE SOUL AND THE SUN

*Written by Neal Donald Walsch,
Illustrated by Frank Riccio*

The Little Soul had an extraordinary conversation with God. Little Soul said that it wanted to really find the part of itself that is called Forgiveness. "But don't I need to have someone to forgive?" asked the Little Soul. Friendly Soul stepped up and offered to help. "I can come into your next life and do something for you to forgive," said Friendly Soul. And Friendly Soul put on a cloak of darkness and then asked the Little Soul to do one thing. "I might be so caught up in our game that I might forget I am the Light. So I need you to help me remember." Little Soul promised to always see Friendly Soul as the Light it truly was.

This children's parable was adapted from the best-selling book, "Conversations with God." The imaginative illustrations begin in the light-filled clouds and gradually transition to a dark forest as the story progresses.

This book teaches a beautiful way of looking at things and at ourselves.

Highly recommended for ages 3 and up.

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

CASSANDRA'S ANGEL

*Written by Gina Otto,
Illustrated by Trudy Joost*

Cassandra starts happily singing out loud, but soon she doesn't know what to believe about herself. "You're a messy girl," her mother says. "You're too different," say the children in her neighborhood. Her teacher says she's incorrigible. Cassandra isn't sure what that means, but it doesn't sound good. Even the mayor doesn't listen. Cassandra feels so alone — until she meets her own beautiful angel. The angel tells her that all of those things people said were just stories that came from their own sadness and fears. The truth is that Cassandra is much more. Cassandra now has a new song in her heart. She knows she is a bright light, and no one can change that story.

Children will identify with Cassandra, and with her confusion about who to believe. This charming story will encourage children to believe they too have an angel whispering the truth to them. Written in lilting poetry, the book is filled with colorful pictures that bridge the realistic and imaginative worlds of Cassandra.

Recommended for ages 3 and up.

Published by Sterling Children's Books, this book is available at your local bookstore.

MOO KITTY FINDS A HOME

*Written by Valerie Lee Veltre,
Illustrated by Liz Leonard*

Moo got his name because he had black and white spots like a cow. He was very happy at home. But one day his human was gone, and he was left on the street. Moo cried until three angels came to tell him he was not alone. Moo tried to be brave as he looked for food. A kind human took him to the shelter. At the shelter, he had food and friends, but every day he watched the kittens get adopted and go to new homes.

Would it ever be Moo's turn?

This gentle book deals with the issue of older pets needing homes. Children will love Moo Kitty, and adults will be reminded of the special gifts an older pet has to give. The last pages of the book list the benefits of adopting an adult pet, and tips for helping them settle in as a member of the family. Lively illustrations bring a light touch to this story with a happy ending.

Recommended for ages 5 and up.

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

THE KLAMPIE MYSTERY

*Written and illustrated
by Luis Rodriguez*

Samantha is so excited! She is going to Australia with her parents. Her dad brings her a life-sized koala toy, and Samantha names it Klampie. She takes it with her on the trip, and cuddles it close when she sleeps. Samantha enjoys the trip very much, including learning that in Australia, a barbie is a barbeque, not a doll. Dozing on the plane home and tired from exploring the country down under, her parents are startled to hear Samantha scream that Klampie has come to life! How did a stuffed toy become a real koala? Or did he? What happened? It's a mystery!

Children will love going with Samantha on her adventure, and learning about Australia. They will want to cuddle with Klampie. The best part will be that they know the answer to the mystery that Samantha can't solve.

Great for reading out loud, this book is filled with colorful illustrations of koalas and Australia. You might want to visit the zoo to see the local versions of Klampie after reading this story.

For ages 5 and up.

Published by Mascot Books, this book is available at your local bookstore.

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REFLEXIONS BELFEXIONWZ

By Robert Ross



on The Fiscal Cliff

"It is incumbent on every generation to pay its own debts as it goes. A principle which if acted on would save one-half the wars of the world."

— Thomas Jefferson

They call it the "fiscal cliff," and we're due to step off January 1, 2013. In the Road Runner cartoon series, Wile E. Coyote races off the cliff and continues running until . . . until he looks down — noticing he's no longer on solid ground. He, of course, ends up falling hundreds of yards at breakneck speed until splattering on the pavement below. Metaphorically speaking, the nation appears to be on that same course. And when the nation finally gets around to looking down... it's going to be quite a fall.

The phrase fiscal cliff was coined to describe a collection of tax and financial provisions that will expire or come due on January 1, 2013. For starters, the Bush tax cuts will expire, as will estate, and gift-tax provisions. The 2 percent cut in social security payroll taxes will expire. Some unemployment benefits that were extended to the end of 2012 will also expire.

And, as part of a deal made last summer to raise the debt ceiling, there will be automatic budget cuts of 109 billion in defense and social programs. There will also be an additional 83 billion in cuts from a compilation of reductions and changes due to take effect January 1. In total, these changes and expirations add up to approximately 607 billion.

Six hundred billion? In today's monetary lexicon — a lexicon that took shape after the 2008 market crash — hundreds

of billions, even trillions of dollars — are amounts that have been bandied about so frequently that they've lost meaning and impact. A numbness has set in regarding excessively large sums of money.

The bailouts for GM, Chrysler, the banks, TARP programs, and the "too big to fail" financial institutions amounted to more than a trillion dollars. The numbers were so staggering that — with the threat of financial collapse — our legislators quickly agreed to increase the debt, rather than examine the consequences. And, life went on. America focused on the usual distractions . . . American Idol, one's favorite sports team, or perhaps Survivor. Unsustainable debts? Fiscal cliff? Don't worry, it'll all work out.

The attitude was and is: if a billion, trillion or zillion dollar debt doesn't seem to matter anymore, why the fuss? Let's continue the good times. Life's too short to worry about a silly thing like an unsustainable debt.

This year will be a bit different though. The Congressional Budget Office says that because of this upcoming "cliff," a recession in 2013 is almost certain. Parts of Europe are already in recession.

In November, the nation goes to the polls to elect a president. With Congress sitting on its hands refusing to do anything until after the election, we have a recipe for gridlock, stagnation and indecision.

And there's more . . .

The Supreme Court will be rendering a decision on the

Obama healthcare plan in early summer. If the healthcare bill is deemed unconstitutional, one can expect bitterness and re-criminations coming from both sides of the Congressional aisle. As though the nation wasn't already polarized enough!

And there's more . . .

We will more than likely need to raise the debt ceiling again shortly after the November election. Currently the National debt is approximately 16 trillion dollars. Last year a bipartisan committee (dubbed the super-committee) met for weeks attempting to hammer out a deal. The result was no deal — a downgrade in the U.S. credit rating — and a cliff facing us January 1, 2013. This year's "bipartisan" debate over budget cutting — to allow for a rise in the debt ceiling — will be a replay of last year's inability to come to terms with the debt.

The stock markets, here and abroad, have been sniffing out this impending fall from the cliff and have begun, I believe, a long slow grind downward.

So this begs the question, what to do? Occupy Wall Street? Occupy main street? Write one's Congress person? Letters to the editor? Vote for a new group of inept legislators to replace the current group? Or, just turn on the T.V. . . . after all, things are going to play out the way they play out.

For me, as an observer, I'll watch this mess develop, intrigued, yet feeling detached. I suspect it'll be a number of years of attempted budget cuts and a number of years of attempted economic stimulation. Essentially, kicking the can down the road, hoping the problem resolves itself. But it won't. It'll take a crisis to wake us from our slumber. In the meantime, I hope to view as many sunsets, beautiful seashores, and majestic mountain meadows as possible. Life is short, very short.

Thomas Jefferson's quote about wars and debt was dead-on. If, before a war (or any expensive endeavor), we had to vote on it and its cost, and agree to **pay for it up front** (through taxes), there would be few wars (and few wasteful bailouts) indeed.

The unfortunate thing about Jefferson was, like Americans today, he had grown accustomed to his lavish lifestyle and mansion at Monticello. Refusing to live within his means, he died so heavily in debt, that his son had to sell Monticello.

Perhaps we should take a lesson from Mr. Jefferson . . . **live within our means, use debt very sparingly, and if one happens to step off a cliff? Well . . . just don't look down.**

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

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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:

"Dear Jesse, it's been a few years since your Awareness column has described the rejuvenating process that you call 'Inner Directions.' Can you please refresh our memories about how that works?"

Dear Readers,

First of all, it's important to realize that much like what is called "self-hypnosis," Inner Directions are most successfully initiated during a calmly relaxed frame of mind (such as when you're ready for your nightly sleep). And then later, during the subconscious zone that I call Rebirth Dreamtime, your pre-sleep, (inner-voiced) directions will take effect.

And yet to perceptively understand why I've spent many years developing a process that, quite effectively, activates the healing effects of what happens while we sleep, it may help if you ask yourself the following two questions:

Question 1 (Regarding the Hidden-Universe of Dreams):

Have you ever wondered why we so often hear about "making dreams come true," despite the fact that, almost everything visualized while we sleep is easily forgotten, and usually has no clearly helpful purpose?

Question 2 (Regarding the Hidden-Universe of Dreams):

Due to the fact that we spend nearly one-third of our lives sleeping, other than merely rest and relaxation, are there important benefits hidden amid this process that have not yet been widely realized?

Thus to answer these significant probes into the realm of the ((subconsciously slumbering)) dimensions of the mind, I have come up with what I call the Inner-Directions (I.D.) process.

And if you would like to explore what I have found to be the very positive results of this ((dream-designing)) method, tonight perhaps, when you're nicely relaxed, and ready for your nightly slumber, you can try it out by doing following, (inner-voiced) preparation:

The first step is to decide on some sincerely desired, physical changes that you would like to see happen to your body (such as stimulating the repair of an ailment, or whatever healings come to mind).

For example, the following Inner Directions message is one that I've been effectively working for many years, a somewhat (all-inclusive), songlike invocation that says basically this:

Dear body-god of my healing energy, please keep me disease-free, pain-free, tension-free, worry-free and wrinkle-free, helping me to regenerate myself perpetually...

But of course, you can formulate your own list of personal desires, as we all have a large variety of physical and mental needs. All while keeping in mind that self-improvement is **never** a waste of time, especially when it involves your ongoing well being.

And even if Plan A of your Inner Directions doesn't always work, just try another plan, because the ((metaphysical alphabet)) has 25 more letters.

For example, I have found that Plan S of the I.D. process is to alleviate sleeplessness — the so-called "insomnia" that often comes with "aging." And if you ever encounter a sustained inability to get enough slumber time, there's an Inner Directions technique that works far quicker (and safer) than sleeping pills, mainly by doing the following invocation:

While lying in bed and trying to go to sleep, (inner voice) a **FIRMLY** self-directing command that says basically this:

I AM TOTALLY IN CONTROL of my precious body, and right now I'm telling you to sleep-now...sleep-now...sleep-now...

But of course, it helps to remember that a good night's sleep is **crucial** to your health and safety, especially if chronic

drowsiness causes you to become somewhat {{bleary-eyed}} while driving a vehicle.

But just like with any other ailment, to overcome the energy-draining (and perhaps dangerous) effects of insomnia, we need to steadily realize that ((perpetually focused determination)) is the **KEY** to our curative abilities.

And as to self-repair via ((passionate persistence)), perhaps Plan R of the I.D. process is to remedy what is called "rheumatism" (or "arthritis"). As despite pharmaceutical claims that this ailment is "incurable," it took only a few Inner Directions sessions to heal the pain it caused in my hands. And indeed this is no small victory, especially since reports now say that, worldwide, arthritis has over 200 million people taking pain-relieving pills to alleviate this increasingly widespread affliction.

But due to the fact that this malady was originally called "rheumatism," I was spurred to wonder why "Big Pharma" changed its name to "arthritis." Could it be that drug companies converged in the notion that, in order to maximize the profit-making potential of selling pain-numbing pills for rheumatism, to make this disease sound more "right" for us, they decided to call it "arthritis?"

Therefore, well aware of the (perception power) of what something is named, to overcome the supposedly "right-for-us" ailment called "arthritis," I tried some Inner Directions sessions that perceived it as arth**WRONG**us.

And lo and behold, after two nights of calling it that, it's been several months since I've felt "arthritis" **wrongly** aching my hands.

As again I realize that perceptions truly **RULE** our curing abilities, from the first day of physical life until the day when our ((healing-soul-power)) decides to give up its body, and thus reincarnate into a new one. And on and on it goes like that, ever-self-renewing and **learning**...

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



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Feng Shui Concepts

By Jenny T. Liu, M.A.

Reclaiming Your Wisdom

The starlight we see in the night sky is only the light of a star that may have ceased to exist. It is residual energy of what was once physically real. These energies have traveled light years to reach us, appearing as amazing diamonds of light in the sky. This is similar to the pearls of ancestral wisdom that exist within us as memories of what were once physical truths.

I will share with you one of the mysteries of life that has traveled from my great grandfather down to me. In my father's words, "The human body is made of the same essence as [five elements], and is governed by the same natural laws that govern our universe.

Fire energy forms the heart, earth energy forms the stomach, metal energy forms the lungs, wood energy forms the liver, and water energy forms the kidneys and reproductive system." This primal connection between human beings and nature forms a web of mutual influence.

Just as a seed contains all of the codes and instructions needed for becoming a plant that can actively participate in changing its environment, you contain all the memories, abilities, and intelligence necessary to heal, evolve, achieve goals, and impact your environment.

Your DNA carries the blueprint to build your body, as well as memories and knowledge of your ancestors. Your entire body is a message system encoded with the key for unlocking the secrets of the universe.

Looking back, though our global ancestors didn't possess modern medicines, tools, and technology, for thousands of years they healed themselves, built mega structures, and created highly-advanced cultures. How is it that the last sixty years of modern science has over-

shadowed thousands of years of accumulated experience and wisdom of the past?

Thankfully, science is finally developing the means to confirm what our ancestors have known. Gregg Braden neatly phrases it in his famous book, *The Divine Matrix*, "It's only now, nearly 5000 years after the first of those instructions [from our ancestors who tried to show us how to heal our bodies

and breathe life into our deepest desires and dreams] was recorded, that the language of science has rediscovered the very same relationship between the world and us."

Braden further explains that humans have forgotten their innate power to change the universe. Today's technology is an attempt to accomplish that which we can inherently do for ourselves with our minds and bodies.

In the modern world, most of us work indoors for eight hours or more a day. By the time we get home, we are exhausted and just want to reward ourselves with something satisfying for a hard day's work, or to make up for the self-deprivation of an unsatisfying job. We begin to feel something is missing and we may try to fill that void through relationships, food, stimulants, or shopping.

Fortunately, humans have a built-in self-preservation mechanism. A tipping point occurs and a crisis such as separation, bankruptcy, or severe illness forces us to self-reflect and seek guidance. As a feng shui master and spiri-

tual guide, I help people to gain awareness. Proper feng shui adjustments to your environment can change your perception and allow you to manifest your potential.

Visual reminders are helpful for changing perception. A special kind of art called *Chi Art* is a meditation expressed in visual form that helps you reclaim the archives of knowledge within. Grand Master Liu paints *Chi Art* for the sole purpose of creating

balance between personal, feng shui, and cosmic dimensions by incorporating mantra charms, diagrams, and symbols that stimulate your subconscious mind.

The ancient symbols and diagrams incorporated into *Chi Art* are from your ancestors. Gazing into *Chi Art* triggers subtle, yet

deep states of transformation. When you observe these messages — whether you intellectually understand them or not — they help you recall your healing spirit.

The *Chi Art* shown in this article is *Opening the Third Eye*. Two vertical posts with eyes at the top represent a gate. The gate rises from the water, which is associated to the brain. Entering through the gate allows you to see into higher dimensions. Beyond the gate, four dolphins and a nine-tiered pagoda represent high intelligence and the harmonious workings of the universe. A symbol of longevity, the wise turtle with a human face on its back illustrates that when the human mind is reflective of nature, it can sustain itself.

You carry the experience of prior lifetimes and ancestral wisdom within you. Once you quiet your mind, you will remember where you come from and who you are. When the bigger picture comes into focus, you discover that you are part of much greater power and you can release fear and manifest your life's purpose.

Master Jenny Liu holds a Bachelors Degree in Environmental Design from UC Berkeley and a Masters Degree in Architecture from UCLA. She is an expert in Feng Shui who shares her knowledge through consultations, seminars, periodicals, and the internet. For more information, visit: LiuFengshui.com




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Musings

By Mystic Trish®

Shamanism Officially Recognized Religion in Europe

Did you know that there have been actual indigenous Shamans in northern Europe all along? The term Shaman is Siberian in origin and refers to people who practiced their spirituality as far back as 10,000 years ago in northern Russia and the Arctic circle. On February 25, 2012, Shamanism was officially recognized as a religion by the Norwegian government.

This is the first time that Shamanism has been officially recognized as a religion in Norway. Ms. Lone Ebeltoft of the newly-founded Shamanic Federation welcomed the decision and expressed her ambition to preserve and continue the Shamanistic traditions and practices in the country. "It is about understanding and respecting nature. It is in no way mysterious. Shamanism is a world religion where we in the North are committed to preserving the Sámi and Norse (Arctic) tradition," she said.

Sámis can be found in the northern reaches of Norway, Sweden and Russia. They have been practicing their Shamanistic beliefs since before Christianity was introduced. The Scandinavian language has many words to identify these people. A few are "Klok Gumma" for Wise Woman or "Klok Gubbe" for Wise Man or collectively "De Klokka" for the Wise Ones, as they were called in Sweden.

The Sámi follow a shamanistic religion based on nature worship. The Sámi pantheon consists of four general gods: the Mother, the Father, the Son, and the Daughter. There is also the god of fertility, fire and thunder, Horagalles, the sun goddess Beive, and the moon goddess Manno, as well as the goddess of death, Jabemeahkka.

The Sámi are also the Lapp

peoples who for thousands of years have herded reindeer near the Arctic Circle. You may recognize them as Santa's little helpers with the flying reindeer. And they were there long before the Vikings.

You might wonder what Shamans, and Psychics, and Wiccans have to do with indigenous people. Well quite a bit actually. Most Indigenous people across the globe have individuals within their group who have always had a little something extra: the ability to know things or heal people.

Sometimes this was knowledge passed down through generations, and it explained which plants healed a fever, or how to safely set a broken bone, or bring a baby into the world. Other times it was a more spiritual knowledge. All three labels have some overlap in the way they function. I believe that individuals with abilities to touch and interact with the spirit world and understand the language of the natural world have always been with us.

A Shaman can connect with the departed and all the seen and unseen worlds, and heal what ever ails a person. The difference is Shamans and Wiccans are involved in an Earth-based belief system and are polytheists. They believe in a male God and a female Goddess as well as multiple other divinities. They believe the Earth itself and all its creatures are sentient beings. Psychics do not necessarily hold these same beliefs.

Not all Wiccans are psychic. Not all psychics are Wiccans and certainly not all Wiccans or psychics are Shamans. It is highly insulting to say so.

I have been saying this for a long time and most people have

to pause for a moment to process it. Then I see the light of understanding come up in their eyes. They get it that these are very different and distinct groups of people. To use these terms willy-nilly would be insulting to these different people. The terms have been used interchangeably for years.

Recently we have been hearing a lot about the rise of Shamanism all around the world. Mostly it is referring to tribes from the Americas and their Earth-based belief system or to the neo-pagan movement and the 2012 predictions. But if you dig into Europe's ancient roots you will find many Shamans there as well.

As you can see there is a lot of sharing of qualities and terms among people with special abilities. Shamans seem to be one of the first indigenous spiritual leaders who are recognized in the ancient and modern world. Please keep these differences in mind when you use the terms Psychic, Wiccan or Shaman... or Lions and Tigers and Bears, OH MY! 'Cause Toto we're not in Kansas anymore.

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 year's 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

THE INOUT RELIGION

It may seem not...

That we are the same,
For you think this way,
And I think that.

You go to church on Sunday
And I meditate midweek.
Your skin is dark,
Mine is light,
Except for some days in
the sun,
(We are a similar hue).

You believe your God is
special,
And mine is not right,
And I need help, to be saved.

And we can talk for years
about our differences,
or kill each other on the
battlefield,
or in the street.

But, isn't it true?
WE ALL MOVE THE SAME!

WE ALL MOVE THE SAME!
We do the in and out thing,
The up and down and down
and up,
The inhale exhale
A holy mantra—
The universal religion of
breath.

No matter what race what color
what money in the bank,
We all breathe —
IN, OUT,
ON — the only place there is,
OUR home, the earth.

How can we be separate?
What is there to compare?
Maybe only to measure
How much, how deep,
how fast,
This heavenly pulse.

We are all in
THE INOUT RELIGION,
In rhythm as one,
In one rhythm. IN ONE.

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

Animals Tuning into Nature and the Universe

By Allen and Linda Anderson

Whether wild in nature or living as family members, each animal has a unique, individual awareness that largely goes unnoticed in our human-centric world. When people connect with animals on a spiritual level, they can feel the true joy of viewing animals as equal souls on the journey of life.

Over the past decade we've heard from many animal lovers worldwide about their life-changing spiritual experiences with animals. Often the stories defy logic even as they touch the heart. Janette Warren of Kirkland, Washington wrote about one such occurrence for *Angel Animals Book of Inspiration* published by New World Library in 2003. Janette had the insight to observe the synchronicity of all life and was blessed with the miracle of possibility.

THE FALCON'S RETURN BY JANETTE WARREN

A friend gave me Deepak Chopra's book *The Return of Merlin*, to stir my imagination and create hope for new possibilities within me. Merlin the magician had trained himself, with extraordinary discipline, to create the life he wanted for himself. He developed the ability to transform himself into anything he chose — a stone, a tree — or disappear into the ether at will. The form Merlin most often used was that of a falcon. To me, this feat of becoming a falcon showed the degree to which anything is possible if the desire is strong enough.

I was nearing the end of Chopra's book, and its powerful images were fresh in my consciousness. As I drove home from the grocery store, I was astonished to see a falcon sitting

on a city sidewalk. I sensed that the falcon had been sent to deliver a spiritual message I sorely needed at this time in my life, but I didn't know what it could be. I wanted to get out of the car and investigate, but I had heavy schedule and needed to get the groceries home.

After putting my groceries away, curiosity overcame me. So I drove slowly back down the same street where I'd seen the falcon, looking everywhere for the bird. Suddenly I heard a thump on my car. It sounded as if something had hit the window. I didn't see anything on the ground, so I kept on driving. Then a woman jogger across the street slowed down her pace and gave me a huge smile.

Soon I came to a stoplight. In my rearview mirror, I noticed some commotion in the car behind me. A woman got out of the car and ran up to my window. With a big grin on her face, she asked, "Do you have a pet falcon?"

Like a child who knows that some surprise will be in store, I said, "No-o-o" in a long, drawn-out, questioning tone. She then told me that I'd had a falcon riding on the roof of my car for some time. He had just flown away as she approached me.

Immediately I pulled over, got out of my car, and sat on a porch step near the area where the falcon had flown away. I waited for ten minutes, but the bird never returned.

Touched deeply, I left all possibilities open for the exact meaning of this experience. But the image of Merlin's falcon, followed by a visit from a living falcon, had shown me that anything is possible.

Have you missed signs that

life is opening up for you in unexpected ways? Are animal messengers being sent to remind you of possibilities?

CHANTING WITH YOUR PET

Part of the love and communication experience between people and animals can also involve making a conscious connection together with the Divine. One of the most loving experiences we've had with our pets is when they join us for our morning contemplation, prayer, and journal-writing time. During this sacred space, in which we start our day by centering ourselves in divine love, we like to sing an ancient name for God known as HU (pronounced like the word hue). We sing HU, as a love song to the Creator, for ten minutes, followed by quiet reflection.

Singing HU is a form of non-directed prayer in which we listen to Spirit for answers and insights. (Depending on a person's spiritual tradition and beliefs, they can sing holy names that comfort and uplift them, such as Jesus, God, OM, or Allah.) While we sing HU, our hearts fill with peace, love, and understanding. Evidently this is an age-old spiritual practice that works for our animals too.

At various times Linda has sung HU to animals in nature as well as ones confined in zoos. She had a delightful experience watching a lonely elephant close his eyes, sway his trunk, and dance to the rhythm of her chanting. Another time, she closed her eyes and silently sang HU to a gorilla in a glassed-in zoo cage while standing next to a line of school children. When she opened her eyes, the gorilla had come over to the glass and



pressed his lips against it. One of the little children commented, "That gorilla is trying to kiss you!" Animals always feel the love.

While we sing HU, our rescued cocker spaniel Leaf jumps up on the chair with Allen in his big blue recliner or with Linda in her brown recliner. He settles in on either of our laps and usually falls asleep. When Leaf doesn't claim the territory, Cuddles, our little black-and-white kitty, curls up on a lap, closes her eyes, and purrs along with the sweet, melodious sound.

Allen and Linda Anderson are authors of a series of books about the spiritual connection between people and animals. They have designed a writing course to help others learn from their fifteen years of publication. Visit www.allenandlindaanderson.com to check out Woof, Meow, Write, Publish: Writing about and Animals for Love and Money. Subscribe to the Andersons' free, online newsletter at www.angelanimals.net and follow them on Facebook and Twitter @angelanimals.

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ONGOING

Monday Night Meditation hosted by www.Meditations2Go.com. Every Monday night 7:30-8:45pm. Akashic Bookshop, Thousand Oaks. (805) 495-5824. Visit: www.meditations2go.com/classes/.

Sunday Celebration Service, 10:30am. **Spiritual Support Group** 2nd & 4th Wednesdays 7:00 - 8:00pm. Experience Meditations, Inspirational Uplifting & Guidance. Teaching of the Inner Christ, 1775 Bellflower Blvd, Long Beach 90815. (562) 498-9211. teachingoftheinnerchrist.com

PROBLEMS WITH PEOPLE? People hard to deal with? Won't leave you alone? Hear Vernon Howard's marvelous message and perfectly handle others. Classes: Fridays 8pm, Sundays, 10am, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30pm, Neighborhood Church, Pasadena. \$3 donation. (714) 899-9300. www.anewlife.org

Tuesday Night Meditation and Free Energy Healing. 1123 Irving Ave., Unit A, Glendale, CA 91201. Limited Seats @ 7pm. Call (818) 275-2238 to RSVP.

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JULY

July 10 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

July 11 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm, \$10 donation. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

July 19 — 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.HMIcollege.org

July 21 — WordMagic: Using the Word for the World's ReCreation! Join Distinguished English Linguist Laurel Airica at The Great Spirits Ranch (www.greatspiritsranch.com) in Malibu and become part of a linguistic reVOLTage — in which we elevate the amperage on the English Language in support of our conscious evolution and ascension. Donation Request: \$30; Saturday, 7-10pm. Info: (310) 899-1059, www.laurelairica.com (See 'The Language of the Birds' in this issue).

**SEPT/OCT ISSUE
CLASSIFIEDS &
CALENDAR LISTINGS
DEADLINE AUGUST 15**

**Email listings to
info@awarenessmag.com
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July 24 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

July 25 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm, \$10 donation. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

July 28 — UFOs AND THEIR SPIRITUAL MISSION. Hear evidence that UFOs are real and learn where they're from and why they're here now in ever-increasing numbers. Free presentation, 3:00pm, at the Santa Monica Main Library, Martin Luther King Auditorium, 601 Santa Monica Boulevard, Santa Monica 90405.

AUGUST

August 2 — Calling All Word-Lovers for a Mystic Journey through the English Language. Enjoy an evening of WordMagic: An Enchanted Literary Entertainment with Alphabet Alchemist Laurel Airica and find out how we can elevate the amperage on the English Language in support of our conscious evolution and ascension. Mystic Journey Bookstore, Venice, CA, Thursday 7-9pm. (See 'The Language of the Birds' in this issue).

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

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August 10-12 — Practitioner Training weekend intensive. Learn about the latest breakthroughs in brain nutrient technology and become trained to offer a unique new class of product designed for brain and cellular rejuvenation. This course is for holistic health and wellness professionals to qualify in using this technology and these products in their practice. The 3-day program begins Friday evening - ending Sunday afternoon. Call or email for further information including program cost and details. (310) 773-7040, brainsolutionsoffice@gmail.com

August 14 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

August 22 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm, \$10 donation. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

August 23 — 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.HMIcollege.org

August 23-26 — Awakening the Illuminated Heart in Thousand Oaks, CA. Taught by certified teachers Leon and Phoenix. See www.sedonaheartwalk.com for details.

August 24-26 — Akashic Records Practitioner Certification Training 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 learn powerful Ancestral Connection healing processes. Burbank, \$325. (818) 415-3479, www.YourLifeandSoul.com

August 28 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

SEPTEMBER

September 1-3 — Alternative Therapies Cancer Convention. Meet recovered cancer patients. Learn about prevention and control through Alternative Therapies. Sheraton Universal, Hollywood. \$40/day. (323) 663-7801. (see ad page 21)

September 6-9 — 4th Annual Bhakti Fest West in Joshua Tree, CA. A 4-day music and yoga festival known as the Spiritual Woodstock of the new millennium, blending kirtan, yoga and conscious living into one amazing weekend. Offering 80 hours of kirtan (devotional chanting) on 2 stages daily, 72 yoga classes with world-renowned instructors and extensive workshops with some of the most powerful guides of our time. Tickets on sale now at: Bhaktifest.com

September 15 — Integrated Energy Therapy Advanced and Master Instructor Refresher in Sedona, AZ. Taught by Master Instructor Trainers Leon and Phoenix. See www.sedonaheartwalk.com for details.

September 19-23 — Integrated Energy Therapy in Mt. Shasta. All levels including Master Instructor. See www.sedonaheartwalk.com for details.

September 16-20 — Healing Through the Akashic Records Certification Retreat with Akashic expert-author Linda Howe. Learn to use Akashic Energy for spiritual healing and transform emotional wounds into sacred evolution. Glen Ivy Center, Corona CA. Info: Barbara Schiffman, (818) 415-3479, www.YourLifeandSoul.com

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August 12 — Kriya Yoga Workshop and Empowerment with Yogiraj Siddhanath (\$125). 5-9 pm, 1613 Lake Drive, Encinitas, CA 92024.

August 18 — Satsang and Experiential Workshop with Yogiraj Siddhanath (Free). 7-9 pm, UCLA Ackerman Student Union, Grand Ballroom, 308 Westwood Plaza, Los Angeles, CA, 90024.

August 19 — Kriya Yoga Workshop and Empowerment with Yogiraj Siddhanath (\$125). 5-9 pm, UCLA Ackerman Student Union, Grand Ballroom, 308 Westwood Plaza, Los Angeles, CA, 90024.

September 27- September 30 — 2012 California New Life Awakening Retreat with Yogiraj Siddhanath. Hilton Garden Inn, 6450 Carlsbad Blvd, Carlsbad, CA.

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Angela Kinsey and Rachael Harris swim with Sea Turtles in Quintana Roo, Mexico.
Photo © Tim Cahill

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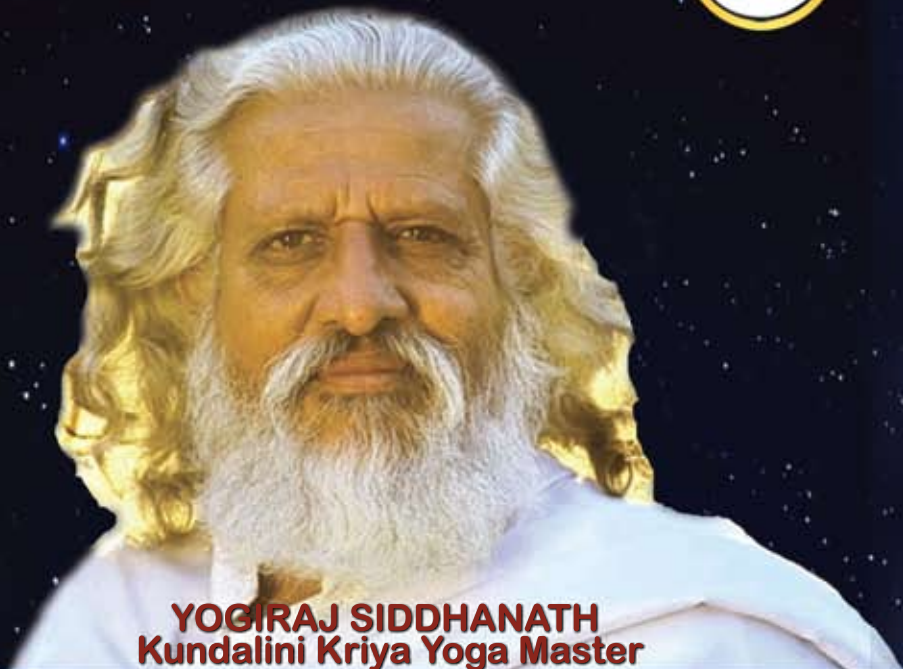
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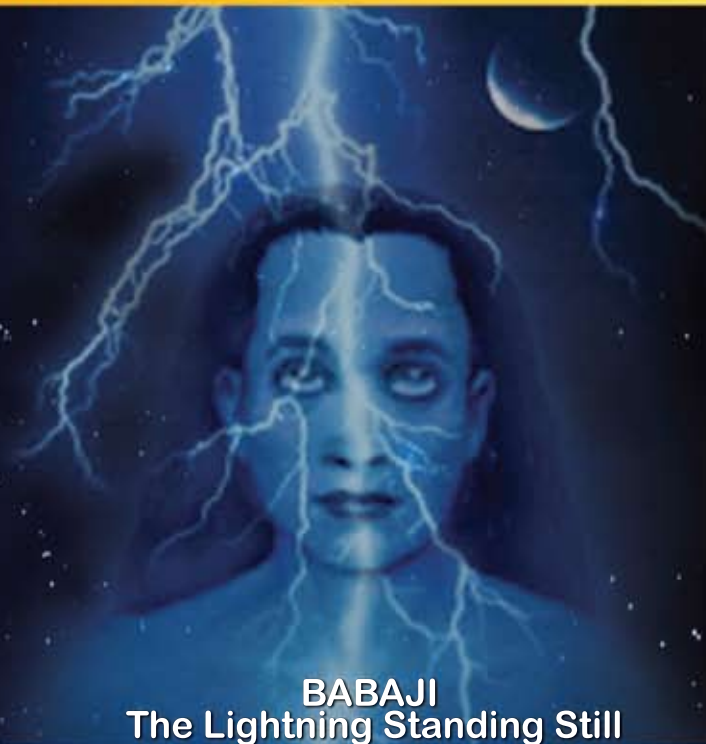
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