

# Awareness<sup>®</sup>

Southern California's Guide to Conscious Living

JULY / AUGUST 2013

VOLUME 20, NO. 4

## YOGIRAJ

*Experience True  
Healing and  
Pure Spirituality*

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# Awareness®

Southern California's Guide to Conscious Living

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# Experience True Healing & Pure Spirituality with Yogiraj Siddhanath

with editorial contributions by Lavena, Padma, Jennifer, Abhiraj

A native of Northern India, Yogiraj Siddhanath is a descendent of the ancient family of Ikshavaku Lord Rama of the Solar Dynasty. A Solar Master born with the blessings of the Sun, he has a unique ability to project the qualities of the sun through his radiant transmissions of light and energy.

Yogiraj is a born Siddha, who, despite belonging to a royal family with all the comforts of palatial life, started experiencing spontaneous states of enlightenment (Samadhi) from the age of three. Upon completing his education at Sherwood College, Nainital, he surrendered the comforts of his royal life to follow his inner calling as a yogi.

He spent his formative years searching the Himalayas for the legendary face of God. While meditating, he was empowered by many spiritual supermen, and in 1974, Yogiraj finally encountered the effulgent Mahavatar Babaji, in the nomadic mystical worlds of the Himalayas. He was initiated into the sacred practice of Kriya Yoga by this Divine Being and entrusted with spreading these yogic techniques throughout the world in service to the spiritual awakening of humanity.

He returned to civilization offering a first-hand account of this peerless, deathless Yogi-Christ, and in line with Babaji's request and blessings, commenced teaching these techniques. Yogiraj's account of his adventures through consciousness is described in his landmark autobiography, *Wings to Freedom: Revelations of Babaji and the Himalayan Yogis*.

Kriya Yoga, as taught by Yogiraj, is also known as the lightning path to enlightenment. Yogiraj explains that Kriya Yoga

is the science of life force energy control, which develops into a concentration, and then a meditative practice, which finally merges into states of Samadhi. He describes Samadhi as the "composed mind," or the union of the finite with in-

of the world. This level of innocence and trust allows the barriers of the mind to dissolve, increasing the absorption and integration of Yogiraj's healing transmissions.

For over 40 years, Yogiraj has helped millions of people all

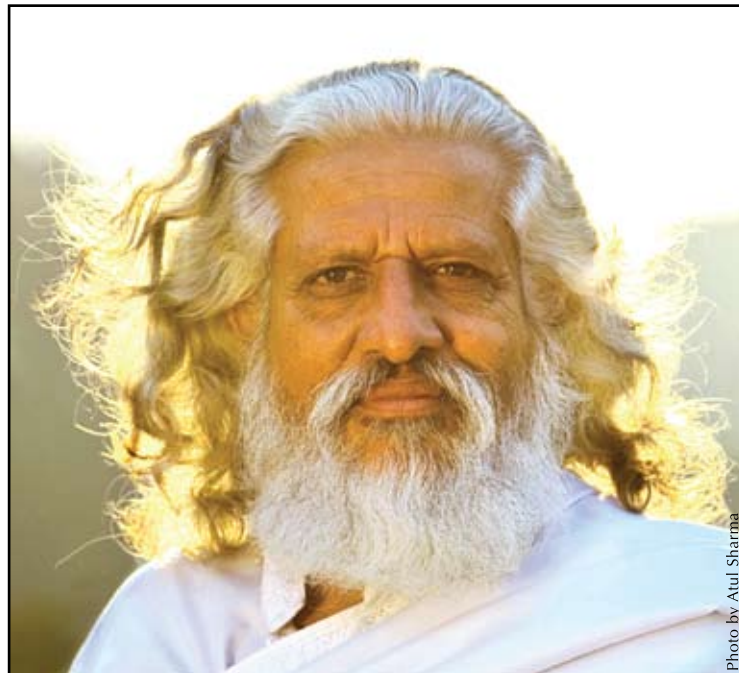


Photo by Atul Sharma

finite Consciousness, a natural process of the journey of the soul towards its parent source, the Spirit.

## HIS UNIQUENESS

Amongst the Himalayan Masters, Yogiraj is one of the rare Siddhas who is broadly accessible to humanity, and can impart Shivapat (his soul consciousness of a still mind state of knowingness), Pranapat (karma cleansing breath) and Shaktipat (kundalini energy transmissions). One's experience of these transmissions varies according to their level of receptivity.

Yogiraj often encourages his audience to drop their minds and be like a child of five — open to the wonders and magic

over the world by freely sharing with them his enlightened bliss-consciousness (Samadhi), healing transmissions and Kundalini energy transmissions, and thereby awakening them to the unshakable Truth that "Humanity is our only religion, Breath, our sole uniting prayer, and Consciousness, our uniting God."

## SPIRITUAL CORONATION

On May 10, 2013, Yogiraj was honored by the highest authority on the Sanatan Dharma in India, with the title of Yog Maartand (Supreme Sun of Spiritual Splendor) and Chhatrapati Shivaji Raje Ratna (Precious jewel that further glorifies the legacy of Chhatrapati

Shivaji, and through his spiritual contribution, brings pride to the land and the people of Chhatrapati Shivaji).

This day, Yogiraj explained that when a king is not just a king but also a yogi, his sword is transformed from a weapon of violence into a weapon of spirituality, known as the 'Gyan Aaseen.' This sword becomes a powerful weapon to separate the truth from untruth, the pure from the impure, and the reality from illusion.

## IDEAL HOUSEHOLDER YOGI

Gurumata Shivangini, Yogiraj's wife of 35 years, is a powerful yogini in her own right, and is a tireless support to Kriya Yoga practitioners. Yogiraj and Gurumata Shivangini demonstrated by example that the path to enlightenment is deeply profound and achievable even for householders. They have raised two devout children and celebrate the graces of grandchildren, serve their communities charitably, and together, envisioned and built the Siddhanath Forest Ashram in Pune, India.

The ashram is the abode of the largest Mercury Shiva Lingam in the world. This mystical yogic artifact beams ceaseless love from the Earth Peace Temple to the spiritually-thirsty world, and serves as a testament to Yogiraj and Gurumata's commitment and tireless service to Humanity.

## YOGIRAJ'S CONTRIBUTIONS TO YOGIC KNOWLEDGE

It was Paramhansa Yogananda's seminal work, *Autobiography of a Yogi*, that introduced Mahavatar Babaji to the Western world for the very first time. In 2011, Yogiraj advanced the most-treasured secrets of Ba-

(Continued on page 6)

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# Yogiraj...

*(Continued from page 5)*

baji's Kriya Yoga lineage with his ground-breaking revelation, *Babaji: The Lightning Standing Still*, divulging publicly, for the first time, the origins of Babaji, His purpose in the world, and the secret history of human evolution that He is tending.

The book was recently awarded the *Most Influential Book of the New Millennium Award* by the American Authors' Association, and offers lasting insights into the God-revealing sciences, which are barely whispered even in the legendary regions of the Himalayas.

Yogiraj stands for the truth that "at the level of consciousness, humanity is one." He explains that different people call this spiritual state by different names. For example, some people call it Christ-consciousness while others call it Buddha-consciousness. According to Yogiraj, these are merely differences of names and dialect. He further shares the essential fact is that these states of consciousness are all the same, and above these differences in names, is the Nameless One — God consciousness.

However, due to the limitations of our minds, this state of consciousness is incomprehensible, and cannot be described or known. Yogiraj states that although people have achieved this state, "those who know it tell it not and those who tell it know it not." According to him, it is not to be described or spoken about, but only to be experienced by those Buddhas, Christs and Krishnas, who have reached a spiritual level where they can merge into the ultimate finale.

Yogiraj's book on Babaji discusses the beginning of our present state of creation, the end of the times, the objective of life on this planet and His purpose as a guide of mankind throughout the ages, from one world cycle through the next. Each sentence and paragraph in the book is filled with quantum layers of knowledge.

It will not be wrong to say that Yogiraj's book on Babaji is not just a book, but a tool for transformation in itself. It is so profound and depthful that it alters the reader's experience of the surrounding world while reading, and makes the "impossible" seem somehow possible.

**Yogiraj's unique contribution to the yogic treasury of knowledge also includes:**

1. His legacy of the Luminous Swan, in which our soul resides in the body, as shown in his documentary 'Wings to Freedom';
2. The Alchemy of Total Transformation transmitted through the medium of consolidated Mercury Shiva Lingam;
3. The "Unified Field of Consciousness" experienced as Shivapat, the zero-mind state of knowingness en masse.

## **TRANSMITTING THE ZERO**

It can be said that the Indian scientist Aryabhatt discovered the 'zero,' Indian philosopher Vivekananda spoke on 'zero,' and it is Yogiraj Siddhanath who makes one experience the 'zero.'

Yogiraj Siddhanath demonstrated this Unified Field of Consciousness when he addressed the United Nations in October 2007. At the UN address, he gave the experience of the zero-mind state of knowingness, showing what India has to offer to the world, proving that at the level of Consciousness, Humanity is One.

As Yogiraj embarks on his 2013 World Tour through Europe and the United States, he offers profound personal transformation through his Satsangs (Unified Consciousness workshops). His workshops include healing-energy transmissions, intriguing discourses and refreshing insights, which are sprinkled with delightful humor, and of course, initiation into the most authentic Himalayan yogic science, Mahavatar Babaji's Kundalini Kriya Yoga.

Through the Kriya Yoga Empowerment workshops, Yogiraj offers seekers the sacred techniques that help in eliminating



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the seeds of negative karma, purifying the central nervous system, flushing out the toxins and diseases, attaining a balance in systems, and dissolving the nervous states to achieve true peace.

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### MEETING BABAJI THE EXPERIENCE OF ALL EXPERIENCES

In his interviews, Yogiraj has tried to respond to people's curiosity about the meetings and guidance he received from Babaji and other immortal yogis on his spiritual path. In his response, he said he will talk, but he cannot talk much about his meeting with Babaji as the state is extremely overwhelming. He discusses his experiences in the first chapter of his book, *Wings to Freedom*. According to him, reading that first chapter is more beneficial than just listening to him as it gives more insight into what he has to say.

He said that he met Babaji when he was young, about 27 years old, as he journeyed to the Himalayas in his trip from the plains, from Hardwar to Rishikesh and then to Rudrapur. Then he had the experience of this great Being called Babaji Gorakshanath. He saw a great light at night, at the confluence of two rivers, the Mandakini and the Alaknanda. Where these two rivers met, he had the experience of Babaji.

He shares, "it was morning and I was meditating as an aurora borealis light came along this river, the confluence and I saw all of these colors and I found that I was partaking of my own self as I saw this swirling mount of light. At the still center, I found that I was experiencing my Master and my Supreme-Self. I am at a loss to describe the experience. I cannot find the words."

### THE FUTURE OF HUMANITY

Yogiraj says that Babaji has a plan for the future of humanity but it may not be how we would want it. According to Yogiraj, Babaji plans according to the cosmic, divine program and is more focused on our consciousness and spirit than it is on our physical bodies and minds which are very limited and filled with desires. He further shared that ultimately, it is all about Kriya Yoga, which is the science of the evolution of consciousness, given for the benefit and wellness of humanity by the great Shiva-Goraksha Babaji.

Yogiraj expressed that this is his mission and that is what he teaches. His teachings are not only talking, but they are also experiential, where he gives transmission of Shaktipat, and also shares with seekers his enlightened state of still-mind awareness which he offers for each person to experience. At the same time, he also advises that even though he shares this unique state of mind, everyone must make his own effort to continue to know and experience the enlightened and still mind of the yogi, and see his awareness.

One of the reasons that he shares his Samadhi with people who come into his contact and attend the seminars and Satsangs is that it gives them motivation to practice Kriya Yoga and meditation.

**Yogiraj Siddhanath will begin his 2013 U.S. tour in Mid-July visiting the East Coast followed by Southern California, Seattle and Northern California. He will arrive in Southern California and host Healing Enlightenment Satsangs and Kriya Yoga Empowerment Workshops in San Diego/Encinitas and Los Angeles between August 10-18. This will be followed by a Satsang in the San Francisco Bay area on September 14.**

**His U.S. West Coast tour will conclude with the New Life Awakening Kundalini Kriya Yoga Meditation Retreat in Carlsbad, CA starting on September 19. For registration and more information, please visit [www.Siddhanath.org](http://www.Siddhanath.org), email: [events@sidhanath.org](mailto:events@sidhanath.org), or call 866-YOGI-RAJ.**

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— Native American Saying

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# Developing the Gifts of the Shaman Seer

## Interview with Alberto Villoldo

By Randy Peyser

**A**lberto Villoldo is a medical anthropologist who has spent a large part of his life studying the healing practices and ancient wisdom traditions of indigenous cultures while living among these cultures in South America, Africa and Asia. He has translated ancient healing practices that have evolved over 50,000 years into contemporary models of healing that we can use in our world today.

Alberto is the founder of The Four Winds Society, an energy medicine training program, where Western shamans and healers hold the consciousness of oneness and bring it to others to help families, individuals, and our planet to heal.

In addition to leading expeditions to the Andes, Alberto teaches a light body training, which includes the art of soul retrieval, clearing imprints from the luminous energy field, and tracking for future destinies for ourselves and for the planet. For upcoming expeditions and trainings, visit: [www.TheFourWinds.com](http://www.TheFourWinds.com)

**Randy Peyser:** What cultures are you working with now?

**Alberto Villoldo:** There are very few indigenous cultures left intact. Most have been westernized by western religion or through western commercialism. I have spent time in the Andes in South America, both with indigenous cultures that live at very high altitudes — 14,000-16,000 feet, as well as with Amazon societies who have had very little contact with the West.

**Randy:** I'm fascinated by the ability to transcend time that many people of these cultures possess.

**Alberto:** Indigenous cultures I've studied, and the shamans

I've worked with, have a different notion of time. For us, time is linear. We're always the product of something that occurred earlier — from an early childhood trauma, from our first bro-

repeating cycle of time. If you understand the cycles of time, you are able to place yourself in history in an innovative way.

The main operating principle in this kind of time is syn-

have to be swimming against the current all the time and battling the forces of nature.

**Randy:** Is there a possibility that, by traveling the timeline, shamans can influence or create a new destiny for someone who is going through a difficult illness like cancer?

**Alberto:** Absolutely. You can break out of the timeline that has been preordained for you by your genetics, your psychology, or your karma — as long as you learn the lessons. Once you've learned the lessons, you can step into a new destiny line where you have vibrant health. It also is helpful if you can do healing practices and re-inform your body newly.

For example, one man who had picked up a rare parasite was told he needed a new liver, a new heart, and a new brain. He had a very rough year — what you might call the equivalent of chemo — but today, he has a healed liver and heart, and a fully-functioning brain. He did the Shamanic healing practices, including not only the interventions, but also including selecting a destiny in which he had a healed future ahead of him.

You can break out of a preordained destiny. But to do so, you have to have an experience of the Divine, of infinity. Infinity is defined as the experience of no time, of stepping outside of time, of becoming free of time because time is haunted by death. It ends, it runs out. An experience of infinity is what we refer to in the West as an experience of the Divine, or being touched by God in a profound way — that your sense of mission in life changes completely.

You will find this across the board — from the Americas to Asia to Africa — the notion that once you identify a future healed



*Alberto and Don Francisco discuss the prophecies.  
Photos courtesy of The Four Winds Society.*

ken heart, or our genetics. For us, time flies like an arrow.

In shamanic societies, time turns like a wheel, so you are not only the product of your past, but you can also be influenced by your destiny or your future. The future can reach back, like a giant hand, and bring you to a future state of health, for example, that may not be permissible by your genetics or by your diagnosis.

Time turns like a wheel and the cycles of time repeat themselves. The Mayan calendar is a

chronicity, whereas, the main operating principle in linear time is causality — cause and effect; we're always the victim of an earlier cause. When you operate within circular time, you can rely on serendipity, on synchronicity, and on chance events.

According to the mythologies of indigenous cultures, the universe is benign, the universe responds to you, and if you are in the right relationship with it, it will conspire on your behalf. It will assist you; you don't



state, and install it in your timeline, this future healed state can reach back like a giant hand and pull you forward towards it.

**Randy:** *I see the potential for this practice to help so many people.*

**Alberto:** Our belief structures around time keep us locked into the past. If you look at the structure of our language, you see that we hold the past in front of us and we hold the future invisibly behind us, inaccessible to us. We talk about “the week after next” or “the day before last” — we put the past before us. It’s so subtle, we don’t even notice it. So, the year after next, the day after tomorrow — “aft” is the rear; it’s behind us.

The traditional societies hold time, the future, ahead, so that you can glimpse future possibilities. You can have prophets who are able to track the timeline of a culture. They are able to select future states that are most desirable for an individual, family or village. But the requirement is that you learn the lessons keeping you bound to a painful moment in history.

**Randy:** *That requires a willingness to look inside.*

**Alberto:** Yes. It requires developing the gifts of the shaman seer. The seer is the individual who can see possible destinies. To be able to awaken the seer within, you have to be willing to look at every single facet of yourself. Otherwise, you are going to be blinded by those parts of yourself that you are not willing to recognize. You will be projecting them onto others. This is what Carl Jung described as “the shadow.”

**Randy:** *Can you name some of the tribes?*

**Alberto:** The most recent society I’ve been working with is in the very tip of Chile where the shamans are all women. It’s the Machi. They have a unique relationship whereby they are unbound to time. The indigenous call them Mapuche. They were never conquered by the Spanish, or by the church or the State. So, they retain an original tradition that is founded on the feminine.

Most other indigenous societies touched by the church are

now very masculine traditions, because the church is inherently a God-the-Father masculine tradition. Feminine traditions are of the earth, of the Cosmic Mother, of creation, of birth, of renewal.

They are fascinating... They have 80-year-old women drummers. They are absolutely stunning. This is practically the only society left in the Americas — other than some deep Amazon cultures — that are still predominantly feminine.

**Randy:** *Is there a common indigenous viewpoint regarding ascension?*

**Alberto:** Most of these nations have been affected by Christianity. Asia and South America are full of missionaries. Wherever Christianity has touched, you find the theme of ascension. It’s not an indigenous trait. Ascension implies that the Divine is above and that you ascend to it. You are descended and you are earthbound. In indigenous societies, it is the Mother, it is the earth that is heavenly. The Mother exists in the great womb of space. So, you are here already and there’s no place else to go. It’s only your mind that turns this into heaven or hell.

**Randy:** *There is so much talk about ascending into your light body.*

**Alberto:** These cultures do subscribe to the awakening of the light body. The light body is the body you will occupy in between incarnations. There is



*Chilean medicine women drummers.*

not the sense of ascending to a heavenly place, but rather, embodying heaven on earth — bringing spirit into matter, instead of leaving matter behind to go to spirit.

Matter has been put down by the patriarchal traditions, whereas, the word, “matter,” comes from “mater,” the mother. Mater is the same root for the word, material. You can create heaven or hell wherever you are — whether you are outside of your body in your luminous body or in a cloud somewhere.

**Randy:** *Can you talk about your education programs?*

**Alberto:** I train Western shamans. In the west, we have so many different kinds of illnesses, and only two kinds of peo-

ple — men and women. Until recently, women weren’t even considered, because all of the medications were always tested on men because they didn’t have periods or babies.

There are 14,000 different illness catalogued by Western medicine. In indigenous societies, there are very few kinds of illnesses and many, many kinds of people. So, there are very few illnesses that manifest differently through each person.

All of our illnesses have to do with coming out of right relationship with ourselves, with nature, with our diet. They’re corrected by coming back into right relationship. For example, for the shaman there is no difference between being killed by a jaguar and being killed by a microbe. For us in the West, being killed by a jaguar is an accident and being killed by a microbe is an illness. If you are living in the Amazon, you have to be in right relationship with jaguars and with microbes, otherwise, they’ll both be looking at you as lunch!

The healing process has to do with returning to right relationship and with learning the lessons that life presented you. When you learn those lessons, then healing is accelerated tremendously. We have a luminous body that surrounds the physical body. That’s an information field that contains im-



*Sun-staff ceremony in the Andes.*

*(Continued on page 10)*



# Villoldo...

(Continued from page 9)

prints for health and for disease. If you can clear the imprints for disease before they manifest in the body, you don't have to experience it physically. Then you can prevent disease instead of having to heal disease.

We train doctors, therapists, and individuals who are interested in healing themselves to clear the imprints from the luminous energy field so that the body can go about the business of healing. Our school is based in Joshua Tree in California and the Omega Institute in N.Y.

At my last training we were looking at soul retrieval, at recovering that part of ourselves that we lost from trauma. If it remains lost, it will create a healing crisis; it will manifest as disease. Soul retrieval provides an opportunity for us to recover a part of ourselves that was misplaced, usually very early in our lives or during the birth process. Or if we were born into a fam-

ily that we knew was not safe, part of our soul held back and was not born with us. The process of soul retrieval allows you to recover your whole self.

## Randy: Final thoughts?

**Alberto:** The indigenous people I've studied with understand that reincarnation is real. When you have a cyclical understanding of time, you keep returning. We have been together before many times, sitting around the fire with the buffalo behind us. We have been together meditating at a stone temple above the snow line, and we have chosen to be born at this time, to be part of a great transformation that is happening on the planet today. Now there is an opportunity for a new human to appear in an embodiment of consciousness of the Divine here on earth and turn this planet into heaven.

*Randy Peyser edits books and helps people find literary agents and publishers, [www.AuthorOneStop.com](http://www.AuthorOneStop.com). She is also the author of *The Power of Miracle Thinking*, [www.MiracleThinking.com](http://www.MiracleThinking.com)*

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# Dr. J's Vibrant Café Opens in LA Healthy, Healing Foods

By Jenni Hwang

Detox and cleanse anyone? Yes, detoxifying and cleansing is the foundation of Dr. J's herbal program and what she encourages. The recently-opened Dr. J's Vibrant Café is a new,



**Tofu Chunky Bowl**

healthy heartbeat for downtown Angelenos.

Dr. J's Vibrant Café menu is built on the health philosophy of owner and executive chef Dr. Juliet Tien (Dr. J), a renowned holistic health practitioner and author, who combines traditional Chinese herbal therapy, stress management and an anti-yeast nutritional program to serve up a combination of macrobiotic, gluten-free, ayurvedic foods that will titillate the taste buds of both vegans and health-conscious carnivores alike.

The detoxifying food fare at

Dr. J's Vibrant Café is a deliciously sinless trifecta of vegan, gluten-free, and organic, while simultaneously aiming to eliminate eight harmful ingredients found in other foods, such as sugar, wheat, yeast, dairy, and chemicals, to name a few.

The dishes are generously piled with hearty whole grains such as quinoa and brown rice, meatless protein options like soy "meat" and grilled tofu, and a medley of greens and vegetables that go through an extensive cleaning process to rid it of yeasts, bacteria, parasites, and chemicals. The health-focused vegan recipes use only the highest-quality, locally-grown organic ingredients (where available), is gluten-free and "100% clean."

The first of its kind in downtown Los Angeles, local movers and shakers all agree Dr. J's Vibrant Café is definitely one to follow. Soon to be a favorite amongst patrons, the Tofu Chunky Bowl (shown) with quinoa, seasonal veggies and their specially-marinated tofu chunks, sprinkled in an addicting ginger sauce is absolutely delish AND good for you?! You'll have to try it to believe it. See for yourself what the buzz and anticipation was all about. Cleansing, healing, good for your digestive system and body, all the while pleasing your palate, it just doesn't get any better than this.

The café has found its home in the heart of the Old Bank district on 4th and Main Street. The space boasts of a 2,700 foot haven of natural comfort and rustic charm that will house up to 100 of Dr. J's aficionados, a separate tea and smoothie bar, a mini-market section and an outdoor patio.

Dr. J's Café is located at 334 S. Main Street., Unit 1101, Los Angeles, CA 90013.

**For more information, please visit [www.drjsvibrantcafe.com](http://www.drjsvibrantcafe.com) and [www.drjsbest.com](http://www.drjsbest.com). Follow us on Facebook and Twitter: [DrJsVibrantCafe](https://www.facebook.com/DrJsVibrantCafe), and [@VibrantCafe](https://twitter.com/VibrantCafe)**

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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.





# Native Americans The Path Back to Power

By Shaman Elizabeth Herrera



The centuries of genocide, forced removal from their lands (estimated total of 93 million acres), and strategic killing of their food source, the buffalo, left Native Americans struggling to survive.

The damaging blows continued during the Americanization of Native Americans' assimilation effort (1790-1920) by the United States to transform Native American culture to European-American culture. Native American children were forced into boarding schools, run by religious groups who taught them Christianity instead of their tribes' spiritual customs, and banned from speaking their own language or dressing in native clothing. And until 1978, spiritual leaders ran the risk of jail time for practicing their rituals.

It is deplorable that our country has a history of genocide (and slavery), and that Native Americans are still forced to protect themselves against further encroachment by the U.S. government and private interests. It is also understandable why many Native Americans are distrustful and angry over these events.

Some say that Native Americans are having the last laugh because of the money being made from the casinos; however, Native American gaming has also proven to be very ineffective in improving many

tribal economies. Native Americans have the highest poverty and unemployment rates in the United States of America. And, the Native Americans' former dignity and way of life, and their spiritual practices that connected them to nature, animals, and the skies, water and land have been greatly diminished.

After all these tragedies, is it possible for Native Americans to forgive the trespasses of the past (and present) and rediscover the path to power?

Forgiveness isn't easy, and Native Americans have received one of the hardest lessons in forgiveness that can be given. But, the anger that is smoldering inside the tribes is robbing them of the beauty of their spiritual path — a path that could be restored through forgiveness.

Native Americans will not diminish themselves through forgiveness — quite the opposite. The act of forgiveness will be for them to let go of their anger, be at peace, and move forward with no resentment standing in the way of them knowing their true selves.

Perhaps they feel that their rituals and spirituality are too great a gift to give away to outsiders. Yet, what greater impact could they have on their oppressors than to educate them

about the Native Americans' culture, spiritual practices, and respect for nature. People fear what they do not understand. I can't think of a better outcome than to have everyone in this great nation practice, or at least understand, Native American spirituality.

One cannot deny the attraction that Native American spirituality holds for many people outside the tribes. Why should some tribes live in poverty, when they could accept love donations or charge for workshops, demonstrations and apprenticeships to help others become knowledgeable on their way of life.

The Native Americans will strengthen their own culture when they teach others by reinforcing the message and its usage for themselves. And, as more people understand the Native American culture, it will increase support of the tribes' ongoing efforts to preserve land and regain the rights to perform ceremonies that are still banned by the federal government because of the use of ceremonial plants, such as peyote.

Many Native Americans feel that it is sacrilege for someone to have few lessons and then try to teach rituals to others (such as the accidental sweat lodge

deaths that occurred during a recent ceremony. To help prevent future misinformation and destructive incidences from occurring, the tribes could offer certifications to help ensure that their rituals and teachings are performed with respect and knowledge.

We can expect a clash of cultures when the typical American's mentality of "instant gratification" collides with an ancient belief system. So be it, we will learn from each other.

The Great Spirit is the voice of love. I can think of no better gift that Native Americans can give to others, and themselves, than to share that love with every living being, even the white man.

*Shaman Elizabeth Herrera is a healer, spiritual counselor, teacher and author. She advanced her studies through the Foundation for Shamanic Studies, but her major source of learning has been from the Spirit, who offers limitless guidance. She was fortunate to have known her great-grandfather who was Apache and smuggled sugar and flour from Mexico into Texas, exchanged gunfire with Texas Rangers, and crossed paths with Pancho Villa. Visit: [www.ShamanElizabeth.com](http://www.ShamanElizabeth.com)*

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# Healing Diabetes the Native American Way

By Mischa Geracoulis

Though diabetes is exploding worldwide, the tribes of the American Southwest take the lead. *The ravages of diabetes in the U.S. Native American population are harder hitting than in any other ethnic group in the country.* Nonexistent four and five generations ago, half of their adult population now suffers with the disease. Prevailing conventional medicine would have us believe that this is due to genetics. However, a sober study of the situation reveals it is not a problem with heredity, but with history.

In PBS's documentary series "Unnatural Causes," Donald Warne, M.D., president of American Indian Health Management & Policy and adjunct clinical professor, Arizona State University College of Law, narrates a back story that negates the popularized "thrifty gene" explanation for Native American diabetes.

There is a strong parallel between the development of diabetes and the years of environmental alterations in the U.S. Southwest. Warne explains that between the 1920s and '30s, prior to the damming of Arizo-

na's rivers (to divert water into Caucasian communities), diabetes was unheard of.

Originally a hunter-gatherer society, the tribes of the Southwest lived on foods high in fiber, low in fat, and low on the glycemic index (the measure of foods' effects on blood sugar levels). But with the construction of the famed Hoover Dam, along with Arizona's twenty-some other dams, tribal hunter-gather-farming economies — along with the traditional diet and home life — were effectively halted.

Without fertile riverbeds or freedom to roam, Native American communities were thrust into poverty, commencing a cycle of forced dependency on U.S. governmental assistance. Government treaties penned such promises as access to land (usually in the form of reservations), quality food, clean water, and health care for the tribes. In reality, those promises were largely unfulfilled.

Surplus commodities like white flour, lard, refined sugars, and processed foods replaced the traditional whole-foods diet. Not only were these pro-

visions alien to Native Americans, but they were rationed, based on a contrived system of merit. Consequently, these changes contributed to manufacture of a disease previously unknown to tribal people.

Navajo Tribal community cultural leader, Benjamin Hale, points out, "What was once a true nuclear family — with men hunting, women gathering, both farming, and grandparents caring for the children during the workday — was reduced to a broken home. This was the birth of Welfare and Temporary Assistance for Needy Families (TANF), the scheme of things today. But education is the change agent and the way out of this cycle."

This situation is not unique to Arizona as Deborah Sanchez, a Barbareño Chumash Tribal Council Co-chair, Director of Wishtoyo Foundation, board member of the Chumash Women's Elder Council, and Los Angeles Superior Court Judge, has stated.

"There is a larger context for the health crisis. Primarily along the southern and central coasts of what is now Califor-

nia, there are no reservations. We have no land base to practice our ceremonies or culture. Historical events brought our people to near extinction, and we now live scattered along the coastal communities of Los Angeles, Orange, Ventura, Santa Barbara and San Luis Obispo counties.

Many residual aspects of history influence our health — namely, lack of access to native homelands and natural resources, commodified and polluted resources, and political designations that affect our rights to benefits and services."

Fred Collins, Northern Chumash Tribal Council leader in San Luis Obispo, advocates health and self-reliance for his people through grassroots agriculture and local cooperative business. Collins teaches "that the key to healing diabetes is to transition from a white diet (bleached flour, refined sugar and salt, chemicalized packaged foods) to a green diet (food from Mother Earth)."

That said, Collins emphasizes that healing the physical body through dietary improvements is only part of the equation. Freedom to experience a connection to Mother Earth, practice cultural and spiritual traditions, and live on ancestral land is critical to the healing of individuals, communities, and the cycle of acculturation. To that end, Collins and the Northern Chumash operate a teaching farm with cutting-edge technology in organic vertical farming, in addition to work that includes community and political outreach, conservation, and land and heritage preservation.

Benjamin Hale maintains that diabetes and other illnesses are symptomatic of a deeper problem. Explaining, "Environmental changes that adversely affected tribal societies also disconnected people from the land and water, which was as much a source of spiritual and cultural sustenance as physical. There is

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no way to return to the days before change, so we must do what we can here and now.

Instead of reacting to the problem and becoming reliant upon doctors and pharmaceuticals, we can become educated. Modern medicine definitely has its role; ideally, it would be used in conjunction with traditional healing practices — though ultimately, wellness comes from within, from a balanced body, mind, and spirit."

Hale continues, "Our model of education is based on 'our people healing our people.' We utilize experts from Native American communities to teach community members to avoid the ills of packaged, processed foods, refined sugars and chemical additives. For example, we teach how to shop in supermarkets by selecting foods only from the outer aisles.

Our cultural traditions, spiritual beliefs and practices must also be taught because to embody the culture is to prevent future generations from going down an unhealthy path. Health starts at home; so we teach our children to create positive daily habits in ways that tap their natural interests and through our cultural activities."

The Diabetes Recovery Program, developed by Gabriel Cousens M.D., dispels the myth that diabetes is an incurable life sentence. From his clinic in Patagonia, Arizona, Dr. Cousens, together with local tribal chiefs, report continual effectiveness in reversing diabetes in Native Americans, as well as people of other ethnic groups. Through the program (founded on an indigenous whole-foods diet free of processed foods and sugars), on average, people are able to heal within a period of a few months.

The success of this program and similar others, such as Seva Foundation's Native American Health Program in Berkeley, California, also refute western medicine's concept of genetic predisposition. Cousens asserts that even if an individual has a genetic propensity for diabetes, the expression of it will not occur so long as that individual keeps to a natural, whole-foods lifestyle.

Furthermore, reiterating the wisdom of Benjamin Hale and Fred Collins, both Cousens' and Seva's programs are comprehensive, not limited to the physical body. Says Hale, "Native Americans have long known what modern medicine is only beginning to grasp — that the human being is multi-dimensional."

The governmental-AMA-FDA-pharmaceutical industrial complex often allocates resources to suit the desires of policymakers rather than the well-being of their constituents. Millions of dollars will likely continue to be spent on Native American diabetes genetics research to propagate a campaign that implicates Native American DNA as the source of the problem; whereas a mere fraction of that funding could be spent to employ teachers of nutrition and physical education in the diabetes-stricken communities.

Extending beyond spheres of public health and genetics research, at its core, Native American diabetes is a matter of social justice and economics, and is a 911 call for the return to traditional ways and spiritual healing.

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

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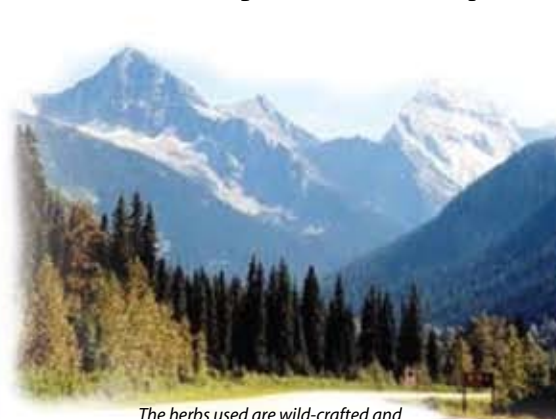
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# Mindful Drumming

## Connecting to the Inner Drum, the Heart Beat of Humanity

By Kokomon Clottey

No one really knows how long the concepts of the inner drum have been around. However, physical anthropologists suggest that there were footprints of the dinosaurs that roamed the earth 100 million years before humans appeared on the scene. When did the life of the dinosaurs begin and how long did they roam the earth?

Although the data on the dinosaurs does not truly give an accurate age of the inner drum, it offers a platform for imagination and inquiry. The footprints of the dinosaurs are recorded on the rocks at Dinosaur Ridge in Bolder, Colorado. The dinosaurs had an inner drum. That is the Heart.

The rationale and wisdom for humans to be blessed with an inner drum as our ancestral cousins (the dinosaurs), after 100 million years, is telling. One can only be grateful because this is our original blessing among other gifts, such as breath bestowed upon us by father, mother, God. We are born with it and carry it while it silently and slowly beats every second and every day until we die when it comes to a stop.

The inner drum is in all of us — rich or poor, black or white, red or brown. We carry our inner drum wherever we go, without protest. When we are happy, it's the inner drum that resonates and sends out a message of joy to all the different

systems of the body. And it is equally true that when we are afraid, our inner drum communicates the message. However, this time the message comes with a sense of urgency. When our inner drum goes, so does the body it supports with the lifeblood of humanity.

Perhaps the inner drum explains why the emergence of drums is in every culture in the world.

Drumming is an ancient indigenous technology that uses the twin realities of rhythm and sound to bring about an alignment of body, mind and spirit. Drumming is a transformative learning process that offers individuals opportunities to experience divinity through rhythm and sound. In a primal way we may never fully understand, drumming brings us into harmony with one another, our community, and our planet.

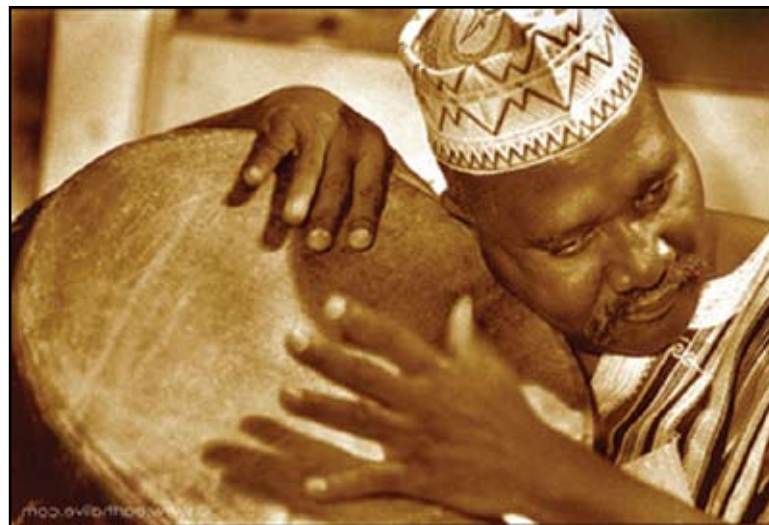
As humans, our biological make-up is rhythm and wind. Talking is rhythmic. We walk in four-four time. We breathe in and breathe out. Everything about being human is rhythmic. Spirituality is a rhythmic experience. The great drummer, Babatunde Olatunji, said whenever we are in trouble we are out of rhythm. Rhythmic drumming offers a natural medium for restoring the soul.

Mindful Drumming is a very specific form of drumming. It is the art of synchronistic drum-

ming. The practice of mindful drumming can be actualized only through a communal experience. This means the process requires three or more people

we will unleash the tremendous power of our human spirit.

Mindful Drumming is a fusion of the rhythms, sounds, and spiritual codes, and con-



to be immersed into the experience.

Mindful drumming is an expedient way of tapping into one's natural rhythm.

Mindful drumming assists in building community. Issues can be addressed in a communal manner through Mindful drumming. Mindful drumming ushers us into the present moment and gives us access to our joy and happiness. Mindful drumming demonstrates how when we are healed, we are never healed alone. Mindful drumming can be a tool to increase one's inner peace while simultaneously letting go of fear. Mindful drumming opens the door for one to be a love finder rather than fault-finder. Mindful drumming reminds us that the essence of our being is love.

The timeless wisdom of indigenous people is readily available to us through the eternal resources of rhythm and sound. If we listen to their knowing and put their wisdom into practice through Mindful drumming meditation, it is inevitable that

ducts from my culture, the Ga Adagbe Tribe of Ghana West Africa, as well as modern technologies, rhythms and sounds taken from thirty years of professional musical performance and my western education.

The Attitudinal Healing Connection, Inc. (AHC) holds a Mindful Drumming Meditation for personal healing and community building on the last Friday of each month. This experiential meditation is open to the public and offers an opportunity for diverse individuals to commune through the drum. There is no talking, only drumming. Drums are available on a first come, first serve basis. For more information, visit: [www.ahc-oakland.org](http://www.ahc-oakland.org)

**Kokomon Clottey is a storyteller, record producer, author and teacher. He has produced two CDs, *Love is the Answer* and *Mystic Vision*, and co-produced *The Journey*. He is the co-author with his wife Aeshah of *Beyond Fear: Twelve Spiritual Keys to Racial Healing*. He is also the author of *Mindful Drumming: Ancient Wisdom for Unleashing the Human Spirit and Building Community*. Visit: [kokomon@ahc-oakland.org](mailto:kokomon@ahc-oakland.org)**

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# We Are Indigenous to the Region of the Universe – We Are All One

By **ULRIKE**

I always love the research involved in writing an article about a certain assigned subject. The adjective indigenous is derived from the Latin etymology meaning 'native' or 'born within'; and from this standpoint we can say that any community might be called indigenous in reference to a particular region. Other meanings of the word are inherent, innate, original, first, or natural, which in my mind fully describes our true birthplace called universal Consciousness.

Merriam-Webster's Dictionary defines indigenous people as 'a body of persons that are united by a common culture, tradition, or sense of kinship, which typically have common language, institutions, and beliefs.' Doesn't this sound like 'us' the searchers of light and truth?

We all stem from this same life source, originated in the Universal, mental realm — a true mental region. We are connected by similar thoughts and feelings, kind kinship and love, the love of service to others and a sincere spiritual tradition for self-unfoldment. We speak the common language of love.

**What does it mean 'We are all one'? How can we connect through what I call the spider effect?**

Think of a spider web. Isn't it fascinating? It can stretch, grow bigger and bigger, and it spreads until it entangles all. One little creature can create such a magnificent structure and have such an impact. Like the spider, we are all little creatures compared to the vastness of the Universe. But we all can create a giant web of goodness, because we are all connected in the mental realm. We all come from one source. This connection makes us all powerful.

Our ambition should be to be a spider in the World Wide

Web. Not on a website on-line, but in using the ability of our thoughts webbing out into the Universe, and connecting to all. Start thinking more all-inclusive thoughts, more Universal thoughts and more all-loving and healing thoughts. Think of a bigger picture and don't stay in such a small vacuum, called your personal sense.

Whatever beliefs are held strongly in mass consciousness will be reflected in the reality of this world, good or bad. If millions of people think the same way, or expect the same outcome, it will manifest. Again, the economy is a very good example. It reflects mass consciousness reacting to fear. You can also see this thought power in the creation of epidemics. In the extreme, this is how war happens.

On a positive level, as mass consciousness evolves, it shows the picture of better living, wealth and prosperity in our world. The American people have long been known to have a prosperous attitude and a strong self-sense, which has been reflected in becoming one of the world's leading nations. The collective sense of America's population has made the U.S. what it is today.

**We are in an age of great spiritual change**

In this day and age people are awakening to the truth that the invisible cause and the visible effect is the result of their own right or wrong thought. They have come to the realization that the Universe is a mental rather than a physical, material state. As more people discover this truth, the reflection (your specific life experience and environment) will change to correspond to this newfound insight.

We have to start somewhere. This somewhere is our own right thinking and thereby cre-

ating our own right future. From there it is only a few steps to contributing to a greater picture. Don't underestimate collective consciousness. It is very powerful. It is a spider effect rippling out into the world. Yes, we can make a difference in this world, even though it still needs so much inspiration and healing.

Metaphysical education is becoming more and more important. We have to make sure that we include our brothers and sisters on this journey with us. We must not leave anyone behind. We cannot force them to do what we want, but we can put the information and our knowledge out into the Universe. They will find this treasure when they are ready and prepared to take this journey on their own.

So be part of this phenomenon and spread the good word. Let's use the tools given to us by the inventors of technology, who are certainly being creative sources of the Universe. It is exciting to become aware of more and more that we didn't know before. We start seeing our mental growth and can enjoy the fruits as we go through this adventure. Our awareness constantly grows and changes; it evolves and gives us a sense



of comfort, security and peace of mind.

The willingness to embrace all aspects of life, being good or challenging, will further help and speed up your unfoldment. It is an ongoing series of action, never ending. You will take what you have developed and understood with you at the point of your passing to the next dimension. Do not forget this vital point. Remember, you have to start with YOU first. Entangle the world in love and happiness...

**Lastly, remember these inspiring and powerful words:**

*"Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one."*

— John Lennon

**ULRIKE is an Austrian author who focuses on teaching the art of Right Thinking. Based in Los Angeles, she has been studying and teaching metaphysics for thirty years and has diligently pursued the search for Truth. Her books ...because you can! Inspire Your Day and The Seeds Will Sprout Somewhere are available at Amazon. Contact: modernthoughttheories@gmail.com and www.modernthoughttheories.com**

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(Please note that use of any medicinal plant or plant product should be undertaken only under medical advice and supervision)

By **Sudhir Ahluwalia**

Susruta, the ancient medicine scholar of India wrote his magnum opus Susruta samhita in CE 4th century. Herein are listed some 770 medicinal plants used for treating various ailments. The Foundation for Revitalization of Local Health Tradition (FRLHT Bangalore, India) which is the Government of India designated Center of Excellence for medicinal plants and traditional knowledge, has re-created from ancient records the full list. The plants discussed in this series have been picked up from this list that has been provided to me, courtesy FRLHT India.

Medicinal plants are just one component in Ayurveda — the ancient medicine science of India. Animal parts, chants, hymns, diet management etc., were other components of the ancient Indian medicine.

Ayurveda's origins are not very clear but evidences of its existence go back to 2nd millennium BCE. The political, economic and cultural interaction with the Greeks, Romans, Persians, Chinese and then Arabs, impacted herbal ancient medicine practices across the region from Southern Europe to Asia.

Many of the medicinal plants listed in Susruta samhita are found over a fairly well-dispersed geographic area that extends from the Mediterranean region into Persia and Asia. Many of the modern medicine molecules owe their origin to medicinal plants.

As is true for all ancient sciences, folklore has enriched and sometimes distorted the scientific core of these practices. An effort is made here to stay focused on the medicinal qualities of each of the medicinal plants in use at that time. Many of these plants and formulations are still used by traditional healers in India and other parts of the world.

The indigenous medicine industry has come a long way but standardization of its practices and formal approval from agencies like USFDA may not have been received. Readers should therefore exercise caution before using the information contained herein.

*Sudhir Ahluwalia moved out to the Corporate world after spending over two decades in the Indian Forest Service. He is a business consultant and freelance writer. His writings focus on business technology, South Asian affairs and nature. You can read more about him by going to: [www.sudhirahluwalia.com](http://www.sudhirahluwalia.com)*



**CONVOLVULUS MICRO-PHYLLUS SYN C PLURICALIS**

**Sanskrit Name:**  
**SHANKHAPUSHPI**

*Shankhapushpi* is an herb known to Indians since ancient times. It was well regarded as a tonic for the brain and was traditionally extensively used by students, teachers and sages. In parts of India not adequately covered by modern medicine, tribal and local medicine men grind parts of the plant into a paste for application to the scalp to relieve mental fatigue. It is also used as a cold compress to cure a variety of hair and other skin-related ailments. The medicines are often administered orally after mixing with cumin seeds and milk.

This medicinal plant, with the botanical name *Convolvulus microphyllus* syn *C. pluricalis*, is found extensively in northern India's sandy and rocky arid and semi-arid regions of India. It is an herbaceous plant that produces white to pink conch-shaped flowers. The flower has three stamens; leaves are flat, scabrous with prominent veins. Fruits are oblong-shaped nuts. A blue flower variant is, from the medicinal plant standpoint, considered to the most efficacious variety of this plant.

In English this plant is better known as common aloe weed. All parts of the plant are used for medicinal purposes. The plant is non-toxic. Propagation of the medicinal plant can be done by seed. Dried parts of the plant are sourced in the wild and sold for medicinal use.

Companies manufacturing Ayurvedic medicines use the plant extracts in combination with other plant extracts to produce drugs. The formulations in India are sold as over the counter (OTC) drugs and advertised widely as alternative-medicine remedies for memory enhancement, nerve relaxant, reducing blood pressure and general nerve tonic. The plant properties are claimed to also help reduce cholesterol. It is also presented as a drug that helps ameliorate the impact of dementia and Alzheimer's disease. The plant contains a combination of alkaloids. Formulations are available in powder and tablet format.



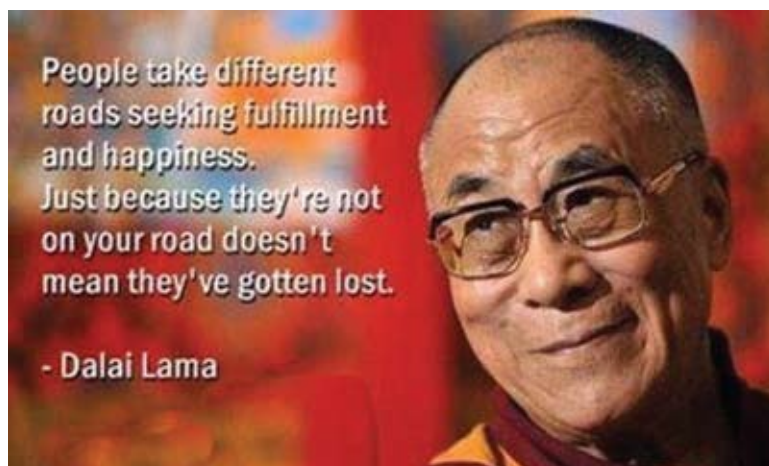
**CITRULLUS COLOCYNTHIS**

**Sanskrit Name:**  
**INDRAVARUNI**  
**English Common Name:**  
**COLOCYNTH**

The plant resembles a watermelon vine with relatively smaller fruits that are pulpy and bitter. A variety of citroides is also found in the wild in California. The fruit of the plants were a favorite purgative of herbal healers. The purgative effect is so powerful it leads to scouring of the intestine causing bleeding. It was also used for bringing about abortion. The pulp of the fruit was often mixed with honey and water to diminish the bitter taste of the fruit.

In Iran the clinical trials have proved the efficacy of the plant in reducing the negative impact of Type II diabetes. The root of the plant is used to treat jaundice, urinary disorders and the plant is believed to effectively treat abdominal infections including worm infestations, bacterial infections etc.

There is a U.S.-approved patent invention US 7083779 B2



People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.

- Dalai Lama

in which fractions of C. Colocynthis and two other plants have been found to be effective against dental plague and gingivitis. The invention is in the name of one Hari Mohan Behl and four others.

The vine has yellow flowers and dissected leaves that look very similar to that of the watermelon plant. The species is found to grow in desert conditions and the root system is designed to conserve moisture and survive a sustained drought period.

Formulations created in combination with other herbal products, and also stand alone, are sold as an over-the-counter drug to individuals in India. Cocynth is an officially-recognized drug in the Indian Ayurvedic and Homeopathic Pharmacopoeia.

The seed of the plant is rich in oil and trials for producing biodiesel are ongoing. Biodiesel literature in India has extensive references to Citrullus colocynthis in addition to the main plant Jatropa.



**CRESSA CRETICA**  
**Sanskrit Name: RUDRAVANTI**  
**English Common Name:**  
**LITTORAL BIND WEED**

Cressa cretica has been used by Ayurveda (ancient Hindu medicine) healers for its anti-tussive properties. Herbal medicine practitioners use the plant extracts on patients suffering from tuberculosis, asthma and cough. Its actions are similar to codeine phosphate, a common molecule, used extensively in Allopathic anti-cough formulations. The plant is believed to have anti-nausea, anti-diabetic

and anti-bacterial properties. Literal translation of Rudravanti from Sanskrit into English is 'sugar destroyer.'

In some parts of the world, the plant parts are traditionally boiled in water until the water evaporates; the contents are tied in a cotton cloth and applied externally to affected parts for anti-bacterial effect.

The active components of C. cretica include flavonoids and terpenic compounds. The plant is distributed widely across many parts of the world ranging from India, Timor, Australia, Middle East and Africa where it is extensively used by herbal healers. It is traditionally used by Bedouins and its use goes back to time before the birth of Jesus. The use then appears to be as fodder for cattle.

The plant extracts are sold by herbal drug manufacturers in syrup and tablet form. Many of the manufacturers use the Sanskrit name Rudravanti in their commercial formulations. All parts of the plant are used to manufacture these drugs but roots of older plants are believed to have higher levels of efficacy.

Cressa cretica is a shrubby, diffuse herb, a few cm to 30 cm high, arising from a woody perennial root-stock. The leaves are numerous, stalkless, very small, ovate, acute tipped, hairy or ashy-velvety. Flowers are small, white or pink; nearly stalkless in upper leaf axils, forming a many-flowered head. Flower is five-headed, funnel-shaped with stamens protruding out of the flower. This is a feature common to plants of the Convolvulaceae family to which C. cretica belongs.

***This listing of Indian medicinal plants will continue in upcoming issues of Awareness Magazine.***

*All things share the same breath — the beast, the tree, the man, the air shares its spirit with all the life it supports.*

— Chief Seattle



**Heal the Bay staff member, Melissa Aguayo celebrates the passing of the plastic bag ban. Photo by Heal the Bay**

## L.A. City Council Finalizes Ban on Plastic Bags

**City becomes biggest municipality in U.S. to enact curbs on single-use bags**

**By Matthew King**

On June 18, the Los Angeles City Council today finalized a sweeping ban on the distribution of single-use, plastic shopping bags at grocery stores, convenience stores, pharmacies and other select retail stores that sell some perishable items within city limits.

**Los Angeles is now the largest city in the U.S. to ban single-use plastic bags.** Under the ordinance, the city took a phased-in approach for curbing the environmental and fiscal waste associated with the distribution, collection and disposal of single-use bags.

With a historic vote, one in four Californians now live in a city that has enacted curbs against single-use bags. Seventy-six state municipalities are covered by ordinances banning plastic single-use bags and most also deter paper single-use bags. Dozens more are considering banning plastic bags in the near future.

The ordinance goes into effect Jan. 1, 2014 for the large stores, and July 1, 2014, for the smaller stores, thereby allowing

the city's 4 million residents to gradually transition into the practice of bringing reusable shopping bags to local retailers. These effective dates will also allow retailers to get rid of their inventory and prepare for compliance with the ordinance.

Nearly 2 billion single-use plastic bags and 400 million paper bags are distributed annually in Los Angeles, according to city officials.

**Environmental group Heal the Bay has led the legislative fight to enact a bag ban for more than six years as part of its ongoing efforts to tackle plastic pollution throughout Southern California.**

"Our city became a model for our state and the rest of the nation," said Kirsten James, Heal the Bay's Science and Policy Director for water quality. "The vote further emphasizes that the time has come for us to move past the wasteful convenience of a plastic bag to sustainable, reusable bags."

**For more information and how to get involved in Heal the Bay's work, visit: [healthebay.org](http://healthebay.org)**



# Bhakti Fest Celebrates 5<sup>th</sup> Anniversary with 4 Days of Love and Music

By Susan von Seggern



*Bhakti Fest brings the top kirtan artists to main stage at the festival. Photos by Kristina Clemens.*

Known as “the spiritual Woodstock of the new millennium,” America’s premiere kirtan and yoga festival, Bhakti Fest celebrates its 5<sup>th</sup> Anniversary September 5–8 at the Joshua Tree Retreat Center. With two kirtan stages, three yoga halls, a breathwork hall and more than 120 conscious vendors, Bhakti Fest, the largest event of its type, features something for all devotees, night or day.

Sridhar Silberfein, founder and producer of the Bhakti Fests notes, “When we started Bhakti Fest in 2009 we knew it would be popular, but seeing it grow into such a successful annual event, and then to enhance the scene with the additions of Shakti Fest in May and Bhakti Fest Midwest is extremely gratifying. We are thrilled that it has been so well received by the spiritual community.”

Music provides the core of

the Bhakti Fest. Since its inception in 2009, Bhakti Fest has brought together the top kirtan artists and the 2013 lineup is no exception. Attendees will have the opportunity to experience devotional chanting, along with over 50 nationally-acclaimed musicians performing 24 hours a day for the entire four-day festival. These devotional chants of love will ring throughout the hills of Joshua Tree.

All of the top performers are scheduled: Krishna Das, Deva Premal & Miten, Jai Uttal, Snatam Kaur, Donna De Lory, Dave Stringer, C.C. White, Sean Johnson & the Wild Lotus Band, Kirtan Rabbi, DJ Drez, Arjun Baba, Deepak & Breath of Life Tribe, Karnamrita, Govind Das & Radha, David Newman, The Guru Ganesha Band, and much more.

Bhakti Fest’s reputation as one of the original and best yoga festivals is also secure. Only six

years ago there were no major yoga festivals in the U.S. Now yoga fests are a trending vacation option and Bhakti Fest is widely respected as the only major festival in Southern California. Twelve hours of daily yoga classes in three large halls will be facilitated by incomparable and world-renowned yoga teachers such as Dharma Mittra, Shiva Rae, Bryan Kest, Elena Brower, Micheline Berry, Mark Whitwell, Sianna Sherman, Kia Miller, Saul David Raye, Ashley Turner, Suzanne Sterling, Hemalayaa Behl and others.

With more than 20 workshops on a wide variety of spiritual themes, Bhakti Fest brings the physical asana and chanting practices into greater context for attendees. Each day features sessions geared to educate and inspire with some of the most formidable guides of our time, including Krishna Das on the “Heart of Devotion,” *The Jour-*

*ney Home* author Radhanath Swami, Philip Goldberg on “The Beatles Yoga: Let it be,” Google+ for Brands Evangelist Gopi Kallayil, Michael Baker on “The Resolution of True Intimacy & The Unification of the Atman,” Zat Baraka on “Manifesting Our Lives Through Self-Initiation: A Tantric Breathwork Workshop,” and many more.

Bhakti Fest’s spiritual godfather, Ram Dass, has filmed a two-hour interview with festival founder Sridhar Silberfein that will be played each night of the festival. This intimate video is the fifth in a series of “*Conversations with Ram Dass on Contemporary Thoughts*,” soon to be released as a book. All four of the other parts can be viewed at [bhaktifest.com/bhakti-fest-exclusive-interviews-with-ram-dass/](http://bhaktifest.com/bhakti-fest-exclusive-interviews-with-ram-dass/).

Silberfein adds, “Bhakti is devotion to love. Shining within and without like the sun. We emanate pure love whenever and wherever we go, giving unconditional love to everyone, especially our personal relationships. Bhakti Fest’s fifth anniversary will be a total immersion in this love for all the presenters and attendees.”

Bhakti Fest provides a complete physical, mental and spiritual health experience including a healing sanctuary with energy work, massage, bodywork, and other unique wellness-enhancing modalities. There are a variety of raw, vegan, vegetarian and other high-vibrational food and beverage options available. Additionally there is an extensive marketplace with eco-friendly vendors offering yoga gear, clothing, devotional art, musical instruments, CDs, crafts, jewelry and much more.

There will be two separate ticket intensives around Bhakti Fest 2013, a pre-festival intensive with Saul David Raye and a post-festival intensive with



**Sridhar Silberfein and Ram Dass**  
(photo from 2011).

legendary yoga master Dharma Mittra.

The Joshua Tree Desert Retreat Center is the perfect setting to foster inner reflection and spiritual reconnection because of its peacefulness and natural desert beauty. Accommodation options include en suite rooms with baths, camping and RV parking, all on site. There are also several hotels within a few miles of the retreat center.

Tickets for Bhakti Fest 2013 are available at [www.bhaktifest.com](http://www.bhaktifest.com).

com. The festival donates monies to a variety of non-profit organizations including Food for Life, Love Serve Remember Foundation, Ramana's Garden, Seva Foundation, Share Your Care, and Woman's Earth Alliance.

Bhakti Fest is supported by sponsors including: New Chapter, My Yoga Online, Coconut Bliss, Reeds Kombucha, Desert Essence, Namaste Interactive, Earthrise Spirulina, Organic India, White Swan, HealthForce Nutritionals, YogaFit, and Kevita.

*Susan von Seggern is one of the most well-known and well-liked publicists in Los Angeles. For over 20 years her work as a major label publicist, CEO of a boutique PR agency, time spent in political PR, her globe-trotting exploits in corporate PR and her recent return to consulting for corporate, cause and cultural clients have exposed countless journalists and tastemakers to Susan's honest, positive and tenacious PR style. For more info on her work please visit [www.susanvonseggern.com](http://www.susanvonseggern.com)*



**Power Yoga originator Bryan Kest leads a yoga class at Bhakti Fest on the Joshua Tree Retreat Center's outdoor yoga pad.**

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

— Thich Nhat Hanh

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# Five Essential Steps to Healthy and Permanent Weight Control

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

Most of you reading this article probably have gone through many diets or weight-loss programs. Most likely you have lost and gained, lost and gained perhaps more than 100 pounds repeatedly! So, what you need is a program you can rely on for life, for permanent weight control instead of going through frustrating weight yo-yo's!

As detailed in, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, after I conquered a severe case of yeast and parasitic infection, I was able to lose 50 pounds and keep it off over the past few decades; well, except the two times I was pregnant with my children. The reason why I have been able to maintain my ideal weight is because I employed a holistic approach to remove both my physical and mental toxins. If you follow the five essential steps below, you will enjoy the same results:

## **Step 1: Identifying the causes of overweight condition.**

Some people say their weight condition is genetic. However, statistic shows that overweight people tend to have overweight pets. That's not genetic! So, you need to do an honest assessment and identify the cause or causes for your overweight condition. The Five-Step program will give you guidelines to identify the real cause.

Once you identify the real cause, whether it's overeating, eating the wrong kind of food, suffering from yeast and parasitic infections, hypothyroidism, or being stressed out by your life events, you can focus your efforts on eradicating the cause and learn to be on the right track.

## **Step 2: Developing a weight-loss meal plan to nourish your body.**

Based on several decades of clinical experience, I have found that the Anti-Yeast Nutritional Program is the best weight-loss meal plan. An Anti-Yeast Nutritional Program is to starve yeasts and parasites in your body, and to stop or prevent them from jeopardizing your thyroid function; thus, you can maintain optimal metabolic function.

Basically, this weight-loss meal plan contains no sugar, no dairy, no wheat, no yeasts, no alcohol, no caffeine, no nicotine, nor chemicals. For details regarding what you can eat, and what should avoid, read my yeast-free cookbook, *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*. The book is available in most of your local libraries.

## **Step 3: Using herbal formulas to cleanse yeasts and parasites and boost your metabolism.**

If you have experienced a chronic overweight condition,

I highly recommend that you consider herbal therapy to remove excess yeasts and parasites quickly so that your body's innate intelligence can heal and boost your metabolic function.

Because yeasts and parasites go hand in hand like Siamese Twins, you need a strong formula to remove yeasts and parasites SIMULTANEOUSLY to accomplish the above purpose.

## **Step 4: Managing stress effectively to stop and prevent emotional eating.**

When health is concerned, yeasts and parasites are the "roots of all evil" and stress is the core of these roots! Included in my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, there are several stress management techniques including writing reconcile letters, releasing deep-rooted negative emotions, a 10-Minute Meditation, affirmations and prayers. These techniques have been able to stand the test of time for several decades and are wonderful tools for you to stop emotional eating.

Meanwhile, they help you develop self-love and approval so that you no longer need to use unwanted fat as a protection shield. The book is available in most of your local libraries.

## **Step 5: Establishing spiritual balance for long-lasting weight control.**

Your struggle with weight has a purpose. Once you identify a clear purpose of your weight challenge, you will enjoy love and peace in your life and be able to help others achieve the same. With the first-hand experience, you can guide and convince others almost effortlessly to be on the right track.

In addition to the above five steps, the common sense approach including proper hydration, sufficient amount of rest



and sleep, and regular exercise is also important. Once you follow these five essential steps, you will be in the right state of mind to take care of your body, mind, and spirit.

Some clients asked,  
"How long should I stay on this five-step program once I reach my goal weight?"

My answer is,  
"It depends on how long you want to have quality of life!"

In order to enjoy permanent weight control, you do need to stay on track. Initially, you may need to make an effort to change some non-functional habits. However, after a while, staying on the right track becomes second nature! In fact, you wouldn't want to go back to how you were, now that you have found a better way to live!

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections, immune deficiencies, 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, contact the Academy of Vibrant Health, 541 South Spring St., Suite 209, Los Angeles, CA 90013; Phone: (800) 715-3053 or (818) 472-2213; e-mail: drj@drjsbest.com. website: www.drjsbest.com, Skype: academyofvibranthealth. "Like" our Facebook fan page: www.fb.com/drjsbest to read up-dated articles regularly on yeast-related health issues.

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# Forget the Potpourri or Scented Candle

*New form of ingestible lavender may help to soothe occasional stress and anxiety\**

**By Lindsay Helgeson**

We've all had those occasional sleepless nights because we can't stop obsessing about a stressful situation. The next day, we're so tired that it's even more difficult to deal with the problem. It's a vicious cycle! Now researchers and health professionals are discovering that ingestible natural lavender oil soft gels may be an easier way to help take the edge off of occasional tension.

We're not talking about sipping bottles of essential oil — save those for your bath water. A clinically-studied lavender oil supplement, available nationwide as CalmAid ([www.CalmAid.com](http://www.CalmAid.com)), is a safe, non-habit forming and clinically proven way to help you feel more relaxed so you can stay productive.\*

"In aromatherapy, lavender has been known for years to provide mild relief from occasional anxiety. The next step has been the development of a safe and effective form of lavender oil that is taken orally. Studies are confirming that this unique lavender oil safely helps to relieve infrequent symptoms of tension, stress and anxiety including occasional restlessness, nervousness and sleeplessness," explains naturopathic physician Dr. Don Brown, a leading authority on evidence-based natural medicines.\*

"A randomized, placebo-controlled study found that an orally-administered lavender oil supplement may be as effective as some common interventions in managing the type of mild anxiety symptoms we all encounter from time to time. It was also shown to improve sleep quality without causing daytime drowsiness," said Dr. Brown. "These results were consistent with another randomized, placebo-controlled study which also found that lavender oil sup-

plements helped to improve the duration and quality of sleep, while improving feelings of wellbeing."\* The lavender oil supplement that was used in both studies is now available as CalmAid.com



**In addition to the lavender oil supplement CalmAid, Brown suggests this multi-faceted approach to stress management:**

**Make sure you are getting quality sleep.** "Running on just a few hours during the work week, and trying to catch up on weekends, may jeopardize your immune system. Many of us need seven to eight hours of quality, uninterrupted sleep each and every night. To improve your sleep quality, keep the room cool and dark. Also, remove distractions such as electronics."

**Get an adequate amount of daily exercise.** "Exercise raises the feel-good endorphins in your brain and helps get your mind focused on your body movements instead of what's bothering you."

**Carve time out for meditation, or to spend time alone without distractions.** "Even a few minutes of meditation may help produce an inner sense of peace."

**Take a multi-vitamin with the recommended daily amount of B vitamins.** "Increasing levels of vitamin B12 and other B vitamins may improve your mood."

**CalmAid can be found nationwide at [www.CalmAid.com](http://www.CalmAid.com), Vitamin Shoppe and Whole Foods.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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# Discovering Oceanside

By Ann Nelson



After years of being overshadowed by affluent Laguna Beach to the north and La Jolla and Del Mar to the south, the Southern California city of Oceanside is coming into its own. This seaside community of approximately 170,000 residents is now a destination for soaking up art, culture, food and history. The magic of what the city has to offer will be on full display with the 125th Anniversary celebration starting this summer. Special deals and recognitions are planned throughout the year.

Oceanside is a true coastal treasure, with 3.5 miles of sandy beaches and the longest wooden pier on the west coast. There is a harbor, a lagoon, a nature center, farmers' markets and a historic park with an old city jail, general store and a blacksmith shop. The Oceanside Museum of Art, with Daniel Foster at the helm, is becoming one of the most notable in Southern California.

My husband and I really had

our hearts set on staying in a beach front cottage with our dogs, but didn't know if it was even possible to find a place like this to rent. After researching, we contacted Beach Front Only. They found exactly what we were looking for! The cottage, located on a quiet street with plenty of parking, was just steps to the sand. The full kitchen was equipped with everything we needed. We went out for breakfast and lunch, but opted to "stay home" for dinner. We had front row seats as we barbequed on the grill on the beach front patio, while we watched the sun drop into the ocean.

Many of the historical roots that make up the foundation of Oceanside have been preserved. Small businesses that dot Highway 101 operate in the original buildings. 101 Café, established in 1928, is the oldest, continuously operating café along Highway 101. This is the perfect place to enjoy old-fashioned, home-cooked food while listening to classic hits playing

on the jukebox. John Daley, one of the owners, is not only a local historian, but he leads complimentary guided walking tours sponsored by the Oceanside Historical Society. Daley knows as much about the history of Oceanside as he knows about trains. He has memorized the arrival and departure time of every train coming into town. He informed us the train tracks were built close to the coast because the land was flatter, so fewer bridges were required. The location of the tracks has nothing to do with the ocean view scenery. Fascinating!

Scenic Highway 101 has a colorful history. Wagons and primitive autos began using the bumpy, dirt surface at the turn of the twentieth century. In 1918, thanks to the vastly improved automobile, the stage was even set for road racing. The Los Angeles to Phoenix automobile race ran south through San Diego County and then east into Arizona in 1911. The races continued for years.

Prior to my visit, friends in-

formed me that I could not leave the city without having lunch at Privateer Coal Fire Pizza. Since the pizza is cooked at 850 degrees, 300 degrees hotter than most pizzas, extra crispy means extra crispy. Two of the local owners have been friends since meeting at Southside Elementary School in the second grade. Culinary-trained chefs create fun and flavorful side dishes, such as marinated brussel sprouts and citrus salad. This restaurant is classy, simple and sophisticated.

The Apotheque Lifestyle Spa, about a ten-minute walk from the pier, is located in an old brick 1880's commercial residential structure. The high ceilings, original windows and wide wooden floors offer a feeling of warmth and simple comfort to all who visit. I grew up in a house that was built in 1906 and have a great appreciation for places like this. The spa itself offers all types of ancient healing modalities, along with yoga classes and community acupuncture.

I have visited upscale spas surrounded by acres of lush, rolling hills with endless views. But there is something special about this cozy little place. I had no idea what hidden treasure awaited me as I entered a small courtyard garden. What a surprise! The whimsical, fun, colorful succulent art garden designed by Peter Loyola simply took my breath away.

After leaving Apotheque, we headed over to the Oceanside Harbor with the intention of renting a boat. We looked at power boats, sailboats, kayaks, stand-up paddle boards and electric dingys. After much discussion, we opted to try out the pedal boat and couldn't have been happier with our decision. We spent the afternoon cruising around the harbor, checking out the yachts and sea lions from our special vantage point. The harbor village is filled with charming shops and restaurants that dot the waterfront.

We wanted to ride bikes on the path that runs along the waterfront and headed down to the

pier to see what was available. Dennis and I decided to try out a deuce coupe because we'd never heard of it before and it looked like it could go fast if we both pedaled hard. As we were speeding down the path, I felt like a six year old. Our entire day could have easily been spent trying out every bike in stock. I've never had so much fun riding bikes at the beach.

A surprise highlight of our trip was a visit three miles east to Mission San Luis Rey. The mission is often described as the most beautiful of all the California Missions. The Mission, encompassing over six acres, was completed around 1815 and home to 3,000 Shoshone tribal Indians. At one time the mission owned 22,010 head of cattle, 23,532 sheep and over 8,000 horses. The architecture is extraordinary, featuring colorful hand-painted murals, hand-carved wooden doors, and red adobe roof tiles.

It's easy to see why Oceanside has been chosen as a backdrop for so many Hollywood



**Kayaking and paddle boarding in Oceanside.**  
Photos courtesy of Visit Oceanside.



movies, including Top Gun. Oceanside is now one of my very favorite places to visit.

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



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## *In Loving Memory* Swami Kriyananda (J. Donald Walters)

*By Craig Parsons*

A prominent and respected global spiritual leader, Swami Kriyananda, 86, passed away on April 21, 2013 in Italy of natural causes. The charismatic founder of the Ananda Worldwide movement, Kriyananda inspired thousands of people with his vision of a “conscious lifestyle” emphasizing peace, harmony, compassion and love.

One of Kriyananda’s earliest visions resulted in his establishing the first Ananda World Brotherhood Village 45 years ago, in the foothills near Nevada City, California, that integrates diverse businesses, schools for children, agricultural endeavors, a publishing company, a yoga and meditation retreat center and the Ananda College in Laurelwood, Oregon.

Under his guidance, the Ananda concept has grown to reflect his vision of a spiritual, non-denominational environment supported by a sustainable economic infrastructure. Today there are nine locations on three continents.

Born J. Donald Walters in 1926, Kriyananda was a direct disciple of the famed Indian guru, Paramhansa Yogananda, helping to bring Yogananda’s teachings to the world. One of the most significant spiritual figures in the last century, Yogananda is recognized as the founding spirit of the global yoga and meditation movement.

As a young man, Kriyananda was captivated by Yogananda, the author of the classic *Autobiography of a Yogi* and the first Indian guru to make his life’s work in the west. His emphasis on the underlying unity of all spiritual — not religious — paths made an indelible mark on Kriyananda, who met Yogananda in 1948, and lived with him as his disciple until his passing in 1952. Yogananda’s references to “world brotherhood colonies” further inspired Kriyananda to create communities known today as Ananda (which in Sanskrit means “joy”).

Kriyananda’s pursuit of his guru’s long-cherished dream of establishing spiritual communities led to his purchase in 1968 of the first land parcel for Ananda Village where, in his words “people could live in conscious harmony.” Today that 1,000-acre site in the Sierra Nevada foothills in Northern California is home to about 300 people living a spiritual and completely integrated life.

The global network of other Ananda satellite communities throughout the world includes India (New Delhi), Italy (Assisi), Los Angeles, Palo Alto, Sacramento, Seattle and Portland. More than 1,000 people live in these com-

munities, all with what has been described as “a palpable feeling of harmony.” It is estimated that today there are more than 10,000 followers of Ananda’s teachings worldwide that reflect Kriyananda’s devotion to a life “helping others experience the joy and living presence of God within.”

Ananda successes prompted Kriyananda to become known as the “father of the intentional communities movement” that began in the 1960s, with the publication of one of his earliest books, *Cooperative Communities: How to Start Them and Why*. The Ananda living concept is the focus of a soon-to-be-released feature-length film, *Finding Happiness* (Hansa Productions), which represents the last opportunity to see interviews with Kriyananda before his passing, which was within days of the film’s preview screening in Italy.

The film shows Kriyananda expressing his fundamental principles, namely that “people are more important than things, and that fulfillment can be found adhering to truth and dharma (right action).” More information about *Finding Happiness* can be found at: [www.findinghappinessmovie.com](http://www.findinghappinessmovie.com)

Among Kriyananda’s other accomplishments, he is a prolific author, having written an impressive 150 books published in 30 languages in more than 100 countries, demonstrating how Self-realization can be effectively applied to every area of life — from yoga and meditation, to marriage and educating children, leadership and ethical business practices.

He wrote extensive commentaries on the Bible, the Bhagavad Gita, and the yoga sutras of Patanjali, published plays, poetry and articles, and composed more than 400 songs. His works have sold more than three million copies worldwide, and his lectures, television and radio talks have a wide audience on the internet.

An often-cited passage among his many written words over the years encapsulates his goals for society: “The time has come for people to direct their spiritual awareness also into matter . . . to everything they do: to their work, to education, to family life, to friendship, to their communications with strangers, to the way they build their homes — to all the most mundane practical aspects of daily human life. Men need now to become God-centered from within and from that center to see God everywhere, in everything.”

***His contributions to the upliftment of society will continue to resonate for ours and future generations through his books and plays, his music and his recorded talks. Visit: [www.ananda.org](http://www.ananda.org)***



# Discovering the Divinity Within

*A Preview of A Journey to Oneness, by Rasha*

There comes a moment, in the midst of a spiritual journey, when something simply shifts. In that indescribable instant, there is the stunning realization that all the books, all the workshops, all the mind-stretching spiritual understandings, gathered up in your travels like a wildflower bouquet, can take you just so far. And no further. You “get it!” All that remains — is to actually *experience* it. Then, a magical moment arrives, unannounced. In the space of a heartbeat, it catapults you from the realm of *believing* — to a place of *knowing*.

In that moment, your awareness shifts — ever so smoothly — to an entirely different octave of Self-perception. Often, a deep inner-glow begins to build in your heart center. A smile you can’t hold back creeps across your face. Tears well up. You surrender all sense of separateness and allow yourself to melt into the embrace of something absolutely indescribable. You aren’t dreaming. You haven’t imagined it. You’re looking out through the eyes of Oneness.

Yet, the incredible thing is — it’s still *you!* Just not the *you* you’ve spent a lifetime believing was the whole picture. You “get it!” Without a single word spoken. This is a glimpse of the experience of Oneness — the Divinity we all share — explored in the new book, *A Journey to Oneness*, by Rasha. It’s a spiritual destination, as unique to each of us as a fingerprint, waiting to be discovered — each in our own way.

In *A Journey to Oneness* — the long-awaited sequel to the underground spiritual classic, *Oneness* — Rasha takes us along on a seven-year odyssey through the maze of conscious-

ness, as she shares the incredible story of her own spiritual journey. With the profound, transcribed guidance of Oneness (the Divine Presence often referred to as “God”) to light the way, *A Journey to Oneness* takes us for an authentic ride on the roller-coaster of spiritual transformation.

This vivid, literary tapestry chronicles a mind’s probing questions about what is actually happening as it slowly unravels and shifts into a higher octave of perception — documents the astounding answers as they emerge from within — and weaves it all seamlessly with the poetry and rapture of Divine Union. As Oneness helps Rasha circumnavigate the potholes along the road to “freedom,” the reader is given a vibrant new vision of the nature of humanness, and in-depth guide to discovering the Divinity within.

Below is an excerpt from *A Journey to Oneness*:

## **Oneness speaks: Journey to God-Realization**

“There are no definitive calibrations within which God-Realization may be measured and categorized. Such categorization stems purely from the quest of the *ego self* of those who have strived, throughout history, for the attainment of what has come to be termed “enlightenment.” These structures and delineations are man-made, based on an analysis of the actual experiences of those who have tasted Divine connectedness — primarily by those who have spent their lives in search of it.

Most of what has come to be considered *gospel* on the subject of enlightenment has been structured by those who have attempted to attain a mentalized grasp of what they did not know how to approach in any other way. God-Realization is not a mental process. It is a *surrendering* of heart and soul.

It is a *relinquishing* of all the trappings of identity. It is an *embracing* of the Essence of Love itself that radiates from within the core essence of every expression of Life — throughout All Creation.

When one has made the shift into God connectedness, there is no need to verify it — for it is unquestionable. There is no need to weigh it on a scale of attainment, relative to the experiences of others, for each sacred journey is unique. None is higher or lower than another. Each experience simply *Is*.

The Realization experiences of some are punctuated with dramatic visual phenomena. Others simply experience an indisputable *knowingness* of the attainment of Divine Presence, unaccompanied by changes in visual perception. What unites the experiences of all who have made the Journey to God-Realization is the undeniable sense of *inner peace*, and the sublime sensations of *bliss* that accompany the attainment.

## **Expanding the Perception of Self-Realization**

One is then able to escalate one’s *perceptions* of that state of Beingness through the *focus of attention* in deep states of meditation. In those heightened states of Divine connectedness, one is able to actually merge one’s awareness of Self with that of the Absolute, of which one is a part, and to know one-Self to *Be That*. In that state of consummate surrender, the Realized Self is absorbed into the Totality and ceases to perceive itself at all.

These states of ultimate surrender are not permanent states of being. They are experiential plateaus of Awareness that can be visited, and in retrospect, *remembered*. In the moment, as the experience itself unfolds, there is no perception of Self at all. One simply *Is*.

These are momentary glimpses into the realm of Ultimate

Reality. These are not states of Being that one is expected to, or would aspire to sustain. For, the purpose of one’s presence within the realm of physicality is not one’s denial of physical experience. The purpose of one’s journey into the labyrinths of linear perception is for the possibility that the culmination of that journey — the Realization of one’s own Divine Essence — might be *experienced*.”

*From the book, “A Journey to Oneness” by Rasha. Copyright 2013*

**Rasha has worked as a Divine Messenger for over 25 years. In 1998, she began a profound dialogue with the universal Presence, “Oneness” — the Divinity we all share and many refer to as “God.” Word for word, she transcribed the principles that give us a new level of understanding of the mystery we call “life” — and empower us to transform our lives and our world. Her teachings are universal and focus on the personal experience of the Divinity within each of us. Rasha lives at the foot of the mystical mountain, Arunachala, in South India. [www.onenesswebsite.com](http://www.onenesswebsite.com)**

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# The Art and Practice of Raising Your Frequency

By Diana Aylward

Have you ever thought about *getting a life*? When people tell other people to “get a life,” what do they mean? They might not be aware that those three words — *get a life* — are true to form. Much of humanity does not have a life that is in sync with *Life*. With all of the self-help paraphernalia that so many people seek and partake in, they keep seeking more and more. Is their inner restlessness ever completely assuaged? Do they ever end up experiencing true peace? True joy?

True satisfaction with who they are and how they are living their lives? There are so many ways to ostensibly find happiness, so many books to read, lectures and workshops to attend, therapy sessions, spiritual treatments and remedies — the list is endless, the availability is inexhaustible.

Our spirit itself becomes exhausted and weak when its hunger to express its full essence within us is yet to be satiated. When we genuinely experience joy and peace, it is because our spirit is now thriving. So the key is to figure out how to bolster our spirit — not our minds

or our bodies or anything else that does not coalesce with spirit. Focusing solely on the body and mind will get you nowhere — where there is peace, balance and joy — as long as your spirit is still knocking at the door. To access our spirit, we need to take note of our *frequency*.

Frequency is the “Tap” from the Divine — The Godhead — which permeates the entire Universe. It streams through all of Life, right down to the smallest blade of grass on our majestic planet. We cannot live without frequency, as it is the Life Force within us and around us. Since we are essentially pure energy, where we are in our life is determined by how powerfully or “how high” our cosmic energy — our frequency — resonates. The quality of our life is by no means random or selective. It is calibrated exclusively by how we manage our life energy, on a moment-to-moment basis.

The art of managing your life, so that it is conducive to living in balance, comfort, autonomy and overall aplomb, is by attuning yourself to the quantum frequency of Universal principles. Access to these principles allows each one of us the opportunity to attain a high-quality life experience, a sturdy, genuinely happy, state of being, and consequently, a higher level of consciousness.

By living your life, whereby the energy you put forth in all of your thoughts, words, attitudes, actions and intentions are consistently benevolent and in your best and highest interest, your frequency can do nothing but rise to levels that are high enough to meet you where you are, thus, unequivocally granting you a life that is truly worth living. The art of it all is to develop an ability to maintain such a noble dynamic through the thick and thin of

things, that nothing can shake even one delicate snowflake off of your sturdy, impenetrable essence.

A high frequency makes it increasingly easy to do so; the more you perpetuate the positive flow, the easier life gets. Conversely, allowing your cosmic energy to frequently sag to low levels brings about unpleasant or mediocre experiences, relationships and daily living. It doesn't take much to lower your frequency: Saying or thinking something nasty about someone, feeding your body food that doesn't nourish it, or tarnishing your integrity by being unforgiving, unloving, stingy or disingenuous are all self-sabotaging, frequency-lowering tendencies.

By incorporating Universal principles into your psychic field, you will find yourself refreshed and in a new place — a brand new way of relating to others, to our planet and to Life itself. Goodness, abundance and peace become the norm when you raise your frequency and maintain it at optimal levels. The art and practice of raising your frequency will keep you on your track. Fear will evade you, worries literally become a thing of the past, and even difficult problems tend to wash away. You become strong and self-assured as you experience blessings and miracles of Divine intervention and protection on a regular basis.

Some of the most profound means to raising your frequency are the most basic: Keep a clean, tidy environment and body; the Universe itself exists on order and quintessential management. Raise your body's frequency with high-frequency nourishment: fresh, untainted food that grows from our earth. Eliminate all the negatives from your life — including people. Forget about lying and cheat-



ing; they make you lose your power.

Practice integrity at every turn; even the slightest slip-up will keep you right where you are — or bring you down even further. Exercise creative expression. It doesn't matter how bad you may think your creations are; they can never be bad since they are spawned from your heart, which is in direct connection with the God Force. Write in a journal: Spill out all the toxins that reside in your mind and heart onto the paper. Most importantly, meditate. Never miss a day. Connect with THE ONE.

Once you get into the swing of regularly living in conjunction with even some of the numerous sacred laws of Life, you will gain the power and expertise to design the perfect life for yourself that is a result of your integrity, strength and purity of heart and spirit. Living your life in constant alignment with Universal principles is the most effective route to raising your frequency because you assimilate them into your overall being; they become a part of you. Thus, it is *you* who is in direct contact with those higher energies that bring you your greatest and most fulfilling heart's desires.

*Diana Aylward, M.A., is an author, teacher and practitioner of numerous metaphysical fields. Her latest book, “32 Ways to Raise Your Frequency,” is a testament to decades of in-depth study, observation and counseling on Cosmic energy/frequency, and how it can be utilized to master and empower one's own sense of self and overall quality of life. She is a former professor of Spanish and English and resides in Los Angeles. Email: [dianaaylward@mac.com](mailto:dianaaylward@mac.com). Visit: [www.frequencyraising.com](http://www.frequencyraising.com), [www.raiseyourfrequencythesmartway.com](http://www.raiseyourfrequencythesmartway.com)*

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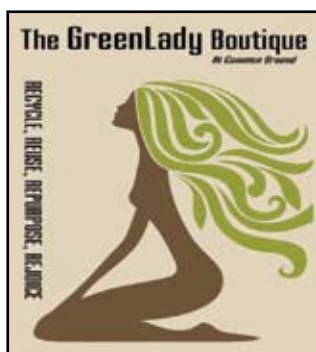
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# BOOK Reviews

By Sonia von Matt Stoddard



## SACRED MEDICINE

*Of Bee, Butterfly, Earthworm, and Spider*

By Linda Star Wolf and Anna Cariad-Barrett  
(Includes Cricket Chorus Meditation CD)

Engaging the concept of integrated medicine wheel wisdom, made up of insects and related animal teachers, the phobias and dislikes associated with those creatures are addressed and explored in a positive light, with respect to sacred purpose and transformation.

According to the authors, "insect wisdom" is magic waiting to happen, as we learn to honor their creative tendrils into the collective web of life. Here we are shown the value of these tiny creatures and how to embody them into our world. From the earthworm to the butterfly, including vibration healing stories about the medicine wheel, and everywhere within the vast sphere of these items, we are pointed to the divine and a lesson that can be learned from each.

**Published by Bear & Company, this book is available at your local bookstore or at [www.BearCompanyBooks.com](http://www.BearCompanyBooks.com)**

## SPIRIT OF THE WOLF

*Channeling the Transformative Power of Lupine Energy*

By Linda Star Wolf with Casey Piscitelli

With beautiful, original art by Antonia Neshev accompanying the prose, this book is an intricate and intense introduction on the archetypal qualities of the wolf. It offers thoughts and inspiration for incorporating this powerful animal into

your life, by providing in-depth insight on the wolf's role as a visionary, pathfinder and guide. Each section provides a separate invocation for channeling the spirit of that chapter.

From the wolf as a community member, to the lone wolf, whichever one we can learn to connect with, we can utilize the powers of its spirit as a totem animal, as well as a guardian in our path. As a primal messenger, throughout history, between humanity and our ancient star beings, we can emerge into a new level of consciousness and awareness by becoming aware of, and harnessing the wolf's intuitive knowledge.

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

## ENTERING THE MIND OF THE TRACKER

*Native Practices for Developing Intuitive Consciousness and Discovering Hidden Nature*  
By Tamarack Song

Tap into your intuitive tracking consciousness by expand

ing the awareness of nature you have inherited from your ancestors. This book is a tool that will guide and inspire you to gain the experience necessary to improve your tracking ability. You will learn to merge technical tracking methods with skills such as shadowing and envisioning, and will increase your working knowledge of animal behavior, so you will learn to think, move and react like the animal you are tracking, regardless of what type of animal it might be.

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

## PATH OF THE SACRED PIPE

*Journey of Love, Power, and Healing*

By Jay Cleve, Ph.D.

Beginning with the history and foundation of the sacred pipe, Cleve explains the meaning, philosophy, use and relevance of the pipe from its ancient roots 3-4,000 years ago with our ancient indigenous ancestors, and forward to its importance in the age of today.

After providing guidelines and instructions to spiritually "awaken" a pipe, we can then participate in the "pipe ceremony" that may enable us to draw spiritually upon ancient memories, as well as awaken a ritual as relevant today as it was when initially performed, sometimes in secrecy, so many eons ago.

In this new age of radical shift and transformation, the pipe and its sacred ceremony may help ease and facilitate the journey into a larger mind and consciousness.

**Published by Quest Books, this book is available at your local bookstore or [www.questbooks.net](http://www.questbooks.net)**

## ECSTATIC HEALING

*A Journey into the Shamanic World of Spirit Possession and Miraculous Medicine*

By Margaret De Wys

It begins by touching a string of beads — a sacred Zulu necklace. Suddenly, the author is overtaken by an intense, overwhelming spontaneous possession. This experience prompts her to set out on a search to understand the depths of ecstatic healing.

After continuing dreams and visions, she goes on to lead, on the surface, a normal and "regular" life, while beginning to learn about holistic and shamanic modalities. She begins

(Continued on page 35)

<p><b>Painting the Energy Body</b> Signs and Symbols for Vibrational Healing PETRA NEUMAYER and ROSWITHA STARK</p> <p>Symbols have the power to transfer information through energetic vibration. They have long been drawn on the body to stimulate its powers of self-healing, the most ancient example being the 5,000-year-old iceman "Ötzi," who had symbols tattooed over his arthritic joints. This book shows how to use signs directly on areas of pain for quick relief; on bandages to speed healing; and on acupressure meridians to treat more complex conditions.</p> <p>\$16.95, paper, 160 pages, 6 x 9, 80 b&amp;w illustrations ISBN 978-1-59477-480-5</p>	<p><b>Painting the Energy Body</b> Signs and Symbols for Vibrational Healing PETRA NEUMAYER and ROSWITHA STARK</p> <p>Symbols have the power to transfer information through energetic vibration. They have long been drawn on the body to stimulate its powers of self-healing, the most ancient example being the 5,000-year-old iceman "Ötzi," who had symbols tattooed over his arthritic joints. This book shows how to use signs directly on areas of pain for quick relief; on bandages to speed healing; and on acupressure meridians to treat more complex conditions.</p> <p>\$16.95, paper, 160 pages, 6 x 9, 80 b&amp;w illustrations ISBN 978-1-59477-480-5</p>	<p><b>The Tradition of Household Spirits</b> Ancestral Lore and Practices CLAUDE LECOUEUX</p> <p>Why do we hang horseshoes for good luck or place wreaths on our doors? Why does the groom carry his new bride over the threshold? These customs come from a time when people had a sacred relationship with their homes and the spirits who lived there with them. This book draws on studies and classic literature from old Europe to explain the pagan roots behind these traditions.</p> <p>\$16.95, paper, 248 pages, 6 x 9, Includes 8-page color insert and 21 b&amp;w illustrations, ISBN 978-1-62055-105-9</p>	<p><b>The Tradition of Household Spirits</b> Ancestral Lore and Practices CLAUDE LECOUEUX</p>
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# MUSIC & MEDIA Reviews

By Michael Diamond



## FIONA JOY HAWKINS

*600 Years In a Moment*  
[www.fionajoyhawkins.com.au](http://www.fionajoyhawkins.com.au)

The latest release from Fiona Joy Hawkins highlights her flowing grand piano compositions and vocals accented by ancient world instruments. Fiona's concept is to bring instruments and their unique sounds from villages across the globe to explore the hidden musical treasures of cultures in a modern musical setting. The album is eclectic, acoustic, beautifully produced, and spans genres with influences of new age, jazz, classical, and world music, featuring an all-star list of accompanists.

A number of the songs begin with solo piano before being joined by other instruments and I appreciated that it provided a contrast and the opportunity to experience Fiona's playing and melodic sensibilities on their own before flowing into a collective musical pool. The album is a masterful mélange of superlative musical performance, stunning contemporary composition, and widely-diversified cultural influences. Preceded by a string of award-winning recordings, Australia-

lian recording artist Fiona Joy Hawkins has outdone herself with this release and continues to set the bar ever higher in the unfolding of her creative potential. Watch for her U.S. tour September/November 2013.

## AL CONTI

*The Blue Rose*  
<http://alconti.net/>

A recording like "*The Blue Rose*" is something I cherish because, as a "concept album," it tells a story, both musically and in the liner notes and artwork, taking you on an imaginative journey from beginning to end. Traces of delicate Asian sounds tint the picture, enhanced by elements of classical and new age music, with much of it having a cinematic air about it. Although Al performed most of the wide variety of instrumental sounds heard on the album, a few special guest artists lend their talents to the mix.

Given Al's record for composing and producing award-winning music, including his Grammy-nominated "*Northern Seas*" album, I expected to be impressed, and I was certainly not disappointed. "*The Blue Rose*" is a luminous telling of an enchanted story. From his compositional mastery to his impeccable musicianship and productions skills Al Conti has been emerging as a major figure in the new age music genre. I am sure that this new release will only serve to further enhance his growing reputation.

## VARIOUS ARTISTS

*Sounds from the Circle V*  
[www.newagemusik.ning.com](http://www.newagemusik.ning.com)

The New Age Music Circle is an online community with approximately 1500 recording artists and fans. For five years in a row, they have put out a compilation of member's recordings

and made it available to press and radio programmers on a 40-song MP3 disc as well as to the public as an iTunes playlist from which they can download individual tracks. The compilation is the work of new age music pioneer, Suzanne Doucet, who is also the creator and organizing force behind the community. Also contributing to this project is Beth Ann Hilton, a well-known LA music publicist.

The music on the compilation is quite diverse and covers many New Age sub-genres including meditation, nature, solo piano, vocals, electronic space music, chill, and more. One great thing about it being available as iTunes downloads is you can preview any track individually and decide which ones you would like to purchase for 99 cents each. A link to the playlist can be found at: <http://newagemusik.ning.com/>. It's a wealth of wonderful music from world-class talent.

## AOMUSIC

*Hokulea*  
[www.aomusic.com](http://www.aomusic.com)

Like their previous releases, "*Hokulea*" is a rich blend of powerful world music rhythms, female vocals, ancient ethnic and contemporary electronic elements, and children's choirs from around the globe. This group is composed of three primary members: Richard Ganaway (stringed instruments and vocals), Jay Oliver (keyboards and synth samples), and Miram Stockley (vocals) who is best known as the voice of the group Adiemus. In contrast to the earthy primal beats are Miriam's ethereal Enya-like vocals floating above the rushing rhythmic current. The complexity and production of this album is astounding and it stirs my imagination to think about

what went into creating these songs.

AOMUSIC is truly one of the most unique groups I have encountered in my 30 years as a music journalist. Not only is their music in a class by itself, but the humanitarian work they are doing with their non-profit foundation on behalf of underprivileged children around the globe is a shining example of what can manifest when art and Spirit combine with heartfelt dedication.

## STEPHEN DERUBY

*Awakening*  
<http://www.deruby.com/>

I would imagine that there are a relatively small percentage of musicians who actually make the instruments they play. Stephen DeRuby is one of them, with over 40 years' experience as a musician and craftsman of beautiful high-quality Native American-style flutes. While Stephen is well known for his Native flutes and music, his latest CD, "*Awakening*," expands his vision and is more of a World flute recording that expresses his global musical influences which range from East Indian ragas to Native American, African, Middle Eastern, Latin, and Oriental music.

In addition to sultry flutes, the album also includes languid guitar, dulcimer, tambura, tabla, chants, and gentle uplifting rhythms, performed by a number of talented guest musicians. There is a lot of Eastern influence woven in throughout the album, however it is often mixed with other styles that create a cultural melting pot which brings to mind artists such as The Paul Winter Consort, Ancient Future, Michael Brant DeMaria, and others. "*Awakening*" is an inspired album, both musically and spiritually.

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

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in music. I see my life in  
terms of music."*

— Albert Einstein

# KID'S Reviews

By Lyda Whiting

## EVERYTHING IS CONNECTED AND OTHER ANIMAL SONGS FOR KIDS (CD)

Lyrics and music written by Birdsong, produced by James Coffey

Howl with wolves in "Leaders of the Pack." Giggle as you wiggle along with the "Worm Poop Song." "Honk Honk" along with the geese. Wonder at the sounds of "Orcas." Cheer for the "Little Pocket Mouse" who went into outer space with the astronauts. Play with "Bella the Gorilla."

Join Birdsong and the Eco Wonders on this magical musical exploration of the lives butterflies, flowers, wolves, orcas, gorillas, and of course, worms. These rhythmic tunes will have children singing and dancing along as they learn about ecology, the web of life, and amazing creatures of this planet.

This CD will inspire children to love and care for the earth — one joyful song at a time. This album won a Parents' Choice Approved Award from the Parents' Choice Foundation, a non-profit guide to quality children's media.

Highly recommended for ages 3-8.

**Published by Little Ones Music, this CD is available at your local bookstore.**

## WHERE DO ANIMALS GO WHEN IT RAINS?

Written by Janet Crown with Henry, Jack & Sloan Peterson, illustrated by Daron Rosenberg

When the sky turns gray and the rain starts to fall, where do the animals go? The bear snuggles up in his cave. The squirrels scamper up the trees. The horses run back to their barn. They all try to stay dry when water falls from the sky. But the frogs stay out when the rain splashes into their pond. Frogs love being wet!

This book was created with the author's children, as they

told stories at bedtime about animals and how they live and play.

All proceeds will be donated to The Painted Turtle, Paul Newman's Hole-in-the-Wall Gang camp for children with chronic and terminal illnesses. Janet Crown is a founding member of The Painted Turtle, and is on the Board of Directors of The Every Child Foundation and the U.S. Committee for UNICEF.

For ages 2-4.

**Published by JR Communications, this book is available at your local bookstore.**

## KATHYRN THE GRAPE'S PIECE OF LOVE

Written by Kathryn Cloward, illustrated by Christine Winscott

Kathryn can't start her class assignment. She's worried that she won't finish, and everyone will laugh at her. Luckily, Maggie the magical butterfly knows how to help. Kathryn's worries are blocking the flow of creativity. Kathryn is building a dam with her worries, the same way that beavers build a dam with branches.

Maggie helps Kathryn to see her worries as branches blocking the flow, and she imagines telling the beavers to go away and take their branches with them. Then she takes some deep breaths, and Kathryn is in the flow again.

Kathryn learns her thoughts, words, and actions make ripples in the world, just like a stone tossed into a pond. It is up to her to choose the effect she has in the world. She chooses the positive and sends loving kindness into the world. That is Kathryn's loving piece.

Recommended for ages 4-7.

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

**RECYCLE AWARENESS!**

## DANCING FRUIT PUT ON A SHOW!

Written by Ruth Wilkes, illustrated by James Cross

The band starts playing, and the show begins with Tammy Tomato, dancing and showing off the green star on her head. Stella Starfruit does cartwheels, and Bonnie Blueberry sings the blues. Andy Apple wants to join the fun, but he's shy. The cast of fruit encourages Andy to try. So they all join hands and dance in a line. And Andy discovers he's brave after all.

Fruit stars in this book, from the funny show at the beginning to the delicious recipes at the end. Each fruit stars on its own page of facts, with pictures of the fruit, the plant it grows on, jokes, and more.

The silly illustrations bring the dancing fruit alive during the show. The photographs of

fruit and plants will help children to learn how fruit grows, and that many of fruits actually have star shapes, inside or out.

For ages 3-5.

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

## BOOK Reviews

(Continued from page 33)

her work with a woman from El Salvador, whose practices allowed her to see into the future, heal diseases and to speak in tongues.

This book is the story of a woman's experiences as she journeys to Brazil to work with the famous healer, John of God, then on to Africa, and to eventually return to the U.S. and reveal the potential for each of us to be a miraculous healer.

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

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# REFLEXIONS BELFLEXIONZ

By Robert Ross



## on Genetically-Modified Food

*"Controlling the seeds is not some abstraction. Whoever provides the world's seeds controls the world's food supply."*

— Bartlett and Steele,  
Vanity Fair

On May 25, 2013, more than two million people protested Monsanto Corporation for their practice of producing genetically-modified food. The protest was dubbed: The March Against Monsanto.

What started out as a Facebook musing by Tami Canal, on February 28, calling for a rally against the company's practices, soon went viral. By protest day, in 52 countries and 436 cities, protestors were carrying signs and giving speeches calling for Monsanto to stop and examine its practices of genetically engineering the food supply.

At first glance, one could say: *"What's all the fuss?"* After all, if you genetically modify seeds, apparently you have more food that's easier and less costly to produce. This has to be good for the world's growing population. And California, which is said to lead the nation in trends, even voted down, in their most recent election, the need to identify genetically-modified food. So, what's the big deal?

### THE BIG DEAL

Before reading on, have a seat. The subject is a bit complicated, but once the pieces of the puzzle are put together, it's clear, that genetically modifying food is: *a big deal . . . a huge deal.*

Genetically-modified food or genetic engineering (also called GMO — genetically-modified organisms) occurs when you take one gene found in a species and force it into

another species creating organisms that are unique to nature . . . species that are no longer part of the evolutionary process.

Those that are opposed to GMOs are doing so primarily on grounds of health issues.

In the last 20 years, there has been a significant increase in inflammatory and chronic illnesses in the U.S. According to Dr. Robin Bernhoff, M.D. and past President of the American Academy of Environmental Medicine, when discussing GM food he stated: *"there is an increase in incidences, not just in reflux but also in allergies, autoimmunity, asthma, high cholesterol . . . a wide range of chronic illnesses."*

Other credible sources point to GM foods to explain the increase incidences of diabetes, Celiac disease, Irritable Bowel Syndrome, gastroesophageal reflux, and Crohn's disease.

What's changed in the last 20 years? The most radical change in our food supply has been genetic engineering.

An example of this process is Bt corn, which was introduced in the 1990's. The Bt bacteria (*Bacillus thuringiensis*) is sprayed on crops to kill insects. Monsanto took the toxic gene from *Bacillus thuringiensis* and forced it into the corn seed so that every single cell in the corn plant produces a toxic protein. When the insect eats the corn, the toxin will break open the insect's stomach and kill it.

That corn, with the toxic protein in every cell, is more than likely in your local supermarket. Approximately 86 percent of corn produced in the U.S. is genetically engineered, i.e., has the toxic protein. Knowing that one is ingesting a lethal pesti-

cide while eating Bt corn is disturbing, to say the least.

A study done in Norway (released in 2012) by [www.Forskning.no](http://www.Forskning.no), showed that animals fed genetically-engineered Bt corn ate more, got fatter, and were less able to digest proteins due to alterations in the micro-structure of their intestines. The impaired ability to digest proteins is of particular concern to scientists. If the body cannot digest proteins, it will be less able to produce amino acids, which are necessary building blocks for proper cell growth and function.

The Institute for Responsible Technology has examined research showing GM foods have a deleterious effect on test animals. For example: *"Rats were fed Monsanto's Mon 863 Bt corn for 90 days. They showed significant changes in their blood cells, livers and kidneys . . ."* Experts demanded a follow-up, but Monsanto used unscientific, contradictory arguments to dismiss concerns.

The decline in the bee population has also been linked to GMOs. Apparently the evidence was so compelling that in 2012, Poland ruled that both MON810 (GM corn) and the chemicals applied to it are at least partially responsible for causing Colony Collapse Disorder (CCD), the worldwide phenomenon in which entire swarms of honey bees disappear or turn up dead. Poland, along with a handful of other EU countries, has completely banned the cultivation of GM crops.

In 2011, doctors at the Sherbrooke University Hospital in Quebec found Bt-toxin in the blood of 93 percent of pregnant women tested, 80 percent of umbilical blood in their babies, and 67 percent of non-pregnant women.

The study authors speculated that the Bt-toxin was likely consumed in the normal diet of Canadians — which makes sense when you consider that genetically-engineered corn is present in the vast majority of all processed foods and drinks in the form of high fructose corn syrup. They also suggest that the toxin may have come from eat-

ing meat from animals fed Bt corn.

A similar story applies to soy products and other plant species.

The current list of plant species being genetically modified and grown in the U.S. are (2009/2010 data): canola/rape-seed (87%), corn (86%), cotton (93%), papaya (80%), soybeans (93%), squash (13%), sugar beet (95%), alfalfa, sugar cane, sweet peppers, potato, and wheat — all an unknown percent. Rice will be on the market in 2014/2015.

With much of the evidence pointing to the need to re-examine GMOs in our food supply, one would think that the government would step in and stop this practice before it's too late. But, that's not the case.

The marriage between agribusinesses and the government has been well documented with executives moving up the ranks of the corporate ladder only to find themselves in high positions at the FDA or USDA.

The government's lack of concern or hands-off policy was first seen in 1992 when the following statement was issued by the FDA concerning GMOs: *"The agency is not aware of any information showing that foods derived by these new methods differ from other foods in any meaningful or uniform way."* That statement and philosophy still stands today.

Monsanto is well on its way to cornering the worldwide market on food and seeds. In the process they are becoming another "too-big-to-fail" corporate behemoth.

The evidence, both scientific and anecdotal, is convincing enough to call for a complete cessation of the creation, distribution and planting of GM seeds, until there is a thorough examination of all of the ramifications of this process.

Hippocrates, ancient Greek "father of medicine" said: *"Let food be thy medicine and medicine be thy food."* Let's hope it's not too late to get back to that philosophy!

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

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## Feng Shui Concepts

By Jenny T. Liu, M.A.

### Message of the Pine Tree: Longevity

*Grand Master Chi-Jen Liu's Feng Shui Chi Art is a psychic and spiritual message filled with symbols, secret codes, charm diagrams, and Chinese calligraphy. Chi Art paintings inspire creative visualization that activates positive thinking to enhance intuition and goal-oriented behavior. The following is excerpted from Grand Master Chi-Jen Liu's book, "Feng Shui Chi Art."*

From desert lands to the high mountains, sacred diagrams have been found all over the world. Many have been discovered in ancient necropolises of Asian emperors. Though it is not clear how or when these diagrams originated, because of their complexity and size, (some are miles in scope), many people speculate that they are extra-terrestrial messages or of divine significance. Every culture has its own theories based on history and legends.

To me, these diagrams reveal universal messages and relate with life-force patterns such as DNA, planetary orbits, and sound frequency. Some diagrams resemble patterns found in nature such as thunder, lightning, sun, moon, wind, ocean, clouds, volcanoes, and special land formations. Some are considered to represent different deities or God.

In Taoism, there are sacred diagrams related to primordial words that have evolved through the art of Chinese calligraphy. A 5,000-year-old tradition, Chinese calligraphy is best

known for expressing an artist's true spirit. The heaviness and lightness of each brush stroke, and the character of the written words reveal the artist's inner power. A masterpiece is the result of mental clarity and deft coordination paired with free-



**Grand Master Chi-Jen Liu's Chi Art: "Pine Tree Longevity."**

flowing movements that capture the essence of a thought or the subject matter.

When I conceived the Chi Art, *Pine Tree Longevity*, I was engaged in a health mantra and mudra meditation. The image of the rising sun and a pine tree (a symbol of longevity) came to my third eye. Starlight on the top of my head was moving from the third eye to the rear of my head. Then it stayed on the top of my head and became white light.

During the meditation, a voice in my mind said to me, "tell people that the power of highly-intelligent beings exists from unlimited dimensions. This Chi Art is a message to human beings about keeping healthy and the way to longevity."

The mantra charm diagram on the right of *Pine Tree Longevity* shows four Chinese characters that stand for "person" (人). Each "person" is separated by a grid line telling us that keeping distance from stressful people is an important part of longevity.

The Chinese word for mouth (口) is repeated four times, indicating the number of meals to eat each day and reminds us that the things going into and coming out of our mouths must be balanced and is a crucial part of our health. The two mountains (山) remind us of the importance of getting fresh air and exercising outdoors.

Like the pine tree, every day rise up and stretch toward the sun to let its healing energies flow through you from your head to your feet, warming and purifying you. Surround your-

self with nature and pay attention to the animals around you. In this Chi Art, a bluebird flies towards the pine tree showing how it finds rest, shelter, and food in the pine tree.

Our health depends on our ability to protect the animals around us. We must remember they are a vital part of our ecosystem. Appreciating their beauty and song lifts our spirit and heals us. As you gaze into this Chi Art, you receive all of these benefits to transform your health.

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



## Voices of Hope

By Audrey Hope

### High Resolution

All the going forward  
We need to go back,  
Way back to the secret of all  
ages.

The answers are someplace else,  
In another way, time,  
Inside up or deep,  
But not here.

Bombs are on our street  
Storms are at the door,  
There is no place left to run, go,  
Except – within,  
And to the heart.

IT IS THE TIME OF THE SOUL!  
It is the day of inner reach.

They told us this would happen,  
They prophesized the date,  
In codes, messages, signs,  
Map, symbols, sites -  
Wisdom no technology can  
teach....

Know your power.  
See the truth.  
Hear native knowledge  
Turn on the inside light.

You can trust a culture that  
worships the animals.  
You can honor a race that  
bows to the earth.  
You can worship a people that  
dance to the sun.

Finally high resolution,  
God without concept,  
Religion without form,  
Devotion without words.

Spin on the inner power, the  
light of a thousand suns.

The new frontier is soul magic.  
Fish know how to swim,  
Eagles fly,  
And we must be what we are,  
Humans as masters of  
humanity, divinity.

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





# Musings

By Mystic Trish®

## Shaman Smoke and World Culture in the O.C.

The Bowers Cultural Museum is a gem of world culture right here in Orange County. Artifacts from Indigenous cultures around the Pacific Rim abound in this beautiful state-of-the-art museum.

Charles and Ida Bowers had no children to leave their home and collection to, so they decided to have a two-story fire-proof museum built after they both passed away. The original building is in the Spanish Missionary style.

The Museum opened its gates in 1936, since there was already quite a large collection of local memorabilia. The Bow-

ers has continued to grow with the community, expanding to an impressive 158,000 sq. ft. In addition to the main structure there is a second building called the Kidseum, which is a wonderful experiential space for children to learn and play.

The Bowers is committed to being part of the culture of Southern California. The museum has a permanent collection that starts right here with the First People or Native Americans' collection including over 24,000 items. Housed in the original wing of the museum, the exhibit holds many artifacts and explains who our indig-

enous people were and are. It also presents items and information about the Europeans who later settled here on Spanish Rancheros and Missions, as well as Chinese immigrants.

The museum has been expanded several times since it opened. It has become a leading World Cultural Museum with more than 120,000 pieces of culture on display in multiple wings. Everything from the Head Hunters of Polynesia to items from Neolithic China and California Plein Air paintings are displayed.

Even before you set foot inside the museum, you will see three sizeable artifacts in the courtyard. There is a large stone sculpture of a seated Shaman smoking a large cigar from the pre-Columbian period in South America. Smoking tobacco was part of the shamanic tradition used to shift consciousness to facilitate the shaman's ability to communicate with the dead for healing, and gathering knowledge from the spirit world. This sculpture is a wonderful way to begin a tour of the Bowers.

The Maze rock — a six-ton piece of granite with petroglyphs carved into it — is another intriguing enigma in the courtyard; no one has yet been able to decipher these images. The courtyard also contains a two-and-a-half-ton grinding stone that was used by Native Americans in a village on Hidden Ranch in Silverado Canyon to grind acorns and other grains. These are just two of 24,000 Native American artifacts you will find at the Bowers.

In the Pre-Columbian exhibit there are more statues of shamans smoking pipes, which was part of their spiritual practice. Many visitors are perplexed by this. Most westerners know tobacco as a nasty substance that causes cancer. But the tobacco shamans used was a pure form of organic highly-concentrated uncured tobacco. It is not the tobacco raised in the U.S. for cigarettes.

According to Jeremy Narby PH.D., who wrote *"The Cosmic Serpent, DNA and the Origins of Knowledge,"* the tobacco used in shamanic healing cer-

emonies is very pure and strong and causes what western people would term hallucinations. It is in this altered state that Shamans can see the spirit world and do their work. In chapter nine of his book Dr. Narby explains how the receptors in the human brain are uniquely formed to allow the nicotine molecule to fit into them, like a lock and key. Perhaps this is why cigarette smoking is so addictive.

There are several thousand objects of pre-Columbian art at the Bowers, for example: the carriage and other personal items belonging to the last Mexican Governor of California, Pico Perez, whose heritage was Native American, Spanish, and African — a true all-American!

The Bowers also possess an extensive Chinese exhibit. At the entrance to the gallery a beautiful carved and painted Guanyin from 1600 A.D. greets visitors as they enter. The exhibit displays items ranging from the Neolithic age to the present. There are beautifully-carved jade pieces dating back 7,000 years. One is called the pig-dragon, a precursor to the dragon image that is so popular in Asian culture and art. There are Tomb Demons and cast bronze bells all created for use in spiritual practices, as well as mirrors that appeared to have been used in early Feng-shui burial practices.

The Bowers also exhibits artifacts from the Pacific Islands. Some are extraordinarily tall sculptures that resembles totem poles. There is also a Head Hunters' display. Not to everyone's taste but it is interesting how creative these island people could be with the resources they had on hand. Perhaps they would have benefitted from some tobacco.

So check out the amazing world-class multi-cultural museum we have here in Southern California. Admission is free on one Sunday a month.


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



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By Jesse Anson Dawn

## Tips for Keeping Mind & Body Young

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

**Presently answering the question:**  
**HAS ANYONE EVER DIED OF "OLD AGE?"**

Dear Readers,

According to international research, most elderly people perish from what is called "natural causes" — a term commonly used to label the death of "senior citizens" who, after being examined, were not clearly afflicted with a nameable disease. Therefore, to somehow (categorize) this very frequent situation, unexplainable fatalities are said to be "naturally" caused by an "age"-based loss of basic bodily functions.

But I'm a firm disbeliever in the vague [and somewhat short-sighted] "natural causes" notion, because I see it as a way to excuse [Old Era] methods that fail to prevent, diagnose or cure the second largest cause of death: the probably diet-related, "mutated cells" that cause cancer. Therefore, largely due to the ongoing inability to ((effectively)) detect what goes on inside us, the "natural causes" term can "conveniently" handle the paperwork involved with labeling the "mysteriously" deceased.

As I again emphasize that a vibrantly alive, disease-conquering life is mainly a matter of how deeply we perceive (and thereby energize) the development of the basic building blocks of our bodies. And a good **(first step)** toward a true-to-life understanding of our inborn, ((self-renewing)) components is to declare:

### A NEWLY COMPREHENSIVE NAME FOR "CELLS"

Quite often I wonder how our endlessly re-creating, ((internal regenerators)) came to be called ["cells"] — a label that brings to mind tiny jail cells, where prisoners sit locked-up, rotting away in continuous depression.

Thus due to the fact that what we label things tends to affect our basic conception of them, instead of perceiving our ((ever-renewing)) body-units as vaguely connected ["cells"], I prefer to call them **Perpetual-Life-Clusters**. Yes, that name sounds much less [boxed-in] than "cells" to me, and so be it as understood between us, because it greatly helps to realize the ((deeply ongoing)) effects of what we name something, especially what engenders our continually healing abilities.

Okay then, with that said, let us now ((evolve)) another misleading, rather problematic term for the unceasing re-creation of life — that which is clumsily called:

### THE "BIG BANG" THEORY

If we think about it, whoever named the origin of life on ((lovely Mother Earth)) as merely a "ye-haw!"-violent, [[["Big Bang

!"]]] explosion, must have been a military strategist, or a producer of combat movies. Okay, sure, I realize that, for various reasons, we get programmed to be wowed by things that go **Ka-BOOM!** — but let us intelligently **rethink** foolishly, war-pushing notions I say, especially when they involve ((**ever-regenerating creation**)). Or as the life-affirming, Dr. "New Dimensions" Deepak Chopra wisely said: "Real awareness of natural origination focuses on artistic design, and not violent fragmentation."

Therefore, to align with the ever-clarifying aims of ((New Era)) teachings, instead of believing in "The Big Bang Theory of Creation," I prefer to perceive it as **The Creational Energy Theory** instead, because only a brilliantly artistic power can evoke the awesome beauty of Nature. Indeed, just imagine the vast amount of ingenuity it takes to conceive the extremely beautiful intricacy of a rainforest, or the supremely ((multicolored)) array of beings in the oceans — none of which look like they were formed by a brainlessly, bomb-like explosion.

All of which points to fact that ((perpetual life)) stems from conscious creativity and not overtly injurious forces that, to a large extent, steer us away from our most precious ability: **developing perceptions that, quite effectively (TRANSCEND) illness and self-destruction.**

But unfortunately, due to the massively promoted influence of pharmaceuticals and surgery, the progressively proven potency of ((self-healing education)) gets habitually pushed aside by the

[["mainstream" empire of drugs and operations]]. All of which is basically a profit-motivated, [anti-spirit-power] agenda, whereby the medical industry continues to disregard **THE UPPER-HALF OF REALITY: THE TRULY CURATIVE ABILITIES OF THE ((META-PHYSICAL DIMENSION))**.

And yet, by transcending the [Old Era], media ploy to keep us scared of "evil ghosts," by evolving into a **New Era of Consciousness**, we can connect with **vitality helpful, ((GOOD-spirits))** — angelic beings who, (as depicted below), can be steadily transformative life-savers.



Although I have found that evoking spirit-linked, regenerative powers requires GOING BEYOND misleading perceptions [such as "[[[transformations-via-"Big-Bang"-explosions]]]". And that is why my books and articles steadily focus on what could be called: **A ((Newly-Evolved)) Vision of Planetary Progress.**

Also, to further your perpetually true-to-life, ((education-powered)) knowledge about the ((**self-renewing SHIFT**))) from physical to spiritual, see my **FACEBOOK TIMELINE...**

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



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## Native Americans and Horses — a Sacred Agreement

Horses and Native Americans formed a sacred agreement hundreds of years ago. When Native Americans inherited ancestors of today's wild horses from the Spaniards, it changed their way of life. In return they revered and respected horses as essential to the advancement of their culture.

Today, people continue to forge sacred agreements with horses. Kathe Campbell lives on a Montana mountain ranch. She is a prolific writer with a distinctive style who has contributed many stories to our Angel Animals Story of the Week newsletter.

### A HORSE NAMED FREEDOM

"The young Mustang's life was unruffled, his fodder and spring graze lush, while he contemplated his prime and lived near kin. The fields and pastures were seasonally green, and the rancher forked up two squares a day, lending belly comfort and warmth to the horse's life even through a winter's chill. Then some folks arrived on the scene to take the youngster away. He left his ma and sidekicks while being prodded into a tiny horse trailer."

This is when the Mustang's fortunes took a turn for the worse. He was mistreated and neglected to the point where only a few years later, Horse, as the new owner had named him, was literally on his last legs.

*The greatest discovery of my life is that a human being can alter his life by altering his attitude.*

— William James

"A lady from the local animal sanctuary appeared. She opened Horse's pen and ran her gentle hands over his body, murmuring soft sounds of love and reassurance. Other folks blanketed his emaciated carcass before escorting him inside. After a long journey the doors to the horse trailer opened to the scent of green sprouts in a field and the loping hooves of donkeys rushing to greet the pitiful wretch. Horse was turned loose to the glory of it all — a barn, alfalfa hay, and clean running water when he thirsted. Horse was free.

"Shivering and gasping at the sight, I saw Horse's scrawny neck schmoozing my donkeys across the fence on one early morning. 'So you are our rescue baby, you sorrowful thing,' I tearfully whispered, caressing his head against my chest. 'We'll bring you about.'

"Horse was made welcome in a clean, straw-filled stall when he needed comfort and seclusion. I brushed his coat daily, clipped and filed his split hooves, shared carrots, and assured him he had a home if he was a mind to stay.

"He was high maintenance in the beginning and stayed for a goodly time at our ranch, high in the Montana mountains. When we saddled up and rode the hills and forests on our big champion donkeys, Horse trailed along until he amassed the sleek coat, bulk, and muscle he was born with.

"The day came when we shook hands and hugged a dear old friend as he and his small Native American grandson emerged from their truck. Horse seemed taken with the boy's tawny skin, shiny black hair, and winning smile. The lad crawled up on Horse bareback, pulled gently on the reins,

and spoke kind words as they rode the acres. This was surely the best birthday present the youngster ever had. The Mustang walked easily into their trailer to go home. They called him 'Freedom.'"

This full-circle moment seems to continue the sacred agreement between Native Americans and horses with a son who appreciated Freedom's gifts.

### A MAGICAL HORSE

Mira Paul was originally born in Germany. She now makes her home in the foothills of Colorado where she is a blog writer and photographer at [www.mirapaul.weebly.com](http://www.mirapaul.weebly.com)

Mira met the Appaloosa horse named Magic after she started working at the sanctuary/rescue, Harmony Horsecworks in Conifer, Colorado. Unwanted, neglected, and injured, Magic had been treated roughly by humans. Magic suffered severe separation anxiety if she had to leave her main herd for even a short time. The only thing that eased the horse's fear was for someone to bring her goat friend to her stall in the barn.

About a year after Mira met Magic, the sanctuary had raised funds to conduct an experimental surgery to correct and fuse the horse's pastern. It took almost a year for her to heal. When Magic returned home, Mira and the other staff trained and walked her until she regained most of her range of motion and was pain-free.

"When I started working at Harmony, I knew that this was not a place where you should get attached to any one horse. As it was primarily a rescue center, horses came here to be saved from their cruel owners, to recover and heal, and to move on to new homes that would love them for the re-



mainder of their days. In spite of that knowledge, I grew very attached to Magic. Selfishly, I hoped she would not get adopted, so she could be with me forever. But for her happiness, I knew I would one day have to let her go.

"That day came all too soon. A mother and son from Parker, Colorado fell in love with Magic, just as I had many years ago. It isn't difficult to be spellbound by Magic, and she had enchanted them as well.

"The family in Parker had a stunning piece of land and even offered Magic the companionship of their spunky Morgan mare. Part of me was ecstatic. Magic would finally have the forever home her beautiful soul deserved. The other part of me was shattered. I would lose my best friend on four legs. On the day the mother and son decided they would adopt Magic, I cried on the way home until I had to pull over to the side of the road.

"I smile when a memory of Magic crops up in my mind. Right above my heart I carry a pendant that looks exactly like her, running wild and free, black as midnight, sprinkled with brilliant white stars."

Have you loved a horse or other animal and had the bittersweet gift of helping him or her through a transition to a brighter future? If so, like the Native Americans, you have experienced a sacred agreement with horses.

Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals [www.angelanimals.net](http://www.angelanimals.net). Their newest book is *A Dog Named Leaf: The Hero from Heaven Who Saved My Life*. Visit: [www.adognamedleaf.com](http://www.adognamedleaf.com)

# CALENDAR of Events

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

## ONGOING

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

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

**DEFEAT WHAT NOW DEFEATS YOU!** The Winning Way. Awaken new powers. Discover VERNON HOWARD'S life-liberating solutions for true freedom. Classes: Fridays 8pm, Sundays 10am, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30pm, Neighborhood Church, Pasadena. \$3 donation (714) 899-9300. [www.anewlife.org](http://www.anewlife.org)

## JULY

**July 9 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

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

### In the Days ahead... WATCH FOR THIS MAN!

Who calls for sharing and justice as the only means to peace. Take to heart his message of the oneness of the human family.



Know that, in doing so, you will guarantee a positive future for all. Our Elder Brothers are among us now. All will be well.

[www.share-international.org](http://www.share-international.org)

**July 10 — Summer Arts for Kids & Teens.** Eight weeks of Private Singing Lessons or Creative Writing + Thinking Classes. Buy 7 and get the 8th Free. Expand Imagination, Improve their Confidence/Focus/Memory. Fun + NO homework! Newport Beach Studio. Call Dr. Miluna, the Magical Muse Coach at (949) 488-0844 for info.

**July 10-13 — LifeShapes Institute Biodynamic Craniosacral Intro Class:** Restoring Resilience in the Nervous System [www.life-shapes.org](http://www.life-shapes.org), (951) 677-0652, Temecula, [life-shape@aol.com](mailto:life-shape@aol.com)

**July 14 — Dr. James Rietveld speaking about his relationship with his early childhood mentor, Corrie Ten Boom**, who helped many Jews escape the Nazi Holocaust. Dr. Rietveld will speak to the topic, Corrie Ten Boom: Finding a Deeper Love & Forgiveness. Sunday 10:30 to 11:30am. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**July 14 — Screening of The Hiding Place.** A 1975 film based on the autobiographical book of the same name by Corrie Ten Boom recounting her and her family's experiences before and during their imprisonment in a Nazi concentration camp during the Holocaust in World War II. Sunday 1-4pm. \$5 per person suggested (no one refused). Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**July 20-August 24 — BECOME YOUR OWN INTUITION COACH WITH VOYAGER TAROT.** Learn Tarot basics and more in only 6 weeks, including creating your own spreads, with Certified Voyager Teacher Barbara Schiffman. Burbank. (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

**July 23 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**July 24 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**July 24-27 — Biodynamic Beginnings: Being With Moms and Babies,** LifeShapes Institute Biodynamic Craniosacral, [www.lifeshapes.org](http://www.lifeshapes.org), (951) 677-0652, Temecula, [life-shape@aol.com](mailto:life-shape@aol.com)

**July 26-28 — AKASHIC RECORDS PRACTITIONER CERTIFICATION WEEKEND with Barbara Schiffman,** Fri-Sun, LA/Burbank. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer; includes Advanced Past Life Healing tools. (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

## AUGUST

**AUGUST 9-11 — CONTACT in the DESERT,** Joshua Tree Retreat Center. Come for a weekend of exploration into ancient aliens, human origins, UFO sightings, and the need to know. Featuring; George Noory, Steven Greer, Giorgio A. Tsoukalos, David Wilcock, Graham Hancock, Jim Marrs, Michael Tellinger, William Henry, Michael Salla, Jason Martell, David Sereda, Richard Dolan, Marshall Klarfeld, Michael Cremo, Carol Rosin, Travis Walton, William Brown, Laura Eisenhower, James Gilliland and many many more... For more info visit: [www.CONTACTintheDESERT.net](http://www.CONTACTintheDESERT.net)

**August 13 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**August 14 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**August 16-17 — Jungian Journal Workshop.** (Aug. 16, 7-9:30pm, Aug. 17, 9am-4:30pm) Access inner wisdom, astonish yourself. All you need is a life. No writing skills required. Bring a 3-ring snap notebook, instructor provides inserts. Dr. Frances Heussenstamm, psychologist, artist, taught 12,000+ at UCLA+around the world. \$150. Prepaid registrations only. Checks to 668 N. Coast Hwy #601, Laguna Beach, CA. info: (949) 715-1517.

**CALENDAR DEADLINE  
SEPT/OCT ISSUE - AUG. 15**

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[www.hennaintensiveandretreat.com](http://www.hennaintensiveandretreat.com)

**August 27 — Reiki Healing Circle.** Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**August 28 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

## SEPTEMBER

**September 5-8 — Bhakti Fest is celebrating their 5th Anniversary** and is gathering the troops at the ultimate spiritual playground: Joshua Tree Retreat Center. Be wowed all weekend long at Bhakti Fest West's 5th incarnation: the largest gathering in the world of internationally renowned kirtan artists, yoga teachers, and workshop leaders. Camping or lodging options are available to suit your needs, however it's not likely you'll want to sleep through a minute of this affair. For more info: [Bhaktifest.com](http://Bhaktifest.com)

**September 19-22 — New Life Awakening Retreat with Yogiraj Siddhanath.** Carlsbad. Spend several days in presence of a realized yogi master to learn Kundalini Kriya Yoga and Self-Healing Techniques of Surya Yoga. Experience Pranapat, Shaktipat and Shivapat. For more information, visit [siddhanath.org/meetyogiraj](http://siddhanath.org/meetyogiraj) or call (866) YOGI-RAJ.

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

## AKASHIC RECORDS TRAININGS

Learn to access your own Soul's energy-archive for guidance and personal evolution with Linda Howe's Pathway Prayer Process. Akashic Records spiritual healing workshops and practitioner certification week-ends, LA area. Also private phone or in-person readings. Barbara Schiffman, ARCT. (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com)

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## EDUCATION

LifeShapes Institute Biodynamic Craniosacral Therapy, intro classes, continuing education, certification training, [www.lifeshapes.org](http://www.lifeshapes.org), (951) 677-0652, [lifeshape@aol.com](mailto:lifeshape@aol.com)

## FITNESS

Geri-Fit® Strength Training Workout for Older Adults national exercise instructor certification Saturday, July 30, 10am-4pm in Temecula, CA. Visit [gerifit.com](http://gerifit.com) or call 1 (888) GERI-FIT for more info.

## RECYCLE AWARENESS!

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## CLASSIFIED DEADLINE SEPT/OCT ISSUE AUGUST 15

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## INTUITIVE

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Angela Kinsey and  
Rachael Harris swim  
with Sea Turtles in  
Quintana Roo, Mexico.

Photo © Tim Calver



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### **Satsang - Healing & Enlightenment Workshops**

**Aug 10 7-9pm San Diego** - Seaside Center  
1613 Lake Dr. Encinitas, CA (Free)

**Aug 17 7-9pm Los Angeles** - LAX Marriott  
5855 W. Century Blvd. Los Angeles, CA (Free)

### **Kundalini Kriya Yoga Empowerment Workshops**

**Aug 11 5-9pm San Diego** - Seaside Center  
1613 Lake Dr. Encinitas, CA (\$125)

**Aug 18 5-9pm Los Angeles** - LAX Marriott  
5855 W. Century Blvd. Los Angeles, CA (\$125)

### **Kundalini Kriya Yoga - The Himalayan Yoga of Spinal Breathing**

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### **2013 California New Life Awakening Retreat with Yogiraj Siddhanath**

**Sep. 19-22 San Diego** - Hilton Garden Inn, Carlsbad, CA

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