

# Awareness

Southern California's Guide to Conscious Living

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**BETH GREER**

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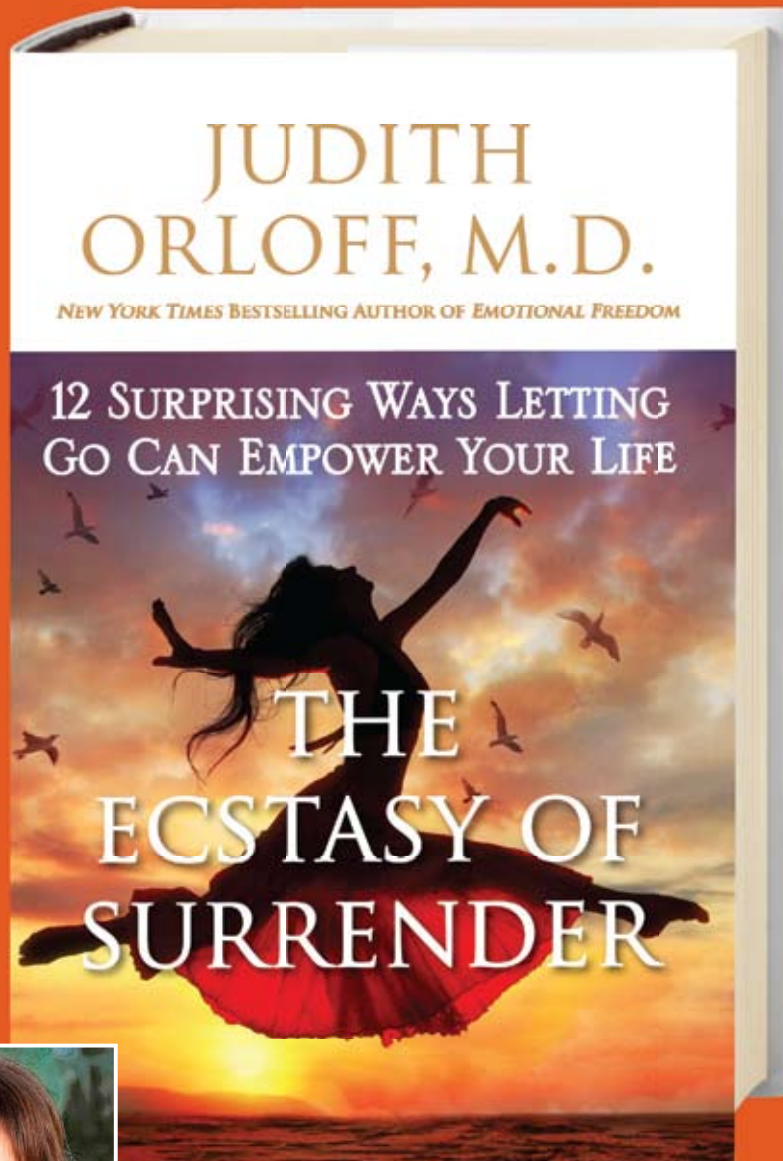


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# Awareness®

Southern California's Guide to Conscious Living

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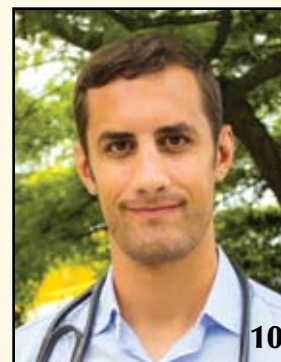


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# HELPFUL HINTS TO IMPROVE YOUR HEALTH, HOME, AND PLANET

## An Interview with **Beth Greer**

By **Randy Peyser**

**M**ercury in your mascara? Formaldehyde in your baby shampoo? Oy vey! What's the world coming to? Better yet, what can we do to make ourselves and our world healthier?

Beth Greer, author of the bestseller, *Super Natural Home: Improve Your Health, Home, and Planet — One Room at a Time*, offers hundreds of easy tips to end the chemical madness — and other “blue meanies” — that have overtaken our lives and our planet.

Beth, aka “Super Natural Mom,” is an award-winning journalist and health educator, who eliminated a tumor in her chest the size of a tennis ball without drugs or surgery by making small, but radical changes to her lifestyle and environment.

Beth is the former President of The Learning Annex. She's appeared on ABC-TV, NBC-TV, CNN and NPR, where she has shared proven methods to radically transform health and vitality. [www.BethGreer.com](http://www.BethGreer.com)

**Randy Peyser: Was having that tumor the impetus for you to go green?**

**Beth Greer:** Yes. I thought I was healthy. I was also exercising and eating right. I had a successful business, a great marriage, and meditation practice. It came as a complete shock. It was benign, but painful. Three surgeons insisted on immediate surgery. But I had made plans to go to the Optimum Health Institute for a detox beforehand. So, I decided to go there, instead.

I began my cleanse with raw vegetable juices and wheatgrass. Within 3 days, the pain

started going away. So I decided to stay on the path of cleansing and simplifying. I ate raw, pure whole foods that had no labels. I also bought a juicer and a dehydrator.

ardous to humans and domestic animals”? Why use toxic stuff? I switched to hydrogen peroxide, vinegar and baking soda — things my grandmother used.



Photo by Stuart Lirette. [www.lirettephotography.com](http://www.lirettephotography.com)

Next, I looked at what I was putting on my skin. My deodorant, shampoo, moisturizer and makeup all contained unpronounceable chemicals. I started making changes. For example, instead of using deodorant, I took a glass salt shaker — the kind found in restaurants — and filled it with baking soda. After my shower, I sprinkled baking soda in my hand and applied it. Right after a shower, your armpits are slightly moist, so it sticks. It works great.

To be even more thorough, I decided to look at what went in me, what went on me, and what surrounded me. Just think of all the household cleaning products you use. Do you know that Windex says: “Hazardous to humans and domestic animals”? Why use toxic stuff? I switched to hydrogen peroxide, vinegar and baking soda — things my grandmother used.

In six months, my pain was completely gone. Six months after that, a scan showed that the tumor had disappeared. This experience convinced me that the tumor came from environmental exposure, since I had no genetic predisposition for it. Our bodies are magnificent self-healing organisms if we treat them right and are as natural as possible! When I cleaned up my home environment, I healed myself.

**Randy: I was surprised to see how many popular companies you mention who have at least one ingredient in their products deemed harmful by the EPA.**

**Beth:** They're changing, but very slowly. For example, John-

son & Johnson just recently eliminated formaldehyde from their “No More Tears” baby shampoo.

**Randy: Are cosmetics safe?**

**Beth:** It shocked me to learn that mercury appears in cosmetics. They call it, “thimerisol”. It's now banned in most cosmetics, but not in mascara. The FDA says it's safe because it's only 1% of the product formulation, but Mercury is a toxic heavy metal.

I suggest using natural products made by someone like Jody R. Weiss. Jody started a company called, “PeaceKeeper Causemetics.” She designed her business using Paul Newman's model, and the proceeds go to urgent human rights issues. She has a big heart and her makeup is clean and wonderful.

**Randy: What about our sunscreen?**

**Beth:** We need sunlight on our skin to get vitamin D. Most people are deficient. In strong sun, use a non-toxic sunscreen, especially for children. The chemicals in most sunscreens are frightening. Some people spray their children, but that goes into everyone's lungs. You can go to the Environmental Working Group website and check their Skin Deep database at [www.ewg.org/skindeep](http://www.ewg.org/skindeep). Type in the name of a sunscreen and they will tell you how it ranks in terms of its toxicity level.

**Randy: I have heard breast cancer patients shouldn't use plastic water bottles because they give off estrogen. Are they harmful for everyone else?**

**Beth:** It takes seven liters of water to produce one liter

(Continued on page 6)

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## Beth...

*(Continued from page 5)*

of plastic water bottles. We're dumping 40 million plastic bottles a day. Most are not recycled. They are exacerbating global warming.

Plastic water bottles also contain BPA. A new study shows that BPA is responsible for \$3 billion per year in healthcare costs associated with childhood obesity and adult heart disease. 93% of Americans have BPA in their bloodstreams. BPA is also found in cash register receipts. Pregnant women are touching these receipts. It is frightening.

Companies are now offering water bottles that say "BPA Free," but they are substituting BPA with BPS, which hasn't been studied for safety! We don't know what we're being exposed to. The Center for Environmental Health calls this, "the Toxic Shell Game," where the manufacturers swap out one toxic chemical for another. Meanwhile, the consumer thinks the product is fine.

Notice the recycling number on the bottom of a single-use water bottle. Avoid triangles containing a 3, 6, or 7. Get a water filter, preferably a reverse osmosis one that goes under the sink and has a carbon filter. Then fill up a glass or metal water bottle.

**Randy: What about the diet sodas?**

**Beth:** Artificial sweeteners are high on my list. A recent Purdue University study found that diet soda leads to weight gain, increased risk of stroke, headaches, depression, and diabetes. It causes bone mass loss, messes with the metabolism, and is addictive.

I have a client who got dizzy spells when she consumed anything that contained aspartame. The use of aspartame as a sweetening agent is pervasive. It's in kid's cereals, diet soda, Crystal Light, and many other products.

**Randy: What about cookware?**

**Beth:** Teflon pans produced by DuPont contain a chemical called, PFOA. Researchers have found that when you pre-heat a Teflon pan on medium-to-high heat without food in it, it releases chemicals into the air. These vapors kill people's pet canaries. So, what's it doing to us?

DuPont has agreed to remove PFOA from their Teflon coatings by 2015. But it's 2014 and they haven't done it yet. Get rid of Teflon. Use stainless steel or "green" pans that are made from ceramic.

**Randy: What do you recommend for cooking oils?**

**Beth:** Eat healthy oils like olive or coconut oil. Coconut oil doesn't smoke or burn when cooking at high temperatures. I also like rice bran oil. Avoid vegetable oils, particularly hydrogenated vegetable oil, in processed food, like crackers, cookies and bread; it's a trans fat, which is a known cause of carcinogens and heart disease. It's a killer, and it's not easy to avoid.

**Randy: My doctor told me, "No soy anything." I discovered that soybean oil is everywhere. Most restaurants use it on their grills because it's cheap. It's also in salad dressings and condiments.**

**Beth:** 93% of soybeans are genetically modified if they are not organic. I avoid commercially-made salad dressings. I make mine from organic olive oil and lemon juice or fig vinegar, with some seasoning. Feed your body something wholesome, not toxic.

**Randy: What about potatoes?**

**Beth:** They're highly sprayed and contain pesticide residue. If you're eating out and ordering French fries, you're getting a dose of pesticides.

**Randy: Any more insights about what we eat?**

**Beth:** Buy organic dairy — including milk, cheese, yogurt and butter — because cows are given growth hormones



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and antibiotics. Like fish and chicken, they're being fed soy and corn, which is genetically modified. If changing your diet altogether feels undoable, pick the foods you eat the most of, and start going organic with those things. Be sure to eliminate processed foods. That is where the chemicals, hydrogenated oils, additives, artificial sweeteners, and artificial colorings (banned in Europe) are.

Also watch out for a preservative called, Calcium Propionate, which is a food additive to retard spoilage. I have a loaf of bread I show people when I give talks. It's a year old and it's as soft as the day I bought it and has no mold on it. Laboratory animals given Calcium Propionate exhibited ADHD behavior. Attention Deficit Disorder could be exacerbated by eating bread like this.

**Randy:** *I was surprised to discover the many problems lurking in our homes due to air quality.*

**Beth:** The Environmental Protection Agency says that the air in our homes is 100 times more polluted than the outside air (even if you live in Los Angeles). Volatile organic compounds are off-gassing from vinyl shower curtains, household cleaners, flame retardants in carpets and couches, and even from what you track in from outdoors on your shoes. I recommend removing your shoes at your door.

Particulates in the dust in the air inside our homes come from the off-gassing from our furniture, from the formaldehyde in the glues, and from the smell of new carpets. These smells are actually chemicals that get into your lungs and bloodstream.

Artificial fragrances are another big air pollutant. Air fresheners can trigger asthma and headaches. If you see the word, "fragrance" on a label, it is a manufacturer's catch word. They don't have to tell you what's in that product. There can be a hundred different synthetic chemicals in that one word.

I worked with a client who had a chronic cough for two years. The doctors could not figure out the cause. I walked through her house and found some giant scented candles. Within three days of their removal, her cough was gone.

**Randy:** *What about essential oils?*

**Beth:** Essential oils are plant-based and healthy. Look for a product that says it contains 100% essential oil. The words, "made with essential oils," is a manufacturer's catch phrase. This could mean only one drop, or 1%, of essential oil was used.

In fact, be careful of the words, "made with" in regards to all products. For example, if you are looking for a mattress, look for one that says 80% or 100% latex. If it says "made with natural latex," again this means it could be just a handful.

**Randy:** *What's the problem with mattresses?*

**Beth:** Most mattresses contain flame retardants and polyurethane foam, which will break down and cause indoor air pollution. You're breathing it all night long. Choose an organic mattress using natural latex foam. It comes from a rubber tree and is non-toxic.

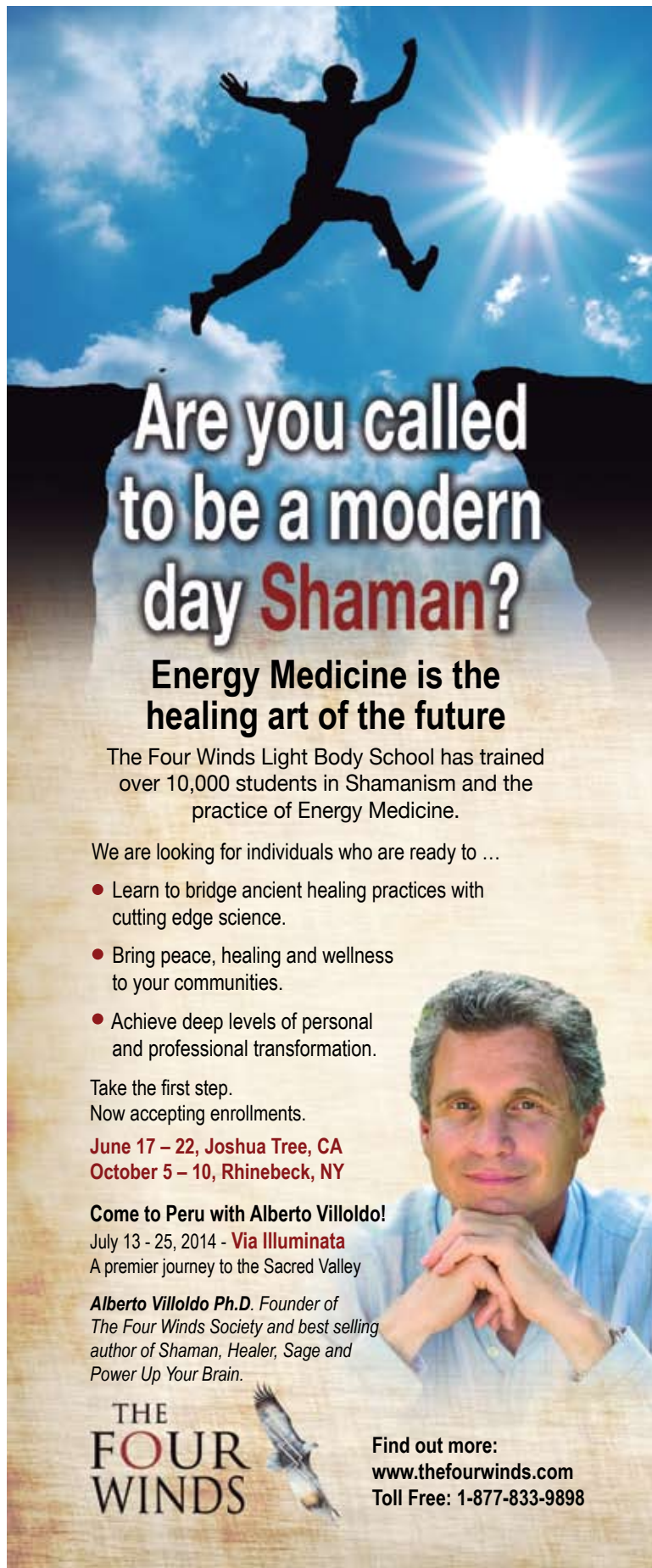
**Randy:** *I'll tell you what's really had me stumped — trying to find a natural alternative for removing mold from around the tub.*

**Beth:** Put hydrogen peroxide in a spray bottle and spray on the mold. Or use a natural cleaner. Look for a label that says, "PVC and Phthalic free." Products that list a third-party certification — like a Green Seal Certification — are safe.

**Randy:** *Can you share what you have learned about cell phones?*

**Beth:** Yes. Most people don't know that the more bars your cell phone shows, the less radiation the phone emits. Fewer bars mean your phone is working harder, and it's giving off

(Continued on page 9)



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# The Most Important Climate Change Question: How Will Investors React?



**Thomas H. Stoner, Jr.**

Newsrooms and dinner table talk hum with observations about crazy weather patterns and natural disasters from Hurricane Sandy to Philippine typhoons. Scientists blame rising CO<sub>2</sub> levels caused by human activities, mainly energy production and use, and the greenhouse effect. The energy industry is finger-pointing at the coal sector in a battle over solutions between nuclear energy, clean-burning natural gas and natural resources like wind and solar power. Glowing articles on the “fracking revolution” and the rapid rise of new energy technologies have dominated the financial presses.

Meanwhile, the academic institutions and government-funded programs are fueling research on the potential impact of climate change by the end of the century. There are countless studies on the potential impact of rising CO<sub>2</sub> beyond key thresholds calculated by parts per million in our atmosphere (last year CO<sub>2</sub> concentration levels exceeded 400 ppm for the first time in more than 800,000 years).

In the absence of aggressive actions to limit emissions, they are projected to reach about 800 ppm by the end of the century. The entire world will become much warmer — heat waves, severe forest fires, intense rainfall, and floods will be more common, and sea levels will rise by as much as a meter. The consequence will be

both a natural and economic disaster for our entire planet.

Many are asking what governments around the world will do to avoid such a calamity? Will they ever organize themselves under a Kyoto-style framework to address the problem by putting a price on carbon through either capping and trading emission allowances or imposing a global tax? The question is a good one. But the more important question is, *how will investors and businesses respond to limitations on emissions, or even a likelihood of limitations?* And how will they respond when they realize that climate change itself threatens their operations and future income opportunities?

Let’s look beyond the emergence of so-called “impact investors” who are gaining steam in every trading market center, investing in renewable energy or sustainable agriculture. So let’s dismiss them as another trendy rebranded phenomenon of socially-responsible investing.

Let’s instead focus on the steely-eyed hedge-fund trader with one finger on the buy button and one on the sell. Let’s go to the extreme. Imagine a math wizard who graduated from Wharton who trades by day and plays on-line gambling at night just to keep the adrenaline flowing. How will this new climate data begin to shape his thinking?

## **CAPITAL EXPENDITURES ON OIL AND COAL DEPOSITS**

Hedge-fund day traders with the capacity to buy and sell securities nearly instantaneously at a global scale can either add trillions of dollars to our world values by driving

up our indexes or take that value right off the table in a matter of hours. Buying and selling is coordinated by the emergence of a new worldview; typically one that is backed up by data. These guys love numbers and they understand accounting principles. What they don’t like are hidden liabilities, which by definition, tend to be larger than what can be seen. Day traders know this and they can run for cover unlike any other investor.

The Potsdam Institute has a calculation that traders can easily grasp. To keep temperature increases from exceeding 2 degrees Celsius, an aspiration already endorsed by many nations, global emissions between now and 2050 have to stay below 550 GtCO<sub>2</sub>. The world’s existing fossil fuel reserves represent potential emissions of about 2700 GtCO<sub>2</sub>.

Much of these reserves are valued as assets by publicly-traded companies. The top 100 listed coal companies and the top 100 oil and gas companies represent potential emissions of 745 GtCO<sub>2</sub>. What will happen when investors start to believe that the majority of these reserves have to stay in the ground? Or that suppliers can only exploit them by paying for removal of equivalent quantities of carbon from the atmosphere? Day traders will hit the sell button and the carbon bubble will pop.

## **SEA LEVEL RISE AND STORM DAMAGE**

“Super-storm” Sandy in October 2012 was a large and unusual weather event causing massive damages and focusing media and popular attention on the issue of climate change and



**Peter Backlund**

hurricanes. Yet the real lesson is not yet widely appreciated. Sandy’s significance has less to do with the impact of climate change on hurricane intensity and more to do with the impact of the slow and steady rise in sea level and what this means for the future habitability of coastal areas.

A recent analysis by scientists at NCAR and Climate Central indicates the current rate of sea level rise means that what is currently a “100-year” or a “1 in 100 year” flooding event at the Battery in New York City (near Sandy’s “ground zero”) will become a “1 in 15 year” event by 2050. What is now seen as extreme coastal flooding at that site is projected to become about six times more likely over the next 3-4 decades, even while population in the area continues to grow.

How will this impact the wealth of the area, the profit margins of developers, insurers, and reinsurers, and the decisions made by those who invest in such activities, including the day trader who owns an expensive beach house? How will climate change, politics, and economics interact in this instance? Will insurers be allowed to price risk appropriately? Can coastal development continue at its currently projected rate?

This is just the tip of the iceberg in considering the value of climate data for the enlight-



ened day trader. Under the surface, how will businesses respond to the day trader? Business may be slow to react. Businesses don't usually interact with the day trader directly. But other investors will see the changing values as indices change. Bankers will become increasingly concerned about regulatory risk as local governments seek to impose environmental costs on energy development.

Venture capitalists will look beyond the changing tides to find opportunities for low carbon or zero carbon alternatives. Conventional energy providers will go from nearly unlimited sources of capital to exploit their reserves to taxation as depletion allowances are eliminated and tolls are erected to internalize the costs. Values for conventional energy will drop to the floor.

By considering the capital markets, we see that it is the day traders who will act as the gods from Mt. Olympus with the capacity to cause tragedy or triumph within a single 8-hour trading day. The speed and significance of their actions will be unparalleled to any action a single government, or even a collection of governments, might make. But that doesn't mean governments shouldn't act.

If governments fail to put a price on carbon, it is inevitable that the capital markets will impose their own penalties. If governments do act, then what we should expect to see is capital markets quickly adjusting and finding ways to reward the victors.

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**Thomas H. Stoner Jr.** is the author of *Small Change, Big Gains, Reflections of an Energy Entrepreneur (2013)* and the founder of *Project Butterfly*, a collaboration among scientists, business leaders, and the global community dedicated to addressing climate change by uncovering opportunities to decarbonize economies. For more information please visit: <http://projbutterfly.com> or [www.smallchangebiggains.com](http://www.smallchangebiggains.com)

**Peter Backlund** serves on the board of directors of *Project Butterfly*. He is also the former Director of the Integrated Science Program and External Relations at the National Center for Atmospheric Research.

## Beth...

(Continued from page 7)

more radiation. Don't put the cell phone up to your ear. Keep it at least 2 inches away from your head.

#### Randy: Final thoughts?

**Beth:** What goes in us, on us, and surrounds us has such a huge impact on our health and well-being. It is very easy to make small changes. These simple changes in your lifestyle can have a profound effect that will benefit not only us, but our environment and the health of future generations.

You can find out more about her live events, *Huffington Post* columns, webcasts, and personalized in-home detox audits and trainings at [www.BethGreer.com](http://www.BethGreer.com)

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

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# Healing Your Environment

By Dreamhealer

Healing your environment requires awareness on many levels, encompassing personal to global issues. From the microcosm to the macrocosm the key to all healing is creating a balance. A stress-free rhythm or flow of activity is the goal for your optimum health and the health of your environment.

How you relate to your environment and your respect for it is inseparable from how you view yourself. Knowing that you have the power to change is the first step toward taking action. Change your patterns and you can change your past, present and future.

On a personal level, your health is your primary environmental concern. Healing involves physical, emotional and spiritual wellness. Successful healing encompasses your entire being; body, mind and spirit. When all these systems are in balance, illness can be avoided or controlled. Your healing is affected by internal and external influences.

Rather than a series of biochemical interactions dominating your health, it's becoming more evident that you can play a proactive role in your health. These are what I refer to as your internal influences which you can learn to more effectively balance. You create your own healing environment through your intentions and perception of your environment. Your beliefs, attitudes and emotions are your mind-body connection that you have control of. Your immune system is constantly influenced by your own intentions.

In order to be more proac-

tive, understand that you have control over your external environment as well. On a social level you make choices about the people and institutions you interact with, your education, hobbies, interests, and relationships. You choose your friends, and have the opportunity to create positive loving interactions with family also. Diet, exercise and habits are choices that influence your personal environment.

As a community, our environment is more than the sum of our personal homes, buildings and surroundings. We are conscious beings with the responsibility of achieving sustainable balance in this realm as well. Projects like recycling of our used goods creates an awareness of accountability for our human activity. We've enjoyed the privilege of using these materials, and we have to respect their necessary return to balance our environment. Each of us shares a responsibility to de-stress the natural environment of our air, water and earth by minimizing the impact of human activity.

Whether your goal is to improve the planet's environment through conserving energy consumption, or if your goal is reducing and improving your own dietary energy consumption, a balance is required. The effects of creating and maintaining a natural balance and flow within us affects the entire environment beyond ourselves.

***"What appears to separate us is only illusory. It follows that what we do for ourselves is ultimately what we do for everyone. Helping everyone is therefore an unavoidable outcome of truly helping ourselves."*** — Adam

Creating and maintaining an ideal balance is both a personal goal and a global one. In

order to focus your energy on what you want to create, the use of visualizations is helpful. Why visualize?

Visualizations have been used by many of the greatest minds, such as Nikola Tesla, a well-known inventor. He had an amazing ability to visualize his inventions and how they worked. He referred to this as his "Mind Lab".

Visualization is a goal-oriented tool to help you specifically focus your attention while you take control of your intentions. Intention synchronizes your conscious awareness with your subconscious beliefs. Visualizations bring this intention to life by getting all your cells working together toward achieving this reality. Set what you desire in your conscious mind, and then let your subconscious mind recreate what your intentions are.

By making visualizations as realistic as possible with clear positive intention, you will receive optimal results. When visualizing for health issues, you are recreating yourself in your new experience of wellness. Create your new healthy reality now. Remember that the energy of your intentions is actually being processed as new information within your body. That is the true power of visualization.

Improve your environment by focusing all your intentions clearly on what you want to change. For example the nuclear accident at Fukushima in Japan affects all of us. Rather than feeling powerless, do what you can to help. Put your thoughts and intentions out there as clearly as possible to minimize the damage. Your thoughts are powerful especially when they are resonating with other similar intentions from around the globe.

Be pro-active and use your



own power of intentions to transform your material world for the better. Use your intentions to visualize creating a better reality. Send your healing energy in a focused intention called visualization. Thoughts are energy.

All energy is interconnected. We use our intentions to change our physical health, which manifests a physical change in our bodies. It follows that this same mechanism can be applied to affect physical events on our planet. The energy of your thoughts can transform your physical reality both inward and outwardly. The power of collective consciousness when many are focusing on the same intention amplifies this effect.

***"Be the change you wish to see in the World."*** — Gandhi

**Register for Adam's April 5 workshop in Marina Del Rey at [www.dreamhealer.com](http://www.dreamhealer.com)**

Dr. Adam McLeod (Pen-name Dreamhealer) is a Naturopathic Doctor, an international best-selling author and speaker, and a Native American healer. His full-day workshops include 2 group energy treatments involving all the attendees. These sessions are transformational jump-starts to your healing.

***For more information about energy healing and visualizations, refer to Adam Dreamhealer's books and DVDs. His books and DVDs can be purchased at [http://www.dreamhealer.com/books\\_dvds.html](http://www.dreamhealer.com/books_dvds.html) Each book and DVD is totally different depending on what you need to work with. Enjoy Self-Empowerment!***

***You must live fully in the now to make your dreams come true.***

— Florence Scovel Shinn



# From Environmental Activism to Light Healing

By Sama Morningstar

For several years in my early twenties I was involved in environmental activism. I was enamored with Edward Abbey, Deep ecology, Earth First, and the Ruckus Society. I went to camps out in the mountains to learn how to climb trees and camp out in them to prevent loggers from cutting them down. Julia Butterfly was my hero.

During those years the things that inspired me were different than most of the other activists. I connected more deeply with the activists that had a mystical connection with the forest. I remember one speaking about the Ancient Redwoods being a "Climax Ecosystem". This described my experience of the energy of elation and bliss that I felt when visiting the Redwoods.

I was also drawn to the activists who had a deep commitment to non-violence. I knew that if we abandoned our commitment to non-violence, then we had lost the greater struggle towards a less violent world.

One of my most poignant experiences as an environmental activist in No. California was the summer I participated in a mass sandbagging line to protect a home from being destroyed by landslides, the result of logging operations.

We were handing sand bags down a line of activists a quarter mile long to the uphill side of the house. There were police officers in riot gear blocking the freeway entrances at the base of the 101 overpass that our line passed under. As I walked past these officers to take my place in line, a rainbow came down and touched the ground right in front of them. The activists walking by noticed this and started drumming and cheering. The officers

didn't understand what was going on.

I felt just as elated and blissful in this moment as I ever have in any climax ecosystem. This one act of helping the local people in a tangible way completely changed the climate in the area from one of animosity and distrust between activists and locals to one of collaboration. This shift, I feel, was instrumental in bringing an end to major logging operations in the area while there were still some old trees left standing.

This experience was also instrumental for me in my development as a healer. I got to see that what felt right and true to me, an approach of non-violent collaboration and heartfelt compassion takes us much farther in the long run than confrontation and combat. This represents the overall shift in paradigm that we are going through as human beings.

Each of us has the potential to experience ourselves as a "climax ecosystem" and live a life of ecstasy. This is why we are drawn to unaltered ecosystems still in their original state. The truth is, however, that this original state is available to all of us, no matter where we are or what is happening. As soon as we realize our true nature of love and compassion, all of life becomes an opportunity to express and experience unconditional love.

This does not mean that we just sit around and do nothing, simply smiling and blissing out while our fellow humans wallow in pain and destruction. On the contrary, for as we wake up to our potential, it becomes more and more clear what our highest purpose is and we have the energy and resources to serve that purpose effortlessly and blissfully.

I spent many years after my experiences with Environmental Activism cultivating my inner resources and discovering my highest purpose. How was I to work towards healing in the world? What I discovered was that whatever unhealthy patterns I have in myself will be recreated in any endeavor I attempt to achieve on the outside. So I retreated for 15 years into a reclusive yoga ashram in the forests of Northern California. My focus there was to heal the destructive patterns that were ingrained in my personality that were making me physically ill and sabotaging my life in all areas. I got to the point in my process that this focus on the negative patterns had served its purpose and was actually starting to backfire. What we focus on becomes stronger. So I began to focus on the positive dreams I have for myself and the world. This was similar to the shift we made as activists. We stopped focusing on the police officers and they were showered in rainbow light as we carried those sandbags up the hill and saved that house!



Now any painful patterns that come up for me are showered in rainbow light! I get to focus on Light, Love, and Healing. In my healing practice, I continually remind myself and those I work with of the simple universal truths that are unchanging, unwavering, constant. Together we take the steps necessary to love ourselves exactly where we are while at the same time playing with improving our lives to reflect the infinite love that is our true nature.

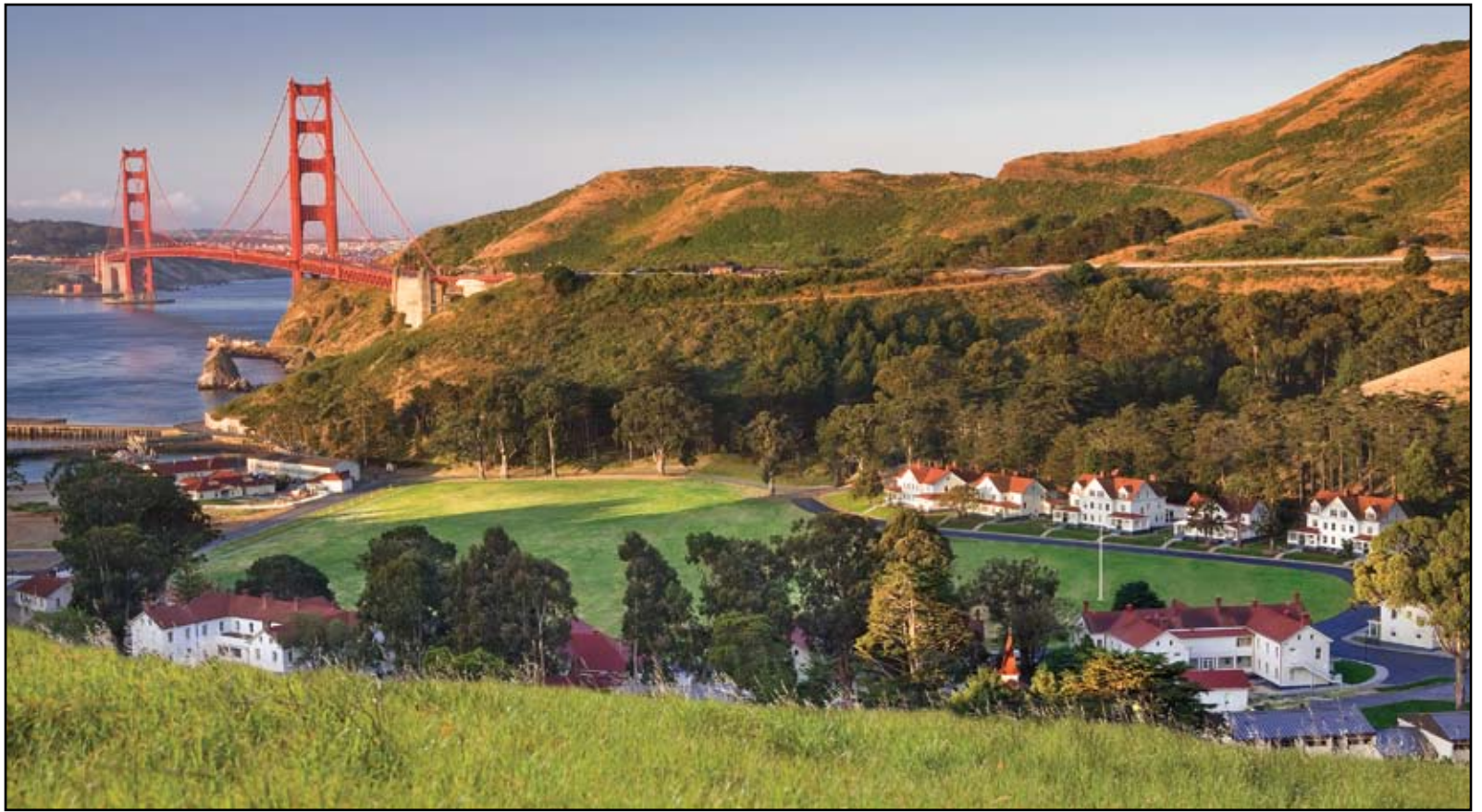
*Sama Morningstar lives in the beautiful city of Long Beach. She is a Certified Massage Therapist, Universal Life Minister, Yoga Instructor, Birthing from Within Childbirth Preparation Mentor and Birth Doula. You can find her at [www.lightspiritbirthdoulas.com](http://www.lightspiritbirthdoulas.com) and facebook: [www.facebook.com/sama.morningstar](https://www.facebook.com/sama.morningstar), [www.facebook.com/lightspiritbirthdoulas](https://www.facebook.com/lightspiritbirthdoulas), and on [www.facebook.com/groups/abundantlighthealingsanctuary/](https://www.facebook.com/groups/abundantlighthealingsanctuary/)*

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*A panoramic view by Kodiak Greenwood*

*The Award Winning, Shining Star of Green Hotels...*

# Cavallo Point, The Lodge at the Golden Gate

*By Ann Nelson*

Cavallo Point is the perfect destination for eco-conscious travelers and the first hotel on the National Register of Historic Places to receive LEED certification from the U.S. Green Building Council. When it comes to historical restorations, few projects compare to the brilliant work on display at Cavallo Point Lodge in Sausalito, California.

The lodge, set amongst 45 natural acres on the historic Fort Baker Army Post, was given a new life as it was transformed into a 142-room hotel within the grounds of what is now the Golden Gate National Park. This military base, originally established in 1905 for the purpose of protecting The

San Francisco Bay, served as an army post until the mid-1990's. Today Cavallo Point is the perfect representation of a premier environmentally-sustainable "base camp" and a model for "adaptive reuse" at its best.

Seventy-five percent of the original interiors were salvaged during the remodeling retrofit. Much of the lodge is made up of recycled materials and non-toxic products. Flat solar panels, drought-tolerant landscaping and a water-reclamation system save 2 million gallons of water a year. In short, the hotel strives to promote green hospitality practices and has partnered with sustainability institutes and community-minded founda-

tions, including The Institute at the Golden Gate and The Good Night Foundation. The property is presently under the jurisdiction of the National Park Service.

Cavallo Point has won numerous other awards, including the 2013 Travel + Leisure Global-Vision Award in the Sustainability category and is ranked among the "Top 5 Resorts in the U.S." by Travel + Leisure. The lodge is the perfect destination for a wedding or retreat.

When arriving at this natural wonderland, guests have a choice of where to stay. New, contemporary suites with sustainable designs are perched on a hillside and offer spectacular views of the Golden Gate

Bridge. Impeccably-restored historic buildings, including Officers' duplexes and homes, are situated around the 10-acre parade ground. These elegant and spacious quarters feature original pressed-tin ceilings, and fireplaces and foyers with beautiful hand-carved stairways and porches. Either option will serve as the ideal place to unwind and take in the view while rehashing the day's adventures. All of these special moments may be shared with your dog by your side. Cavallo Point is pet friendly.

After watching the sunset from your front porch or from the hillside, it is time to walk across the parade ground to The Murry Circle Restaurant, one of the Bay Area's top cu-



linary destinations. The elegantly-restored 1903 barracks building retains the original tin ceilings and is accented with fine art photography and warm fireplaces. Menu choices emphasize local, organic ingredients and focus on California cuisine with a French accent. The 13,000-bottle stellar wine cellar showcases select wines ranging from small California producers to the best vintages from Europe's top estates.

Falling asleep in a cozy room filled with history, while wrapped in the soft scrumptious comfort of organic cotton sheets is easy. After a good night's sleep, it's simply a joy to wake up, stretch out by the fireplace and look out the windows to the Golden Gate Bridge shimmering in sunlight. Explorers, artists and adventurers have been drawn to this area for generations, as it is largely bounded by protected acres of the Golden Gate National Recreation Area, encompassing over 80,000 acres.

Days may begin with yoga in the Mission Blue Chapel, a hearty breakfast at The Murry Circle Restaurant or a hike in the nature trails behind the lodge. Explore the coastal wild lands, ride a bike, or go kayaking. Monday night is "local's night" with live music in the Farley Bar. Wine in the lobby is offered from 4-6 p.m., Saturday to Thursday. Frequent

walking tours and guided hikes are available, including the Golden Gate Bridge Walk and the History Walkabout. A list of daily activities are posted in the reception area by the front desk.

Cooking schools are becoming enormously popular and the cooking school at the lodge is the best, rated the #1 Hotel Culinary School by Gayot.com



**Cavallo Point's  
Historic Buildings**

Director Jayne Reichert, along with world-class guest chefs, will teach and inspire you with their farm-to-table concepts.

The Healing Arts Center and Spa, nestled in the pine and eucalyptus trees, is the perfect place to design your own personal retreat. Unwind in the library lounge by the fireplace,



**Organic  
Cooking  
School**

**Spa Facial  
Treatment**



**Frank House  
Sun Room**



**All photos  
by Kodiak  
Greenwood**

treat yourself to a wellness drink in the Tea Bar, or soak in the outdoor meditation pool, surrounded by the quiet sound of nature. All body treatments and baths feature organic or wild-crafted ingredients with a focus on restoring peace and balance. The spa also arranges private consultations in energy work, acupuncture, nutrition and other specialized practices in healthy living.

Integrative Health Packages are offered through Cavallo Point's resident doctor, Dr. Brad Jacobs, graduate of Stanford University. He is recognized as a national leader in integrative medicine, health and wellness, and has held

workshops for Oprah's "O You!" event. He presents free monthly lectures at the lodge on topics ranging from stress management, sleeping well and brain fitness.

Leaving Cavallo Point won't be easy. However when time comes, there is a good chance you'll take a renewed sense of energy, spirit and hope with you! This valuable piece of history was preserved with loving care, attention and respect. It seems to me that true conservation at Cavallo Point was more important than the bottom line. In today's world, this is inspirational!

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

#### **CAVALLO POINT LODGE & COMMUNITY ENGAGEMENT CONTACT INFORMATION**

**Cavallo Point – The Lodge at the Golden Gate** - Call: (415) 339-4700 or (888) 651-2003, or contact: [www.cavallopoint.com](http://www.cavallopoint.com)

**The National Park Service** – The park service cooperates with partners to extend the benefits of natural and cultural resource conservation and outdoor recreation throughout the U.S. and the world. Contact: [www.nps.gov](http://www.nps.gov)

**The Institute at the Golden Gate** - The institute, in partnership with the National Park Service, advances environmental preservation and global sustainability. Call: (415) 339-4786 or contact: [www.instituteatgoldengate.org](http://www.instituteatgoldengate.org)

**The Goodnight Foundation** - This foundation partners with leading hoteliers to raise funds for health, education, poverty and the environment. Contact: [www.goodnightfoundation.org](http://www.goodnightfoundation.org)

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# FLOWER ESSENCES

## Healing Patterns for Body, Mind, and Spirit

By Elizabeth Patric

### WHAT IS A FLOWER ESSENCE?

The highest healing potential of a plant comes from its flower and is known as a flower essence. When we are speaking about the essence of a flower, we are describing the pattern or "imprint" and vital spirit that is captured in a liquid medium from the blossoms of plants. The work of Dr. Masaru Emoto<sup>1</sup> has shown how information and memories can be held in water. His research substantiates that water has the ability to become imprinted with vibrational qualities of a flower.

You can prepare a tea of Chamomile flowers, and that is called an infusion. Lavender flowers can be distilled to make what is known as an essential oil. The preparation of a flower essence, however, is amazingly simple and its preparation requires only a few perfect flower blossoms, a bowl of pure water and sun. Flower

essence preparations also depend on whoever is preparing the essence to have a subtle awareness of non-physical natural realms. Flower essences address all of the levels of body, mind and spirit.

### ORIGINS OF FLOWER ESSENCES

Most people start out their exploration of flower essences with the Bach Flower Remedies developed in the 1930's by an English homeopath, Edward Bach. Often, it is erroneously assumed that Bach was the originator of essences from plants. In fact, essences from plants have been used in spiritual practices in Tantric traditions in Tibet and India and by the Native Americans for thousands of years.

Unfortunately, most of the precious documentation for essence formulations from Tibet was destroyed, while the Native Americans shared their

ritualistic practices with plants through storytelling and metaphor. It is often concluded that Bach "invented" plant essences but actually there is a huge knowledge base that has been lost and fortunately, a growing wisdom base that has evolved beyond what was developed 80 years ago.

### HEALING THE ENERGETIC ASPECTS OF YOUR TOTALITY

One of the mistakes that we make in the western world, in terms of our healing, is to assume that we can just address the physical part of the healing for the body. However, our bodies exist energetically, (in fact some researchers say we are 99% energy) before they exist physically and imbalances found in the body had their start in the energy field or the aura around the body before they manifested as actual physical imbalances or "dis"ease.

Flower essences have as many uses as there are flowers and have energetic effects at a much higher or comprehensive level. For example, there are flowers that address the physical level by giving energetic support to the functions of the organs or by increasing the vitality of the bones.

On the emotional level, one can learn to contain the energy of emotions, rather than dissipating it through



the roller coaster of ups and downs that many of us experience. If you find yourself apt to get drawn into dramas that continually push your buttons and leave you exhausted, there are essences to help you to be compassionate, but also more detached.

On the mental level, you can benefit through essences that increase focus and concentration and help you to maintain an inner calmness and tranquility, no matter what is going on around you. On a spiritual level there are plants that assist with your ability to connect to the God of your understanding. When it comes right down to it, one of the most important things you can do is to be able to hear the inner voice. If you cannot hear that inner voice, you may be in a constant state of indecision.

If you metaphorically liken the GPS system for your car, to your ability to connect with your higher inner voice, you can see that the connection is very important. If you miss a turn, you can become lost; and if you don't hear a step in your higher guidance, you also can be quite lost and unsure of your direction in life.

(1) Emoto, Masuu. *The Miracle of Water*. 2007.

Elizabeth Patric is a plant essence therapist, astral biologist and spiritual healer. She is author of *Flower-speak: The Flower Whisperer's Guide to Health, Happiness, and Awakening*. She has created collections of plant essences and does auric readings to determine how the essences of plants can help you to heal and bloom into your full potential. Elizabeth has been administering remote healings since 1997. Learn more at [www.spiritwatergardens.com](http://www.spiritwatergardens.com)

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# Empathic Illnesses

## Do You Absorb Other People's Symptoms?

Adapted from *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life* (Harmony Books, 2014)



By Judith Orloff, MD

overly sensitive or a hypochondriac?

- \* Have I sat next to someone who seemed nice but suddenly my eyelids got heavy and I felt like taking a nap?

- \* Do I feel uneasy, tired, or sick in crowds and avoid them?

- \* Do I feel someone else's anxiety or physical pain in my body?

- \* Do I feel exhausted by angry or hostile people?

- \* Do I run from doctor to doctor for medical tests, but I'm told "You're fine."

- \* Am I chronically tired or have many unexplained symptoms

- \* Do I frequently feel overwhelmed by the world and want to stay home?

If you answered "yes" to 1-3 questions you are at least part empath. Responding yes to 4-5 questions indicates you have moderate degree of physical empathy. 6-7 "yeses" indicate you have a high degree of empathy. Eight yeses indicate you are a full-blown empath.

Discovering that you are a physical empath can be a revelation. Rest assured: You are not crazy. You are not a malingerer or a hypochondriac. You are not imagining things, though your doctor might treat you like a nuisance. You are a sensitive person with a gift that you must develop and successfully manage.

### STRATEGIES TO SURRENDER TOXIC ENERGY

Physical empathy does not have to overwhelm you. Now that I can center myself and refrain from taking on other people's pain, empathy has made my life more compas-

sionate, insightful, and richer. Here are some secrets to thriving as a physical empath that I've learned so that it doesn't take a toll on my health.

### A SURVIVAL GUIDE FOR EMPATHS

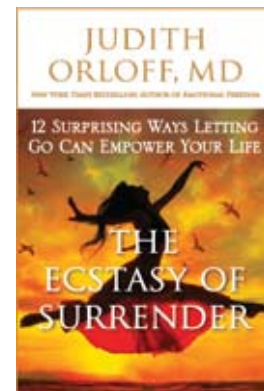
9 Strategies to Stop Absorbing Other People's Illness and Pain  
(from *The Ecstasy of Surrender*)

1. **Evaluate.** First, ask yourself: Is this symptom or emotion mine or someone else's? It could be both. If the emotion such as fear or anger is yours, gently confront what's causing it on your own or with professional help. If it's not yours, try to pinpoint the obvious generator.

2. **Move away.** When possible, distance yourself by at least twenty feet from the suspected source. See if you feel relief. Don't err on the side of not wanting to offend strangers. In a public place, do not hesitate to change seats if you feel a sense of "dis-ease" imposing on you.

3. **Know your vulnerable points.** Each of us has a body part that is more vulnerable to absorbing others' stress. Mine is my gut. Scan your body to determine yours. Is it your neck? Do you get sore throats? Headaches? Bladder infections? At the onset of symptoms in these areas, place your palm there and keep sending loving-kindness to that area to soothe the discomfort. For longstanding depression or pain, use this method daily to strengthen yourself. It is comforting and builds a sense of safety and optimism.

4. **Surrender to your breath.** If you suspect you are picking up someone else's symptoms,



concentrate on your breath for a few minutes. This is centering and connects you to your power.

5. **Practice Guerilla Meditation.** To counter emotional or physical distress, act fast and meditate for a few minutes. Do this at home, at work, at parties, or conferences. Or, take refuge in the bathroom. If it's public, close the stall. Meditate there. Calm yourself. Focus on positivity and love.

6. **Set healthy limits and boundaries.** Control how much time you spend listening to stressful people, and learn to say "no." Remember, "no" is a complete sentence.

7. **Visualize the protection around you.** Visualize an envelope of white light around your entire body. Or with extremely toxic people, visualize a fierce black jaguar patrolling and protecting your energy field against intruders.

8. **Develop X ray vision.** The spaces between the vertebrae in your lower back (lumbar spine) are conducive to eliminating pain from the body. It's helpful to learn to mindfully direct pain out of these spaces by visualizing it leaving your body. Say goodbye to pain as it blends with the giant energy matrix of life!

9. **Take a bath or shower.** A

(Continued on page 16)

Empathic illnesses are those in which you manifest symptoms that are not your own. Many patients have come to me labeled as "agoraphobic" with panic disorders, chronic depression, fatigue, pain, or mysterious ailments that respond only partially to medications or psychotherapy. Some were nearly housebound or ill for years. They would say, "I dread being in crowds. Other people's anger, stress, and pain drain me; I need a lot of alone time to refuel my energy."

When I took a close history of all these patients I found they were what I call "physical empaths:" people whose bodies are so porous they absorb the symptoms of others. I relate because I am one. Physical empaths do not have the defenses others have to screen things out. As a psychiatrist, knowing this significantly changed how I treated these patients. My job became teaching them to center and protect themselves, set healthy boundaries, and let go of energy they picked up from others.

**To determine if you are a physical empath take the following quiz.**

### Quiz:

#### AM I A PHYSICAL EMPATH?

Ask yourself:

- \* Have I ever been labeled as

# Empath...

(Continued from page 15)

quick way to dissolve stress is to immerse yourself in water. My bath is my sanctuary after a busy day. It washes away everything from bus exhaust to long hours of air travel to pesky symptoms I have taken on from others. Soaking in natural mineral springs divinely purifies all that ails.

Keep practicing these strategies. By protecting yourself and your space, you can create a magical safe bubble around you that nurtures you, while simultaneously driving negative people away. Don't panic if you occasionally pick up pain or some other nasty symptom. It happens. With the strategies I discuss in my book to surrender other people's symptoms you can have quicker responses to stressful situations. This will help you feel safer, healthier, and your sensitivities can blossom.

**Judith Orloff MD is a UCLA psychiatrist, intuitive healer, and NY Times best-selling author. Come celebrate the LA launch of Judith's new book *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life* on April 16, 7pm at Mystic Journeys Book Store, Venice, CA and April 17, 7pm at Vroman's Book store in Pasadena! For more inspiration and Judith's workshop schedule check out [www.drjudithorloff.com](http://www.drjudithorloff.com)**

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# Environmental Survival How We Affect Our Environment

By Christopher Nyerges



Act of God? Hardly. It was the result of the ignorance of man on a large scale. We create desertification on a small scale, right here in Pasadena, when we follow the strict dictates of the fire department when they demand that we denude the soil down to the bare earth. Such patches of soil are hotter than planted soil, and lead to erosion.

## RAIN

Heavy rains are common after the drought and fire cycle is played out. Such rains often do result in flooding and landslides. Though we can call heavy rain an "act of God," the effects can be lesser or greater, depending upon what we have done to the land. In some cases, houses should never have been built on steep hillsides, since building of the houses requires cutting down the trees and reshaping the terrain.

With the trees gone, and much of the land paved over, the water must go somewhere when it rains. The trees and soil can process a fair amount of the water, but with trees gone, and no way for water to percolate into the soil, the water flows downhill, creating disasters for those who live in the mud's path.

When we have removed all grass and brush cover due to the extreme dictates of the fire department's supposed "brush control" regulations, we set the stage for erosion, and eliminate the natural cover for animals — and these principles apply even here in Pasadena!

## EARTHQUAKES

A major earthquake could occur at any time along any of the major fault lines throughout the world. While we cannot stop the shaking, we can

realize that we live in such an area, and plan to minimize the impact on our family's life in the aftermath, such as storing water, organizing friends, having knowledge of first aid.

And some earthquakes may indeed have been caused by the hand of man. There are some scientists who believe that the Long Beach, CA earthquake of 1930 was the direct result of over-pumping the oil from underground reservoirs there.

It would be difficult to plan for some disasters — like a large comet hitting your neighborhood. Assuming you survived, so much would be devastated that "waiting for help" would not be a viable option. If you valued life, you would have lived your life in accord with "higher principles," and you would have developed skills that now might actually be useful in the post-apocalyptic world. To read a possible scenario of a large comet hitting the earth, read *Lucifer's Hammer* (by Larry Niven and Jerry Pournelle, 1977).

**Christopher Nyerges has been leading survival and self-reliance classes since 1974. He is the author of 11 books, including *Guide to Wild Foods*, *Self-Sufficient Home*, *How to Survive Anywhere*, and *Extreme Simplicity*. His life-long passion has been to demonstrate and to teach ways in which each person can be a part of the solution to our environmental and ecological problems. He is the founder of the School of Self-Reliance, and can be reached at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com)**



# Cleaning Up Your Inner Environment

By Lin Morel

There is no doubt we live in a toxic world. Hundreds of organizations exist where we can volunteer our time and money. Google GuideStar and you'll find a way to join a movement near and dear to your heart.

There is another environmental crisis underway. This is on a more personal level. The Environmental Working Group's report, *Body Burden — The Pollution in Newborns*, cited an average of 287 chemicals in the umbilical chords of newborns. I personally inherited a mercury toxicity from my mother that has given rise to a long suppressed immune system. It was also a source of ongoing opportunities to clear my consciousness in the pursuit of health.

Going deeper, past the external and internal challenges we face, there is a deeper toxicity that ultimately impacts our health, finances, relationships and more. I call that TIP, Toxic Inner Pollution. It probably does as much or more damage to us than external environmental toxins.

Our job is to find and clear out the TIP's. This will result in more peace, clarity and alignment with who you are and why you are here. A second-hand by-product will be a greater ability to listen to your body and partner with its amazing ability to course-correct. Illness is not to be feared. It is an attention-getting mechanism. Turn your dis-ease into an ease of living that comes from honoring your inner knowing.

None of us are exempt from this life and energy-robbing inner environment. Today we'll explore some of the simple ways to clean our inner home. As Goerte said, "Let everyone sweep in front of his own door, and the whole world will be clean."

Our inner environment is

the sum total of how our cells express themselves through our metabolism. It's true our body faces daily toxicity. Another truth is that our cellular responses are also mediated by the impact of our genetics, beliefs, traumas, emotions and thoughts. The great news is that while we cannot change our DNA, we can change how we express those genes. Great news for those coming from families suffering from issues passed down through the generations.

Some simple physical practices: Drink eight to ten glasses of water daily. Ironically, most people over 40 are dehydrated. Thirsty? You are dehydrated. Water is necessary for proper cellular function. To stay young, hydrate. Your skin, internal connective tissues and brain will thank you.

If you have a headache, fatigue, your body hurts or you are constipated, chances are you're dehydrated. Our body loves clustered water. A very simple solution is to sip small amounts of pure water throughout the day and eat plenty of fruits, vegetables and raw juices. Water from these foods gets right into the cells.

Be kind to your body. In Stephen Cherniski's new book, *The Metabolic Makeover: It's All About Energy*, he and Natalie Kather, MD, suggest that it is imperative we become conscious about how we eat. This includes how the food is raised, processed and prepared. I love his quote, "**Food is information. What you eat alters your genes.**" Enough said about food. If you want a well-researched book, with 200 references, read Stephens.' He's the expert.

Simple spiritual practices to self clean your life: Meditation is the single most effective way I have found to keep myself in harmony on the inner and outer levels. Even five minutes of conscious breathing will lower stress and help you clear life's inevitable bumps.

Breathe in, breathe out. Repeat. It's simple and free. You just have to remember when the going gets tough. A consistent time or practice will build a habit. That habit of discipline will keep you sane in a crazy world.

A recent study by the University of Wisconsin found that meditation changed your body's ability to express genes.



That means what we think and how we think directly contributes to our health.

If meditation is spiritual exercise, its brother is physical. Today's technology has made a four-minute work out as simple as downloading a Tabata application. Check it out. I use it and it works wonders.

It's said that 17 seconds of a clear mind can change your life. Take any one of these tips to clean your inner environment and notice a quantum leap in your ability to stay clear in our toxic world.

*Lin Morel is a thought leader, visionary and advocate for All Things Soul™. Dr. Lin has been featured in the NY Times, PBS, NBC and the Discovery Channel. Her latest book is *Trusting in Heaven, Loving Yourself as if You Matter*. Dr. Lin's mission is to empower individuals to turn ordinary lives into works of art by facilitating an awakening to their Soul's blueprint for success. Find your FREE gift at [www.linmorel.com](http://www.linmorel.com) (See ad on page 26)*

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# 2014— Our 25th Anniversary It's A Small Earth, After All

By Carolyn Chase

**W**hat can you say about something you never planned to have happen, but has lasted for 25 years?

I find myself asking that question about EarthFair, the annual Earth Day celebration in Balboa Park. The first one in 1990, celebrating the 20th anniversary of Earth Day, was supposed to be a single event. But participants demanded a repeat event in 1991, and it has been a solid San Diego tradition ever since.

While EarthFair is the largest single-day event consistently in the Park, the environmental movement it serves has seen good and bad times... many steps forward, but a few backward, as well.

## MEASURE FOR MEASURE

We like to measure things in the Earth Day culture. By our internal measures, we've directly activated more than 6,200 San Diego volunteers. And that doesn't count the many volunteers recruited by more than 900 non-profit groups that have used "Earth Day" as their key annual outreach. More than 1,300 businesses have shared their environmental products, services and policies with the public.

And, in round numbers, approximately 1.3 million individuals have attended the Fair since 1990 — close to the current population of the entire city!

## ENVIRONMENT, CHANGES, AND CULTURE

Two decades is long enough to see slow, long-term changes that we miss in our busy daily lives. And we have a lot of reasons to celebrate.

Having the county with the

largest number of solar-power installations in the State of California (more than 33,000) is one, reducing fossil fuel consumption and decreasing climate change emissions. Having a Director of Environmental Policy for the City of San Diego is another (working on official Climate Action Plan in addition to many other areas).

Much to my surprise, I witnessed the birth, death and rebirth of the electric car! (Electric vehicles reduce fossil fuel usage and decrease climate change emissions, depending on your sources of electricity). In the 90s, I couldn't drive roundtrip from San Diego to Encinitas in any electric car. For much of the next decade, there were no electric cars available. I now drive a completely electric vehicle daily, and can get back and forth from North County to San Diego on one charge. San Diego has the third highest number of electric cars in the state.



On the transportation front, Car2Go deploys neighborhood electric vehicles around the city. Regional bicycling plans are taking hold. You can find the arrival time of an approaching MTS bus by texting



the code printed on each bus stop sign.

The way we feed ourselves has seen changes, too. Organic produce sections are now common at many supermarkets. Several Community-Sup-

ported Agriculture networks deliver local produce. There are now 56 local Farmer's Markets (see [www.ediblesandiego.com/markets-and-csas/farmers-markets.htm](http://www.ediblesandiego.com/markets-and-csas/farmers-markets.htm)). The city encourages community gardens.

Recycling, surprisingly uncommon in 1990, is almost mandatory now, many more items are collected, and there is a "Zero Waste" plan in the works. Electronics waste is regularly collected.

The regional "Multiple Species Conservation Plans" continue to add lands and play a consistent role in the development process. Green build-



ing products options have increased. Coronado is home to a new national player for climate change science-based activism: Citizen's Climate Lobby. San Diego Canyonlands is the recognized group shepherding "Friends of" groups regionally and spearheading restoration and environmentally-sensitive access improvements. Local author Richard Louv's works on the importance of children's connections with nature are national best sellers and have spawned networks of children and nature groups nationwide and regionally.

These are signs that there has been a greening of the culture over the time that Earth Day has participated. For new green businesses startups, or for existing businesses testing their innovative green and clean-tech ideas and products, the San Diego region is unmatched, and the annual EarthFair is an irreplaceable resource.

### NOT ENOUGH

But what of it? Earth Day is dogged by the critique that it is not doing physical work to save the environment or legislative work to protect it. A spotlight once a year isn't enough.

To this I will answer: yes of course. Christmas isn't enough for Peace on Earth and Valentine's Day isn't enough to show your love. It's a people thing: to have an annual observance, pilgrimage or action that you do in honor of what's important to you for that occasion. If it's not your thing — then do

your thing for the earth in your way. I never say, or even think, that Earth Day is enough. It's the daily anniversary that matters. Earth Day is one place to start. Then what you do each day is what adds up.

Activists like myself have to answer the question: will it ever be enough? My answer is: yes. Targets can be measured and adjustments made. Species can be removed from the endangered list. Pollution can be prevented. Contraception can increase.

### REGRESSION AND OPPOSITION

Sad to say, hard-won environmental victories are often not enough, and worse, can be reversed or voided. Political polarization is worse than ever, stopping efforts to use science to determine policy and to protect water, air, energy, and nature. Fossil fuel interests continue to dominate in political spending and organizing.

Climate change emissions keep rising regardless of efforts. Endangered species continue to decline, especially rhinos, gorillas, polar bears, wild cat species (see [worldwildlife.org/species/directory?direction=desc&sort=extinction\\_status](http://worldwildlife.org/species/directory?direction=desc&sort=extinction_status)) Extinction risk has been evaluated for less than 5% of the world's described species (See the Red List at [www.iucnredlist.org/about/red-list-overview](http://www.iucnredlist.org/about/red-list-overview)). The human population continues to rise, making more demands on lands and water and habitat for nature.

Fortunately for us, California is a leader in environmental

action, and the political assault on the environment has not been as pronounced locally as many other places in the nation.

### VESTED INTERESTS

In many ways, the success of the environmental movement can be measured by the opposition it generates. This comes from those whose financial or political interests take a hit when new "clean" technologies threaten to replace their more profitable dirty ones.

Regionally, the public transit trolley promised more than 20 years ago still has not even broken ground. Environmental groups have to file lawsuits to enforce what protections are on the books. Climate change reduction plans, while being created, are notably weak; ensuring a safe future will cost some individuals money, and they're not having it. Maintenance of habitat lands remains an issue.

The plastic bag ban failed to take hold; but it is coming back (and expect to find more than 10,000 sturdy canvas bags being given away this year at EarthFair). The emerging solar power industry is being threatened by regional and national legislative lobbying to increase their costs while discounting their benefits; fossil fuel interests have the funds to make sure that you will have to pay,

even if you are generating your own electricity.

I could go on. These anti-environmental counter forces can be discouraging. Yet, oddly, they are a clear positive sign that things are changing: not just some time in the indefinite future, but right now.

Unfortunately, individual actions are not enough. They are part of the picture, but environmental issues always include issues related to impacts on other people or properties which require standards to be enforced for the overall public good.

Earth Day is just one part of the picture — one of the many shades of green required to realize a clean, healthy, prosperous future. I like to think it's the part that works to inspire kids and adults to be a part of something bigger than themselves and to want to be part of protecting the environment — and to volunteer and support the other groups and businesses that do — or to start their own. Anyone can make any day, an Earth Day.

**To be a part of this year's 25th annual Earth Day observation in Balboa Park on April 27th, visit <http://www.earthdayweb.org>**

**Join the Children's Earth Day Parade "It's a Small Earth After All": <http://www.EarthParade.org>**



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# Healthy Body, Healthy Mind, and Healthy Income! You Can Have It All!

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

Everyone desires prosperity. How do you define prosperity? To me, prosperity is a state of mind in which one succeeds and thrives. Thus, **prosperity is not measured by the amount of material possessions you have; rather, it is measured by how well you feel about the process of succeeding and thriving!**

**Harmony brings prosperity! The Chinese believe that the Earth God brings prosperity to each home where there is gratitude, peace, and harmony!**

I hope it's clear to you that harmony is the foundation of prosperity. If you build an edifice on a shaky foundation, no matter how tall it becomes, sooner or later it will crumble!

How, then, do you achieve a state of harmony that provides a solid foundation for your prosperity? Very simple! A healthy and harmonious body and mind will bring you a healthy income!

## HEALTHY BODY

Are you familiar with the

concept of "GIGO" – garbage in, garbage out? **A Standard American Diet (SAD) contains a large amount of sugar, dairy, wheat, yeasts, alcohol, caffeine, chemicals and fat. All these ingredients happen to be the favorite food of yeasts and parasites.** When you constantly feed your little enemies their favorite food, you've got a continuous civil war going on in your body! In order for your body to win this war, you need to adopt a **Yeast-Free Nutritional Program.**

Follow my "Eight Commandments" as much as you can to nourish your body so that your body's innate intelligence has a chance to heal! My "Eight Commandments" include no sugar, no dairy, no wheat, no yeasts, no alcohol, no caffeine, no nicotine, nor chemicals.

If your body is loaded with toxins from several years of abuse, use potent herbal formulas to remove them! **Before you can grow a healthy, beautiful flower garden, you must clean out the weeds!** You need herbal formulas that will **remove actively harmful yeasts and parasites simultaneously** because they are like Siamese Twins. When yeasts ferment, they release a chemical called propyl alcohol that feeds parasites. To return the favor, parasites use their bodies as platforms for yeasts to populate! Controlling the overgrowth of yeasts and parasites

thus become your life-long task to keep your immunity strong!

## HEALTHY MIND

What constitutes a healthy mind? By now you know the answer: peace and harmony! The purpose of life for all of us is to tame our ego, learn to surrender, and retain inner peace. Unfortunately, most human beings spend their entire lives learning how to exercise ego control. Therefore, they live in turmoil and die in agony or regrets!

If you believe that everything is a perfect expression of God (or the universe)\*, you will not constantly try to control the outcome of every little detail in your life! You do the best you can, and then leave the rest to God (the universe). There is always order in the seemingly disordered life situation of an individual, family, country, or the whole world. Once you understand and accept this concept, you will easily develop a healthy state of mind!

Daily meditation can also help calm down the chattering in your mind and create a state of harmony that brings you inner peace and joy! If you don't know how to meditate, visit my old website: [www.drjsbest.com](http://www.drjsbest.com) to download a free 10-minute meditation guide. It's simple, easy, and effective!

## HEALTHY INCOME

As I had indicated earlier, a healthy income is not how much you make; it's how well you utilize and how much you enjoy what you have! A stack of green bills hidden under your mattress is just a bunch of paper. A fire will quickly reduce them to ashes. However, if you donate what you have to

a charity for a good cause, that effect will multiply.

Tithing is a miraculous way to attract prosperity. If you tithe with love, instead of fear, the effect will be amplified! What you give may come back to you in a material or non-material form, and that in turn will enhance your love, peace and happiness.

Affirmations are also very effective if they come from your heart. Visit my new website: [www.HealthyBody-HealthyMind-HealthyIncome.com](http://www.HealthyBody-HealthyMind-HealthyIncome.com) to claim a free gift to attract prosperity in the least possible time. Remember, you can have it all, effortlessly, if you learn how to connect with the Source!

*\* Please note: Some people may have more affinity to Jesus, Buddha, Mohammed, or Bahá'u'lláh, than to "God." As long as you connect with a supernatural power, language is irrelevant.*

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections and their related illnesses such as overweight conditions, a former UCLA professor in Psychiatric/Mental Health Nursing, and a cable TV Producer and Host: The Holistic Approach to Health and Success. She is also the best-selling author and 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 Street, Los Angeles, CA 90013.

**For more information, contact: HealthyBody-HealthyMind-HealthyIncome, LLC, 541 Spring St., Suite 209, Los Angeles, CA 90013. Website: [www.HealthyBody-HealthyMind-HealthyIncome.com](http://www.HealthyBody-HealthyMind-HealthyIncome.com). Tel: (800) 715-3053 or (818) 472-2213.**

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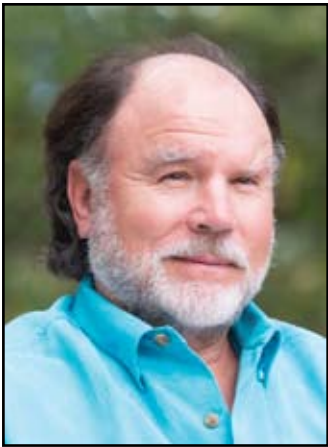
Feng Shui is a Chinese philosophy that creates living spaces that are conducive to helping us realize our own potentials.  
As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

*Please see her article in this issue.*

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

— John Muir





# 3 Extraordinary Ideas to Help You Realize Lasting Freedom

By Guy Finley

In those quiet, but magnificent moments of life — where we are given a sudden glimpse of something so beautiful that it quiets the mind — we know we stand in the presence of something that represents a new and higher order of ourselves. What we've yet to understand about these fleeting experiences is that they are an invitation to become fully conscious of the timeless and vital forces as a living part of who and what we are in reality. In such moments we know, without having to think about it, that as beautiful as the world around us may be, it pales in comparison to the world that awaits us within us. Let's illustrate this last idea.

If you've ever taken a walk through a deep wood on the sunlit day and stood in the silent shafts of light streaming down and through the trees, then you know, even though these bright beams seem to appear randomly and separately, each ray of light comes from a common source: the sun. The same holds true with these beautiful timeless qualities that sometimes streak into and through our hearts and minds. These celestial characteristics are the too-fleeting expression of our own yet to be realized True Self. But if this is true, which it is, what keeps us from permanently entering into this extraordinary life? As you will see, the answer is surprising!

We don't really know where

to look! Or perhaps, more clearly stated, we tend to be looking in the wrong places because, at present, we see our life through a part of us—our senses — that “tell” us we live apart from all we see. The sorry result of this incomplete perception is undeniable: instead of an undivided relationship with the extraordinary life within us, we are reduced to a frantic search outside ourselves, at best finding only temporary fragments of the freedom for which we so long.

How do we regain — realize — our relationship with the innermost truth of ourselves? What must we do to enter into a conscious relationship with that extraordinary life within us? Use the following three simple exercises to do two things at once: first, to reveal what stands between you and the higher freedom you seek, and then to release you from the same. There's an old saying that “rain follows the plow.” So is it true that realizing our true higher possibilities follows the interior work necessary to realize them.

**1. Open Up To Real Life:** Dare to see and experience yourself as you are without giving names to any of the myriad states of self that present themselves before your inner eyes. Resist any temptation to interrupt the thoughts and feelings rushing through you by trying to explain to yourself why you are having the experience that you are. Why open yourself up to life in this way? Because it's the only way to see that *the true extraordinary you can no more be defined by a single thought or feeling than can the sun be known through a solitary beam of light.*

**2. Do What You Fear Doing:** every time you take the leap into what you are psychologically afraid of doing, the extraordinary life within you will prove that its unshakable ground is everywhere beneath you at all times. To know that you can't fail as long as you're willing to learn what the moment reveals about yourself is the same as understanding there's *nowhere for you to go but up!*

**3. Take Time Once A Day For Your Self:** What we must remember is that an extraordinary life is timeless, and if we would share its life, we must enter into its world. Here's a good place to start: whenever you can remember to do so, **choose to consciously step out of that gilded, but self-confining, cage called “thinking about yourself.”**

At least once a day sit quietly with the intention of observing the movement of your own mind. Learning to watch your thoughts in this impersonal way gradually teaches you

what can be discovered in no other way: just as the hands of a clock can only go around and around, so it holds true for the level of mind always frantically searching for the highest possibilities in passing time. *Who you really are is timeless*, and only this realization can grant you the extraordinary peace of being who you really are.

**On March 15 at 1 pm, Guy will be speaking at the Newport Beach Civic Center, 100 Civic Center Drive, 92660. On March 16 at 1 pm, Guy will give a talk at the Holy Spirit Retreat Center in Encino, 4316 Lanai Road, 91436. Cost per talk is \$10, but no one will be turned away. Please call (541) 476-1200 for more information.**

*Guy Finley is the best-selling author of more than 40 books and audio albums on self-realization. He is the founder and director of Life of Learning Foundation, a nonprofit center for self-study located in southern Oregon where he gives talks four times each week. For more information, visit [www.guyfinley.org](http://www.guyfinley.org)*




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# The Herbal Treatment of Sleep Apnea

By Steven Frank



Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, a patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, although it is painful and has provided limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable.

Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

## CAUSE OF THE CONDITION

Before we evaluate the "solutions," let's consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsi-

ness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good night's sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called "reduction of muscle tonus." This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*). The muscles of the soft palate in your mouth do also become weaker. This allows the soft palate to sag. Keep in mind though, that this is the same soft palate that you have during the day and it doesn't cause you problems while you are awake.

Upon entering stage two sleep, the muscle tonus holding the soft palate out of the airway is reduced. This allows the soft palate to sag into the airway. While this is happening, the same inhibition of muscle tonus is attenuating (reducing) the signals to the diaphragm. The result is that our breathing becomes shallower due to insufficient signal strength to the diaphragmatic muscles. In sleep apnea sufferers, breathing will come to a stop.

As our breathing becomes shallower, the blood oxygen level drops and carbon dioxide levels rise. In a young, and healthy individual, this would elicit stronger, deeper breathing from the control system that regulates these activities.

In an older individual the respiration reduces in intensity and blood oxygenation drops. This is where the safety backup system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation.

This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud "SNORT" partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn't aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is *released* and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminishes and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

## THE SOLUTION

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is very beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these

things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, it acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can actually *increase* the quiescent level of respiration sufficiently to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has been traditionally used to enhance pleural activity. It actually improves the ability of the lungs to exchange CO<sub>2</sub> for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. And to round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken just before bed has been demonstrated to relieve sleep apnea in most cases.

**Note:** Increased respiration during stage two will be experienced from the first night of use. However, it may take a week for normal sleep patterns to re-establish in people who have been battling sleep apnea for a while.

*Steven Frank is an innovative herbalist for Nature's Rite. His concoctions and decoctions have helped thousands achieve more comfortable healthier lives. He has spent more than a decade doing medical research and has numerous patents in the healthcare arena. His products and formulations can be seen at: [www.MyNaturesRite.com](http://www.MyNaturesRite.com)*



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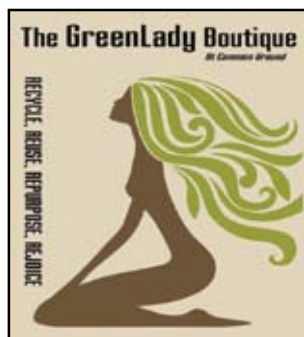
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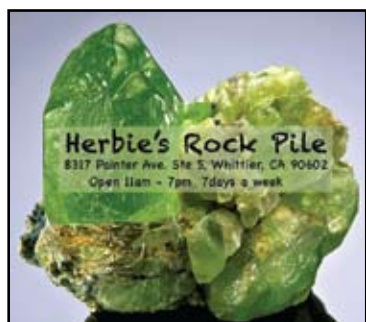
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(See article on page 17)



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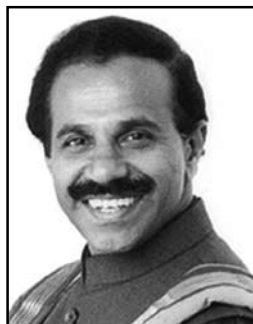
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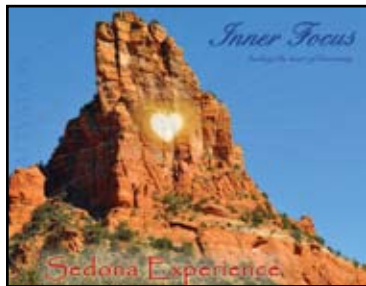
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# MUSIC & MEDIA Reviews

By Michael Diamond



## DEAN AND DUDLEY EVENSON

*4 Earth – DVD*

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

*4 Earth* is the latest release from new age music pioneers Dean and Dudley Evenson and their Soundings of the Planet label. Subtitled: "Natural Sounds of Ocean, Stream, River, Pond," it features nature sounds drawn from four interconnected ecosystems and the flow of water between them, along with Dean's beautiful flute and subtle keyboard accompaniment. In addition to the DVD, which is shot in true high definition, it is also available as an audio CD. The imagery on the DVD is absolutely stunning and shows scenes of a secluded northern bay, a full moon rising over a southern ocean, breathtaking views of mountain peaks and glaciers, rocky hillsides gushing with snow melt streams, salmon-spawning rivers where eagles gather to feed in quiet pools, and more. Besides being a totally relaxing viewing and listening experience, the artist's goal is to inspire an appreciation for nature and instill a respect for preserving it. Wonderful!

## MASAKO

*Call of the Mountains*

[www.masako-music.com](http://www.masako-music.com)

Masako is a gifted pianist and composer who seems to draw endless inspiration from nature and her surroundings. *Call of the Mountains* is a musical homage to the northeastern mountains of the United States, which she calls home. This release, like her previous debut album, was produced by Grammy-winning Windham Hill Records founder Will Ackerman. The album features evocative solo piano compo-

sitions, as well as ensemble pieces where Masako is accompanied by some of Will's A-list studio musicians. Masako's music is painted from a diverse palate of emotions, from the lightest pastels to more deeply saturated hues. Although she is quite capable of dazzling the listener with her formidable skills on the piano, she often chooses to let the melody and the accompanying emotion it is imbued with be the focus. *Call of the Mountains* is a fine follow up to Masako's highly-regarded debut release.

## VARIOUS ARTISTS

*I Am The Center*

[www.lightintheattic.net](http://www.lightintheattic.net)

This two-disc set entitled: *I Am The Center: Private Issue New Age Music in America, 1950–1990* is a most intriguing, comprehensive anthology that explores the roots of this genre. Producer Douglas McGowan describes it as: "analog, handmade music communicating soul and spirit, often done on limited means and without commercial potential, self-published and self-distributed." These seminal artists include Steven Halpern, Constance Demby, Iasos, Michael Stearns, Laaraaji, and Aeolia, as well as some I was not familiar with, but it was interesting to hear their music and learn about the seeds they planted in this blossoming musical landscape. This outstanding collection is lavishly presented with a 44-page booklet and artwork by world-renown visionary artist Gilbert Williams. In addition to being a heavenly listening experience, the wealth of information provided makes this an educational opportunity as well — a virtual history of new age mu-

sic, and a "must have" for fans of the genre.

## YANG YING

*Elixir*

[www.yangying-music.com](http://www.yangying-music.com)

While the healing properties of music are well known in China, the idea of music as medicine is relatively new in Western culture. This time-honored awareness is the force behind a new album by Ms. Yang Ying, a master traditional (and contemporary) Chinese musician, as well as a longtime practitioner of qigong meditation. She is a world-renown virtuoso of the erhu (sometimes called the "Chinese violin"), a remarkably expressive instrument that is capable of hauntingly beautiful tones. Many other traditional Chinese wind, string, and percussion instruments are also heard on the album, which is based on the Five Elements Theory to create balance and serenity. While some of the songs on *Elixir* are designed for moving exercises and others meant to accompany the stillness of sitting or standing meditation, it is all quite peaceful. I thoroughly enjoyed the exotic world "Elixir" draws you into that's both ethereal and earthy — yin and yang.

## VARIOUS ARTISTS

*The Best of Reviews*

*New Age – Guitar*

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

In 2012, the Spanish music review site, Reviews New Age, released an incredible album of music by various pianists.

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

— Margaret Mead

Now, their new compilation shifts from 88 keys to 6 strings, although the album also features 12-string and even a unique 27-string guitar. With 17 different acoustic guitarists represented, there isn't room to detail all of them here, however some of the ones I was most familiar with were Alex de Grassi, Todd Boston, Will Ackerman, Shambhu, and teen guitar prodigy Matteo Palmer — a rising star. Both solo and ensemble pieces in a variety of styles are included. The album was produced by Alejandro Clavijo, a fine musician in his own right, as well as a respected music journalist, and well-known member of the international new age music community. This is a stellar compilation that would be a welcome addition to the music collection of any acoustic guitar lover.

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

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# BOOK Reviews

By Sonia von Matt Stoddard



## NO MORE ALLERGIES

*A Complete Guide to Preventing, Treating, and Overcoming Allergies*  
By Gary Null, PhD

By going back to natural, plant-based healing remedies, allergy sufferers may learn to quell and delete their allergies, without the use of pharmaceuticals. Observing the individual, instead of providing a cure-all, is at the core of this philosophy.

Starting with an examination of commonly-misdiagnosed allergy-related symptoms, and by completing some checklists, you will find yourself on your way to better health, without the maladies associated with allergies, like rashes and coughs.

This book contains comprehensive discussions about myth and truth, nutritional deficiencies, environmental factors, including the ways that allergies manifest into bonafide diseases, like arthritis and asthma, to just name two of several.

Finally, the author provides us with ways to test for allergies, along with diet changes and many suggestions for how to cleanse and rebuild our immune system and detoxify our homes. A detailed resource guide and a list of remedies is also included.

**Published by Skyhorse Publishing, this book is available at your local bookstore or [www.skyhorsepublishing.com](http://www.skyhorsepublishing.com)**

## ALL NATURAL

*A Skeptic's Quest to Discover if the Natural Approach to Diet, Childbirth, Healing and the Environment Really Keeps Us Healthier and Happier*  
By Nathanael Johnson

The author believes many of us are suffering from "ecological anxiety" as a result of being bombarded with alternative medical recommendations, from avoiding contact to plastic, to buying "natural" foods, without really believing that paying more for something marked "GMO free" is

going to make any difference. As medicine and knowledge of nutritional superiority improves, we have become a less healthy nation. We have fallen out of touch with Mother Nature.

There is a happy medium between hippie and high tech. Here, we are reintroduced to some practical basics, covering birth, the immune system, nutrition, toxins, the environment and our health care in general, offering us a middle ground for staying healthy and happy, physically and mentally.

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

## FLOWERSPEAK

*The Flower Whisperer's Guide to Health, Happiness, and Awakening*  
By Elizabeth M. Patric

Consciously absorbing the beauty of flowers can bring you closer to a true celebration of who you are, metaphorically, and also helps us understand their healing power. The earth is covered in flowers, plants and herbs. Some of them hold immense healing benefits for humans. Practically all of the cultures have rituals involving plants.

By experiencing the medicine or "speak" of flowers, we are able to understand and interpret the signs that nature is providing to us on a daily basis. The author is able to describe how flower messages can be received, and includes chapters on energetic benefits of flowers, which will allow you to pick those for healing what specifically might ail you. There is also a section on gardening and cultivating. Here you will learn how to understand various flowers' frequencies, interwoven with your own, to enhance your physical, emotional, mental and spiritual being.

**Published by Balboa Press/Hay House, this book is available at your local bookstore or [www.balboapress.com](http://www.balboapress.com)**

## CONTEMPORARY SPIRITUALITY FOR AN EVOLVING WORLD

*A Handbook for Conscious Evolution*  
By Nicoyla Christi

As our current political, economic and social systems have recently shown distinctive collapse, people instinctively and intuitively re-evaluate their lives by looking at the methods for achieving true peace and happiness. This author believes we are now perfectly poised to establish a new, co-creative world that reflects awakened hearts, minds, peace and collaboration.

Sometimes we need a bit of guidance to get to that next level. Included are discussions about psychological, conscious and spiritual revolution, along with the historical context for things like religion and spirituality. The book is meant to facilitate an evolutionary shift within your consciousness so you can evolve into a lasting peace, free from past negativity, allowing you to become the best incredible being that you are.

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

(Continued on next page)



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## THE ECSTASY OF SURRENDER

12 Surprising Ways Letting Go Can Empower Your Life

By Judith Orloff MD

Dr. Orloff, a UCLA psychiatrist and intuitive healer, masterfully explores how the power of letting go allows you to achieve personal and spiritual freedom. Combining mainstream medicine and beyond, she blows apart old ideas about health, aging, sex, power, beauty, and money by showing that surrender is NOT defeat — it is the missing key to true success. Dr. Orloff defines surrender as the grace of knowing when to flow with life rather than fighting it or pushing so hard you sabotage yourself.

This daring book is filled with a wealth of practical strategies to help you listen to your intuition more deeply and surrender to the wisdom of your body and the guidance of spirit. I especially love the section on surrendering in relationships — how to surrender to love and let go of obsessive and “delusional” relationships which stand in the way of love.

Also you'll learn the art of setting boundaries with toxic people and practice a mantra: “no is a complete sentence.”

*Published by Harmony Books, this book is available online or at your local bookstore.*

*Reviewed by Caroline Myss*

## I CAN SEE CLEARLY NOW

By Dr. Wayne W. Dyer

In this revealing and engaging book, Wayne shares dozens of events from his life, from the time he was a little boy in Detroit up to present day. He relates his vivid impressions of encountering many forks in the road, taking readers with him into these formative experiences. Yet he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service.

*(Continued on page 36)*

## HOW ARE YOU, MOTHER EARTH? WE'RE TAKING YOU TO THE DOCTOR!

Written by Gordon Hunter,

Illustrated by Marvin Alonso

What if you could take the Earth to the doctor for a check-up? That's just what Mike, Katie and her uncle decide to do. But how do you check a planet's vital signs? It takes help from a lot of scientists, but they find out about the health of Mother Earth. Now what?

This book takes an unusual approach to ecology, describing the state of the planet in terms that can be easily understood. The focus is on global warming, climate change, and energy consumption, and how our planet's health can be improved by choices and combined actions of people all over the world.

An accessible call to unified action, this book gives readers information that makes clear the choices we face together.

For ages 10 and up.

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

## LOOKING AND SEEING: LEARNING TO OBSERVE

Written by Carol J. Rosen

Chihara, with photographs by the author and others

When you look at an animal, do you see it as the unique creature it is? How do a tiger's eyes look different from the eyes of a house cat? What is the difference between an insect and a spider?

Learn fascinating and fun facts about the life around you. Practice your observation skills with the help of the author, a biologist and professor emeritus at the University of San Francisco.

The excellent photographs of animals, insects, spiders,

and plants bring the living world into sharp focus. From dogs and cats to exotic wild animals and plants, this book will help you observe like an expert.

Have fun reading this together — who can see the most differences? Children and adults will learn something on every page.

Highly recommended for ages 4 and up.

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

## THE COW IN PATRICK O'SHANAHAN'S KITCHEN

Written by Diana Prichard

Illustrated by Heather Devlin Knopf

Patrick drags himself up for another boring breakfast. But wait — is that a cow in the kitchen? His father doesn't notice, and even uses the cow as a table. When Patrick opens the refrigerator, there are chickens inside. And then the kitchen fills up with tall trees.

By the time he sits down to eat his French toast, Patrick has milked the cow, collected warm eggs from the chickens, and gotten syrup straight from a tree.

While the father is oblivious to the strange happenings, Patrick finds out where his food really comes from. What will he find in the kitchen tomorrow?

These animals have quirky personalities, and the humor of the story is captivating. The illustrations are colorful and loaded with exuberant charm.

This book is irresistible. Be prepared for giggles and many happy re-readings.

Highly recommended for ages 2 and up.

*Published by Little Pickle Press, this book is available at your local bookstore.*

## A PIG FOR FRIENDSHIP

Written by Mukta Cholette

Illustrated by Sommer Roman

One sunny morning, Violette wakes up to banging. Her daddy is building a barn. Violette is excited — there is so much she could do with a barn! She could put on a play. She could have a big dance party. But why is the barn so small? Her daddy wants a few animals: two chickens for eggs, one cow for milk... and a pig for friendship. What does that mean?

What would it be like to have a pig as a friend? Would you go fishing? Play cards? Ride a motorcycle together?

This playful story captures the creativity of young children in a delightful way. The illustrations are at once realistic and childlike, bringing the story to colorful life.

A charming and fun book to share that will spark the imagination of children of all ages.

Highly recommended for ages 2 and up.

*Published by Cholett-Roman, this book is available at your local bookstore.*

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# Feng Shui Concepts

By Jenny T. Liu, M.A.

## 2014 Liu Feng Shui Zodiac Forecast

It is a tradition to check your zodiac animal at every Lunar New Year to see what is in store for you. Following is a brief look at the key characteristics of each zodiac animal, a highlight of what they can expect in 2014, plus the auspicious colors that promote the energies of each sign. Keep in mind that the zodiac forecasts are general, a Zi Wei Dou Shu Life Map reading based on your birth hour is a more detailed and accurate forecast of your personal energy.

### Horse - 1930 1942 1954 1966 1978 1990 2002 2014

Horses are full of life, enthusiastic, and spontaneous. Horse people want to reach goals in their own way. They enjoy their friends, but are selective about who gets to be close.

2014 - Horses are busy, traveling, and meeting with lots of people. On the run this year, they need to watch where they are going. Color: Green.

### Sheep - 1931 1943 1955 1967 1979 1991 2003

Sheep are naturally open and get along well with others. They love nature and animals and have a natural green thumb.

2014 - Everything is sunny for Sheep as they enjoy awards and smooth sailing this year. Colors: Red, Purple.

### Monkey - 1920 1932 1944 1956 1968 1980 1992 2004

Monkeys are curious and love to explore and try new things. Sociable, talkative, and extroverted, Monkeys enjoy entertaining different circles of friends.

2014 - Monkeys experience loneliness as family or friends may be moving, but they easily make new friends or find new hobbies. Be mindful when traveling and spending money. Colors: Yellow, Brown, Orange.

### Rooster - 1921 1933 1945 1957 1969 1981 1993 2005

Roosters are honest, direct, candid, easily sharing opin-



*"The lotus brings renewal in Spring, abundance in Summer, harmony in Autumn, and peace in Winter. May the lotus bless everyone this year."*

ions and quick to judge. They trust their own views the most, but have a genuine interest in the well-being of others.

2014 - Love and admirers surround Roosters. They are popular and receive compliments. Colors: Yellow, Brown, Orange.

### Dog - 1922 1934 1946 1958 1970 1982 1994 2006

Dogs are devoted and always watching out for others with a strong sense of morality. They excel as team players.

2014 - Dogs get to work with good friends or a mentor. They need to pick their battles wisely to avoid getting hurt. Color: Red.

### Pig - 1923 1935 1947 1959 1971 1983 1995 2007

Pigs like harmony and are most content when they can work collaboratively with others. Extroverted and driven, pigs will take great comfort in pleasing others.

2014 - Pigs meet up with good teachers and friends. Keep track of belongings and take care of your health. Colors: White, Gold, Silver.

### Rat - 1924 1936 1948 1960 1972 1984 1996 2008

Rats are eloquent and convincing. They feel piety towards elders and are attentive to children. They can quickly figure out what to do to reach goals.

2014 - Rats encounter big changes. Be discriminating as

their own paths and are not afraid to take risks. Tigers are attractive as they do everything with passion and flare.

2014 - Admirers keep Tiger people busy. Be careful in sports and physical activity to prevent injury. Keep an eye on your possessions. Color: Blue.

### Rabbit - 1927 1939 1951 1963 1975 1987 1999 2011

Rabbits are diplomatic, great listeners, and givers of advice. They may appear timid, but are driven towards success. Detail oriented, they have an eye for beauty. 2014 - Rabbits are happy-go-lucky this year, especially if they do not get involved in gossip. Color: Blue.

### Dragon - 1928 1940 1952 1964 1976 1988 2000 2012

Dragons are charismatic, expressive, and fearless. Skilled problem-solvers, Dragons are usually in a position of power to help those in need.

2014 - Dragons experience achievement, good friends, and happy events. Be careful of frustrating situations that can wear you down. Colors: Red, Purple.

### Snake - 1929 1941 1953 1965 1977 1989 2001 2013

Snakes are mysterious, intense, and intuitive. They socialize but are private. Quiet and calculating, they prefer observation to action.

2014 - Snakes have opportunities to travel, but it may come with chances of getting sick. Keep travelling short, simple, and close to home. Color: Green.

**Visit: [Liu-fengshui.com](http://Liu-fengshui.com) for a calendar of FREE 2014 Feng Shui Guideline seminars.**

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

### Ox - 1925 1937 1949 1961 1973 1985 1997 2009

Ox people are true to their word and dependable. Patient, calm, and stable, an ox thinks things through. Ox people are socially selective and good providers.

2014 - Oxen are recognized for accomplishments this year. Be careful of new friends you make. Colors: Red, Purple.

### Tiger - 1926 1938 1950 1962 1974 1986 1998 2010

Tigers need space to create

**RECYCLE  
AWARENESS**



# REFLEXIONS REFLEXIONZ

By Robert Ross, CHZT



## on Heart Zone Training

*"It is only with the heart that one can see rightly. What is essential is invisible to the eye."*

— Antoine de Saint-Exupéry

Hearts... Poets muse over them, scientists study them, physicians operate on them, and the pharmaceutical industry profits by them. But Sally Edwards . . . well, she trains 'em.



**Sally Edwards holds up a training manual while Ross takes a sub-max test.**

We train our pets, we train to become better musicians, writers, athletes, so why not train the heart? After all, it's the most important organ and muscle in the body. A well-trained heart may add years to one's life, and definitely would add a more active and satisfying life to those years.

### HEART-BITS

- The heart is a muscle the size of a fist, and like any muscle can be made stronger.
- It starts beating four weeks after conception, and doesn't stop until death.
- It beats about 100,000 times a day, sending 2000 gal-

lons of blood through 60,000 miles of branching blood vessels.

- Women have smaller hearts than men, and exhibit different symptoms than men for a potential heart attack.
- Laughter is good for the heart.
- Sex is also good for the heart.
- People are more apt to have heart attacks on Monday morning, due to stress, than any other day.
- The phrase Broken Heart Syndrome, also called stress-induced cardiomyopathy, occurs more often in women than men.
- In Eastern philosophy, the heart chakra is associated with love, compassion, charity to others, and psychic healing.

### HEART ZONE TRAINING

In the fall of 2013, I attended a Heart Zone Training Certification workshop lead by Sally Edwards. My goal was, and is, to become a fitness instructor, catering to the Boomer generation. So, Heart Zone Training Certification, CHZT, needed to be at the top of my skill sets.

Sally Edwards, creator of the Heart Zones Training System, knows a bit about training, and training the heart. From the time she ran the 1984 Olympic Marathon Trials using her heart rate monitor, Sally has been at the forefront of a revolution in fitness training. The author of more than twenty books, with

a Master's degree in exercise physiology, her background in multi-sport competition is extensive.

Ms. Edwards has completed more than 150 races and 16 Ironman Triathlons. She is a former holder of the master's world record in the Ironman, and the national spokesperson for the Danskin series of women-only sprint triathlons. She has won the Western States 100 Mile Endurance Run, the 100-mile Iditashoe Snowshoe Race, The Race Across America Relay division, and numerous marathons.

The Heart Zone workshop, held in Claremont, California, included: learning Heart Zone terms, and the importance of training the heart; how to administer sub maximum or threshold heart rate tests; how to administer cardiovascular programs, and how to use a heart rate monitor. The workshop, a combination of lecture and hands-on work in the gym, used indoor bikes and step-up equipment to determine maximum heart rates and zones.

Everyone has a maximum heart rate, HRmax, that point at which the heart can beat no faster. Most of us have heard that the classic "220 minus age" formula, for men, or "226 minus age," for women determines theoretical maximum heart rate. According to

Edwards, though, this formula is not based on any scientific evidence, and the number may be misleading.

"This maximum differs from person to person", states Edwards. She has developed five zones, in chart form, showing areas of heart rate exertion. These are the upper and lower limits of heart rate intensity. The top two zones are referred to as Red Line and Threshold, where calories are burnt for energy. The lower three zones: Aerobic, Temperate and Healthy Heart, are fat-burning zones.

For example, if one's maximum heart rate is 160, and working in the Healthy Heart zone, the heart should beat at 80-96 beats per minute, 50-60% of maximum. Wearing a heart rate monitor, an individual can monitor his/her heart rate and choose which zone to work in.

After a day of working out, and taking notes, it was time for the long drive back to San Diego; time to reflect.

Since taking the workshop, I've spent many days experimenting with my heart rate monitor. At the gym, on long walks, snowshoeing, and skiing. If I'm not wearing a monitor, I might stop in the middle of an activity, find my pulse,

(Continued on page 36)



# BOOK Reviews

(Continued on page 33)

his lifelong dedication to service.

Wayne has discovered that there are no accidents. Although we may not be aware of who or what is "moving the checkers," life has a purpose, and each step of our journey has something to teach us. Now, from a position of being able to see much more clearly, I know every single encounter, every challenge, and every situation is a spectacular thread in the tapestry that represents and defines my life, and I am grateful for all of it."

*I Can See Clearly Now* is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment.

**Published by Hay House, this book is available online or at your local bookstore.**

**Reviewed by Lindsay McGinty**

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# REFLEXIONS REFLEXION2

(Continued from page 35)

look at my watch for sixty seconds, to check of my heart rate.

At the gym, I've settled into doing "Healthy Heart," "Temperate Zone" and "Aerobic zone" exercise sessions three times a week for about 45 minutes each session. These zones offer the maximum overall fitness benefits, while limiting the exposure to injury that higher zones pose. The other days of the week might be dedicated to less intense exercise, like swimming, walking, weight lifting.

After about three months of Heart Zone training I have noticed more energy, and a greater endurance when it comes to specific activities like skiing, cycling and working around the house. I have also noticed that certain exercise equipment at the gym will put me in the higher zones faster than other equipment. For example, the elliptical machine, using both the upper and lower body, will move me into the "Aerobic Zone" faster than the stationary bike or the treadmill.

Heart training is an important tool for those interested in optimizing their health. If this information resonates with you, go to [www.heartzones.com](http://www.heartzones.com), do some research, perhaps purchase a book or two on the subject and, start enjoying the benefits of Heart Zone training.

(Writer's note: Before embarking on any exercise program, check with your doctor)

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

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*The best way to find  
yourself is to lose yourself  
in the service of others*

— Mahatma Gandhi



## Voices of Hope

By Audrey Hope

## THE OFFERING

*How do I live on this planet?  
What to believe and what to  
dream?*

*How does it work and what is  
it all for?*

*Everyone has an answer,  
everyone has a point.*

*Where are the loving  
instructions?*

*Perhaps if things were  
different, I could...*

*If only...*

*When this happens...*

*Tomorrow, I will...*

*There is hell in these concepts.*

*I better go outside.*

*My prayers are in the wind.*

*My guidance, in the breeze.*

*Earth is my real classroom.*

*Nature, my trusted teacher.*

*Of all the things I could study,  
I want to be a flower.*

*It has definite promise,*

*So sure of where it's going.*

*Journeying into itself,*

*Perfection and no mistakes,*

*Beautiful, for being.*

*I want to be the ocean,  
It moves and flows  
It goes and comes,  
Keeping on despite the storms,  
Helping everyone.*

*I want to be the tree.  
It is solid through changing  
seasons,  
Bearing fruit in divine time,  
Loyal, it stands.*

*I want to be the birds,  
They fly free with each other,  
Knowing when to go and  
when to stay,  
In harmony and groups,  
They share.*

*And after the questioning,  
I understand.*

*We all want to be just what  
we are,*

*To be loved for that.*

*It is not what life can give me.*

*But what I offer.*

*Life is in the offering,*

*Of who I am.*

*Simple instructions,*

*Don't fix the flower!*

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

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# Musings

By Mystic Trish®

## The Environment

*We didn't start the fire  
It was always burning  
Since the world's been turning  
We didn't start the fire  
No, we didn't light it  
But we tried to fight it*

— Billy Joel

Global Weirding, We didn't start the fire, but I think we need to put it out. Hunter Lovin coined the term Global Weirding several years ago. You can read her book *Climate Capitalism* and be inspired. She is a very powerful and gifted woman.

She has a plan that can save us from this mess we are in. In her recently-published book she tells us how we can go from Climate Chaos to Climate Capitalism and save the planet and ourselves. You can find her on Ted Talks. It's time for Earth's Children to clean house and Hunter knows how.

We must get ourselves ready for what is already happening. Global Weirding is what we are dealing with. Southern California hasn't been this dry in 104 years. We will be on water rationing by summer.

I have an idea! Why don't we start planting for other species to survive. Plant for our children and grandchildren. I always make sure that my garden has the correct flowers and plants to support Monarch butterflies. It only takes a few plants to achieve this. They are an endangered species because of us. They will bless you with their happy cavorting in your garden. When people pull up in front of my house they are blessed with a greeting of butterflies. Fluttering all around them as they walk up the garden path.

The Tree People of Los An-

geles is a great organization, full of useful information that we can all use to help our environment and ourselves. We can protect our natural resources and ensure clean and abundant water in our city by using solutions that recreate the functions of a healthy forest in an urban setting. Examples of nature-based solutions include permeable paving, swales, rain barrels, cisterns, French drains and other relatively simple "forest-mimicking" innovations.

Trees can absorb an amazing amount of carbon and hold it. Our environment needs more trees. The longer they live the bigger they get and the more CO2 they absorb, cleaning our air for us.

Trees do not slow in their growth rate as they get older and larger — but instead, their growth keeps accelerating, according to a study published today in the journal *Nature*.

"This finding contradicts the usual assumption that tree growth eventually declines as trees get older and bigger," says Nate Stephenson, the study's lead author and a forest ecologist with the U.S. Geological Survey. "It also means that big, old trees are better at absorbing carbon from the atmosphere than has been commonly assumed."

We keep cutting the trees down to build more subdivisions with more concrete, that causes more heat to collect and less water to be absorbed. As a result fewer plants grow like Milkweed which our Monarch Butterflies need to reproduce the next generation. There are also fewer flowers for the dwindling pollinators to forage among, as well as fewer trees to absorb CO2 and

keep our air clean.

The oceans absorb a quarter of the CO2 carbon dioxide we pump into our atmosphere every year. They are becoming more acidic and this is changing the mineral composition of the ocean and making it hard for crustations to build shells. These marine organisms clean our oceans.

One of Antarctica's biggest ice fields is breaking off. The Arctic is melting so fast that it is impacting the formation of the mineral Aragonite, which is interrupting the food chain. There is a drop in aragonite in the arctic ocean because it has become too acidic.

Those of you who are Crystal Healers and Dealers should look up what Aragonite does for our planet and us. The mineral is a major healer for our planet. According to Judy Hall's book, *Aragonite is an Earth Healer* and grounding stone attuned to the Earth Goddess. It encourages conservation and recycling. It transforms geopathic stress and clears blocked ley lines. Our behavior is destroying this.

A team of Federal and university researchers found that the decline of sea ice during the Arctic summer has important consequences for the surface layer of the Arctic Ocean. As sea ice recedes to record lows,

as it did late in the summer of 2012, the seawater beneath is exposed to atmospheric CO2, which is the main driver of ocean acidification.

In addition, the freshwater melted from sea ice dilutes the seawater, lowering pH levels still further and reducing the concentrations of calcium and carbonate ions that are constituents, or building blocks, of the mineral Aragonite.

Aragonite and other carbonate minerals make up the hard part of many marine microorganisms' skeletons and shells. The lowering of saturation states for these minerals may impact the growth of such organisms and the many species that rely on them for food. (USGS, Sound Waves Monthly News letter)

How are we supposed to deal with the changes that are already happening? Are we supposed to stockpile water? Canned food? Seeds to replant? Well that would be a great idea but we need water to grow a crop of anything.

Email your suggestions to me for making the world a better place.

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

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# NEVER "Old"

By Jesse Anson Dawn

## Tips for Keeping Mind & Body Young

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

**Presently answering the question:**

***"Dear Jesse, If a disease causes me to be hospitalized, how can I protect myself from medical procedures that, for many years now, worldwide research reveals as being overly toxic and relatively ineffective methods?"***

Dear Readers,

First of all, it greatly helps to be aware of an important rule of law called:

### THE PATIENT SELF-DETERMINATION ACT (THE PSDA)

What this very significant directive does is, quite justifiably require **ALL** U.S. health-care facilities to inform their

patients about their right to refuse an unwanted procedure.

And according to the following report, a "standard" medical practice that ((**SHOULD**)) be refused is clearly revealed in this December of 2013 issue of The London Times, where this [long ignored by "mainstream news"] fact is duly revealed in this (quoted) article that discloses:

### THE TRUTH ABOUT CHEMOTHERAPY

"After five years of extensive research, the internationally-respected Hutchinson Cancer Research Center (located in Seattle, Washington) has come to the following, well-proven conclusion: Chemotherapy treatments do not effectively rid a patient of cancerous cells, but instead they induce the strongest of these cells to rapidly reproduce, a result that induces a reinforced form of cancer that, within 6 to 18 months, actually (causes) the patient to die."

However, despite the multitude of studies that uncover the truly hazardous results of chemotherapy treatments, because this "traditional" process has been practiced for many decades, doctors keep [[habitually]] utilizing it. All of which is the main reason why, year after year, the fatality rate of various cancers keeps rising higher — a dilemma that duly urges the need for a more dietary and progressive, less "customary" approach to battling the second leading cause of death.

But of course, the "chemo" process is just one of a myriad of ways that Big Pharma's profit-based, worldwide advertising

negates our self-empowering choices.

For example, severe side-effects of (globally promoted) vaccines has become so epidemic, that in June of 2012, the U.S. government duly reinstated what has come to be called:

### THE VACCINE INJURY COMPENSATION PROGRAM (VICP)

This crucially-needed directive was created to provide a federal system for compensating vaccination-related injuries and deaths. It is funded by a 5 percent excise tax on all vaccines sold in the United States. And since its inception, this fund (due to court-ordered compensations), has already paid out a total of over **1.7 BILLION dollars** to people made seriously ill by vaccinations. All while thousands of cases are still pending before the courts, yet to be resolved.

Therefore, before allowing yourself (or members of your family) to be injected with vaccines that you have no detailed information about, it makes good sense to investigate that drug on the internet, where you can discover if it is **TRULY** safe and effective.

And speaking of the (protection energy) facts available from the internet, I recently came across a healthcare law that should never be ignored — a directive that the U.S. government calls:

### THE EMERGENCY MEDICAL TREATMENT ACT (EMTA)

This significant piece of legislation is one that requires **ALL** U.S. hospitals to treat patients with emergency conditions, regardless of their ability to pay for medical services. Although quite regrettably, this "anti-dumping" law is often violated, whereby hospitals frequently transfer emergency cases to clinics that openly serve the uninsured. However, these illegal transfers have instigated many lawsuits, and justly so, because enforcement of this mandate is an essential

human right, regardless of race or age, income level, or insurance policies.

Yes, with enough public pressure, justice **WILL** occur not only in courtrooms, but also amid the medical industry, where procedures need to be less about profits, and more about a conscientious respect for people's lives.

And with that betterment (hopefully) brought about, I will wrap-up this article with a ((protest poem)) from my latest book, **The New Era of Consciousness**, a chapter-ending, lyrical piece that I call:

### THE MEDICAL BENEFITS OF TRUTH

*In their constant push of profits, pills and stitches,  
They ride a runaway train of uncontrolled riches,  
All while minds fill with fear about uninsured ills,  
Where heart attacks occur by just {looking} at bills,  
Where a preset retirement [forces] us to quit,  
But I keep on working till I'm REALLY done with it.  
And I refuse to receive any chemical injections,  
Or be fooled by the whim of uncaring inspections,  
Thus I continue to avoid the surgeon's blade,  
Because my body is one that is TRULY self-made,  
Therefore I live (within) it, and can see (inside) it,  
Whereby no harmful forces can ever override it,  
And our human rights should NEVER be denied,  
By conglomerates who try to push them aside,  
So I keep on learning what I really NEED to know,  
To arouse AWARENESS and help (WELL-BEING GROW))))*

**"Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing him at [jesseisforreal@yahoo.com](mailto:jesseisforreal@yahoo.com). Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive his uniquely beneficial, 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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## Your Spiritual “Fur Person” and the Environment

By Allen and Linda Anderson



If you think of animals as spiritual companions, as we do, it's easy to recognize their presence in our lives leading to a higher regard for nature. In general, animals help people to become more loving and compassionate. They are angelic instruments and messengers who stimulate spiritual growth and love for all life, including a respect for the environment.

No matter how loving, spiritual, and intelligent your animal companion is, he or she also affects the environment. According to CarbonOn.ME in the article, “Your Pet’s Environmental Footprint” <http://www.carbonon.me/calculating-your-pets-environmental-footprint/>, knowing a couple of facts and taking on a few tasks can help anyone with a pet to offset the pollution their animal companion makes. For example, the article suggests such things as using recycled cardboard and newspaper as bedding for small animals — rabbits, hamsters, and gerbils.

And don't forget about those biodegradable poop bags for dogs and cats. The average dog produces about 270 pounds of feces a year. Even if dog waste and kitty litter are disposed of correctly, they can add to landfills.

Consider offsetting the carbon footprint of your pets by participating in environmentally-friendly activities. Donate to forest or wetland restoration, plant trees, and recycle. Simple methods of paying-it-forward are effective ways for giving back to nature, not only for you but also for your pets.

### OVERCOMING A FEAR OF DOGS

But what if the environment you are trying to replenish and enrich is not only a physical landscape? When Allen did a radio interview recently, he found out that spiritual connection with animals helped to restore emotional balance for the program host and her son. Allen tells his story below.

I recently did a radio interview and got to do what I love, which is to talk about my book, *A Dog Named Leaf*. I always enjoy sharing with anyone who will listen to me about how my little cocker spaniel and I survived challenging times as a spiritual team. Both Leaf and I became better and more loving because of our experiences together. I talked about the joy and comfort a person receives by having the unconditional love of a dog and gave examples of how Leaf's presence made my and his life better.

On the air, the host said she had grown up in an environment where her mother taught her to fear dogs. To this day, she would be afraid to have a dog as a pet. She added that without knowing better, she had instilled that same fear in her son who is now 10 years old. As we chatted during the interview about the book and my experiences, the radio show host began to understand how much she and her son are missing out on by not having a dog join their family.

I talked about how animal shelters are always looking for volunteers. Volunteering often helps people who cannot have

a dog for some reason or may be concerned over the cost of adoption.

The host said that, as we talked, she realized it was time for her to move forward and past her deep, lifelong fears. Both she and her son were going to volunteer a couple of hours each week at their local animal shelter. They could become more accustomed to and less fearful by being around all kinds of dogs and experiencing firsthand the different characters and doggy personalities.

What a satisfying interview that was for me, the host, and hopefully, for her listeners. What a tribute it was to the power of pets to open up a world of love.

### ANIMALS INSPIRING PRESERVING THE ENVIRONMENT

Animals instill love for the environment just by their examples of living full lives within their natural surroundings. Most people would agree that Jane Goodall is one of the world's most respected naturalists. Spending years of her life observing chimpanzees and writing eloquently about her experiences with them has inspired millions to renew respect for the earth, all its creatures, and the ecosystems that support human and animal life.

When people love animals and are determined to express it, they can become invincible in their pursuit of wisdom about life. Jane Goodall's love for chimps in the forests of Gombe catapulted her into

becoming a respected spokesperson for protection of endangered species and advocate of animal welfare causes.

The pristine Tanzanian forests offered Jane an exquisite peace and tranquility. In a passage from her classic book, *Reason for Hope*, she writes about the spiritual benefits the close contact with animals gave to her. “On an open, grassy ridge the chimps climbed into a massive mbula tree, where Fifi, replete from the morning's feasting, made a large comfortable nest high above me. She dozed through a mid-day siesta, little Fanni, asleep in her arms, Frodo and Freud playing nearby.

How healing it was to be back in Gombe again, and by myself with the chimpanzees and their forest. I had left the busy, materialistic world full of greed and selfishness and, for a little while, I could feel myself as in the early days, a part of nature.”

Humans turn to animals for comfort, playtime, serenity, unconditional love, and a number of other spiritual qualities we can't find as readily from any other source. We nourish and rescue animals and receive blessings in return. Whatever we do for nature and the environment sews seeds of golden nourishment for us — and the animals.

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

# CALENDAR of Events

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

## ONGOING

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

**CLEARLIGHT'S MEDITATION MONDAY.** Every Monday night (except for blackout dates, please check our website), 7-8pm, \$10. Deepen and expand your meditation practice with this one-hour weekly meditation series. Please visit [www.clearlightaura.com](http://www.clearlightaura.com) or email us at [clearlightaura@gmail.com](mailto:clearlightaura@gmail.com) for more information.

**WEDNESDAYS.** Every third Wednesday. Holistic Chamber of Commerce: Inland Empire Chapter Monthly Meeting, 6:30-8:30pm at Natural Magnetism, 8200 Haven Ave., Suite 2110, Rancho Cucamonga, CA 91730. Contact Julie Mayo, Chapter President, (951) 833-7879 or visit [IE.HolisticChamberOfCommerce.com](http://IE.HolisticChamberOfCommerce.com). Everyone is welcome!

**THURSDAYS.** March and April. **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](http://www.embracehumanity.com)

**THERE IS A WAY OUT!** Regardless of your present condition, a way out exists. Discover **VERNON HOWARD's liberating truths.** Classes: Fridays 8pm, Sundays 10am, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30pm, Neighborhood Church, Pasadena. \$3 donation. (714) 899-9300. [www.anewlife.org](http://www.anewlife.org)

**SATURDAY (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 (951) 833-7879 or visit [www.IEHolisticFair.com](http://www.IEHolisticFair.com)

**SUNDAYS & TUESDAYS TRANSMISSION MEDITATION.** Simple and dynamic aid for personal growth and a potent way to serve humanity and help transform our world. Free group world meditation Sundays 11am to 12 noon and Tuesdays 7-8pm. Culver City (310) 202-1682. [www.transmissionmeditation.org](http://www.transmissionmeditation.org)

## MARCH

**MARCH 7 — TED TALKS DISCUSSION GROUP.** Friday, 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**MARCH 8 — LYCEUM LIVE 2014.** Saturday, 8am-12pm. \$20 in advance. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**MARCH 11 — DEEKSHA ONENESS BLESSINGS.** Tues. 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**MARCH 11 — 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](http://www.embracehumanity.com)

**MARCH 12 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**MARCH 13-APRIL 24 — LOSE WEIGHT EATING MINDFULLY.** Ventura, KimberlyWulfert.com/classes. (805) 320-9361.

**MARCH 15 — BESTSELLING AUTHOR GUY FINLEY WILL GIVE A TALK ON "LET GO AND OUT-GROW FEAR, WORRY, ANGER AND DOUBT."** 1-3pm, Newport Beach Civic Center Community Room, 100 Civic Center Drive, Newport Beach 92660. \$10 donation requested, but no one will be turned away. For more information please visit [www.guyfinley.org/](http://www.guyfinley.org/) or call (541) 476-1200.

**MARCH 15 — THE TECHNOLOGY OF GOD** — a multimedia presentation of Nassim Haramein's scientific discovery of the spiritual realm, with author Aleya Annaton, 1-4pm. Storm Wisdom, 3375 Shea Blvd., Phoenix, Arizona. [www.thetechnologyofgod.com](http://www.thetechnologyofgod.com), [thetechnologyofgod@gmail.com](mailto:thetechnologyofgod@gmail.com)

**MARCH 16 — BESTSELLING AUTHOR GUY FINLEY WILL GIVE A TALK ON "SAVE 30 YEARS OF SPIRITUAL SEARCH AND STRUGGLE."** 1-3pm, Holy Spirit Retreat Center in Encino, 4316 Lanai Road, Encino, CA 91436. \$10 donation requested, but no one will be turned away. For more information please visit [www.guyfinley.org/](http://www.guyfinley.org/) or call (541) 476-1200.

**MARCH 16 — 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](http://www.embracehumanity.com)

**MARCH 25 — 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](http://www.embracehumanity.com)

**MARCH 26 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**MARCH 27 — START A NEW CAREER HELPING OTHERS.** Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, [www.HMIcollege.org](http://www.HMIcollege.org)

**MARCH 28-30 — AKASHIC RECORDS PRACTITIONER CERTIFICATION WEEKEND** with Barbara Schiffman. Fri-Sun, LA/Burbank. Access our collective Soul-archive for yourself, others and non-humans via Linda Howe's Pathway Prayer process and Advanced Past Life healing tools. (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

## CALENDAR & CLASSIFIED AD DEADLINES FOR NEXT ISSUE APRIL 15

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## APRIL

**APRIL 4 — TED TALKS DISCUSSION GROUP.** Friday, 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**APRIL 5 — INTEGRATIVE HEALING WORKSHOP WITH DREAM-HEALER (DR. ADAM MCLEOD, ND).** Adam will perform two group healings and give every participant tools to powerfully influence their own health. Register at [www.dreamhealer.com](http://www.dreamhealer.com)

**APRIL 8 — DEEKSHA ONENESS BLESSINGS.** Tuesday 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**APRIL 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](http://www.embracehumanity.com)

**APRIL 9 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**APRIL 19-20 — HARMONIC MERKABA ACTIVATION AND SOUND HEALING RETREAT.** Journey through a resonate copper merkaba gateway with the sacred sounds of singing bowls, ancient light encoded song, and the divine presence of the Shekina for teachings, wisdom, and compassionate healing. Integration, 2477 Belfield Bl., Landers, CA 92285. More info @ [www.phyllisdouglass.com](http://www.phyllisdouglass.com)

**APRIL 20 — EASTER SUNDAY CONTINENTAL BREAKFAST, WHITE DOVE RELEASE, INSPIRATIONAL SERVICE.** Sunday, 9:30am to 11:30am. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**APRIL 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](http://www.embracehumanity.com)

**APRIL 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](http://www.embracehumanity.com)

**APRIL 23 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE.** Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

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**APRIL 25-27 — HEALING THROUGH THE AKASHIC RECORDS WEEKEND.** Fri-Sun, LA/Burbank, with Barbara Schiffman, ARCT. Access spiritual healing energy within your own Akashic Records via Linda Howe's Pathway Prayer Process. Discover your Soul's perfection and transform your Sacred Wounds (inc. Self-Abandonment) into points of power within yourself and paths of peace for all your relationships. Designed for Akashic newcomers plus experienced Akashic Practitioners. Info/Registration: (818) 415-3479, [www.YourLifeandSoul.com](http://www.YourLifeandSoul.com), [www.Meetup.com/AkashicLA](http://www.Meetup.com/AkashicLA)

## MAY

**MAY 2-4 — BEING BRAVE: IS ENLIGHTENED SOCIETY POSSIBLE?** Meditation weekend with Pema Chödrön, Sakyong Mipham. Richmond, CA. [www.creatingso ciety.com/](http://www.creatingso ciety.com/)

**MAY 3 — GERI-FIT® STRENGTH TRAINING WORKOUT FOR OLDER ADULTS,** national exercise instructor certification Saturday, 10am-6pm at Santa Ana College. Visit [gerifit.com](http://gerifit.com) or call 1-888-GERI-FIT for more info.

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to share it with you.

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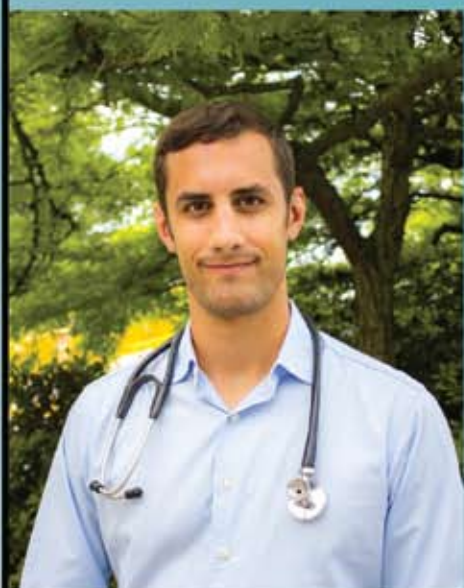




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