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Southern California's Guide to Conscious Living

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BLACK SMOKE
INTERVIEW WITH
MARGARET DE WYS

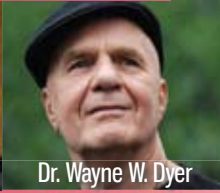
KRIYA YOGIC
SECRETS TO
LONGEVITY

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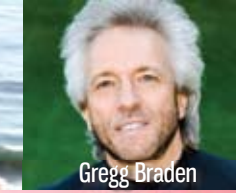
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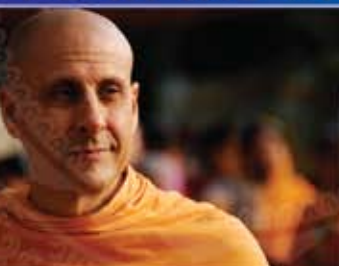
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Southern California's Guide to Conscious Living

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with the INDIGENOUS CULTURES ISSUE**



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"BLACK SMOKE"

Healing and Ayahuasca Shamanism in the Amazon

An Interview with MARGARET DE WYS

By Randy Peyser

While attending a Mayan ritual in Guatemala, a Shuar shaman named Carlos walked up to music composer and professor, Margaret de Wys, and said, "I see black smoke coming out of your breast. I can cure you." Margaret hadn't told him, or anyone, about her recent diagnosis of breast cancer. But secretly, she hoped that having been invited to this gathering of indigenous people from all over the world might lead her to a healer who could help.

In *Black Smoke: Healing and Ayahuasca Shamanism in the Amazon*, Margaret follows Carlos into the heart of the jungle where she is introduced to the potent visionary plants, experiences harrowing initiations and ritual purifications, and witnesses miraculous healings — including the complete disappearance of her own cancer.

Rivalling such classics as *The Teachings of Don Juan* and *Mutant Message Down Under*, reading *Black Smoke* is definitely a journey about indigenous mystical wisdom worth taking. Visit www.BlackSmokeTheBook.com

Randy Peyser: What was it like to receive the breast cancer diagnosis?

Margaret de Wys: I was in crisis mode. I felt like I was running to save my life and I didn't know where to turn. The hospital felt like a graveyard. The pronunciation that you have a medical condition changes your life. You can feel like your life is over.

Randy: How exactly did you meet this shaman?

Margaret: I was one of a handful of white people who had been invited to a Mayan ceremony in Guatemala. Indigenous people from all over were coming to this ceremony. I went because I thought

periences you had in the jungle seemed as equally scary to me as chemo.

Margaret: Many of my experiences were scary. Getting buried in the earth was very scary. Getting buried was one



somebody might heal me. I was also curious to participate in the ritual, and I was honored that I'd been invited. A shaman chose me; he came up to me and said, "I can see inside your body. You are like a looking glass. I see your veins and your organs. I see smoke in your breast. If you come to Ecuador, to the jungle, I will cure you." I hadn't told him or anyone about my condition.

Randy: When I had breast cancer, chemo was very scary to me. But many of the expe-

of a series of experiences to change my outer perception of what life and the world were all about. My entire body was buried. I couldn't get out or even move a finger. I felt like lead or concrete had been poured over me. Only my nostrils were exposed. I was in darkness and all my senses were shut down. I couldn't hear, feel, or see.

That isolation put me in an intense state of concentration. It was like going into the deepest part of one's subconscious. After many hours, there was a

sense of coming to. I felt like something was draining out of my body. It was like a huge vacuum cleaner was pulling on me. It was the biggest purification you could ever imagine.

The Aboriginal and Native American people talk about how the earth can take energies, or spirits, into the body that are not supposed to be there, absorb them very easily, and transmute them into neutral material. I had this feeling that all the tension, anxiety and ugliness that had been locked in my cells and bones was being siphoned quickly into the earth. It was a purging, a stripping away. When I was finally being taken out of the earth, I remember that I was pulling the earth back onto me. I didn't want to be removed. I felt an affinity toward it. I came out feeling like a newborn.

Randy: *Black Smoke* shows us how much more magical life is than we understand it to be. For example, after you experienced your own healing, you became an apprentice to Carlos. In one story, you were watching him work on a woman who had hip pain. Suddenly, you saw a 2-year-old girl fly out of the woman's body, and the woman was healed of her pain. After that session, you discovered that this woman had lost a child.

Margaret: I can not tell you who or what that energy was, except that I wasn't the only person who saw it.

Randy: You share many other-worldly experiences, such as the one where a black panther enters your body. Lat-

er on, you learn that Carlos is the black panther, and he is following your experience with you. Another time, a warrior enters your body and you find yourself whisked away into another space and time where you are asked to heal a being in that other dimension. You perform the healing, and then you are brought back to your body in present time.

These are powerful examples of transcending time and space. We don't know how to address these kinds of experiences in our present-day culture.

Margaret: Our society says in consensual reality that these experiences are absolutely impossible. But when you visit traditional cultures, the possibilities are different than what we have here. In the non-dimensional world, there is no time constraint, so anything can happen in any period of time.

Randy: *Eventually, you brought Carlos to the United States and to Canada to perform healings. He had never heard of Elvis or 911 or had contact with civilization. As a result, his knowledge was completely unadulterated.*

Margaret: Great elders have their knowledge in their heads. They have encyclopedic memory. They don't refer to an herbal book when they want to heal someone; it's tucked into their brain. When that person dies and they don't pass that information on, it's lost. I realized our culture could benefit from this information and I didn't want it to be lost.

Randy: *Carlos' mother stated she would pass her knowledge on to you when she died. What does that mean?*

Margaret: Usually there is a lineage from one healer or master to another. Carlos' father passed information on to him. Most of the information the shamans have doesn't come from the earth; it comes from spiritual beings who hand down the information to them. The wisdom enters you when the person dies.

Randy: *Can you talk about the use of ayahuasca?*

Margaret: The Quechua call it ayahuasca, but Carlos hates that word because what others do with it is not what he is doing. "Natem" is the word Carlos uses to describe this sacred medicine. Every person makes their own concoction and puts their own kind of spiritual energy from themselves into their medicine. Natem is one of the primary medicines Carlos uses to cleanse the body and heal.

Randy: *You make it clear that ayahuasca is not hallucinatory and that it should be used as sacred medicine only.*

Margaret: Having seen a number of things from the non-physical world, I don't believe any of them were a hallucination. After each experience with it, I would find out that the Shuar had experienced the same thing. There would also be certain beneficial spirits whom I would meet. I would describe them and Carlos would tell me who they were.

Randy: *Can ayahuasca be used recreationally?*

Margaret: I do not recommend the recreational drinking of ayahuasca. Some people might hallucinate by drinking it recreationally because they wouldn't be in connection with the tradition of it. The Shuar themselves would never take it recreationally. They use it when they are serious about getting healed or they want to know something about the future. They also use it when they want to gain power through various means, which usually involves a lot of sacrifice. The idea of Americans coming down to have a party and hallucinate is horrifying to them.

Randy: *Besides your own experience, can you give an example of a miracle you witnessed performed by Carlos?*

Margaret: One of the most spectacular miracles involved a man who was visiting from

(Continued on page 8)

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Black Smoke...

(Continued from page 7)

Switzerland. He was hang gliding and fell. He shattered his leg in a billion little pieces. He was rushed to the hospital, where they told him he would have to fly to Zurich, have several operations and have pins put in his leg. And they told him that he would never walk again without a cane and it would take years to get his abilities back.

Carlos told the man that he could heal him without any operations. He worked with this man for two months, putting plasters on his leg almost every day. He would also give him medicine. Carlos told me this medicine would bring in bone doctors, who would go into his leg and knit the bone back together. In two months, the man was walking. The

bone was perfectly healed, as if nothing had ever happened.

Randy: In *Black Smoke*, there are a number of references to the magical potency of music. Can you talk about that?

Margaret: Of all our senses, music is the most direct path to God and to the spirits. Carlos whistles to call the spirits. He has beings come into him who play the music through him. He sings and plays the violin. He also plays the tumank, a one-string instrument like a Jew's harp.

His music is spectacular. It's hard to describe. The sweetness is heightened; the harshness is heightened. It's almost like synesthesia, a blending of the senses, where you can see the line of the music spiraling up to the heavens. If you follow that line, you will get to a healing place. That's the best I can describe it. The music sounds incredibly mysterious, because it doesn't feel earthly. It sends you to the heavens.

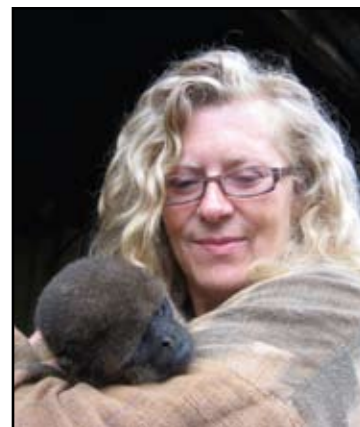
Randy: You mention that the Shuar move everything in their houses every month to keep the energy fresh and moving. Speaking of Feng Shui!

Margaret: There's a natural language for understanding the world. The Shuar are very close to nature, and they have a deep understanding of natural law as it relates to their daily lives. I was working with a Chinese acupuncturist in Botswana. The Africans who came in often had scarifications on their bodies. I asked the acupuncturist about that and was told that those were the places on the skin where they put medicine into their bodies.

I asked him if these places corresponded to acupuncture points, and he said that they did. The Shuar do acupuncture with stones. They know the same meridians and same points on the body that the Chinese have known for 5000 years. There were certain elements of ritual and purification in South Africa that were also exactly the same as the jungle in South America.

Randy: Is there a practice you do in nature that readers might find helpful?

Margaret: One that I learned from Carlos is to sit in front of a bush, like a flowering bush, completely relax, and let your mind go. Focus and concentrate on that bush for ten min-



utes. Close your eyes and open them again. If you do this, you will be able to see the aura of that plant. This takes patience. If you don't see it the first time, keep on trying.

Randy: Final thoughts?


Margaret: The experience of my illness taught me that, when we are in crisis, we must often walk through fire. It taught me that there is another world of possibility and promise beyond fear; it is the world of healing and true growth for which so many of us yearn. This is the way of the indigenous people like the Shuar.

Margaret de Wys provides in-person healing sessions, takes people to the Amazon to work with Carlos, and can be consulted by phone. "Black Smoke" is published by Inner Traditions and available at your local bookstore and Amazon.com. Visit: www.BlackSmokeTheBook.com


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

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WE ARE PRAYERS OF THE LIVING EARTH

What a Seneca Elder Taught Me about Places of Emergence

By Glenn Schiffman

In May of 1942 my Soul was prayed forth from the Earth's core. It emerged by a brook in a glen above a waterfall that drops into the south-fork of the Cattaraugus River in western New York State. Instantly my Soul joined my body, then a fetus 200 miles away, and 335 days later my body was birthed.

I grew up in a town bordering the Cattaraugus Seneca Indian Reservation where my father was a chaplain at the Orphanage/Indian School. One of the reservation's traditional Wolf Clan Mothers treated me as an adoptive son, and one of the most profound lessons she taught me is that every mortal Soul is a "Prayer of the Living Earth."

The Seneca Nation (aka Iroquois, Keepers of the Western Fire of the People of the Longhouse) believes that we are each a radiant inspiration empowered with the efficacy to be compassionate, faithful,

of Emergence from which they emerged through the Earth in the distant past.

At age 12, I left my Seneca Wolf Clan teachers but thirty years later I returned, thinking I had come full-circle. The same Wolf Clan Mother who had taught me so much as a young boy received me as an adult with open arms. Then she said that until I placed an offering at my Soul's Place of Emergence I would not "feel whole."

She told me where and how to look for that special place: "Tread lightly," she cautioned. "The Souls of future generations will be watching from within the Earth."

After my first journey to my Soul's Place of Emergence, I asked her, "Why is my Soul's birthplace in Western New York State while my body's birthplace was in Eastern Pennsylvania?"

My Wolf Clan Mother passed me a hand-drum and told me

to hold it close to my ear. Then she picked up a drumstick and firmly struck a large powwow drum beside her just once. My small drum reverberated in response to the boom of that big drum.

"Your Soul knows," she whispered. "One moon after you were conceived, your heart started beating. Like

your drum responding to my drum, your heart responded to your mother's heartbeat and your Soul entered your body.

"Our Souls are a radiant pulse of the Earth," she continued, "only it's a heat-wave, not a sound. For every Soul-bundle prayed by the Earth, a brand new beating heart echoes the

lineage of mothers' heartbeats from the dawn of time, calling



Glenn Schiffman tends to ceremonial fire. Photos by Billy Marchese.

that Soul forth. Doesn't matter where you are or where the Place of Emergence is. It's a resonance outside time and space."

"What happens to our Souls when we die?" I wondered.

"An Old Woman waits as Gatekeeper to the Lodge of Creating. When Death drops your Soul off at the drop-edge of yonder, she will ask, 'Who do you think you are?' If you answer with a name, an identity, the door remains closed. Answer 'No Body,' perhaps she will open the door. Your best answer is silence, the language of Spirit. But even then the Old Woman sends most Souls back to the center of the Earth to get re-heated, to become new intentions and join new physical envelopes. In that way,

our Eternal Souls experience another round as prayers of the Earth Mother, another opportunity to live as compassionate, faithful, grateful and wise Human Beings in mortal bodies."

"Sounds like reincarnation," I replied. "Yes and no. There's always a balance, always the other side of the coin. Half of those sent back are trouble-makers. They don't think that they have anything more to learn and resent being prayed forth again. Often they just muscle in on a newborn and cause turmoil — or even force out the fetal-heartbeat Soul. They are easy to spot because they are not grounded or they are full of themselves. How we deal with those lost souls, if they are willing, we take them to a Burning Water lodge. Burning Water lodges are also Places of Emergence. They strip away identity and touch our Soul-Beings."

Having been in many Burning Water lodges (aka stone people's lodges or sweat lodges), I asked with some hesitation: "Am I one of those lost souls?"

"Don't worry," she smiled. "I knew you were a prayer of the Earth the first time I met you. It's good to see you again. Welcome home!"

Author-storyteller, ceremonialist and "soul coach" Glenn Schiffman's first novel "The Way I Was Taught" (Amazon bestseller) was inspired by his childhood as a preacher's son in Upstate New York where he was "taught" by Seneca elders. Glenn holds a Masters in Spiritual Psychology (USM) and offers guidance "around the fire" to veterans, couples and spiritual seekers. He is a co-founder of Western Gates Roots&Wings Foundation (www.WGRW.org) which provides Rites of Passage and programs for youth and veterans. For more information, visit: www.WayIWasTaught.com



Buffalo Nation Altar.

grateful and "knowing" (the innate ability to grow with wisdom). When the Earth "prays" human beings into existence, the place where each individual Soul emerges from the Earth is considered to be our personal Place of Emergence. The Seneca also believe that their entire tribe has a Place



Yogiraj welcomes entire audiences to experience this yogic bliss. Photos by Sergio Solis.

The Kriya Yogic Secrets to Perfect Longevity

(as revealed in Satsangh ("yogic talk") by Yoigraj Siddhanath in Rishikesh Retreat, Feb, 2014)

Leonardo Da Vinci said we (should be) interested in body immortality... but people mistake immortality and think that to be the final goal. Immortality is not the final goal. And the feeble voice of the Indian rings out "feeble" because Indians are poor: they have no microphones, no publicity, no awareness campaigns, so they can't be heard while Americans go boom-boom with the "Immortality Program of Longevity of Life!"

It is not longevity that we are here for, it is divinity that we are here for. Longevity is an outcome of Divinity... So again the Indian Yogi comes and tells you, "Look, you get longevity to seek God in one life. The purpose of your longevity is just a tool. It's a facil-

ity. It's a servant of Divinity. Yogis know the secret of crossing the gates of Death and Time. And here I will tell you their secret. And what I am going to tell you now is a real eye opener. You will say "By God, is it so easy? Is it possible?" But it is.

Every human being has apportioned unto him a fixed number of breaths according to his Karmic Destiny. 6 billion, 300 million. 5 billion 200 million. 5 billion 600 million. Whatever the number of breaths you have, that will be your life, and that is when the gates of Death will come and shut you out because your (physical body) Karma is over for this life. Is that clear?

Say you have a longevity of 5 billion breaths, right? Within those breaths are contained the

unresolved forces of our Soul which we call our Prarabdha Karma. Whatever your breaths are, you will live to work out your Prarabdha Karma — that is the karma apportioned to you for this lifetime. Having finished, you then depart to the subtler regions, casting off your physical body... which makes you live a normal life span of 70, 80 or 90 years; or whatever was destined to you.

Now what happens is when you practice the Kriya Yoga, you are apportioned, say, 5 million breaths. Normally we breathe 21,600 breaths everyday. In 24 hours. So a normal human being who is breathing 21,600 breaths will live a life of, say, 80 years.

Now what happens when a person does Kriya Yoga? He lengthens each breath con-

siderably (both inhalation and exhalation). So when a normal person takes 21,600 breaths (daily), a yogi who is doing Kriya Yoga may take only 9 thousand breaths. Do you understand? So now he has a great backlog of breaths, and in those 9 thousands breaths his Karma is burnt very, very fast. However his life (force) remains — because that number of breaths remains from each day. If he has 21,600 breaths allotted daily, and he takes only 10 thousand (due to his yoga practice), 11,600 breaths he carries to the next day.

That means the backlog keeps accumulating... (but) he cannot die unless he has finished that (apportioned) amount of breaths. He cannot die... So when death comes to give a death, that death is called Samadhi.

Breath is Life, right? That lengthened breath is still life within you. You pass through the gates of death, and you assimilate death, but you are conscious, alive — that is called Samadhi... Got it? That is why you should do Kriya Yoga. That is how great Yogis and Sages ward off death; it comes to them, every time, and they say, "Wait a minute. Not now. Not now." And by lengthening their breath, they overcome Time. And without dying, they pass through the gates of Death into (higher) consciousness.

So conscious death is Samadhi. You go into Samadhi. When Death comes, others die and they cast off their bodies but... when death comes to you, a Kriya Yogi, and you are breathing the long breath, you go into Samadhi because you still have life left in you. Because you have lived 10,000 breaths daily where you were supposed to have lived 21,600 breaths... so you conquer death and you pass through the other side.

Now the human body is a laboratory and a place where you can experiment and perform certain duties towards your

higher self. You can experiment within your self. Use it as a laboratory, an experimental basis. That's why you can perform the alchemy of total transformation in your body! It's so beautiful!

That is what the Yogi does. He makes of his body a scientific research center. As he sits for meditation all his energies start becoming subtler and moving up the spine. His procreative and vital fluids start moving gradually — their psychic essence starts moving up the spinal cord. In Indian systems of Ayurveda Medicine, we say you are made of phlegm, bile, and wind. And gradually by meditating, the yogi converts all his Kapha (phlegm), Pitta (bile), and Vata (wind) into Ojas, Tejas, and Prana (which I will explain). And that Ojas, Tejas, and Prana is converted into Love, Light, and Consciousness. The yogi converts all (this relative existence) into Love, Light, and Consciousness. That's how he uses the body as a laboratory to get to God.

And gradually, a portion of Kapha — that is Phlegm: Kapha — the Kapha becomes Ojas; it becomes vitality and powerful (procreative) energy. The very sperm and the ova! The sperm it transforms, if it is condensed, it can transform into pure vital life ("love")... The ojas has the power to arrest the decay of the body cells and transform them into light through Kriya Yoga. If the Kapha, the Sperm, the vital fluids, are transformed into Ojas, they protect your body against aging... and slowly transform your physical body, all your vital fluids, into subtler energy which preserves you and takes you on the way to God.

Then you have the digestive fire and juices. Your diet becomes subtler and less. It should become subtler and less. Not a heavy diet — like heavy red meat which has a lot of Uric acid in it, which is heavy on digestive juices. The big, heavy red meat is bad for

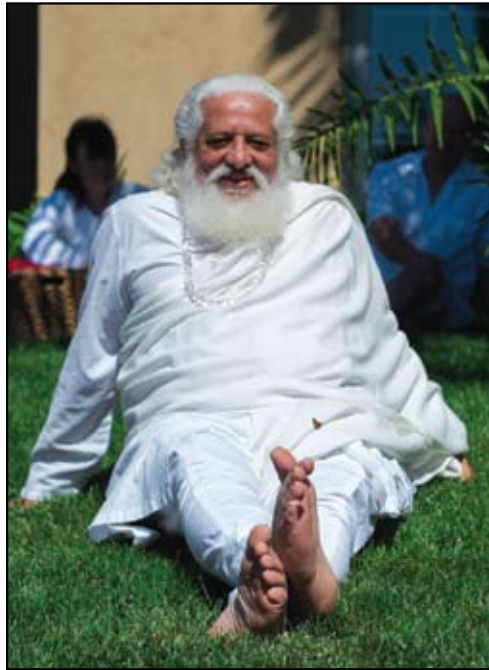
meditation. Of course, don't go and say that in America because America — they love their rind and the beautiful way they slice it and keep it in exhibition. Have you seen those big farms? The black Angus? That is supposed to be very tasty!

But nothing is horrible and nothing is good; it's just there and Americans have black Angus and they like it. But we are doing what we want to do. They are welcome to meditate. Even a Black Angus eater can meditate. But you know the power of Kriya Yoga? Is that it drops away!

I have had many people who came to me who were eating beef and I did not tell them to stop. It dropped away. They said we are only on fish now. So I said, "Go to the lighter fish now. Then only on prawn. (Sometime later, they exclaim,) "I am vegetarian now." It's more economical. It gives you a better meditation. That's why vegetarianism is good. You leave that and get to a subtler diet. And that subtler diet (affects what) is called Pitta. Pitta is bilious, bile, digestive fire. The Pitta is transformed into light. As your diet becomes lighter and lighter, you eat less. You eat Sattvic, "purer" food. That word "Vegan" has actually come from (the Ayurveda concept of) sattvic food.

So Ojas, Kapha is transformed into Ojas (vital love, passion, life), Pitta is transformed into Tejas; that is light. And Vata — which is wind — is transformed into Prana. Prana is the life substance of the universe. Everything is connected by Prana. Somebody gave me a book... It's called *The Elegant Universe*. How many read *The Elegant Universe*? It was an elegant book. But the elegant book became

redundant. I said, "It's a very, very simple thing. What are these guys going around the



Yogiraj takes in some California sunshine at the Carlsbad oceanside retreat.

Mulberry bush for? You know, there's no sense!" They tried to find the phenomena of the universe, that factor which fits in all other factors, and gives us what is called "The Unified Field Theory." They are looking for one thing which fits all formulas.

So I said, "It is Prana. Prana is the thing that fits in all formulas." This is Prana — when you practice Kriya Yoga to connect with Prana; that becomes consciousness. Your body consists of Phlegm (Kapha), and Bile (Pitta), and wind (Vata). The

phlegm is transformed into a regenerating elixir which gives you longevity, it's called Ojas. The Bile is transformed into light — a digestive light and a higher light. And the Wind is transformed into life force energy (prana) which becomes consciousness.

So, ultimately, in the laboratory of the human body, what have you done? You have transformed your phlegm, bile, and wind, into Love, Light and Consciousness. That's how the Yogi does the Alchemy of Total Transformation.

If the Guru is a Satguru, and he is what people experience him as, then definitely he increases your quality of breath and prolongs your life as you sit with him. Because he puts his Prana, his life (force) in your breath. That's why I say a Satsangh (yogic talk) with the guru is more important than any Kriya meditation, when the Satguru is there. If he's not there, then you continue with your Kriya meditation and transform.

It is interesting to note that many of Paramahansa Yogananda's disciples, who practiced Kriya Yoga, lived exceptionally long, healthy lives.

Yogiraj will give a Free Satsangh and Yogic Experience on Sat, July 19 at the Seaside Spiritual Center in Carlsbad, CA, and again at the Los Angeles Airport Marriott on Sat., July 26. All in preparation for two Kundalini Kriya Yoga Retreats in California this year: Carlsbad Oceanside Retreat, August 7-10, and Mount Shasta Retreat, September 4-7. Visit: www.Siddhanath.org

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This Is The Time on Earth for Humanity to Awake to The Sixth World

By Michael Peter Langevin

The Mayan Calendar has ended. The new world is being born. Have you begun your new life?

Luis Nah is a teacher, and what is referred to as a Mayan Sacradot or priest or shaman.

He is located near the Playa De Carmen in Southern Mexico. When you meet this man you are struck by his rare mix of humility and personal power. His piercing eyes exude a timeless knowing that feels as if it cuts through all that is. He speaks eloquent Spanish and no English. I was introduced by his wonderfully charming nephew Alejandro who has become a good friend. Alejandro acted as my interpreter as well.

We spoke of everything from Mayan Gods and Goddesses, to how Christianity and Mayan teaching have complimented each other and become enmeshed over the centuries. We spoke of the Cenotes, the often hidden partially water-filled, caves of the Yucatan peninsula which the Maya view as doorways to the sacred underworlds. We even spoke of tourism and the U.S. media. It is Luis Nah's spiritual teachings I will focus on in this article. For they I felt most aligned with and I feel they can inspire all of us to better more meaningful lives.

Luis states strongly that the Mayan spiritual teachings are rooted within cosmic, universal forces and not of human interpretations. These roots become an eternal echo. They are given to us by elemental, cosmic, natural, supernatural, and spiritual beings.

Luis feels that in his position as respected Sacradot, he must continuously search for the essence of the ceremo-

nies and the understandings of the original instructions by the Creator and the Gods and Goddesses. He states that his role is to make these instructions available for humanity to consider. He does this so that we can again reconnect to the natural and spiritual worlds. We can all together then lead humanity to come home to a balanced and harmonious way of living. We can all develop respect and love towards our Mother Earth and all creation.

It is important in Luis Nah's teachings to know that ceremonies are natural processes that create frequencies of adaptation and reconnection to our cosmic selves. The participants receive guidance to go through ceremonial processes that can create healing and awareness, to reach that individual's highest potential, and learn to crystallize aspirations, spiritual instructions, and personal and collective visions.

Luis Nah has gone through an intensive ceremonial life, with many initiations in the Mayan traditions, to receive many ceremonial bundles and to now hold the elemental and spiritual forces at the sanctuaries he has co-created in the Yucatan. As a hollow bone or spiritual medium, the elemental, natural, supernatural forces come through him. Thus he can show the door to walk through and facilitate a true spiritual experience for most people.

As we become aware of the ceremonial processes, we begin to understand the original instructions. The requests we make during ceremonies are spiritual petitions, and come from the heart with a clear mind, with the generosity that we would like to see returned to us from Spirit.



*Luis Nah using smoke to set energies.
Photo courtesy of Octavio Martinez / SIPSA.*

This is the time on Earth for humanity to awake to the sixth world. The truth is that the Maya Ancestors left their knowledge and wisdom to facilitate the expansion of our consciousness and use of our bodies as energetic vehicles to live in peace and harmony with our surroundings. The Maya teaches that if we live according to the mathematics, geometry, geomancy, astronomy and ancient Mayan worldview, we can increase our perception of who we are and how we interact with each other. This knowledge also allows us to consciously connect with higher beings from other dimensions.

The wisdom of the Maya ancestors still lies dormant, and

our next step as humanity, is to prepare to embody it and for our brains and bodies to take a great leap in consciousness.

Luis Nah attempts with his teachings to help each of us find what we should be doing to prepare ourselves and the world for the transition happening now? The Maya know this time as the return of Quetzalcoatl the feathered serpent. It is a mythical way of stating that the DNA of humans are being activated to give birth to the lineage of light beings of the sixth sun.

Luis is hoping to help awaken people of Mexico and from around the world to become the sixth sun beings, therefore Mexico is the country chosen for the Awakening of Con-

sciousness and through their turmoil to learn to live in harmony.

Luis says, The Mayans were very technological and advanced in sciences. Their descendants today live to see a change in consciousness. Maya scholars and elders in Mexico watched with amusement and dismay as self-proclaimed experts from the U.S. interpreted that ancient Maya prophets foretold an earth-shattering happening to occur December 21, 2012. These phenomena were described in cataclysmic terms — as minor as an ecological collapse to the earth's initiation into a Galactic Federation, whose elders have been controlling our evolution for the last 5000 years. In short, the world as we know those experts said was going to suddenly come to a screeching halt.

The truth is, over a year later, that the entire planet Earth and everything on it is transforming. The transformations are more subtle than anything

that would sell movies or TV specials. The transformations are taking place in our cells and our souls. Luis Nah is a teacher, and what is referred to as a Mayan Sacradot or priest or shaman. He believes in ceremony and reconnecting with ourselves and nature as the paths to personal and global transformation. His message is gentle and soft but also strong and powerful. This is and has always been the way of the Maya.

Luis Nah may be contacted for classes and seminar schedules and one-on-one sessions. Interpreters may be arranged if necessary via email at xaman_nah@hotmail.com

Michael Peter Langevin is the author of: "Spiritual Business," "Secrets of the Ancient Incas," and "Secrets of the Amazon Shamans." Michael Peter was founder of Magical Blend Magazine, Natural Health and Beauty Magazine and Transitions Magazine. He presently lives in the Yucatan of Mexico doing research into the ancient mysteries of Mayan People and working with modernday shamans, elders, healers and the common Mayan people. Find out more about his internship program, his books and irregular blog at Michaelpeterlangevin.com and on facebook and twitter.

Self-Realization Fellowship Holds Annual World Convocation August 3-9 in LA

By Kelly Seal

Self-Realization Fellowship (SRF) will be holding its annual World Convocation at the Westin Bonaventure Hotel in downtown Los Angeles. Thousands of people from around the world seeking to cultivate a more balanced life will gather for an inspiring week of spiritual renewal, including group meditations, kirtans (devotional chanting) and classes on the yoga meditation teachings of Paramahansa Yogananda (*Autobiography of a Yogi*).

The public is invited to attend evening classes on such topics as "Living a Spiritually Balanced Life in Today's World," "Sustaining a Joyful Heart in Times of Adversity," "Eliminating Insecurity and Indecision through Positive Thinking and Enthusiasm," and "Bringing God into Life's 'Moments.'" All evening classes will begin at 7:30 p.m. (except for the Saturday class, which begins at 1 p.m.) and last approximately one hour.

Single tickets can be purchased on site for \$30. For more information, please call (323) 225-2471, or visit www.yogananda-srf.org



Brother Achalananda teaching at SRF Convocation.

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Huaorani Ecolodge Invests in EcoTourism as Tool to Preserve Indigenous Cultures

By Sara Widness

Huaorani Ecolodge is pioneering indigenous community tourism with the Huaorani people of the Amazon of Ecuador, providing a viable business model that has evolved from a commitment to and an investment in ecotourism as a tool for conservation of both the environment and communities.

This indigenous peoples' thousands-year-old culture, made aware to the so-called civilized world in the mid-20th century, is today threatened by oil interests that in their quest to remove oil would create an infrastructure that could ultimately force the Huaorani from the region.

This David and Goliath nar-

Since 1994 Tropic Journeys in Nature has partnered with and promoted tourism initiatives targeting the survival of threatened, indigenous cultures. These include the Sיעוֹיָה, Cofan, Siona, Achuar and Quichua. Its operation is dedicated to tourism based on respectful cultural exchange designed to strengthen local cultures.

To avoid cultural contamination of any kind, visitor groups are kept purposefully small and facilities are built to an intimate scale. The goal is to provide visitors with an intimate experience and to inspire them through educational experiences to become active conservationists and



Huaorani Ecolodge employee showing a guest some of the oil development in the jungle. Photos courtesy of Tropic Journeys in Nature.



Huaorani Ecolodge guest cabin.

One of the Huaorani tribe members.

rative is about preserving a people in nature by keeping oil in the ground. Roads, settlers, deforestation, the introduction of cattle and non-native plant species, pipelines, leaks and spills are just the beginning. But perhaps most important is that indigenous groups with their own conservation efforts should be a source of national pride.

supporters of indigenous communities.

Essential to Tropic's tourism policy is ensuring that any community and community representative with whom it engages will receive fair economic benefits from the tourism operation. A major portion of the benefits from operations remains within the communities. Care is taken that income

is distributed equitably to the various families and service providers involved in the project.

An innovative partnership with the Huaorani people led to the promotion of a new form of ecologically-friendly development sensitive to Huaorani traditions in the form of Huaorani Ecolodge.

This ecotourism project is co-managed by Tropic and the Huaorani themselves. The permanent structure was opened in January 2008 after a tourism association was formed by the five indigenous communities involved in the project. In order to consolidate the project, community members were trained and plans made to produce and sell crafts. After consultations a site was chosen and a lodge planned and built.

Community members work in the Ecolodge and participate in its management. They also provide the associated services such as laundry, carpentry and supplying local produce for meals.

Another level of community engagement was a Huaorani commitment to give part of their territory as an intangible reserve zone to conservation and tourism, and to participate in mapping the sites. Today a 55,000-hectare Forest Reserve is linked to Huaorani Ecolodge and located in the territory of five Huaorani communities involved in operating the Ecolodge. The Reserve and Ecolodge are in the buffer zone of Yasuni National Park, recognized as one of the planet's most biodiverse areas and is presently under threat from ille-



Huaorani demonstrating hunting techniques to a guest.

gal logging and oil production.

The project, designed in conjunction with Tropic Journeys in Nature and the Conservation in Action Foundation, is supported by a number of national and international organizations, such as the United Nations Development program (through its small donations fund), the Wildlife Conservation Society and the IUCN.

An environmental management plan for the Reserve has been developed and is the subject of a number of community workshops. In addition to introducing local tribes to 21st-century mapping techniques, a camera trap project analyzed and catalogued the region's wildlife.

The Huaorani now have a reason to protect their own local environment as distinguished by the Reserve and the Lodge. Their standard of living has risen due to employment provided by the Lodge and opportunities to sell handicrafts to guests. Other micro businesses are being implemented and will further assist the five communities involved.

Another positive impact is the experience gained by the members of the community in the planning and operation of the lodge and its related activities. The positive feedback they receive from guests helps to build their confidence. They are also shored up by the at-

tention and support the initiative has received from the wider public).

An interesting and often overlooked aspect of this venture is that in the contact between visitors and the local community, the community members are more than equal members of the exchange. Their culture is valued and appreciated. They witness firsthand the excitement of guests viewing the beauty of wildlife across their conservation area.

Established in 1994, Tropic Journeys is an award-winning ecotourism company specializing in responsible, community-based tourism in Ecuador. Programs combine life-changing, active-but-cultural ecotourism experiences focusing on nature, conservation, diversity and sustainability in three distinct areas:

- Huaorani Ecolodge at the headwaters of the Amazon in Yasuni National Park.
- Floreana Lava Lodge a beachside accommodation in the Galapagos Islands, on Floreana Island.
- Journeys in Nature – Sustainable guided nature and culture-focused tours throughout Ecuador in collaboration with conservationists groups and local communities.

For information and reservations contact: Tropic Ecological Adventures LLC. Phone: (888) 207-8615 or visit: www.destinationecuador.com/

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SHINE YOUR LIGHT!

By Shaman Isabella Stoloff

So many of us are looking for ways to simplify our lives and live from an authentic place. We are seeking ways to connect in a more spiritual way with ourselves and others. But for many this can be challenging. We either don't understand what it means to be spiritual or to have lost faith. So what does "being more spiritual" really mean?

For me it means becoming more in tune with nature and the cycles of the earth, and becoming more conscious in my day-to-day life. It means remembering what it is like to be part of a tribe, a community, and becoming more indigenous. As I stated in my 2012 article (<http://awarenessmag.com/july-august-2012/july-aug-2012-awareness-magazine-pg-15.html>) *"It is time to return to our roots and create the new indigenous tribes."*

For the past 5 years I have been weaving a new life for myself, a life that feels connected and conscious. Com-

ing from where I came from this was not easy. For the first 31 years of my life I lived in such an unconscious place, I thought that I was doomed. I worked hard at fitting in, trying to be one of the crowd, when all along I felt like a misfit. At that time I didn't know I was actually a spiritual being looking for ways to connect. I believe this is what is happening with many people today. Many are looking for ways to connect in an authentic way, yet have no idea how.

Becoming more connected can show up in a variety of ways. Looking into the cashier's eyes when buying groceries or paying for gas, or just saying hello and asking how they are. Another way is to do something kind for a stranger. My mother would always find ways to plant trees and give blankets to the homeless. There are so many ways to become more spiritually connected and live from an authentic place.

One way to tune into your

spiritual nature is by becoming more aware of not only your thoughts and words but also of what you eat. I used to be a junk-food junkie but in the past 20 years I have worked toward eating healthier foods. Since I cut out foods with chemicals I have found that I have more energy. Recently I started a green cleanse and am amazed at how much more intuitive I am. I have always been very tuned in with my clients but since this green cleanse, my intuition is off the charts. I can really feel the difference in my energy body. What we ingest is vital.

Somewhere in our DNA structure there are indigenous cells. These cells are used to healthy foods, foods straight from the land. Once we clear and clean these cells we can become more dialed in. It is this cellular memory that will assist us in awakening. Once awake our perceptions shift easily and there is no longer a need to stay attached to old ideas. We will begin to look at life with more compassion and understanding, creating more spirituality and authenticity in our daily lives.

If you are one who is seeking to become more spiritually evolved, then look deep within. Find out who you are



and how you tick. Change things that keep you from living your truth. Trust that you are a divine being with a mission and don't let others dictate how you should live your life. Trust in your ability to connect and create. From this place you will be able to manifest a rich reality, one where you can feel whole, connected and at peace. It is important to keep a positive outlook on life and journal your progress. See where you are still negative or down on yourself and be kind. Go slowly through this process so you can learn to love and honor yourself.

One of our many gifts as humans is the ability to create. We have this beautiful mind from which ideas take root and form. Use your mind and free yourself from old ways of thinking. Blossom and grow into the beautiful being you came here to be. When we become grateful for ourselves, and how we are showing up in the world, things begin to change. It is time to take root in the earth and shine our light for the world to see.

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Isabella founded the Orange County Healing Center in 2009, and speaks all over the world. She is a visionary, and after her sessions, she will leave you feeling clear, creative and connected. Isabella provides house clearings, one-on-one sessions, private Shaman training and spiritual journeys. Her next Goddess retreat is July 10-13, 2014, in Santa Cruz CA.

For more information, visit www.ochealingcenter.com

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YOSEMITE and the Surrounding Valley

Article and Photos By Ann Nelson

Close your eyes and imagine one of the most beautiful places in the world, complete with soaring granite cliffs, tumbling waterfalls, lots of trees, rushing rivers, pristine lakes and rolling meadows. Welcome to Yosemite National Park, spread across the western slope of the Sierra Nevada in central California.

There is so much open territory here, it is called "The Great Unfenced." Nearly half of the county is unsettled. The National Forest, the Sierra Nevada and the Emigrant Wilderness occupy a major portion of the area. Close to 95 percent of the park's 1,169 square miles is a wilderness area and includes 800 miles of trails that can be covered by horse, mule or on foot. There are 196 miles of paved roads and over 811 miles of rivers and streams.

Not only is this area spectacular in its beauty, it is rich with history. Native Americans lived here for several thousand years until the gold rush started in 1848. Soon afterwards, new towns sprang up wherever a piece of gold was found. By 1860, 16,000 people had moved here, all seeking to make their fortune.

Miners and merchants came from as far away as Chile, the Hawaiian Islands, Germany, England, Italy, France, Australia, China and Mexico. People from the east coast flocked here and many brought their slaves. The ethnic mix, coupled with greed and a loose lifestyle, brought tumultuous times, violence and lawlessness. I found it surprising that despite high expectations, only a few struck it rich. The majority

of men came alone, planning to send for their families, but in most cases it never happened. Many miners spent or gambled most of what they made.

My good friend DJ and I had just finished breakfast on the front porch of a diner in one of the sleepy old mining towns surrounding the park. After learning about the history, we decided to pore over our guide books and plan our itinerary for the next few days. My dog Megan was traveling with us and several incredible places that welcomed her caught my eye. We wanted to mix it up a bit and made the decision to stay in an elegant, sophisticated resort as well as a charming cabin by the lake.

We chose The Pines Resort on Bass Lake for our cabin destination. Bass Lake, 17 miles from the southern gate of Yosemite is referred to as "One of the West's 10 Best Lake Destinations" by Sunset Magazine. Our quaint and roomy cabin was equipped with a full kitchen and view balcony. The resort also offers spacious suites with unobstructed views of the lake and the surrounding forest.

Ducey's on the Lake, the waterfront signature restaurant, was a one-minute walk from our cabin and the perfect place to watch to sun fade into the water. The menu selections are fabulous, ranging from Tenderloin Carpaccio to Sesame Seed Crusted Seared Ahi. Dinner is followed with a luscious assortment of desserts.

While staying at Ducey's, we found it easy to fill our days with outdoor activities, including visits to Yosemite, hiking nearby trails and swimming in



View of the 19th Century-Inspired Chateau Du Sureau

the lake. In the summertime, bands play live music on the lakefront deck.

After packing our bags in the morning, we traveled the short distance on a scenic mountain road to our second destination. As we approached the gates of Chateau De Sureau, a world-renowned, five-star rated resort, we were instantly transported into a quaint old-world with fairy-tale wonder. This authentic 19th-century-style French Chateau offers an old-style custom of hospitality that is rarely seen today.

The staff, dressed in crisp European-style attire, treated us with genuine warmth and sincerity from the moment we arrived. After settling in, there was a knock on the door. A beautifully-arranged tray of iced tea, fresh sandwiches & handpicked flowers were de-

livered to our luxurious room and set on a table next to the fireplace. A perfect afternoon was unfolding.

After a dip in the pool, we went off to explore the nine-acre refuge blanketed with hundreds of elderberry bushes. We were in the foothills of the Sierra Nevada Mountains and twenty minutes from the South Gate of Yosemite. There are nature trails set within the trees, a swing-set, a life-size chess board, and a gazebo overlooking an expansive koi pond. A full-service spa is available to pamper you from head to toe. The owner, Erna Kubin-Clanin, truly created a sanctuary for the soul when she designed this place. Every aspect of the entire estate is well thought out and simply astonishing!

(Continued on page 18)

Yosemite...

(Continued from page 17)

From the moment DJ and I walked into Erna's Elderberry-



Heart Flower Garden

ry House for dinner, we were surrounded by the warmth of the fireplace, fine antiques and rich fabrics from Provence. Craig Claiborne, the renowned, long-time food editor and restaurant critic for The New York Times, truly helped put Erna's on the map in the late 1980's. Mr. Claiborne, possibly one of the most important restaurant critics of our time, had a reputation for being exacting and uncompromising. The locally sourced New French-California menu is exquisite and a well thought out prix fixe dinner selection changes almost daily.

It is no wonder this small luxury mountain resort and spa is included in the Relais & Chateaux Collection of the 520 finest hotels and gourmet restaurants in the world.

Yosemite National Park, the American landscape immortalized by the iconic photographer Ansel Adams, is a short drive away.

The effort to preserve our treasured parks is now more important than ever. Yosemite became a national park in 1890, after John Muir tirelessly advocated federal park status for the area. His direction and energy, as one of our country's foremost naturalists and conservationists, should continue to serve as an inspiration and a footprint for all of us today.

CONTACT INFORMATION

Visit: Yosemite National

Park: (209) 372-0200

www.yosemite.org

The Pines Resort: (800) 350-

7463, www.basslake.com

Chateau Du Sureau:

(559) 683-6860

www.chateau-sureau.com

Erna's Elderberry House

Restaurant: (559) 683-6800

www.elderberry-house.com

Ann Nelson is a freelance writer residing in San Diego.

Experience the Ride of A Lifetime! Arthritis Foundation's California Coast Classic Bicycle Tour

By Sarah Steinwand

There is no better way to experience the iconic California coastline than by bike, especially when it supports an important cause. On September 13, 2014, approximately 250 cyclists will begin the 14th annual California Coast Classic Bicycle Tour (CCCBT) presented by Amgen, to do just that. The eight-day, fully-supported ride along Highway One takes cyclists 520 miles from San Francisco to Los Angeles, all with a goal of raising over \$1 million for the Arthritis Foundation.

Almost 53 million people, including 300,000 children, live with the pain and disability of doctor-diagnosed arthritis in the U.S., with two-thirds of them under the age of 65. Money raised during the CCCBT supports the Arthritis Foundation's advocacy, programs and vital research to find a cure for those who suffer from this debilitating disease.

The CCCBT takes riders across the breathtaking landscapes and towns along the Pacific coast. From the hills of San Francisco to the beaches of Santa Cruz and Monterey, along a dramatic coastline of 17 Mile Drive and Big Sur and the rolling hills of wine country, to the palm tree-lined boulevards of Santa Barbara, and finally to the scenic Los Angeles beach community of Malibu, the CCCBT is truly unlike any other ride experience.

Because the ride is fully supported, all riders have to do is pedal, stopping to enjoy phenomenal scenery, the occasional bakery, locally-sourced produce, and stunning wildlife along the way. Every day ends at a designated campground with wonderful post-ride meals surrounded by waves, wineries or redwoods.

"What could be more rewarding than riding a bike down one of the most beautiful highways in the world while



making a difference in someone's life?" said Manny Loya, CEO of the Arthritis Foundation, Pacific Region. "We are thrilled that this 14th year of the California Coast Classic Bicycle Tour will push us over the \$13 million mark in funds raised from this event.

We are extremely grateful to our riders, sponsors, donors and volunteers for supporting the Bicycle Tour and our mission to help those affected by arthritis. We truly believe that the CCCBT changes lives, not only for people with arthritis who benefit from our work, but also those who are riding to support our cause."

For more information on participating in the CCCBT and supporting the great work of the Arthritis Foundation, visit www.CaliforniaCoastClassic.org. Limited spots are available for the Tour. Your participation goes to fund arthritis research, advocacy and programs to improve the quality of life of those living with arthritis.

Awareness Readers can take \$25 off the registration fee by entering the code AWARENESS online until July 30th.

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Island Packers Cruises Invites Nature Lovers on Special Trips

By Katie MacDonald

Since 1968, Island Packer Cruises has provided Southern California locals and visitors with steadfast, enjoyable transportation between the Ventura/Oxnard Harbors and the Channel Islands National Park & Marine Sanctuary. Over the years, Island Packers has grown and so have its vessels — now larger, faster and more comfortable than ever before. On every voyage, the crew imparts exploration, education, recreation and research for those who are interested in discovering the exciting variety of the Channel Islands National Park and its surrounding waters.

SPECIAL TRIPS FOR 2014 Blue & Humpback Whale Watching Cruise

Boats depart May through mid-September from Ventura Harbor for all-day whale-watching trips. Sightings of Humpback whales and the endangered Blue whale can be seen as they feed on swarms of krill. Concentrated feeding grounds tend to be located near the western end of the northern Channel Islands making the journey over 2-3 hours. The trip over often passes the west end of Santa Cruz Island, where one of the world's largest sea caves, Painted Cave, is located. With weather and sea conditions permitting, guests may have an opportunity to see one of the geological wonders of the Channel Islands National Park up-close.

Time: 9:30 a.m. departure

O' GREAT SPIRIT
help me always
to speak the truth quietly,
to listen with an open mind
when others speak,
and to remember the peace
that may be found in silence.

— Cherokee Prayer

and 4:30 p.m. return

Cost: \$79 per adult; \$72 per seniors (55+); \$59 per child (12 & under)

Dates: Selected weekdays and weekend departures

Cueva Valdez

Take advantage of the rare opportunity to visit Cueva Valdez, the beautiful cove on the west end of Santa Cruz Island. The trip will begin with a narrated cruise, approximately one-and-a-half hours, exploring the many coves, caves and arches along the rugged coast. If weather permits, attendees will get a close look at one of the worlds largest sea caves, the Painted Cave. Frequent wildlife in the area to be on the lookout for include Bald Eagles, seals, sea lions and Risso dolphins.

After arriving at the Nature Conservancy property, attend-

ees will transfer onto a small shore boat for a trip through a sea cave that opens to the beach of Cueva Valdez.

Time: 9:00 a.m. departure and 5:30 p.m. return

Cost: \$65 per adult; \$60 per senior (55+); \$45 per child (12 & under)

Dates: Saturday, June 21 and Sunday, October 26

Pelagic Birding Excursions

The 12-hour deep water pelagic trip will be a chance to get far offshore to see which seabirds and marine mammals are moving through the area. Island Packers will cruise south from Ventura into the outer waters near San Nicolas Island, the banks, knolls, canyons and other proactive areas for bird sightings.

Date: Sunday July 13

Time: 7 a.m. departure and 7 p.m. return

Cost: \$195 per person

Cruise far offshore in search of the rare and special birds of Southern California. Island Packers will take a small group of campers ashore on Santa

Barbara Island, then circumnavigate the entire island, looking for specialty birds. The cruise will also tour the back shore of Anacapa and Santa Cruz Island. The stretch of ocean between Santa Barbara Island and Anacapa Island is typically an excellent place to search for Ashy, Black, and possibly Least Storm Petrels. Other common sightings that guests could encounter while aboard are terns, shearwaters, murrelets, jaegers and more.

Date: Thursday, August 21

Time: 8:00 a.m. departure and 5:00 p.m. return

Cost: \$125 per person

Outstanding seabird leaders will be on board the two trips. It is suggested that passengers pack food for the day or they can purchase food aboard the vessel in the snack bar. Cameras, a warm coat and dressing in layers is recommended. Advance reservations are encouraged.

For schedules, directions, tickets and more information, visit www.islandpackers.com, or call (805) 642-1393. Island Packers also offers various camping trips.

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Rising Like the Phoenix from the Ashes

Harmony Grove Spiritualist Association Wild Fire and Disaster Recovery

By Christine Dreher

Photos by Staff Members & Volunteers

San Diego's recent "May 2014 Fire Siege," wild fires burned more than 2,500 acres of land, 41 homes and 18 apartment units in Escondido, San Marcos and Carlsbad.



Harmony Grove Spiritualist Association (HGSA) incurred substantial fire damage and loss of buildings and homes on May 15 in the Coco's wild fire, devastating HGSA's 118-year-old historic and religious landmark founded in 1896.

HGSA incurred the loss of their church, business and education office, gift store, information center, retreat and rental cabins. Total infrastructure damage was also sustained to the electrical and plumbing systems, landscaping and even the well. In addition, 21 leaseholder's homes and belongings were destroyed in the fire, displacing a total of 45 residents.

Currently, there aren't any working utilities (still requiring repairs and inspections), a new septic system will need to be designed and approved for the residents, along with zoning and rebuilding up to current codes. Fire debris removal is underway for those residents without insurance or limited insurance thanks to the amazing Southern Baptist Disas-

ter Relief volunteer team that traveled to San Diego (camping out at their local church and on friend's couches) to help residents at HGSA with specialized wild fire cleanup.

ABOUT HGSA

HGSA is a non-profit, Spiritualist Association located in the Harmony Grove/Elfin Forest area of Escondido run entirely by volunteers. Nestled in a sheltered valley, amidst rolling hills, HGSA sits on 13 acres of beautiful natural surroundings including a meditation garden, meandering creek, and an abundance of trees and wildflowers. HGSA offers weekly healing and spiri-



tual church services, ongoing classes and workshops, Institute training for spiritual classes and programs for Ministerial Ordainment, Healing, Spiritual Development, and Mediumship certification, spiritual counseling, monthly psychic fairs, and monthly Adventures in Spiritual Discovery Meetup events with guest speakers, authors, and instructors.

HGSA is in desperate need of our community's support in their disaster recovery efforts and to help rebuild their buildings and restore their beautiful grounds, so they can continue to serve all of those who come for healing, education, worship, and community. Financial donations are very much needed right now and are tax-deductible. In addition, donations of computers, office equipment and supplies, building supplies and services, tree trimming and removal, landscaping design and plants, paving, signage, and volunteers with fundraising talents are needed.

Please mail donations for HGSA in the form of a check or money order to: Harmony Grove Spiritualist Association, 2975 Washington Circle,

Escondido, CA 92029 or call (760) 745-9176 or e-mail HarmonyGroveSpiritual@yahoo.com



HELP ALSO NEEDED FOR 45 WILD FIRE RESIDENTS

Also in desperate need are the 45 residents who lost their homes and belongings, many not insured or under insured. As much as Harmony Grove Spiritualist Association loves and supports all of the homeowners and renters on their land, who lost their homes and belongings, (including several HGSA board members), due to the non-profit tax regulations, HGSA cannot collect or distribute donations of any kind for the residents living at HGSA.

More community volunteers and donations are needed to help these 45 who lost everything in these wild fires. We want to thank all of those volunteers in our community who have helped Annette Cavender with the house goods' donation drive for the residents. Annette still needs volunteers to help her with receiving, sorting, and especially picking up and delivering donations. Financial donations and new or good condition furniture and house-



hold goods (no clothing) are still needed moving forward on an ongoing basis as residents move out of friend's or family's homes or motel rooms into interim or permanent housing. Their home rebuilding process is expected to take at least 18 to 24 months.

Please contact Annette at HGSAResidentDonations@yahoo.com if you would like to make a financial donation, volunteer to help, or donate/deliver house goods to help these wild fire residents.

For insurance and safety purposes, HGSA is asking that you refrain from visiting HGSA

until further notice, during the immediate recovery process, unless you have an authorized business purpose for being on the grounds. All HGSA activities, services and the scheduled Summer Institute will be on hold until further notice while we prepare to rebuild. Notifications and updates will be communicated at <http://www.HarmonyGroveSpiritualist.org> and/or a Harmony Grove Spiritual Association's Facebook page.

OTHER WAYS TO HELP

If you are a Facebook fan, please visit HGSA's Facebook page, "Like" and post comments and support, as well as sharing our status with others. <https://www.facebook.com/pages/Harmony-Grove-Spiritualist-Association/17301151>



044328. Forward communications and postings onto your network of contacts and post on your social media pages.

BE HEALTHY & HELP HGSA

HGSA minister, instructor, and

member Christine Dreher, CCN, CCH is also president and founder of Christine's Cleanse Corner, Inc (CCC), located in San Diego. She is donating 10% of health and nutrition supplement purchases to HGSA when you click and follow HGSA's "TransformYourHealth" banner posted on each page of the Harmony Grove website. That tracking link takes you to the CCC website, where you can purchase your nutritional supplements online. Our affiliate company will pay HGSA 10% of your purchase total. CCC is offering great prices and free shipping on purchases of \$100 or more. You can find TYH fundraising banners at: <http://www.HarmonyGroveSpiritualist.org>.

Please find a way to support both HGSA and the HGSA residents. Your immediate support of HGSA and the 45 residents is so needed and much appreciated.

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Tendons and Ligaments Need Special Care to Heal Completely

*Sprained Ankles, Plantar Fasciitis, and Bruises
Can All Benefit from a Few Herbs*

By Steve Frank

Tendons attach muscles to bones and Ligaments hold bones and tendons in place. Fascia guides muscle groups and allows them to slide over other structures. They all have a few things in common. Predominantly, they are all made up mostly of collagen. This means when they get damaged or excessively worn, they need to be repaired by fibroblasts.

Fibroblasts are like little elastic-tissue factories in your body that combine a couple of amino-acids with a vitamin C molecule to produce collagen. Fibroblasts are controlled by an enzyme produced in your liver when it is told to do so by your brain. Your brain takes the clue from pain in a region to determine that it is time to turn-up the fibroblast activity.

When you pull or strain a ligament, mash/stretch or damage a tendon, you often get micro-tears in the tissue. The tissue may not be torn in half or may not even be pulled completely from the bone. But it will require collagen repair to regain its full

strength and be able to handle full tension. When the damage occurs, there is local pain and inflammation. This acts as a signal to your brain to have the liver produce more of the enzymes used to increase the activity of the fibroblasts (those little collagen factories). These collagen factories produce materials to repair the damage.

Taking anti-inflammatory drugs inhibits this process and although it feels good, limits the extent of the repair. Advil, steroids, and NSAIDs fall into this category of making the injury hurt less but stopping the natural repair process. If you must take pain pills, it is best to use acetaminophen products like Tylenol to control pain. These don't stop the inflammation process that is critical in keeping the collagen production going.

In most injuries, there are little blood clots that form in the connective tissues. These micro-obstructions block the flow of nutrients and vital repairing constituents to the region. These blockages inhibit the repair. As we age, more of the small micro-capillaries in these tissues are also blocked with plaques. Massaging the damaged tissues can help clear these blockages. There is however, a great deal that can be gained by applying some simple herbs to the region.

Arnica Montana is a lovely yellow flower that grows in the Rockies blooming in late July. Its name means, "lamb-skin of the mountains" because the leaves are as soft as lamb-skin. There are other types of Arnica (about four) and they are

all quite useful, but this is predominantly what we have here on the Front Range. Enzymes within Arnica break-up micro-clots in damaged tissues and are very enabling in the healing process. Also, it contains constituents called prostaglandin blockers that relieve pain. When this is combined with the natural salix of White Willow bark, the pain relief is terrific. Of course the ability to break-up micro-clots means that your bruising will dissipate far faster and you will get greater flow to the region.

Comfrey and Plantain contain a constituent called Allantoin which actually stimulates the fibroblasts (little collagen factories) and gets them to produce more collagen. By continually applying this to damaged tissue (ligament, tendon, fascia or bone) the process of repair will continue... for as long as you keep applying it. If you apply these two herbs to a soft tissue injury for 4 or 6 weeks, a very complete repair can be generated long after the pain and inflammation are gone.

Rosemary and Thyme increase circulation when it is applied to tissues and Witch Hazel increases flexibility. This is very important when healing tissues as the area can hold residual trauma. Residual trauma immobilizes portions of muscles and this increases the load on adjacent fibers and puts them more at risk of damage. The increased circulation allows more nutrients to the cells that are rebuilding.

If you put all of these herbs together with a little vitamin C for collagen production and a



little peppermint leaf for soothing, you have a wonderful combination to facilitate complete healing of soft tissues. You can make a water decoction of these herbs and apply them to the damaged area several times per day or put the decoction in a gel so it can be easily applied and rubbed into the skin. This will make your damaged Tendons, Ligaments and Fascia as-good-as-new after an injury and will actually reduce recovery time dramatically. Knees, ankles, wrists, elbows, shoulders... You name it, they will all benefit. The important thing to remember is to use it long after the pain stops to complete the repair.

Support the repair process by oral administration of vitamin C, D, E and A. And don't forget to stay away from anti-inflammatory meds. They terminate the repair process prematurely and you won't need them if you use these herbs.

Note: This combination of herbs in a water-based decoction, gelled and ready to treat can be procured from Nature's Rite, LLC at www.MyNaturesRite.com It is called Bruise-Strain-Tear Repair.

Steve Frank is an Herbalist from the Front Range of Colorado with many years of experience in treating musculo-skeletal injuries with indigenous plants and herbs. He has studied the actions of these natural remedies in the clinic and the laboratory so that he can bring you the best that science and ancient wisdom have to offer. Frank can be reached with questions at stevef@NaturesRiteRemedies.com His blog can be found on www.MyNaturesRite.com

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been cut down,
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— Cree Prophecy

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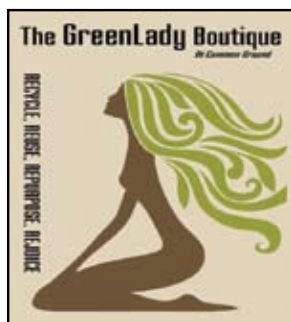
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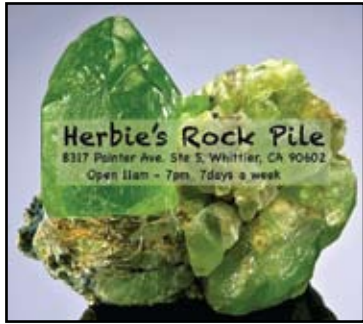
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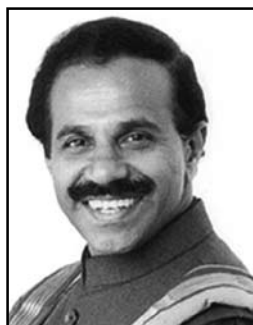
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Are You Suffering from Yeast and Parasitic Infections? (Part 2)

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

In the previous article, I discussed the symptoms and causes of yeast and parasitic infections. In this article, I will address the holistic treatment for this ever-rampant disease across the globe.

HOLISTIC TREATMENT FOR YEAST AND PARASITIC INFECTIONS

Yeast-Free Nutritional Program:

Over the past few decades, I have guided many of my clients to follow **Eight Commandments: no sugar, no dairy, no wheat, no yeast, no alcohol, no caffeine, no nicotine, and no chemicals** in order to control the overgrowth of yeasts and parasites with great results. This yeast-free nutritional program may sound radical in the beginning; however, most of my clients have found that it is actually simple. They also reported having cut their grocery bills by 30 to 50%! Most of all, they enjoy a better quality of life as evidenced by their improved mental clarity, energy, freedom from aches and pains, better overall physical function, and more positive outlook on life! Why? This is the result of nourishing your body and starving your little enemies: yeasts and parasites.

Chinese Herbal Therapy:

A yeast-free nutritional program prevents you from generating new toxins in your body. Chinese herbal therapy cleanses the existing toxins that you have accumulated over the years. **Since yeasts and parasites are like Siamese Twins, you need a well-put-together Chinese herbal formula that can control the overgrowth of yeast and parasites simulta-**

neously. When you are on potent yeast and parasite control formulas, you will see the evidence in the toilet almost immediately. I usually instruct my clients to do "toilet watching" with a flashlight or magnifying glasses to look for the following:

Debris of Yeasts:

Cloudy or mucousy materials in the urine or stool. Some of my clients described them as "the Milky Way" or "clouds under the water."

Eggs of Parasites:

They look like sesame seeds, sunflower seeds, cantaloupe seeds, undigested brown rice, broken corn, or white specs. You may see them in your stool or menstrual blood clots.

Mature Worms:

They come in various sizes, shapes and colors. Pinworms appear to be fibers sticking out of your stool. Hook worms look like spaghetti or string cheese. Flat worms look like broken tree leaves dancing in the toilet when you flush it.

All of these sound gross. However, you should be very happy to see these creatures come out of, instead of stay in, your body!

Removing Mental Toxins:

I call yeast and parasitic infections "the roots of all evil" as far as health is concerned. However, mental toxins are the core of these roots! Cleansing mental toxins is like uprooting this core and requires a lot of "dirty work." The fundamental principle for success in uprooting the core is "forgiveness." **Many people claim that they have forgiven those who have done them wrong. If you are**

still suffering from yeast and parasitic infection symptoms, then you have not truly forgiven. Forgiveness means giving up your right to punish the wrong-doers and/or yourself! When you choose peace consciously, all the pent-up anger, resentment, regret, fear, guilt, and grief will dissipate. I know this is a tall order. However, in order for you to break the yeast curse, you must replace negative emotions with peace and unconditional love!

Breaking the yeast and parasitic curse is a life-long process. If you put in 50% of the effort, you will get 50% of the benefit. That is better than 0%! Don't let the excuse of "either-or" stop you from making any effort. A Chinese proverb says, "A one-thousand-mile journey begins with the first step." Once you take the first step, the subsequent steps become easier and easier! There is no perfect time to start the healing process. The perfect time never comes. The best time is NOW!

Dr. Juliet Tien (Dr. J) is a leading expert in treating female and male yeast and parasitic infections and their related illnesses including overweight condition with a holistic approach encompassing anti-yeast nutrition, herbal therapy, and stress manage-



ment. She is a former UCLA professor in Psychiatric/Mental Health Nursing, and a cable TV Producer & Host: The Holistic Approach to Health and Success. She is also the best-selling author of two classic books, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, and *Healthy and Tasty: Dr. J's Anti-Yeast Cooking* and is an international speaker in her specialty areas. She is a former Managing Partner of Healthy & Tasty Vegetarian Restaurant in Westwood. Recently she became a partner of a vegan/gluten-free restaurant: Dr. J's Vibrant Café in downtown Los Angeles (corner of Main and 4th St.), 334 S. Main St., Los Angeles, CA 90013.

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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.





Musings

By Mystic Trish®

From Ancient China to Modern California

In Orange County you can learn all about a culture that is both very ancient and quite modern. The Bowers Cultural Museum in Santa Ana has a wonderful permanent gallery, The Ancient Arts of China; its item range from neolithic times to the present day. Wonderful paintings of Los Angeles' and San Francisco's China Towns are also on display through August.

What is now modern China has been populated since Neolithic times. The Chinese culture is an ancient one that has brought many gifts and advancements to humankind. Their spiritual practices are just as varied with three predominant religions — Confucianism, Daoism, and Buddhism. Confucianism values knowledge and discipline above all things and is seen clearly in the scribe's desk and writing instruments.

Daoism is the oldest spiritual practice and included

a lot of animism and nature worship. It is the closest to modern neo-paganism. You can see this in symbolism on Bronze Age pots and royal robes. The Chinese words for "happiness" and "bat" are both pronounced fu, so bats are used in art to represent happiness.

Peaches and deer represent immortality because they are believed to be found in the garden of the Immortals. Yellow is the color associated with the Emperor, as it is the central color in the Daoist universe — the emperor was considered to reign at the center of the universe. North is black, South is red, East is green and West is white.

Buddhism originated in India and you can follow its changes as it found its way into China. Did you know that Guanyin was a male deity originally? And the two dragons she is seen with are from an ancient Chinese story. A

lion, also Foo lion/dog, represents the Buddha, because of the power and majesty of his teachings; the lion is also a protector of the Buddha's teachings. At the entrance of the gallery there are two large impressive Foo Dogs.

The belief in the healing properties of jade goes back thousands of years to the Neolithic times. The early Chinese were making Jade adornments and jewelry before there were drills to work the stone. They would carve shapes and images into the hard jade using a technique known as abrasiement, using garnet and quartz and water to drill the jade and make shapes and patterns into the stone. Jade is a hard stone, so it represents longevity and immortality.

In the China gallery at the Bowers there are several jade pieces. One called the Pig Dragon was made between 7000-1500 B.C.E. and is a precursor to the Dragon that is prevalent throughout Chinese art and culture. It is a charming piece and really resembles a pig though you can see the shape of the dragon in the carving.

The Jade Bi is one of the oldest symbols still in use and seen regularly. Bi, which is pronounced, "be" in English is a symbol for heaven because it is round and resembles the Chinese character for the sun or heaven. Jade Cong is pronounced tsong. It is also made out of jade and round in shape. But the Cong has a different meaning. You see it is a round cuff but the cuff is squared on the outside: round on the inside and square on the outside. The round shape represents heaven and the square shape represents earth.

Thus in one piece you have heaven and earth working in harmony and this would bring you balance and harmony. Throughout the exhibit you will see items that are round; keep in mind the meaning of heaven when you see them.

The history of feng shui cov-

ers 3,500+ years before the invention of the magnetic compass. Some current techniques can be traced to Neolithic China. Did you know it was the Neolithic Chinese who discovered the magnetic compass? When the ancient Chinese discovered bronze and metallurgy they began making mirrors. You can see the beginning of Feng Shui in these items. Many were made for tombs used to reflect away the evil spirits that might bother the dead.

These wonderfully colorful paintings give you a feeling of what life was like for the Chinese people when they got to America. Most are romanticized to appeal to the Western eye. There are beautiful temples with incense smoke rising and colorful dragons parading down the street with firecrackers exploding all around.

Two things that brought so many Chinese to America were the California gold rush in 1848 and the building of the Transcontinental Rail Road in 1869. Most of the men came from areas of China that were overcrowded and impoverished. They weren't welcomed in America, but they persevered and found a way. In 1882 the United States passed the Chinese Exclusion Act as a federal Law which remained in place until the Magnuson Act repealed it on December 17, 1943.

In October China's Lost Civilization of the mysterious Sanxingdui will be on exhibit. Sanxingdui translates as Three Stars Mounds. Radiocarbon dating says the Sanxingdui are from the 12-11 century BCE and were from the far western area of China. They made monumental bronze sculptures of beings with strange protruding eyes.

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

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MUSIC & MEDIA Reviews

By Michael Diamond



PETER KATER & R. CARLOS NAKAI

Ritual
<http://www.mysteriummusic.com/>

Reprising their rich history of recording together, pianist Peter Kater and Native American flute virtuoso R. Carlos Nakai have once again joined forces on their first joint release in over a decade. The album also features accompaniment by Paul Winter Consort alumni, Paul McCandless on soprano sax, English horn, and oboe, Jaques Morelenbaum on cello, who is best known for performing with Sting, and the ethereal vocals of Trisha Bowden. One of the things I was most impressed with is the stylistic diversity and brilliance of Peter's piano work. Being the foundation instrument in this grouping, he did a stellar job of providing the musical terrain for the other musicians to walk upon. R. Carlos Nakai is an undisputed master of the Native flute and any project he graces with it is uplifted by it. The interplay between these two and their accompanists on *Ritual* is pure magic.

JILL HALEY

Mesa Verde Soundscapes
<http://jillhaley.com/>

Mesa Verde Soundscapes is the latest release from wind instrument maestro Jill Haley, and is her third album in a series that centers on National Parks. Inside the glossy eco-package is a beautiful full color 15-page booklet with photos of the places in Colorado's Mesa Verde National Park that inspired the song titles, along with a descriptive sentence or two about each photo. It is quite lovely and is a wonder-

ful companion to the music within. Jill is best known for her evocative work on English horn and oboe but she is also quite an accomplished pianist as evidenced by her playing on these tracks. Joining her on some pieces is her husband David Cullen playing guitar and bass, as well as by Dana Cullen on horn, cellist Graham Cullen, and Risa Cullen on viola. Beautiful music, lovely photos, and Jill's personal reflections make for an inspiring presentation about a national treasure.

MO COULSON & CHRIS CONWAY

Spirits of the Mermaids
<http://www.paradisemusic.us.com/>

Spirits of the Mermaids is an enchanting album of Celtic music based on a tale of a mermaid who falls in love with a human man. Over the course of thirteen tracks, the plot unfolds as told in song by Mo Coulson on her Celtic harp, accordion, and vocals along with collaborator Chris Conway on Irish whistles, keyboards, guitar, zither, flute, vocals, and percussion. Additional musical guests also add their Celtic-inspired colors to the mix. As detailed in the liner notes, the story is inspired by tales of Melusine, a mermaid who appears in much mermaid mythology, and draws upon the theme of impossible love between the people of the land and those of the sea. I especially enjoyed listening to this album from start to finish with headphones to be fully immersed in the lush aqueous soundscapes created within this imaginative and entrancing musical adventure.

CARL WEINGARTEN

Life Under Stars
www.carlweingarten.com

Ambient music can often be ethereal and meditative, however, guitarist Carl Weingarten's version here is an upbeat top-down cruise to the beach. While his music has been called "cinematic jazz," certainly an expansive categorization, it's not quite broad enough to describe all its elements and nuances. His use of slide guitar and dobro in an ambient context is groundbreaking, and transcends the blues and Americana roots they are generally associated with. In Carl's hands they become textural instruments that add exotic sonic colors to his unique soundscapes. In addition to his multi-instrumental talents, Carl's sterling choice of accompanists is part of what makes his music so incredibly cool. There is really no one else who sounds quite like Carl Weingarten. His style is adventurous, exploratory, and intriguing, and to be able to create a distinct sound in today's crowded music market is an accomplishment in itself.

LOUIS COLAIANNIA

Closer
www.louismusic.com

As a pianist and composer, Louis Colaiannia has always

brought a variety of influences to his previous recordings, including jazz, classical, and new age. On *Closer*, however, Louis sharpens his focus, while expanding his horizons with a recording that gravitates much more fully toward the new-age side of the spectrum. And to help him toward that end, he has chosen to work with one of the icons of the genre — Grammy award-winning producer and Windham Hill Records founder Will Ackerman, and his roster of world-class studio musicians for accompaniment. As much as I loved Louis' previous blend of up-tempo jazz and contemporary instrumental genres, I think that this more focused approach will serve to expand his audience and the album's commercial success. The music is contemplative and introspective throughout, making it perfect for someone who wants to put on an album to set a mood for either focused listening or background music.

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

The Timeless Love of Twin Souls

This is a wonderfully inspiring story about a couple's timeless romance which spanned history. Discover their adventure across time and, while doing so, find out about how you are one half of a Twin Soul. Wake up to the true magic of Everlasting Love as well as finding your way to a greater happiness in the process.

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BOOK Reviews

By Sonia von Matt Stoddard



SECRETS OF ABORIGINAL HEALING

A Physicist's Journey with a Remote Australian Tribe
By Gary Holz, D.Sc. with Robbie Holz

At the age of 43, the primary author, Gary Holz, was diagnosed with chronic progressive multiple sclerosis and was given two years to live. He was not ready to die, even though he spent most of his time in a wheelchair and could barely feel his body. After grieving, and with the help of some serendipity, he was introduced to alternative methods of healing and ended up living with, then writing about, the 60,000-year-old healing system of the Aborigines of Australia, the world's oldest continuous culture.

Learning that the key to healing would be his own, the author chronicles the step-by-step process of his recovery and explains the five essential steps of the Aboriginal healing process, using dreams, telepathy and a process that enacts

healing at the cellular and soul level, where the root of physical illness is found.

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

THE SEVEN PATHS

Changing One's Way of Walking in the World
By the Anasazi Foundation and the Meditations of Good Buffalo Eagle

In the Navajo tradition, life is a walking journey and we have the gift to choose to walk either forwards or backwards. And, since this is our choice, we are accountable for the consequences and results of our choices. The Ancient Ones, the wise teachers in the Navajo tongue, are called the Anasazi. This book presents seven elements, that combined with nature and the Anasazi philosophies, may heal our hearts and offer deep wisdom and release from heartache and pain.

Written in a poetic style,

each path is discussed and a lesson is learned by an element in the natural world that ultimately leads from the path of the alone and individual "me" to the path of "we" where we can renew our connection to the natural world, and work our way towards conflict resolution and a renewal of spirit.

Published by Berrett-Koehler Publishers, Inc., this book is available at your local bookstore or www.bkconnection.com

SHAMANIC AWAKENING

My Journey between the Dark and the Daylight
By Sandra Corcoran

The author lets us know right away that she is not a shaman; however, she considers herself a shamanic counselor, defined as someone who combines standard therapeutic practices with shamanic techniques to connect a client to the sensory knowledge present in nature, to tap the wealth of information available in meditative or dream states and to incorporate rituals and practices to uncover the deep wisdom and potential within oneself.

As such, she found death was the doorway to her shamanic journey. Working with Native elders and indigenous gatekeepers throughout the Americas, and opening her heart to the immensity of living energies of the cosmos, she finds an opportunity for a deeper awareness of the world, a fuller understanding of herself and ultimate renewal.

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

THE EMISSARY

A Novel
By Patricia Cori

A fast-paced fantasy adventure, we begin with three catastrophic events where incredibly large amounts of birds fall from the sky in Los Angeles, miles of Maine beaches are covered with dead fish, while in New Zealand, over a hundred whales and dolphins

lie dead or near to it.

A renowned psychic and telepath, while working with an oil drilling company, finds a deep connection with the dying whales and decides that her calling is to save the earth from whatever weapon is being used to cause these extremely odd massive animal deaths, and to prevent additional damage from occurring.

The "emissary" is the voice of this woman as the warrior against an evil that involves government secrets, black ops, adventures on the high seas and a race to overcome an unknown force before it causes further damage.

Published by North Atlantic Books, this book is available at your local bookstore or www.northatlanticbooks.com

SEIKI JUTSU

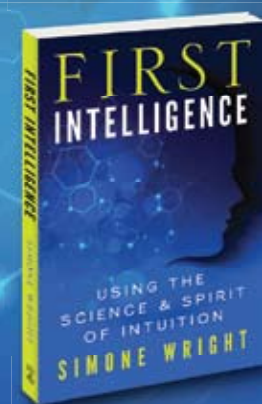
The Practice of Non-Subtle Energy Medicine
By Bradford and Hillary Keeney

In Japan, Seiki Jutsu is regarded as the fountain of youth, a "flow experience" that provides a way to bring maximum vitality into all aspects of your life. In Tantra, Seiki is known as kundalini and described as activated and strengthened chi. It is therefore "non-subtle" energy because it is strongly felt once it is awakened. Unlike other practices, once you have achieved Seiki, its daily enforcement will allow you to activate your flow and use the energy to recharge your mind, spirit and empower you to find your unique destiny.

With a focus on energy — good, bad or unusual, this book is the perfect introduction to Seiki, since the authors provide a unique history and examples of how the practice used by the Samurai warriors in the 8th century still works for contemporary artists, athletes, musicians and "performers" in all areas.

Published by Healing Arts Press, this book is available at your local bookstore or www.HealingArtsPress.com

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TV writer, *Fairly Legal* and *Perception*

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KID'S Reviews

By Lyda Whiting

I AM: WHY TWO LITTLE WORDS MEAN SO MUCH

Written by Dr. Wayne W. Dyer with Kristina Tracy, illustrated by Stacy Heller Budnick

We are one. "I am the voice that you hear when you are quiet and still. I am the little bird on your windowsill ..." We are together.

The renowned author offers children the gift of understanding that we are not separate from, but part of, God. Dr. Dyer now shares this most important concept from his book for adults, "Wishes Fulfilled," with children.

Beautiful and colorful paintings fill the reader with delight as the gentle words flow over the pages. The writing is simple and lovely, and easy for a young reader to read on their own. You will want to share this gem together, often.

Highly recommended for ages 3 and up.

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

A BEE NAMED BEA AND OTHER POEMS

Written by Candace A. Dietz, illustrated by Virginia J. Rost

A bee named Bea just wants company, but everybody flees her. Until she meets another bee, and together they are happy as can be. William the vermilion chameleon can't change colors — until his friend shows him how to use colorful scarves to be any color he wants.

Children will have fun reading about charming, quirky animals like Bea. The characters deal with funny problems in creative way, so each poem ends cheerfully. The lively poems are accompanied by whimsical watercolors that fill the pages with color.

This is a great book for reading aloud together, as well as for the beginning readers. The warm-hearted tone is just right for bedtime or any time together.

Recommended for ages 3 and up.

Published by Mixed Media Memoirs, this book is available at your local bookstore.

TURTLES DON'T SURF

Written and illustrated by Jaimal Yogis

Kai the sea turtle wanted to surf. He couldn't make it past the breakers, and the surfing dolphins laughed at him. His parents grounded him for trying. But Kai vowed to be the first surfing turtle. That night as he slept, a dream octopus took him off through his window to a distant shore where turtles were surfing the waves. Once Kai saw them doing it, he tried again and he could do it too. He just needed to believe he could.

Then Kai noticed a dolphin trying to get past the breakers to surf. The other turtles were laughing at her and telling her "dolphins don't surf." Should Kai hang with his new friends, or help the dolphin?

This whimsical book has rhyming text, child-like illustrations, and a gentle message. Young readers will enjoy Kai's adventures.

For ages 3 and up.

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

THE GIFT OF THE LADYBUG

Written by Carole M. Amber, illustrated by Evi Shelvia

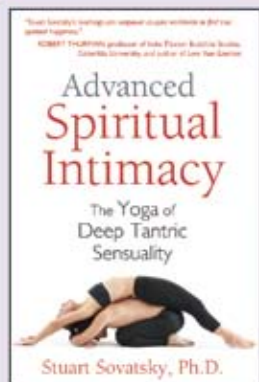
Once there lived two horses who loved each other very much. They were very happy when they had a beautiful baby. They loved their boy Polkadot so much that they didn't notice he was different from other baby horses. But the doctor told them their baby was not a horse at all — Polkadot was a ladybug. And ladybugs fly instead of gallop, eat bugs instead of hay, and live shorter lives than horses. The horses cried, but then they realized that their baby could never be a horse — he was a ladybug. So they celebrated Polkadot for who he was, and enjoyed the sweet time that he was with them.

This story of love and acceptance will help children and parents see their unique selves as magic just the way they are.

Recommended for ages 3 and up, and for parents everywhere.

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

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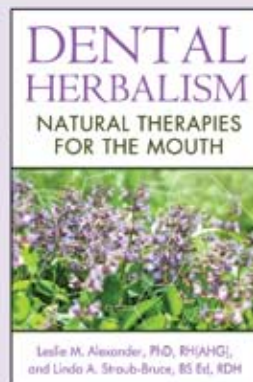
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NEVER "Old?"

By Jesse Anson Dawn

Tips for Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 70), author of the national award-winning book **Never "Old,"** plus **The Rejuvenator's Bible**, speaks out about a most stirring subject: how to personally control the unwanted effects of "aging."

Presently answering the question:

Dear Jesse, Surely you are someone who cares a lot about the true-to-life, wellbeing of humanity. And with that mission in mind, can you tell me this? If you could eliminate one of this planet's worst problems, what would it be?

Dear Reader,

The way I see it, humanity surely needs to increasingly transcend [Old Era], medical practices, whereby we learn how to TRULY maintain steadily rejuvenating, [illness]-free lives, a vibrantly strong longevity that goes FAR beyond so-called "normal life expectancy."

Therefore, to overcome overly toxic, mainly profit-based "medical" methods, I've

spent several decades studying and writing about truly beneficial ((SELF-healing)) abilities that are effectively practiced throughout this planet. All of which continues to encompass a worldwide journey that uncovers the vital frontiers of a subject that never ends))))))

Never ending indeed, steadily evolving the need to overcome "standard" procedures, whereby too many people die unnecessarily, trapped amid overpriced, medical industry methods that, again and again, fail to keep one's precious body ALIVE IN ALL OF ITS PARTS)))))).

Therefore, surely the time has come to uncover the crucially needed, truly effective benefits of conscientious, spirit/mind/body education. And due to that truism, I feel gratefully blessed to be sharing my (uniquely helpful), latest book, **The New Era of Consciousness**, a perpetual, good-for-a-lifetime resource that I was truly (BORN TO WRITE))))))

Born to write indeed, and due to the steady flow of emails that I'm getting about

my New Era book, I'm feeling like ((every day)) is my birthday, so glad to see that massive amounts of people are eager to learn about TRULY working methods of (regeneration-sparking, self-healing)))))).

For example, ever since connecting to a greatly helpful, worldwide network called LinkedIn, whereby people share comments about books that they've read, I've been receiving ((unforgettable)) messages such as this one, an email recently sent to me by LinkedIn member Wendy Padilla:

"Dear Jesse, I can't put my Kindle down! A very comprehensive book — thank you! I'm so happy that I discovered you!"

Or this (brightly memorable) email from LinkedIn member Rosie Trakostanec:

"Thank you very much Jesse. Your writing is inspiring and true, surely you are a beneficial instrument of truth. BLESSINGS!"

As on and on I get these kindly positive messages that, again and again, make my day. All of which has increased my affinity for the special feeling of (cuddling-up) with a truly beneficial, paperback book, followed by seeing it enlarge my (proudly getting bigger) library, whereby nonfiction, fiction and poetry all join together, steadily emanating revelations I've learned)))))).

And speaking of poetry, let me share with you this lyrical, heartfelt piece that ends Chap-

ter One of **The New Era of Consciousness**:

From This Point On—
Mind-activated-healing will be **truly unfurled**, to spread its vast benefits **throughout the WORLD**, Teaching us to ((revive)) the **true potency** of our **brains**, whereby we **TRANSCEND** ills and "aging" and pains— As ((self-curing)) knowledge will no longer be [hidden], by [Old Era] greed that wants to keep it [forbidden], But with liberated minds we ((focus)) on **PREVENTION**, arousing ((protective)) ways that need **more attention**— helping us to ((emanate)) **SELF-DIRECTED defenses**, amid which we maintain **all EIGHT of our senses**, As it's ((NEW ERA TIME)) **for the ((UNIVERSAL)) mind**, that puts [TV-trapped thinking] several light-years **behind**, As brain and body learn to ((vitality UNIFY)), to **STRENGTHEN** restoration, ((willfully)) not letting it die, So sit back and relax, and **ENJOY** this **brain-food**, to nourish ((empowerment)) that's long been [subdued], Yes, read on dear reader, read **ON** and you will **SEE**, Truly **WORKING** ways to ((ENLIGHTEN)) **your destiny...**

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



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AWARENESS

REFLEXIONS REFLEXIONS

By Robert Ross, CHZT



on Our Antibiotic World

"Antibiotic resistance is no longer a prediction for the future; it is happening right now, across the world, and is putting at risk the ability to treat common infections in the community and hospitals . . . Without urgent, coordinated action, the world is heading towards a post-antibiotic era, in which common infections and minor injuries, which have been treatable for decades, can once again kill."

— World Health Organization
2014

A few years ago world travelers worried about malaria, hepatitis or Dengue fever. Now new diseases threaten: antibiotic resistant Tuberculosis, Carbapenem-resistant Enterobacteriaceae, known as CRE's, Klebsiella pneumoniae carbapenemase, aka KPC's and the spread of New Delhi metallo-beta-lactamase, NDM1. The old line-of-defense, antibiotics, are no longer working. These tried-and-true disease fighters are up against a new unstoppable enemy, the superbug.

Antibiotics are fungal poisons called mycotoxins that kill bacteria. Penicillin is the best example. Its discovery in 1928, allowing for safer surgeries, along with the ability to combat bacterial infections, was a turning point in history. Viewed by many as a miracle, today this miraculous aid is slipping away uncontrollably, and we are facing what the CDC describes as "a nightmare."

Bacteria are like little peo-

ple. Over time they evolve and adapt; and like humans they're very cunning. They have a survival gene built into their very existence. So, along comes Dr. Alexander Fleming with a discovery — penicillin — that can kill bacteria. Champagne bottles are uncorked in hospitals across the globe. Death from infection plummets. And, surgeries that were once considered too dangerous, become commonplace. Bacteria, both good and bad, are being decimated like turkeys in a turkey shoot.

Doctors, encouraged by pharmaceutical companies and the public, prescribe antibiotics in record numbers for anything that resembles an illness. Over-prescribing becomes the modus operandi. Colds and influenza — both viral infections — are treated with antibiotics, even though they will not help. Dentists take advantage of this miracle drug. The food industry pumps antibiotics into animals and poultry. Western countries, third-world countries, everyone jumps on-board. Overnight we are an antibiotic world.

This world-wide use of antibiotics threatens the very existence of certain bacteria. To survive they evolve and adapt.

In a speech given in 1945, Alexander Fleming warned of the overuse and abuse of antibiotics. The warning wasn't heeded though. Consequently, research centers throughout the world are now referring to antibiotics as the "perfect-storm."

The more we expose bacteria to antibiotics, the more likely resistance will develop. Diseases like TB, once considered controlled, are now on the rise with drug resistant strains. In 2012, there were an estimated 450,000 new cases of drug resistant TB in the world. So troubling is this trend of drug-resistant bacteria, Dr. Arjun Srinivasan, of the CDC recently declared: "We've reached the end of antibiotics!"

THE PARADOX

In America, we have an abundance of food. Walk down any supermarket aisle and the choices can be overwhelming. We have so much food that America is a world leader in obesity. But this abundance of food causes more harm than just contributing to obesity.

Sunday breakfast for many families includes ham or bacon, eggs, and a glass of milk for the kids. Although this menu sounds nice and relatively healthy, in reality, it's a buffet of antibiotics. Antibiotics have been fed to food animals, since it was discovered that by doing so, they gained an average of 3 percent more weight. More weight translates into greater profit margins. Stuart B. Levy, M.D., who has studied the subject for years, estimates there are 15-17 million pounds of antibiotics fed to food animals yearly.

In a family of five, statistically, four will have taken a doctor-prescribed dose of antibiotics during the previous year. Surprisingly, public health officials have stated that over half of the antibiotics used in the U.S are inappropriate or not necessary.

Two issues arise from this over-consumption of antibiotics. First, antibiotics kill all bacteria, the good bacteria which are needed for proper digestion of nutrients, along with the harmful bacteria. Second, the more bacteria-killing antibiotics we consume, the more we're alerting those insidious little devils to evolve and adapt — to survive. "The bad bugs are getting stronger and they're getting stronger faster," says Mark Plotkin, in the book, *The Killers Within*. Dr. John I. Pitt, in his book *The Genus Penicillium*, was more ominous in his prediction: "It is ironic that this humbled fungus, hailed as a benefactor of mankind, may by its very success prove to be a deciding factor in the decline of the present civilization."

PBS on its Frontline series investigated the rise of deadly drug-resistant bacteria with the program: *Hunting the Nightmare Bacteria*.

The show featured a segment on KPC, a deadly bug that infected the National Institute of Health in Bethesda, Md. leaving twelve patients dead. Over a period of months and isolation wards, doctors were unable to ward off the deadly bacteria. Antibiotics did not work. The last KPC patient fatality came to NIH for bone marrow issues. A year after the initial outbreak, this patient entered the hospital, was soon infected with the KPC virus and died.

Methicillin-resistant Staphylococcus aureus — MRSA, another deadly bacteria, was

(Continued on page 38)

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REFLEXIONS REFLEXION2

(Continued from page 37)

also featured in the Front-line program. MRSA, like KPC makes its home in hospital settings and is almost impossible to detect and eliminate. Yearly it is estimated that approximately 19,000 people die from MRSA infections; infections that had been contracted in a hospital setting. In some cases, as with NDM1, once these drug-resistant bacteria invade the body of a patient, they co-opt the bacteria in the body to become drug-resistant bacteria. As one medical professional described it: "it's like putting a new red unwashed t-shirt into the laundry with white t-shirts; at the end of the wash, they're all pink." Unfortunately, once this invasion takes place, little can be done medically.

To date, 44 states have reported hospital outbreaks for

these deadly untreatable bacteria. But, apparently states are not required to report these drug-resistant outbreaks, so it is believed by many that more states and hospitals may be involved.

Transitioning to a world without antibiotics is unimaginable. Going back in time, to when common infections could kill; and when surgeries were rarely done, is difficult for the mind to grasp. Yet, health care professionals around the world are sounding the warning.

This step-back-in-time medical environment won't happen overnight, however, if the experts are correct, the world is going to change dramatically in the coming years.

In the meantime, this writer will be washing his hands a lot, looking for non-antibiotic organic food labels, and avoiding hospitals like the plague, no pun intended.

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

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Voices of Hope
By Audrey Hope

PRAYHER

Come to your senses
Step into the age
Read signs of earth water wind
Learn the language of the land.

The time invites.
The light club opens.
Enter -
But only with bags discarded.
It is not about you.

Leave behind your story,
Family pain drama and disappointments.
Release identity and past
Stay the course, no matter what.

Stop the compartments.
It's the whole deal.
100 percent integrity- all truth and healed.
Power is deserved and earned.

Be superior to events.
Remain happy from an inside home.
Find reward in following the plan.
Forge ahead, despite what comes.

Don't be fooled by negativity trying to eat you.
Don't be tricked by popularity of the masses.
Don't expect validation from persons or things.

Stand, though the world is twisted and wrong.
It applauds the superficial, puts down the sacred.
Take up the invisible sword,
Reciting the secret code:
"I AM THE POWER OF THE UNIVERSE, KNOWING WHO I AM."
And pray...

Prayher precious ground with carry us.
Prayher seas won't overcry.
And the only warming is the morning sun
To awaken us to battle another day.

Mother earth, be still.
Until the work is done.
We came to save you.
We came to be strong enough to save you.

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

Native American Prayer

Oh, Great Spirit
Whose voice I hear in the winds,
And whose breath gives life to all the world,
hear me, I am small and weak,
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold
the red and purple sunset.
Make my hands respect the things you have
made and my ears sharp to hear your voice.
Make me wise so that I may understand the things
you have taught my people.
Let me learn the lessons you have
hidden in every leaf and rock.

I seek strength, not to be greater than my brother,
but to fight my greatest enemy — myself.
Make me always ready to come to you
with clean hands and straight eyes.
So when life fades, as the fading sunset,
my Spirit may come to you without shame.

(translated by Lakota Sioux Chief Yellow Lark in 1887)
published in *Native American Prayers* - by the Episcopal Church.



Feng Shui Concepts

By Jenny T. Liu, M.A.

Roots of Wisdom

The following is taken from Grand Master Chi-Jen Liu's book, "Feng Shui Chi Art." The book is filled with insightful teachings about chi, full-color photos of paintings, art statements, and poetry. In the following excerpt, Grand Master Liu shares his dream that inspired the Chi Art pictured here, "Tunnel of Love Between East and West."

In a vivid dream, I find myself at the end of a tunnel that is framed with dripstones and vines. Before me is a magnificent view of green mountains with peach trees, jungle foliage, and flat rocks lining a smooth broad river below. In this dream, my beloved wife and I stroll hand-in-hand, enjoying this ideal world — the hard-earned fruit of our labor. But this world is more than colorful fantasy — it is filled with symbolism and reveals the journey I started fifty years ago to share Eastern culture with the West.

For the past fifty years, I have been digging a tunnel, symbolically speaking, to connect two cultures. The tunnel represents the communication of Eastern philosophy I have brought to the West. It is reinforced with dense tree roots that have worked their way into the rocks and soil, making it stable and permanent. This symbolizes that my work has made a foundation in the West. I have strengthened the walls of this communication tunnel with the roots of wisdom and love for my culture.

Dripstones represent heaven coming to Earth because they descend from above. The eight dripstones symbolize Heaven Town, from which di-

vine blessings of fortune come down to earth. Dripstones also symbolize achievement and wealth.

In my dream, the dripstones look like the beards of ancient sages. Feeling like a young child again, I swing from the roots and vines, serenading my wife with songs of love. In the distance, six jade mountains symbolize strength and eloquence because they are solid, shiny, and smooth. The peach trees symbolize longevity. The clear wide river is shaped by a curving wall of jade rocks. Flowing with love, it sustains the mountains and jungle.

One jade-lined river, six jade mountains, and eight dripstones create the 1-6-8 pattern. In Chinese, this pattern is pronounced as *yi lu fa*, which can be translated as "smooth road to prosperity." In the dream, and depicted in this painting, my wife and I ride the red



Chi Art, "Tunnel of Love Between East and West" by Chi-Jen Liu.

boat of love. We enter the river from the East and glide to the West, poignantly reflecting on our journey together. I am reminded that I spent my entire life digging this tunnel. Sharing my knowledge of feng shui has been my mission for a happier world.

Now, I have reached the goal I always dreamed of. Today, feng shui is widely acknowledged and appreciated by Western scholars, leaders, and professors. I feel no regret in my life, for I see the result of my work every day and feel truly accomplished.

With this painting, I hope

others will see how rewarding it is to cultivate wisdom and be inspired to create good karma. We have to share our knowledge with others to create more love and understanding between all humans. We are a global family, regardless of what culture you come from, and we can help each other reach our goals.

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

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The Horse Totem

By Allen and Linda Anderson

There is a fascinating website called "Native American Legends." In the section "Native American Totems & Their Meanings" (www.legendsofamerica.com/na-totems.html), it states that the Horse Totem means "freedom, stamina, mobility, the land, travel, and power." Horses, beloved by indigenous peoples around the world, have offered the freedom to travel and the power of protection from invasive forces.

In a story sent to us by Joy Loros, a horse-lover from Southern Oregon, she writes about the connections she and Divine Spirit made between herself and the horse who played a healing role in her life.

FRANKLIN, THE HORSE WHO WAITED FOR ME

When I was ten years old, I promised myself that for at least one day, I would have my own horse.

In my 30s, I did a Native American sweat. I am a white woman, yet I have always felt very close to the Native American ways. During this sweat ceremony, I had an experience I never spoke of till the next year, when I was at my second sweat. In a Native American sweat, you are re-birthed by Mother Earth. You go into her womb, represented by a man-

made tepee, which is totally dark. Much ceremony accompanies the sweat.

At my first sweat experience, I could only see a slight glow from seven hot stones. Then I saw a horse's eye in the pitch dark. Whether my eyes were open or closed, I could see the horse. I felt a brief moment of fear and then an overwhelming love. The fear left, and all I felt was wonderful love of the spirit of the horse.

Years later, I met a very majestic thoroughbred gelding named Franklin. He had run many races. He had kept his racing human in hay for him and earned his keep until he was nine-and-a-half years old. This is a very long racing career for any horse. I got to ride Franklin over three mountains on a day ride. I fell into the kind of true love that only a horse and a woman can have. Horses are such beings of light. And they connect you with the light. Franklin stole my heart that day.

We had several other rides a year apart. Always up and down hills to exercise his up and down muscles, so he could be a better racer on the flat tracks. I would be so sore the next week as I had not ridden since the previous year. The discomfort was always worth every moment I got to spend with this wonderful being of light.

Then, I became ill with chronic fatigue. I had to spend three-and-a-half years in bed, for 90 percent of the time, trying to recover. One day, my friend called to say that Franklin was retiring from racing. She offered to give Franklin to me. But I was too sick to even think about having a horse. I

had to say no. All of my life, since age ten, I had dreamed and hoped and even worked, as a teen, at a riding stable so I could have a bit of riding time. Now here was a gift I could not accept. I felt so crushed. Heart broken, I was angry with God for a while. How could I be sick and not be able to have this horse?

After I healed, I again prayed to God for a horse. I called my racing friend. I knew Franklin was long gone but I still loved the heart of this thoroughbred. I asked if she knew anyone retiring a racer who would make a good trail-horse. She said, "I just heard from my veterinarian that ol' Franklin became available about a month or two ago." I was so afraid to even hope. Could it be true? My Franklin, my dream horse, available? YES! I was able to pay the price of 800 dollars for Franklin and arranged to make further payments. Franklin came to live with me.

For five years he was the best thing that ever happened. He taught me so much. He gave his heart to me and filled my heart with love and knowledge that I could have only learned from him. Three years ago, Franklin had to be crossed over by the veterinarian. His arthritis was so bad I could no longer keep him comfortable. Before this, he had acupuncture, chiropractic, and herbs. I figured that if natural things were good for me, they were good for him too. He was so proud and went very quickly. Of course, I told him to go to the light.

I feel Franklin with me every now and then. I even had a dream visit from him several



months after he crossed over. It was the kind of dream that after you wake up, it feels like it really happened. This was one last gift from my friend and very first horse Franklin, who will be waiting for me along with the other horses I have loved, when I cross over in my own time. Thank you, Franklin for teaching me so much about horses and what amazing wonderful beings of light you are.

Today, I have been the person for four horses. But my other dream was to gentle a wild mustang. No whips; only love and understanding. I became the proud human to a yearling mustang. I found a horse-gentler, who is guiding me, since I am no horse-gentler without help. Gabriel is a tri-colored paint. Sometimes I feel Franklin through him.

I named this horse Gabriel after the Archangel, who stands for strength. Gabe gives me lots of strength, love, and nickers. Gabe has two white spots, one on each shoulder, where his angel wings were before he came to me. That is why he is my angel horse.

Has a horse brought you "freedom, stamina, mobility, the land, travel, and power"? Has a horse connected you to your own wild, proud, and indigenous nature?

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. Their newest book is A Dog Named Leaf: The Hero from Heaven Who Saved My Life (www.adognamedleaf.com)

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

— from the Great Law of the Iroquois Confederacy

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MONDAY NIGHT MEDITATION. Hosted by www.Meditations2Go.com. Every Monday night 7:30-8:45pm in Thousand Oaks/Simi Valley. (805) 823-6950 for details. Visit: www.meditations2go.com/classes/.

TUESDAYS in July & August. MEDITATIVE BREATHING. 6:15 to 7 pm., Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

TUESDAYS in July & August. A COURSE IN MIRACLES, 12 noon to 1:30 pm., Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

THURSDAYS in July & August. SACRED HISTORY. 7:30 to 9pm, Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

WEDNESDAYS. (every third Wed.) Holistic Chamber of Commerce: Inland Empire Chapter Monthly Meeting, 6:30-8:30pm at Natural Magnetism, 8200 Haven Ave., #2110, Rancho Cucamonga, CA 91730. Contact Julie Mayo, Chapter President, (909) 233-4242 or visit IE.HolisticChamberOfCommerce.com. Everyone is welcome!

SATURDAYS. (Every 4th Sat.). Holistic Health and Awareness Fair. 11am-4pm, Natural Magnetism, 8200 Haven Ave., #2110, Rancho Cucamonga, CA 91730. Free admission! Holistic practitioners, speakers and vendors needed. Contact Julie at (909) 233-4242 or visit www.IEHolisticFair.com

JULY

JULY 10-13 — Join Shaman Isabella Stoloff for a private Goddess Retreat nestled in the Santa Cruz Mountains. OHealingcenter.com (714) 603-8624.

JULY 10-13 — LifeShakti + LifeBhakti — Retreat with Himalayan Monk, His Holiness Swami Vidyadhisnana. Join us for a deeply spiritual retreat honoring our *shakti* (vibrancy) and *bhakti* (devotion) over the auspicious Full Moon *Guru Purnima* weekend of July 2014. Be in the presence of a realized saint and experience profound blessings, love, wisdom and practical "how-to-live" guidelines from the Sanskrit heritage. Cal State University Channel Islands, Camarillo, CA. For details or to register: lifesakti2014.eventbrite.com. Contact: quest@swamahiman.org

JULY 12 — FREE BOOK SIGNING. Saturday 2-3pm. Meet Tobi Redlich, author of *Contemporary Runes: A Guide To Your Essential Self*, a spiritual and psychological handbook for clearing the path to one's authentic self. Comes with 32 Runes. **INTRODUCTORY WORKSHOP,** 3-5pm, \$35. Location: Ventura Yoga Studio, 110 N. Olive St, Suite P, Ventura (805) 643-5979. www.contemporaryrunes.com

JULY 17 — START A NEW CAREER HELPING OTHERS. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

JULY 8 — DEEKSHA ONENESS BLESSINGS. Tues. 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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

JULY 20 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS. Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

JULY 22 — REIKI HEALING CIRCLE. Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

AUGUST

AUGUST 2 — GERI-FIT® STRENGTH TRAINING WORKOUT FOR OLDER ADULTS, national exercise instructor certification Saturday, 10am-6pm at Santa Ana College. Visit gerifit.com or call 1-888-GERI-FIT for more info.

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AUGUST 17 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS. Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

AUGUST 26 — REIKI HEALING CIRCLE. Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER

SEPTEMBER 12-14 — Rupert Sheldrake & Graham Hancock, SYNCHRONICITY: Matter & Psyche Symposium. Joshua Tree, CA. Embodied Ideas Festival, Art, Speakers, Practices. Richard Tarnas, Steven Aizenstat, Marilyn Schlitz, www.matterpsyche.net

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