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Southern California's Guide to Conscious Living

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& BRIAN HILLIARD**
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EDITOR / PUBLISHER

DARBY DAVIS

EDITORIAL STAFF

MICHAEL DIAMOND

RANDY PEYSER

ROBERT ROSS

SONIA VON MATT STODDARD

DONNA STRONG

LYDA WHITING

CONTRIBUTING WRITERS

ALLEN & LINDA ANDERSON

GARET BEDROSIAN

KEVIN CANNELLA

SONIA CHOQUETTE

JESSE ANSON DAWN

VICTOR GOSS

AUDREY HOPE

MICHAEL PETER LANGEVIN

JENNY T. LIU, M.A.

PHIL & MAUDE MAYES

MYSTIC TRISH

ANN NELSON

DR. BRADLEY NELSON

JENNY SMEDLEY

LEXI SOULIOS

ALEX STRANDE, N.D., PHD

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ULRIKE

KIMBERLY WULFERT, PH.D.

CORPORATE OFFICE

ADVERTISING SALES

(800) 758-3223

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LOS ANGELES OFFICE

ADVERTISING SALES

KATHLEEN BENNETT

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awarenessmag@gmail.com

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CORPORATE OFFICE

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(714) 283-3385 (800) 758-3223

FAX (714) 283-3389

E-mail: info@awarenessmag.com

www.awarenessmag.com

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Arielle Ford & Brian Hilliard

Celebrating Love Wabi Sabi Style

By Donna Strong

Spending time with Arielle Ford and Brian Hilliard is a gift, because you can easily feel the love and respect, and the way they have learned to become a harmonious whole, while remaining human and real. They began their time together with a whirlwind courtship based on a deep soul recognition. Once they settled into relationship, like us all, they began to wrestle with how the divine aspects of love find a way to meet the challenge of navigating daily life together. Over time it is the mundane aspects that too often become monumental in relationship — we can become trapped in the ‘10,000 things’ and forget the commitment to love whatever shows up.

With Arielle’s latest book, *Wabi Sabi Love*, we are invited to see what can happen when we shine the light of love on the more trivial aspects of life that too often get blown out of proportion while what really needs to be addressed remains invisible. In this book we get to share in the unfolding discovery process of Arielle and Brian that shows us the wabi sabi way of love in action. This book is a guide to shape shift our perception about the imperfect and impermanent aspects of our lives, so we can see the transcendent beauty of spirit that shines through the cracks in our lives and in our partners. We invite you to enjoy our lively conversation with Arielle and Brian for this issue.

Awareness: To begin, what does ‘wabi sabi’ refer to, and how did the two of you discover it in your own life together?

Arielle: Well, “wabi sabi” is an ancient Japanese esthet-

ic that honors all things old, worn, withered, imperfect and impermanent, and it seeks to find beauty and perfection in imperfection. ‘Wabi sabi love’ is about daring to find and love the imperfections in yourself and especially those of your mate.

I learned that I had to lighten up with my own quirks and crazy things that I did; and often with the stuff that Brian did, that could sometimes be annoying to me, like the way he squeezes the toothpaste and other funny things.

So I guess the qualities are



Photo by Carl Studna

I originally discovered wabi sabi in the mid-1980s when I was doing a lot of publicity for art galleries. Then when Brian and I got together, we spontaneously came up with ways to bring more lightness and humor to what was potentially annoying out of our desire to have a more loving connection.

Awareness: Well, that’s beautiful. If it happened spontaneously, it certainly affirms that love is the operating system. Can you tell us about some of the qualities we would use to live in a more wabi sabi way?

Arielle: Well, I mean, for me it’s all about intention. I also

really about humor and developing a generous heart; and then wanting, first and foremost, to live in a state of harmony.

Awareness: Therein comes the intention. Wonderful. I get that. Can you tell us about learning to be gentler with our own and our partner’s imperfections?

Arielle: Well, let’s start with our obsession with perfection. You know, we have all been brainwashed by the media and society to seek perfection in ourselves and our spouses and our kids and our work. The truth is, there’s no such thing as perfection, and I actually think the

word should be changed to “pure-fiction” because it just doesn’t exist.

So knowing that it doesn’t exist and knowing that we all have faults and quirks, life is going to be simpler if we accept that and try to have more fun with it. I said it already — lighten up. I’m a sloppy person. I make a mess wherever I go. In the early days Brian used to question me about it.

Then one day he had the most brilliant a-ha moment, and he said, “You know, I figured out that you just have a blind spot when it comes to crumbs around the toaster, so I’m just going to clean up after you, and solve two problems.” He didn’t have to think about why I’m such a slob anymore and I didn’t have to think, “Oh, did I leave crumbs somewhere that are going to annoy him?” It’s just a silly, stupid thing and there are so many easy solutions to the things we make a big deal out of.

Awareness: I do get that. It’s what you were saying; it’s about applying love to bring more insight.

Brian: Right. Right. For me, it’s an awareness tool. I embrace the idea of being accountable and responsible for everything that’s being co-created. So why would I want to be annoyed? Why would I put significance on being annoyed when ninety-five percent of the time Arielle and I are really in what you would call the flow of love and grace and care for one another?

If there’s any annoyance, I really take it as an opportunity to do the work in terms of my own growth. I say why take myself out of the flow, even if I need to have a construction helmet

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Wabi Sabi...

(Continued from page 5)

on in the kitchen when Arielle's cooking and there's food flying all over the place? {Chuckles all around}

Brian: I'm sure we all agree — humor is a wonderful elixir to a healthy, loving, holistic relationship, but we've got to bring it into our lives. It takes discipline to take the significance out of most things, and drill down to what really matters — devotion and love to one another and having a really healthy, intimate union.

Arielle: You know Donna; I read a study a couple weeks ago that blew me away. It was talking about one of the primary things that couples fight about, and it wasn't money or kids or stuff. It was how to load the dishwasher; whether you should put the silverware in point up or point down! People actually fight about that.

Now, Brian likes to put it in points down and I would prefer to put it points up because I think it would clean everything more. Early on, it was just, "well, you know what? He likes to do it points down because he thinks it's safer for me so I don't hurt myself, so let's just do it his way."

Brian: As I said earlier, I really believe that when there's conflict over how you load the dishwasher, something bigger is going on — whether it's control issues or being victimized or not being heard. There's always something much deeper underneath it.

Awareness: *I was going to bring up a comment from the story of Tim and Susan in your book. They said that learning to live together creates inherent friction, and they came to see it as energy and not necessarily a problem.*

Arielle: Yes. That's a really, really important thing to know. Harville Hendrix talks a lot about this. He says that the way you know you're in the right relationship is if it starts off as a dream come true and then rapidly devolves into your worst nightmare.

He says a true relationship is meant to bring up all your childhood wounds so you can heal them. One of the things we've learned about being in a soul mate relationship is that there's an unbelievable amount of healing that comes as a state of grace when you're with your soul mate; *and* there is creative tension and friction that comes along with that.

John Gottman, who's another expert in this field, says that every relationship inherently has a minimum of nine irreconcilable differences, and that that's totally normal. So for the people who go into relationships thinking that there's never supposed to be a problem or friction or tension, well, that's just madness. The friction and tension is a creative way for you to grow and learn as an individual and as a couple.

Awareness: *Part of what is so potent about this book is I think you are helping people realize that their creative life force is something, as you were just saying, we have to take personal responsibility for in a relationship.*

Arielle: I think there's two pieces of it. One is emotional maturity, really putting on the big-girl or the big-boy pants and stepping up and being an adult in the relationship. The other piece of it is what I call 'wearing rose-colored glasses.' They've done scientific research showing that couples who consciously choose to see the best in their partner have happier, more satisfying relationships. This is because they're looking for what's right instead of what's wrong.

I know for certain that Brian doesn't wake up in the morning thinking, how can I make Arielle crazy today? If I'm being made crazy by something, it's not because it's something he intended. It's because somehow I'm interpreting what he's doing, which is probably based on the way I was raised or what I think is right and wrong. So it's really up to me to make the shift in perception, to find the "wabi sabi"-ness of whatever it is I'm judging as wrong or strange.

Awareness: *Yes. I totally get*



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that. One of the things I wanted to mention that struck me as I was reading the book, was that rather than people needing to winnow themselves down, there was this fullness from being more authentic in a relationship that is expanding.

Brian: I love that! With that expansion, Donna, you finally start dissolving the feeling of separateness into a truly sacred union. I know that when Arielle wakes up she knows I'm going to be with her, she knows I'm devoted to her happiness. I think once we start moving and making the shift into devotion and sacred union, the energy does shift.

So often in relationships the energy builds up so there's tremendous tension and separateness that becomes really hostile. The energy just stores in the relationship until it explodes and there's never a sense of balance or union. It just continually feels like a separate dynamic.

Awareness: *I get what you are saying. I think very few of us have an orientation to know how to channel what comes up out of our own stored stuff, whatever that is.*

Brian: Here's a wonderful example of what we're talking about from the book. One time when Arielle was mad at me, she started pointing her finger. While her finger was pointed at me, she realized her thumb was pointing back at her, and that's what I was referring to in terms of taking on a higher degree of personal responsibility and accountability for what's going on in your relationship. You know, once you can drop your hand and not point the finger at the other person, it becomes less separate and more of a union.

That entails, I think, personal responsibility and really looking deeply at the foundational issues of your life and why things are coming up. That means realizing neither one is perfect, so

that means we're not always in control. The relationship does have uncertainty; it raises the question of how are we as a partnership going to take care of those issues? That's how I see it. It's kind of a more expansive view of wabi sabi.

Awareness: *Wonderfully expressed! You're both well-appointed guides. Okay, last question. What has been the most gratifying experience for you since the book came out?*

Arielle: Well, I gave a talk in November at this thing called the Awesomeness Fest. Afterwards, at least 50 people came up to me and said what they came to understand about wabi sabi was going to completely change the way they interacted with their partner starting immediately.

They so got that they needed to just start honoring and loving and finding the beauty in all the things they'd been judging about their partner. It just made me so happy to know it was an instantaneous thing for people to get, that it wasn't this big leap to make a change in a relationship — it was a small shift in how you were looking at things.

For more about Wabi Sabi Love, see the website. Awareness readers can receive a free audio download by going to www.wabisabilove.com/gifts.

Donna Strong is a writer and advocate and appreciator of the beauty of bees. See www.donnastrong.com or www.harmonyofbees.com or www.facebook.com/harmony.bees

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— Ralph Waldo Emerson

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The Heart of the Matter

Four Chambers for Authentic Relationships

By Sonia Choquette

Right now, all of us... all human beings on the planet are being asked to evolve a more spirited, conscious, direct connection with our authentic self. We are moving away from a fear-based, idealistic foundation of relationships and toward a foundation that is grounded in our soul and guided by our vibes. It's through this authenticity that we are able to experience the romance and real, soul-to-soul connection that motivates and feeds our relationships.

In order to be authentic, and have the kind of relationships with others that we yearn for, we must listen from the four chambers of our heart which really represents our capacity to be ourselves. By allowing ourselves to be seen for who we are, and see others for who they are, we let go of the filters that damage our relationships. In ridding ourselves of these filters, we can actually begin to love one another and experience one another purely. Together we create a relationship experience that is more harmonious and empowered.

In my book, *The Answer is Simple*, I talk about listening from each of the four chambers of the heart. By practicing this, you'll be able to see why they need to be involved when it comes to having the kind of relationship you want. Let's start with the upper right chamber:

The "Open Heart" or your "Inner Child" is usually the part of your heart that initiates any relationship. Have you ever looked back on a relationship and wondered: "How did I get involved with that person?" It was the child in you who wanted to be with that person; who saw something fun or wonderful, making you feel enthusiastic and impulsive. You were excited! It is the part of you that is receptive, eager, open and available.

How open are you; not just to another person but to life in general? Have you gotten disconnected from your inner child? Have you forgotten how to be open, receptive, excited, curious, eager, fun and available?

To open your heart, you have

asking: "Why did this happen to me? Why did you do this to me? Why are you acting like this? Why are you so offensive?" When your Clear Heart is unclear, you end up taking everything personally.

I go there sometimes and when I do, my relationships suf-



Photo by JJ Jetel

fer as long as I stay in that unclear "victim-y" kind of heart. If you are sitting in that heart, being the victim and not taking responsibility for being clear and objective, you're not willing to say: "This is happening. What do I have to do with it? What choices am I making? What expectations do I have? What behaviors am I choosing and doing that are causing me to be unhappy?" Or, "What am I doing that works?" The Clear Heart is the heart of responsibility. You really can not have healthy, spirited, uplifting relationships if your heart isn't clear.

The "Clear Heart" is the second chamber on the lower right. This is the heart of your "inner adult" and the part of you that asks you to be clear, honest and take responsibility for the quality of your life, and for the energy you bring to the people you relate to. When this chamber is unclear, it can spell big problems in relationships. You end up feeling like a victim

or improving in your life because you won't be empowered by your choices. Start asking yourself: "Where do I need to get clearer?" in order to either create or improve the quality of relationships in your life today.

The "Wise One" is the upper left chamber of the heart and houses our ancient spirit and our spirit of compassion, understanding and forgiveness. If we're not accessing this chamber, we're not going to be able to have the kind of relationship that we long for, one that is gentle, nurturing and growth-supporting, and yes, loving. If we don't have the power to forgive, the compassion to accept one another or the willingness to understand one another, the relationship isn't going to go very far. You can ask yourself: "How forgiving am I? Can I really see another with compassionate eyes?"

People struggle just like you. They may show up with all kinds of crazy behavior but if we can access our wise heart and remember they are trying their best, doing what they know with the tools they have at the moment, we can see past what we don't like and into the heart

These four qualities of the heart are the foundation of creating an authentic relationship.

of the authentic spirit buried underneath those crazy-making behaviors.

The "Courageous Heart" is the fourth and final chamber in the lower left. This is the chamber of the heart that really asks you to get past your discomfort, past your defenses, your resistance and be a little more available, a little more vulnera-

Now, people are people and they do cause pain. And, if your heart is not clear, you are going to be unavailable to authentic relationships either happening

ble, authentic and truthful with the people you are in relationships with. And how do you do that?

You can start by acknowledging your mistakes. Own what you've done wrong. Own your upsets. Ask for what you need without creating drama around the asking. Open up. Have the courage to be available. Take risks and step out of your comfort zone and relate in a more genuine and receptive way. In doing this you pave the way for deeper trust to occur between you and those you love, and that is essential to the kinds of relationships that touch our soul and spirit and leave us feeling as though we are genuinely connecting and feeling deeply loved.

This week, meditate on each of the chambers and ask your spirit, ask your inner voice to guide you. "How can I be more open?" Then, write it down. "How can I be a little clearer?" Tune in. Listen to your spirit.

Write it down. "How can I exercise a little more wisdom, understanding, compassion, and forgiveness with myself and others?" Ask your higher self, your spirit, to give you the ability to write down what comes through. Finally, "Where am I being a coward? Where am I not taking risks?" Where am I hiding behind my facades and not allowing others in? Write that down, as well.

Then start taking action on each of these things, one step at a time. This is a big lesson so take it in baby steps. Today try being a little more open, for example. Be playful, and have fun with your beloved or, if not in a relationship, with friends. You can even have fun alone. Tomorrow, try being a little less "victim-y" and a bit

Feel gratitude towards everything and you will be showered.

— Paramahansa Nithyananda

more responsible for the role you play in the way your relationships are unfolding. Don't play gotcha' with yourself or others.

Rather explore the question, "I wonder how I can take more responsibility in my relationships?" and allow your spirit to answer. I think you'll be really impressed at how quickly relationships of all kinds improve by bringing in all the facets of your beautiful loving heart into your relationships with others. It will lift you and others

up and you'll quickly start feeling the love you are seeking. I promise.

Sonia Choquette is a spiritual teacher, six-sensory consultant, storyteller, and visionary guide known for her delightful humor and skill in quickly shifting people out of difficulty and into flow. She is the author of 19 best-selling books on intuitive awakening, personal growth, creativity, and transformational leadership, including the New York Times best-seller "The Answer Is Simple." Her work has been published in over 37 languages, making her one of the most widely-read experts in her field. Visit: SoniaChoquette.com

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The “Energetics” of Couples’ Therapy

By Garet Bedrosian, LCSW, CIRT, CBT, CET

The nonverbal energetics between partners is akin to a siren song; alluring, irresistible, yet destructive. They become compelled to engage with one another as if they are fighting for their deepest desires or maybe even their lives.

Imago Relationship Therapy and Bioenergetics Therapy offer a structure as well as communication tools to help couples navigate those turbulent waters and ignore the siren call to respond to triggering events. Each modality is developmentally based and correlates the connection between childhood experiences with adult character traits and relationship styles.

Imago Theory states that individuals develop unconscious templates of love in their families of origin. All the positive

and negative characteristics of their parents or primary caretakers form their energetic love-map. Not only do they possess those traits, but they will only choose and fall in love with people who also possess those same traits. They will not fall in love with anyone else. They choose their *Imago* or *mirror image*. The Imago partner with whom they fall in love cannot give them what they need. Harville Hendrix founded Imago Relationship Theory and says, “Incompatibility is grounds for marriage.”

To heal the childhood misattunements and wounds, people need to be with someone who is willing to grow into their ability to provide what the other needs to heal. Each partner possesses what the other needs

to grow into their fullest, most alive self. They will not be interested in someone who meets their needs too easily. To protect themselves from the inevitable disappointments they engage protective barriers adapted at an early age in the form of beliefs, behaviors and bodily contractions.

Bioenergetics, as a field of study, addresses the issue of bodily contractions. One of the premises of bioenergetics is that people protect themselves from their childhood wounds on a bodily level as well as on a mental/emotional level. Since these wounds are embedded in the cells of the body, the age and chronicity of the wounding determines the characteristics of those contractions and resulting adaptations.

Mis-attunement occurs in a wide spectrum of possible woundings. The synapses that are enforced correlate to a higher degree of mental, emotional and physical protection, lower levels of self worth, self hatred or possibly sociopathy. The will to live conflicts with the need to be safe resulting in restricted life energy on multiple dimensions.

Neuroscientific research reveals that loving attunement in childhood strengthens the neurons and synapses in the brain that correlate to higher levels of self esteem or self worth, as well as the ability to be compassionate and empathic to others.

To be healthy and happy, the individual must release the mental, emotional and somatic holding to allow energy to flow freely through them as well as between them and others. Living in a defended body attracts others who are equally guarded. In contrast, when the ability to give and receive love flows easily, the individual attracts others with similar dispositions.

Returning to Imago theory, it addresses another facet of developmental defensives. The theory discloses that partners

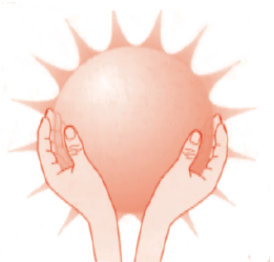


are wounded at the same developmental level but defended in an opposite way. In other words one might attempt to get their needs met by pursuing while the other withdraws when needs are not met. Neither defense is better than the other. They are both restrictive and reactive postures adapted as protection. The attraction to someone possessing the opposite stance is an attempt to reclaim some fluidity in response and a less-defended style of need gratification.

When unable to trust the relationships with childhood caregivers, individuals characteristically defend their expressions of love as well as their receptivity to love. However, defending against authentic expression creates a multitude of physical, emotional and relational problems. Humans are born fully alive, joyful, and connected and want to reclaim that birthright. Individuals long for the give and take of love yet unconsciously defend against it or the possibility of heartbreak. It is the unconscious, energetic expression that stirs the siren's call.

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I invite you to my website www.garetbedrosian.com to learn more.



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What Is a Soul Mate?

By Jenny Smedley



Most people automatically think in terms of a partner, chemistry, a life-long union, so they are often disappointed, because this is not always the case. People also often believe that there is only one soul mate for them in the entire world. This is inaccurate too. It's possible to have many different soul mates of different kinds.

What kinds of soul mates are there?

There are opinions on how many kinds of soul mates there are, everywhere you look, but my experience has made me believe in four main kinds:

ETERNAL FLAMES

This is what most people picture when they think of perfect soul mates. This is someone who feels like half of you. Whenever they're absent, your life almost seems to go 'on hold.' They know what you're thinking and they offer you total unconditional love. There will be no battlefields — maybe minor skirmishes as both parties have to learn lessons, but this partnership truly embodies the cliché that together, two people are greater than the sum of their two parts.

There will be no unfaithfulness, because this love they feel goes right down to soul level, and it will be impossible for them to hurt each other, and indeed they will never desire another anyway.

However, not everyone will find this kind of soul mate in every life they live, because the strong dependency that can be formed isn't always a good

thing, and might not be right at this particular stage of our existence. Because of this we may live some lifetimes apart from our Eternal Flame, just to make sure that we learn to rely on ourselves and not on someone else.

TWIN SOUL MATES

Twin soul mates are one step down, in a way, from Eternal Flames, and can be the most confusing type of all, because love is certainly and obviously there between them. They can be very alike in many ways. They seem familiar right from the first meeting, and indeed they are familiar, because you will always have known them before, in other lifetimes. They make you feel comfortable, because in a past life they were probably your friend or partner and it's tempting to think you can just take up where you left off with them. It's an instinctual pull, and sometimes it's right.

But this is where the trouble can come, because often they are just there to help you out, and often not meant to be your lifelong partner. Not realizing this, and perhaps being pressured to commit by social peers, you might marry this twin soul and then further down the line find you need to part. Or you can be meant to be partners for a short time, perhaps to create specific children, and once those children have been created the need to be together fades.

TEACHER SOUL MATES

There is a saying, 'When the pupil is ready, the teacher will appear,' and it's very true. Soul mates of this kind will sometimes come into our lives, usually temporarily, to enable us to learn something vital to our soul's progress. They won't normally be a partner, but this can happen. The relationship can be challenging and difficult, and the lesson can be harsh. However, once the les-

son has been given, this person will sometimes vanish as mysteriously as they appeared, and this can cause upset and confusion.

COMFORTER SOUL MATES

These people can step into your life, sometimes to just say a specific thing, or bring comfort and companionship when you're feeling alone, or need some advice to help you make a tricky decision. They're often lifelong friends once they appear. They think the same way as you and are always there for you, but you never see them as potential partners. They're often the opposite sex, and yet there is no sexual chemistry between you. This is a true platonic relationship, and this kind of soul mate isn't even always human.


During my work as an international columnist, the most

common questions I'm asked by far, are ones like: Who is my soul mate? Will I ever meet my soul mate? How can I tell if I've met my soul mate? Did I know my soul mate in a past life? Why did the man/woman I thought was my soul mate leave me? Do I have more than one soul mate?

Jenny Smedley is a qualified past-life therapist, angel intuitive, best-selling author of 20 books on all matters spiritual and an award-winning lyricist. She has appeared on numerous TV and radio shows and is a regular columnist in four magazines in three countries. Her advice has been sought by many over the years on the subject of soul mates, and she has been able to direct them in their quest to find true love. Jenny was recently voted, 'Favorite Angel Intuitive' in the worldwide 2013 About.com Awards, winning with an amazing 69% of the total votes. Find out more at www.jennysmedley.com Published by Piatkus, "Soul Mates" is available in bookstores worldwide.

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Six Mindful Ways to Deepen Your Relationship

By Kimberly Wulfert, PhD

A study by Burpee and Langer,* published in the *Journal of Adult Development* was designed to find out if there was a relationship between mindfulness, marital satisfaction and perceived similarity to the partner. The researchers wanted to know specifically if mindfulness mattered and if so, how much it contributed to a happy marriage. So they gave a questionnaire and a mindfulness measure to 55 women and 40 men, ages 25 to 74, who were currently married.

Mindfulness in this study was defined as "an active process of drawing novel distinctions" between the spouses and having a heightened awareness of alternative perspectives. I take it to mean that assuming a *mindful* perspective toward marriage highlights the uniqueness of each person and fosters an open-minded acceptance of the different perspectives that each individual offers.

It turned out that mindfulness was far more important to marital satisfaction than how much the two people shared in common. In fact, perceived sim-

ilarity didn't even hit the statistical mark of significance.

This finding got me to think about the practical take-aways from their research. Using my approach to mindful living, I offer these tips for couples married or not.

1. Celebrate your differences. See the value in having different points of view. There are probably more than a few you can find when you look at the situation mindfully: in the present, with a curious and open mind, without prejudgment, based on the past experiences in the relationship. The differences between you keep things interesting. Two intelligent minds can be better than one when you need to solve problems.

2. Bring novelty to the relationship by doing different things, together and apart. Remember, liking similar things did not correlate with a high level of satisfaction with the partner.

Novelty doesn't always have to be entirely new things, but variations of what you normally do. For example, cooking or eat-

ing food at a restaurant where you have never eaten before, watching a different movie or concert, or reading each other's favorite magazine.

Afterward have a meaningful conversation about your experience. You'll be enriched from sharing your novel perspectives and you'll learn more about your partner when you exchange perspectives in an environment where it's safe to have a different point of view.

3. When conflict is of a more intense nature, discuss the details of each of your points of view to provide your partner a clear understanding of your perspective at this time. The partners in a mindful relationship remember not to let what was once true get in the way of what is currently true for each other. It's easy to slip into automatic thinking or mindlessness. Here you may make assumptions that you know what they "really mean" and stay in a conflicted state that may not exist. Actively listen and consider your spouse's existing point of view.

4. Take responsibility for your state of being by regularly asking yourself if you're in a mindful or a mindless state of awareness when relating to your partner. If it's mindless, shift your attention into the present by focusing on your breath for a minute and observing what is actually happening inside and around you in that moment. Stay in that space until



you are focused in the present moment. Maybe you're hungry, or tired, or irritated from work and therefore relating to your partner mindlessly. First you need to address what's taking your attention, then you can be mindful toward your partner.

5. Be open to and engage with your partner when they share something with you. Everyone likes to feel they are heard, known and seen when they share. Bringing your focus of attention to your partner, for the minutes the conversation takes can make a big difference to them, avoiding repetition and hurt feelings.

6. Change is the nature of life. Mindful partners are less threatened by change because they know change is inevitable and is happening in every moment. From a mindful approach, the partners see the current context of a situation occurring in the relationship or in their partner. Grasping and holding have no place in a mindfully-based relationship.

Enthusiasm comes naturally when you are in a mindful state realizing the value you receive from being aware of your partner's perspective and experiences. Differences enrich your relationship in many ways.

*Burpee, Leslie C., and Ellen J. Langer. 2005. Mindfulness and marital satisfaction. *Journal of Adult Development* 12, no. 1: 43-51. <http://nrs.harvard.edu/urn-3:HUL.InstRepos:3160495>

Kimberly Wulfert, PhD, is The Woman's Coach, a meditation teacher and a licensed psychologist with a mind, body, spirit approach to helping adults in Ventura, CA since 1989. Are you hoping to meet a great match through online dating sites, but are only attracting mismatches? Don't give up. I will help you write a personal, inviting, accurate profile to make the best first impression. Visit: KimberlyWulfert.com/coaching

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

— Thich Nhat Hanh

Relationship with Self

By **ULRIKE**

The only true relationship you can ever have is with yourself. You, your true essence, is all you will ever really know. You, is all there is in your world. Strong statements you say? Well, let's talk!

When I think about my relationship with myself, what comes to mind?

I must admit, that the more thought I give this question, the more I see that I have a great relationship with myself. I don't annoy myself, I don't ignore myself, I enjoy myself when I am alone, I take care of myself, and most of all I like myself. I can keep myself busy easily, I'm never bored and I spend lots of quiet time to reflect upon myself. I like to improve myself, educate and treat myself well.

It doesn't take much to do all of the above. It doesn't take money or a lot of time. Make this line of thinking yours and ask yourself the same questions. See how you feel about yourself.

How do you find periods of quietness in a busy day, you ask? Yes, I have a full-time job between my workshops and writing commitments. But to me it's all as natural as breathing. I have trained myself to think that way. I work it into my daily schedule.

It's all about your priorities. Instead of going to the mall, I read a book...instead of going to the beauty parlor, I work on my goal list...you get the point.

I focus on myself without being egocentric. I enjoy without grandeur. I take care by allowing myself plenty of rest. I keep busy by practicing right thinking and studying. I always put myself first without being selfish. Everything I do is focused on the mental, not the physical process.

Who do I think I am?

I have always wondered who I am and why I am the way I am. Many of us ask that question at some point in our lives.

We must realize that we have been, at least in our younger years, shaped by parents and family, community, religion and ethnicity, and education.

Yet as we mature, we often divert from those influences that had seemingly made a lasting impression. We all decided to make unique life choices and start drawing our own conclusions that may indeed vary from how we were raised; even so we keep many of the old beliefs. This certainly shows in experiences we now encounter.

This is what I've learned:

What I am is a mental being, looking for my purpose as I unfold the inherent intelligence within me. And if, as I am certain, the purpose of my life is to enjoy myself, then I am on the right path. I am consciously trying to accomplish this daily. What I am is a unique instrument born of the Universe, expressing life and serving my purpose by contributing to the Allness of Good.

In reality this process is already accomplished. The Allness of Good is already all there is. What I mean by this is that the Universe is made of goodness and therefore we do not have to add to or interfere in it. However, we have to find and acknowledge, and then externalize all that is already positive within us.

So, how is your relationship with yourself?

Do you like yourself? Do you spend time with yourself? Do you have alone time, and how do you handle those quiet moments? Do you escape into activities to avoid yourself? Do you struggle with feelings of loneliness the minute you are alone? Are there times you really want to be alone but fear hurting someone else's feelings? Do you treat yourself well? Are you taking care of yourself physically and mentally? Do you acknowledge your Godhood?

In your daily mantra, say to yourself "I am all there is in my world" and live accordingly. Realizing that your world consists out of your perception of "your world" will bring your life experience to a different perspective. The realization of your importance, in an unselfish way, will make you a better person. It will give you the strength to move on gracefully and enable you to take care of your immediate environment. This newfound empowerment will ripple out affecting everyone who comes into contact with you.

Your true families are those people who share your life with you on a similar frequency. The ones you can depend on, trust, have fun with, enjoy their company and want to spend time with. These people are not always your family by birth.

You will encounter them in different stages of your life. They



will enter your world when you need them. They will be with you through thick and thin. They will grow with you, but most of all they will respect your individuality.

Families and relationships sometimes seem very complicated — layered and convoluted with personal sense, emotional residue and no clear lines of respect drawn between each other. Yet, it is truly very uncomplicated if we remove all "personal" sense and really respect the Law of Individuality.

When I need a wakeup call, I head to a mirror and look right in it. That's who I need to deal with — here and now. My family portrait is contained in that one image.

Live and let live!

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



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How to Make Joint Decisions without Conflict

By Phil and Maude Mayes

How do you and your partner handle decision-making and problem-solving? For most couples, these activities are often a source of tension and conflict, rather than an opportunity for a creative experience together. These sessions frequently feel like duels over who is right, and produce little in the way of mutual satisfaction or inspired solutions.

We would like to share our process for solving problems, making decisions and coming to courses of action. Instead of tensions and feelings of separation, it offers a wonderful experience of joint action. This simple but effective process can be used by anyone, with often astounding results. Try it out, and with a little practice, you will find that a surprising transformation occurs.

Treat this as a new kind of experience together, and embark on this path as a shared adventure. Next time you and your partner have decisions to make or a problem to solve, try out this process. Set the scene by making sure both of you are comfortable, relaxed, and will not be hurried or interrupted.

It's important that there be no time constraints, and that you can give each other your full attention. Relax... empty your minds of everything and prepare to enjoy yourselves!

State the issue or problem you are considering. Fully share your thoughts and ideas, speaking one at a time. Listen to your partner without interrupting or doing any editing in your mind. It is really important that you do not criticize your partner's suggestions, but simply accept them as their reality. Don't be in a hurry to get to a particular place with the discussion.

Come from the position that neither of you is steering the exchange to a particular conclusion or is attached to a specific outcome; this will quickly dissipate any feeling of tension. Stay in the present with each other and don't color your experience with preconceptions or projections. You will quickly find the atmosphere is without charge when there is no one pushing to be right.

When listening to each other, actually listen, rather than waiting for the moment when you can talk again about why

your opinion is the correct one. Neither of you needs to be concerned with 'needing to be right' or 'who is right.' You are both on the same side.

In any situation there are many choices and outcomes. Often people lock onto a view and cannot let go of it to allow another one in. After having done this process for a while, we found that our responses to each other's input were almost exactly the opposite: we began to eagerly hear the ideas and thoughts of the other. You will find that you come to appreciate that the other person has different views and ideas that expand the possibilities available to you.

By not freeze-framing a specific expectation or outcome, you allow something new and unexpected to happen. You will experience your partner introducing a variety into life that would not otherwise be there, and you will really begin to welcome change rather than resist it.

At this point in the process something almost magical occurs. You will find an element arising that is not the original thought or idea from either of you. It is usually something better than either of you brought to the topic. You will find that you have come together and co-created something new without any experience of having compromised.

There have been no trade-offs nor any sense of winning or losing.



ing. The answer has grown out of the way you work together. It has come forth through being wholly open and allowing something new to occur. There is a special joy to be found in a course of action that is mutually chosen.

The more you do this, the better you get at it, because you have the accumulated experience of how good the results are each time. We have found this process brings a delightful sense of peace and pleasure with it. It is such a good feeling to experience the answers and solutions that emerge. They are always so much more than either person had separately.

This style is something that can be cultivated. You can come from a place of trust and respect that will enable you to find solutions that work for both of you, rather than only for one or the other. While doing this, seek for the positive and come from love. It feels much better than manipulation or force or pressuring or anger or self-righteousness or control or separation. We wish you much joy as you experience this process and the transformation it brings.

Phil and Maude Mayes live in Santa Barbara, CA, having started in London, England and New York City respectively. Phil is a software engineer and photographer. Maude instructs adults with developmental disabilities and owns a business importing and selling antique European linens and laces. The striking difference between their marriage and previous relationships caused much reflection and discussion between them, and led them to write a book and ebook, "Secrets of a Successful Relationship Revealed," available through Amazon and their website www.philandmaude.com



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Healing from the Heart

By Dr. Bradley Nelson

It's rapidly becoming an accepted fact by those who keep current with the latest breakthroughs in energy medicine that our intense emotional experiences can leave us with emotional baggage. I have discovered this emotional baggage actually consists of discrete energies that disrupt our bodies and contribute to disease of all types and varieties, as well as emotional difficulties, phobias, panic attacks and self sabotage, etc. The subconscious mind will often try to protect our deepest core from injury by forming these emotional energies into a protective barrier.

When we are experiencing deep grief, hurt or loss, it can actually be an assault on the deepest part of our being, on our hearts. These feelings of heartbreak can be so uncomfortable, so foreign and so difficult to deal with, that they often result in the formation of an energetic "wall" that surrounds the heart in an effort to protect it from these profoundly negative emotions.

Is a wall around your heart contributing to physical illness or disease for you? Is your Heart-Wall hampering your ability to give and receive love? Is it interfering with your ability to feel good emotions, or contributing to your feelings of isolation? Is it creating depression, anxiety or self-sabotage for you? Is your Heart-Wall interfering with your ability to succeed?

If you are at all frustrated with your love life, your social life, your health issues, or the level of financial abundance you've been able to attain, a Heart-Wall may be a big piece of the puzzle for you.

A number of years ago I received a powerful message from above that revealed to me something I would never have imagined. My wife had accompanied me to a conference on magnetic healing, where I was one of the slated speakers. Early on the morning of the conference, she

woke me and told me that she'd had a dream. In her dream were three symbols. She awakened with the understanding that these three symbols had to do with her own health and well-being. She asked me if I would help her decipher her dream, and I agreed to do so. I was in the midst of helping her when suddenly something happened to me that was unlike anything I had ever experienced before.

I suddenly saw before me, in a waking vision, a beautiful hardwood floor. I could see this floor clearly. It was the most beautiful floor I've ever seen in my life. It appeared to have many coats of polish, and was mirror-like in appearance. I did not imagine this! It suddenly was there before me. The vision of a gorgeous hardwood floor persisted for several minutes. The moment I saw the floor, an understanding came into my mind that my wife's heart was somehow "beneath" this floor.

As you might imagine, I had no idea what this meant! I told my wife what I was seeing and understanding, and she had no explanation for it, either. We prayed, asked God for help, and began testing her subconscious mind through muscle testing. Within about 30 minutes, we figured out what it all meant.

My wife was born into a very volatile family. Her father was always flying into a rage about something, and as a result, no one felt safe. By the time my wife was 2 years old, she felt like her little heart was going to break so often that her subconscious mind — acting entirely on its own — created a Heart-Wall, literally a "wall of energy" around her heart, for protection.

This "Heart-Wall" did its job, but there was a price to be paid. Because of this wall of energy around her heart, it was more difficult for her to give and receive love. Because of this wall around her heart, she always felt somewhat isolated. Even

with friends she had known for many years, she never quite felt like she really belonged. In social groups she always felt like she was on the outside looking in. It was difficult for her to feel positive emotions, but easy for her to feel negative emotions. She dealt with depression and anxiety and other negative feelings that she couldn't seem to shake.

We found her Heart-Wall was actually made of multiple layers of trapped emotional energy or "trapped emotions," from difficult experiences she'd had in her life. By releasing the trapped emotions one at a time, we were able to reduce the size of the wall around her heart, and finally, to eliminate it entirely. When it was gone, the changes she felt were powerful. Suddenly, she felt like she belonged for the first time in her life. It became much easier to feel positive emotions, and her depression and anxiety disappeared.

At first I thought this phenomenon might be unique to my wife. But I was wrong! Since then, I have found that approximately 93% of people suffer from this phenomenon. I have personally seen many profound changes occur in people's lives when their Heart-Walls are dismantled.



If you have trapped emotions or a Heart-Wall, what can you do? Visit EmotionCode.tv to view a series of free training videos in which I will walk you through the process of releasing your first trapped emotion. I believe that the most important thing you can do to improve your health, your love life and your longevity is to remove your trapped emotions and your Heart-Wall.

If you have a Heart-Wall, can you see how important it is for you to clear that wall away? Can you see the importance of helping your own children and your own family? It is my hope that you will stop looking outward for the solutions to your problems, and practice true inner healing by getting rid of the walls around your own heart!

Dr. Bradley Nelson is a holistic physician and foremost authority on bio-energetic medicine and energy psychology. After studying quantum physics and ancient medicine, He developed The Emotion Code, a system for releasing trapped emotions that block mental and physical healing. Visit EmotionCode.tv to watch videos that teach this simple method.

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Relationship — Catholics, Shamanism and Spirituality

By Michael Peter Langevin

My wife and I have been a couple for thirty-one years. We have raised two wonderful and amazing children who are now in their twenties. We all love each other. My wife and I have been having many prolonged heated disagreements about our values and goals in the recent few years since the children moved away to college. It got to the point where I felt emotionally abused and that my wife no longer loved me. She stated she felt similarly.

When I realized about seven months ago, that I was soon turning sixty, and no longer was enjoying my work — I felt like I was living my wife's life and not my own, I guess that I had something like a midlife crisis. At any rate something broke loose in me and I had to return to Peru.

I resigned my income situations which I was sure would drive my wife into a confused, insecure and angry state. Then I used that to prove to myself how impossible our marriage had become. I sold my car and bought a six-month round-trip plane ticket to Cusco, Peru. It was only then that I informed my wife.

Justified anger and indignation, along with feelings of betrayal and desertion are a few emotions she expressed until I left, and during the first four months I was in South America. While there I had amazing adventures all over Peru, Bolivia and Ecuador, and wrote two books, one about my travels and one about the work I had done with underprivileged children and their families.

After being gone for about four months, my wife went on a Yoga retreat to Tulum, Mexico for two weeks. While there she remembered many of the great times and memories we have shared. I was invited to spend time with a number of extended Latin American families, staying in their homes and sharing their holiday celebrations.

And I was reminded how much value Latin culture puts on extended family and friends, over everything else. I was reminded while traveling in Latin America of the difference between their culture and ours. I spent time with some powerful Shamans, who lead me and several others in transformative San Pedro cactus and Ayahuas-

ca rituals and ceremony, in which I re-examined all of my life's values and goals.

At that point our email correspondences took a major turn toward healing. We began to speak of what was at the essence

of years of arguing and what we might do to come back into realignment as a couple. Both my wife and I were raised as Catholics. I worked to de-program myself from those aspects that didn't work for me and incorporate the ones that did, like ritual and ceremony and prayer, into my own personal spiritual practices.

My wife doesn't attend mass weekly but practices meditation, Yoga, visualization and affirmations among other non-Catholic spiritual tools in her spiritual life, but at the root, she is still a Catholic in her belief system. This has caused so many conflicts because I tend to be very Shamanic in my beliefs and way of approaching life. Evolving spiritually is why I feel humans exist, my wife is a more material woman. We discussed our differences at length and our very divergent desires of how we should live the next twenty to thirty years we most likely have left.

During the first four months of my journey my wife was done with me and I was sad, but understood. She even requested I not live in Northern California any more. Before my



Debbie and Michael Peter Langevin

six months in South America were up, we had agreed that I would return to our Northern California farm, which she had valiantly maintained for six months, and spend my time there doing much-needed repairs and spring cleaning, while we explored whether we could possibly forgive each other. We agreed to try and find ways to redefine our relationship. We agreed to work at empowering both of us, and to assist each other in evolving on as many levels as possible.

As I write this I am almost shocked, but very pleased to report we have agreed to go forward as a couple, with new awareness and new resolve, to communicate more clearly, listen better, compromise more, argue less and love as much as we can. Our children and many friends seem to be pleased with our new goals. We know there are no guarantees in life or relationships, but we are optimistic the love we tested, and can still feel, will take us to a higher spiritual outworking on many levels.

Michael Peter Langevin is the author of "Secrets of the Ancient Incas," "Spiritual Business," and "Secrets of the Amazon Shamans." He was the former Publisher/Editor of Magical Blend Magazine, Natural Health and Beauty Magazine and Transitions Magazine. He has traveled to Latin America many times to deepen his shamanic studies and widen his knowledge of ancient pre-Columbian cultures. He is a Life coach and offers workshops, talks and tours to South America. For more info email michaelpeterlangevin@gmail.com

Every day, tell at least one person something you like, admire or appreciate about them.

— Richard Carlson

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How Maui Sufi Camp Has Served as a Glimpse of the Fourth Density Consciousness...

Tuning to Universal Love and Compassion

By Kevin Cannella



Reciting the Sufi Invocation before a Zikr dance.
Photo by Christina Coffman.

THE FOURTH DENSITY OF CONSCIOUSNESS

The Ra Material, transmitted through a group from L/L Research, describes the evolution of consciousness in terms of densities corresponding to the chakras. The first density (red-ray energy) is that of minerals and water — there are only awareness and essentially “random” events based upon physics and chemistry. The second density (orange-ray energy) is that of the plant and animal kingdoms.

There is awareness and also “movement towards light and growth,” manifesting as a leaf striving towards the sunlight or a single-celled organism interacting with its environment in such a way to remain alive and to promote its own growth. The third density (yellow-ray energy) is that of self-awareness, and the fourth density (green-ray energy) is of universal love and compassion.

This material also puts forth that Humankind and the Earth are moving from the third density into the fourth. Currently in the third density, we reach toward the fourth by learning lessons of love. This material is offered as a framework through

which we can perceive and understand our situation.

Now, let's switch topics for a moment.

MAUI SUFI CAMP

For thirty-one years, a beautiful community has joined together for a week-long camp on the island of Maui. The purpose of these gatherings is to experience the Divine and to send vibrational frequencies of peace to all beings. They are called Sufi Camps and they are held each year in May and October. Thus far I have attended four camps.

The Sufi path is experiential, and the camps reflect this. The Sufi path is the path of the Heart, and the camps reflect this, too. From my observation, the Dances of Universal Peace and “Zikr” are the central practices. The literal translation of the word Zikr means “remembrance” — remembering that there exists no reality, except the reality of love. These practices involve a group standing in a circle with musicians in the center. Music is played. Songs are sung and dances are led.

The dances are very simple, most include the group hold-

ing hands and swaying gently in one direction. Once or twice during each camp, these dances lead me to a sober, ultra-ecstatic experience of the Divine, which I can only describe as a feeling of infinite mercy and gratitude. Life changing? Certainly.

With these dances as a focal point, the camp is augmented with meditation and yoga in the mornings, the beauty of Maui, waterfalls, natural pool swims, esoteric teachings, delicious organic food, and a truly beautiful, accepting, loving sangha (community).

A GLIMPSE OF THE FOURTH DENSITY

Based upon the descriptions of the fourth density given by Ra, it seems Sufi Camp has provided me and many others with glimpses — major glimpses — of the fourth density of vibration; the density of universal love, compassion and understanding.

My experience of friendships and relationships is dramatically shifted. I share a deep feeling of love, connectedness and intimate friendship with many campers. I experience feeling intimacy with people whom I met only a few days prior, and with whom I have barely spoken!

There is love, being, peace and presence. There is also an awareness and sense of wonder regarding the lack of conversation that has taken place with

If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. This is a gift you can give.

— Gary Zukav

this new friend whom I am now embracing.

There is sharing and communion with one another in these love and peace vibrations. The vibrations are **consciously** imbedded through song and dance into the fabric of our beings, and of the space surrounding us.

I casually ponder, “Do people know this is going on?” I have written this so you may have some *idea* that it *does* go on. More so, I invite you to join us consciously by calling in these new energies and pushing forward into the fourth density.

Kevin has been living on Maui for two years immersed in the Sufi community and greater Maui sangha. On Maui, he is a community organizer, a farmer, and a musician-in-training. E-mail: kevin.cannella@gmail.com

Sufis Hawaii (sufishawaii.org) is a group under Sufi Ruhaniat International. They have been gathering at Sufi camps for 31 years and offer a path focused on the universality of all religions with practices focused on invoking personal experiences of the Divine.

UPCOMING CAMPS

Spring Renewal: May 17-25,
Camp Keanae, Maui; and
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Please see her article in this issue.



Cancer and Yeast/Parasitic Infections

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

According to the American Cancer Institute, cancer claims 7.6 million lives per year worldwide. The cancer death rate is more than AIDS (1.8 million), tuberculosis (1.3 million), and malaria (830,000) combined.

Many factors have been associated with cancer. Tobacco, alcohol, pollution, an unhealthy work environment, food additives, pesticides, drugs, emotional stress and dietary habits have been cited as the common factors causing cancer.

Based on my several decades of clinical practice, I have found the same diet that is associated with yeast disorders is also associated with cancer. For example, I have noticed that a high incidence of stomach and esophageal cancers among Asian populations is associated with a high intake of fermented, yeast-loaded pickles. Another example is that when cancer clients walk into my office, I smell their heavy yeasty breath.

Moreover, Dr. Otto Warburg, a Nobel Prize winner in Science in 1931, demonstrates that a cancer cell has the metabolism of a plant cell. He describes the process as "fermentation." A plant cell thrives on carbon dioxide and gives off oxygen as its waste product. This is opposite to the function of "normal cells."

Other researchers such as Willner in 1994 also report one of the probable mechanisms underlying carcinogenic pro-

cesses is the cellular release of free oxygen radicals. These free oxygen radicals contribute to DNA mutation.

Dr. Gaston Naessens, a renowned Canadian biologist in his research for a cancer solution, developed an advanced microscope capable of magnifying 30,000 times (standard microscopes are capable of magnifying 1,800 times). This enabled him to carefully observe an important phenomenon called *polymorphism* (the ability to change form). This is also known as the process of fermentation.

When the fermentation process takes place, a cell reverts itself to a more primitive state. This results in more rapid growth and chaos. Moreover, this fermentation process changes the biochemical codes or sensors of the cell.

Some researchers claim that all human beings have oncogenes (cancer genes). Why do some people have cancer, and yet others don't? The answer is: the immunity.

When the immunity is strong, the body can co-exist with invaders harmoniously. However, the weakened immunity cannot identify the invader and start the normal battle to get rid of this invader. In fact, a compromised immunity may even adopt the identity of the foe (a fermented cancer cell) and attack a normal cell. When a chaotic battle takes place, the so-called auto-

immune disease or cancer is the result.

All of the above information was detailed in my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, Published in 1997 and may be available in your local library. At that time I was considered "ahead of time." Nearly two decades later, some literature begins to be available on the Internet supporting my assertion that cancer is a severe case of yeast disorder.

"Is cancer treatable?" I am sure that you are eager to hear the answer.

The answer is: "It depends." If people diagnosed with cancer rely on radiotherapy, or chemotherapy, or surgery with the hope to prolong their lives, I would say they are heading the wrong direction on the freeway. Radiation and chemotherapy destroy the immunity. During the surgery, there is heavy use of antibiotics that facilitates yeast overgrowth in the body. When yeasts ferment, they mutate the normal cells, and thus create cancer cells.

Also, in the fermentation process, a chemical substance called propyl alcohol is released. This substance feeds the parasites that have been dormant in every living body. Thus, both yeasts and parasites are "activated" as a result of radiotherapy, hemotherapy, or surgery. If these above treatment methods are combined, then there is a "double whammy" or "triple whammy" effect. Worst of all, after all the damage done to the body, the average survival rate is only five years!

My several decades of clinical experience working with people from all walks of lives across several continents, suggests that when my cancer clients control the yeast overgrowth, they also slow down the cancer deterioration process. Together with other holistic treatment methods, especially stress management and releas-



ing deep-rooted negative emotions, many cancer clients are often able to be in "permanent remission."

So the answer is: "Yes! Cancer is treatable!" if one employs a holistic approach to remove both physical and mental toxins. This includes 1) adopting an anti-yeast nutritional program to control overgrowth of yeasts and parasites; 2) using herbal therapy to heal damaged cells quickly and improve the immunity, and 3) managing stress effectively, and releasing negative emotions such as anger, resentment, fear, regret, and guilt.

Cancer can be a "wake-up call." If one can "wake up" and adopt a healthier lifestyle, the cancer experience is merely a "gift" from the divine source!

Please note: Candida is a member of the yeast family. Therefore, candidiasis is also a form of yeast infection.

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

For more information, contact Academy of Vibrant Health, 541 South Spring St., Ste. 209, Los Angeles, CA 90013, or call (800) 715-3053 or (818) 472-2213, or e-mail: drj@drjsbest.com. Visit our website: www.drjsbest.com. "Like" our Facebook fan page: www.fb.com/drjsbest to read updated articles regularly on yeast-related health issues. Skype name: [academyofvibranthealth](https://www.skype.com/name/academyofvibranthealth).

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

By Aleksander Strande, ND, PhD

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

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

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

Strande started to recover only after consulting with another naturopathic doctor, one of his mentors at the Australian College of Natural Medicine, who had suffered from chronic fatigue and Fibromyalgia. As he recovered, he became fascinated with this condition. Many health-care practitioners had claimed to bring about

recovery, but in fact, people got showered with irrelevant tests and treatments.

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

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

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

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

In ancient China, a village doctor was paid wages by the

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

The major criteria used to distinguish CFS are:

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

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

CFS was hardly known in the 70's and it was often misdiagnosed as hypochondria or a mental problem. "You've got it all in your mind."

Even now some practitioners in America have this type of approach. At the end of the 90's it had become one of the most common ailments people talked about.

Most clinicians dealing with a reasonable amount of CFS cases observe certain patterns of deregulation of immune



and hormonal/metabolic systems as well as the whole body's detoxification system. CFS is not only a vastly complex illness, but also one that is escalating alarmingly in frequency. Epidemiological studies confirm that it is spreading and crossing all boundaries, including socio-economic, racial, political, gender, occupational and geographical.

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

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

The various religions are like different roads converging on the same point.

What difference does it make if we follow different routes, provided we arrive at the same destination.

— Mahatma Gandhi

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Car Free in San Luis Obispo

By Ann Nelson



San Luis Obispo coastline.
Photo by our Avila Beach
Paddlesports guide, Vincent.

My friend Pat and I couldn't wait to board the Amtrak Pacific Surfliner from San Diego and head north to San Luis Obispo, California. Located halfway between L.A. and San Francisco this small city, nestled in the mountains of Central California, is not far from the majestic Pacific Ocean.

After we settled into our cushy, oversized seats with coffee and snacks, the train whistle blew and we were moving! I've been fascinated with trains since I was four years old and my nose was pressed against the window for much of the trip. I couldn't take my eyes off the contrasting scenery. The train traveled right next to the ocean and journeyed through fascinating parts of Los Angeles that I never knew existed. We passed a huge Fed Ex loading dock with Fed Ex airplanes

and lots of commercial buildings. After leaving Santa Barbara, the scenery changed again. The green rolling hills and farm landscapes of this beautiful countryside seemed to go on forever.

San Luis Obispo has the distinction of being called one of the "happiest places on earth." In a 2008 Gallup-Healthways poll, the city's residents were ranked number 1 in the U.S. in overall emotional health. Dan Buettner focuses on this topic in his 2008 best seller, *The Blue Zones*.

I have wanted to take a car-free vacation for a while and decided that San Luis Obispo would be the perfect place to try it out. There are 30 miles of hiking trails and endless miles of designated bike paths in this city of 45,000. With a little bit of planning, we found it relatively easy to get around. There is even a Google Trip Planner

available and it's easy to use. You just put in your current location and destination, and you're on your way. It doesn't matter if you're traveling by transit, walking or biking.

Downtown is filled with historic buildings, galleries, restaurants and mom and pop shops. From what I understand, there is a McDonalds and Starbucks, but they must be hidden away. I never saw them. The city had banned drive-through restaurants in the 1980's. This law was originally written to reduce traffic in this college town, but it seems the law has also had an impact on reducing the waistline of the residents. The obesity rate here is 17.6%, versus the national average of 26.5%. A number of hotels work with the car-free program and offer shuttle services to nearby destinations. Quality Suites on Monterey Street is one of them. This hotel offers a hot breakfast,

happy-hour wine and snacks and a shuttle service. We were on a budget and couldn't pass this up. All extras are free!

After unpacking and making ourselves at home, we dressed for dinner and the hotel shuttle dropped us off downtown at Novo Restaurant and Lounge. It felt heavenly to sit outside on the patio overlooking San Luis Creek while we munched on lettuce-wrap appetizers and drank local wine while waiting for our dinner. The seared scallops & bok choy and spinach & ricotta ravioli were perfectly seasoned and exquisitely prepared.

Pat and I slept like babies in our two-room suite. We could not wait to wake up and go kayaking in the morning. After breakfast, we headed down to Avila Beach Paddlesports for the Point San Luis Lighthouse Adventure Tour. We didn't need to worry about what to wear: the

company furnished everything from wet-suits to water shoes. Vincent and Emily found their true calling when they created this company. Vincent, a natural teacher and world-class guide, fascinated us with his stories about wildlife, local history and the 1890's lighthouse. The company founded "The Pay-it-Forward Paddling Project" for the purpose of exposing high risk youth to the wonders of kayaking on the ocean. Spending time here was not only inspiring, but a highlight of our trip.

After kayaking, we headed back into town and over to Wally's Bike Shop. Wally, originally from Guatemala, is one of the most fascinating people I've ever met. He came to this country with nothing and has put together a very impressive bike shop. He set Pat and me up with our bikes and in no time, Wally was driving us out to the wine country to go "biking & sipping." It seemed like everyone in town knew him and waved the moment they spotted us driving by. His energy and outlook is contagious and his bike shop is truly a reflection of him.

There are over 30 boutique wineries in the Edna Valley region and they're all connected by country roads. I had never heard of "biking & sipping" before this trip, but it sure was fun and this was the perfect place to do it. We did our homework

ahead of time, and chose three premium wineries to check out, all strategically located along back roads that wound through the vineyards. We visited Chamsal, the first vineyard planted in the valley and Baileyana, located up on a hill in an old school house. Our last stop was Claiborne & Churchill, a small family winery, owned by former teachers from the University of Michigan.

Ciopinot, a highly-regarded restaurant, was the place to celebrate after spending an afternoon exploring the wineries. Ciopinot is a perfect example of a farm-to-fork restaurant, consistently using local fresh ingredients. The décor is classy and sophisticated. Cioppino, the signature dish, is the best! The Oyster Bar menu is filled with creative, luscious samplings, including Dungeness Crab Cakes.

If you're looking for fresh produce and farmers markets, San Luis Obispo is the place to go. The area boasts 11,000 acres of organic fruit and vegetable farming, over 300 wineries, fresh seafood from the Pacific Ocean and locally-raised beef.

On our last day, we woke up early and boarded a bus to head north on Highway 1 to visit The Hearst Castle. Prior to this trip, I wasn't aware that William Randolph Hearst, the publishing magnet, had actually inherited the 250,000 hill-top acres with fabulous ocean views. In addition

to building "Casa Grande," the main house, Mr. Hearst built three Mediterranean-style guest houses, 41 fireplaces and created 127 acres of gardens. Plan on spending a lot of time here. It's not an easy place to leave.

If you're considering a car-free vacation, it's important to plan before you go. You may want to make reservations ahead of time. Bus, train and trolley schedules may change, depending on the season.

San Luis Obispo (SLO) is authentic. We found it in the people and in the simple pleasures we experienced each day. The natural beauty that surrounds this small city is simply breathtaking. SLO is definitely a place I want to come back to.

CONTACT INFORMATION

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Ann Nelson is a freelance writer residing in San Diego.

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The Universal Flag Peace Movement

By Lexi Soulios

We first saw the Universal Flag in 2002, and since then it has made its way into more than 150 countries. School children from Namibia to Chicago are greeted by the flag each morning. It welcomes visitors to an equestrian-assisted learning center in Saskatchewan, Canada, salutes dignitaries in Indian government buildings, and acts as a beacon for participants of a meditation program in Denmark.

The Universal Flag's message is simple: *We Are All Connected*. The symbol itself pictures a rainbow enclosed in a golden circle. The color spectrum represents the chakra system common to us all, and the golden circle represents our golden rule: "Do unto others as you would have done unto you." The developer of the flag, Brian McClure was spiritually and intuitively guided to create a symbol that would embrace everyone and everything to remind us of life's interconnection and interdependence.

But why do we even need a symbol like this? According to McClure, "We have almost completely removed ourselves from the natural world and are

destroying it rapidly. We allow people in other countries to suffer from preventable diseases and hardships that we would never tolerate for our own families. We are out of touch with our basic humanity, with each other, and with our connection to the living, breathing mystery to which we all belong."

The website for the Universal Flag Peace Movement proposes that it's the belief in separation — the idea that we exist apart and unrelated to the world around us — enabling human violence and greed to continue. Proponents of the movement believe the flag symbol can help shift this perception to one that acknowledges relatedness instead. The idea is that the recognition of commonality in all life forms engenders compassion and respect towards others, making global health, prosperity and peace possible.

McClure has seen this shift firsthand where people are taking time to care about those around them. When he arrived in Uganda a few years ago, he was "shell-shocked" by what he discovered. The average life expectancy was 50 years of age,



Children in the Philippines proudly displaying the flag. Photo by Cristy Montecastro, Ambassador for Universal Flag.

there seemed to be no orphanages to care for the thousands of parentless street children, and the majority of all the country's children would likely never attend school.

Most people he met had no idea that there was a killer disease (AIDS) ravaging their population. They were also unaware of basic sanitation that could prevent dysentery and other diseases. They lacked proper nutrition, medical and dental care, food, clean drinking water, and proper shelter. As he says, "It is a tragedy of our times that anyone is living this way."

But he also saw the enormous difference one man, Kayiwa Fred, was making. Fred was a University student in Uganda who saw the street children as part of his own family. He started Beyond Youth Sports, a green youth movement to give the street children and those who don't have the ability to attend school, life lessons through soccer and planting trees.

This one man was changing hundreds of lives. Fred immediately understood the importance of the Universal Flag and he has embraced and shared it through his organization. Recently, McClure and the Universal Flag Foundation (a 501(c3) nonprofit) were able to outfit Beyond Youth Sports with 100 soccer uniforms bearing the Universal Flag symbol.

Indeed, we can see many examples of positive change hap-

pening on our planet when people see themselves as connected to the earth, other people, animals, and so forth. In the last year, the Universal Flag Peace Movement has launched an International Ambassador Program, bringing on board Ambassadors from countries across the world who are dedicated to reminding their communities of our interdependence. Ambassadors have involved the flag symbol in their efforts to assist everyone from impoverished school children to homeless animals.

One of the most recent projects McClure and the Universal Flag Peace Movement have undertaken is the opening of Pathway Connections, a child-centered day-care center in Illinois. The driving intention behind the curriculum is to help the children build awareness of fundamental connections between themselves and the world around them.

Throughout the year, the students explore ways in which they are connected with the world: with other people (family, friends, community, different cultures), the seasons and cycles of nature, animals, plants, natural resources, and the planet.

Rather than focusing on academics and technology, activities at Pathways include digging in dirt and sand, gardening, splashing in water, and creating toys and games out of everyday boxes. The school also features



quiet areas where children can sit on stumps, and observe and listen to nature without artificial external interference and stimulation. All meals are served family style in order to get back to the roots of communication, cooperation, sharing, and fun. The pre-school teaches conservation, recycling, composting, growing vegetables, and above all, modeling "respect for ourselves, others and our environment."

Now that technology is making it easier than ever to learn and connect with people all over the globe, many of us are gaining new exposure to the challenges that people around the world face. We stand together as a species on the brink of serious changes to our climate, resources, and political structures.

Perhaps these are some of the reasons why the Universal Flag Peace Movement has been garnering more and more support. Their Facebook page, with over 42,000 Likes, is becoming a place where people of many belief systems and cultural backgrounds come together to speak what's in their hearts. Guest bloggers are adding their voices on the Universal Flag's community blog. Volunteers across the globe have signed on to help spread word of the flag in whatever way they can.

The Universal Flag Peace Movement is still a grassroots endeavor that depends on everyday people in order to reach enough people and make the kind of impact that McClure envisions for it. The flag needs to be shared — a lot. This kind of symbol needs to be seen, asked about, discussed. As one proponent of the flag says, "It is the people's symbol. When we begin to understand how much power there is in seeing our connection, we'll be able to change the world."

The Universal Flag Foundation is a 501c3 organization. For flags and information on becoming an Ambassador, and on other ways to get involved, visit www.universalflag.com

Lexi Soulios is a freelance writer, editor and social media consultant living in Ashland, Oregon. Email her at lexi.soulios@hotmail.com

Cinema Noésis IONS July Film Event Set in Indian Wells

By Victor Goss

Cinema typology is shape shifting before our eyes with the emergence of a newly-recognized *independent movie genre* presenting new paradigms, telling stories that have been ignored or denied, and revealing subjects suppressed by the powers-that-be.

The unifying theme of these extraordinary films is the celebration of awakening human consciousness — and the idea that a better future is ready to be created by us. A select uprising of these myriad voices has been brought together with the launch of Matthew Gilbert's eponymous *Cinema Noésis* in Indian Wells July 17-18.

The multiple award-winning spiritually-subversive comedy/drama *APOCALYPSE ACCORDING TO DORIS* (according to DORIS) by writer-director Victor Goss has been included along with six other exemplary transformative films which will screen Wednesday, July 17 at 1:00 pm.

Cinema Noésis highlights quality movies that broaden and transform one's perspective on the world and their place in it. The word *noésis* comes from the Greek word *nous*, and is loosely translated as "inner knowing" or pertaining to the mind.

This two-day film festival heralds the opening of the conference, celebrating the 40th anniversary of the *Institute of Noetic Sciences (IONS)*, which will run from Wednesday, July 17 through Sunday, July 21, at the Renaissance Esmeralda Resort and Spa in Indian Wells, California, and be attended by leading researchers, scientists, and thinkers from all over the globe.

The Institute of Noetic Sciences was co-founded in 1973 by former astronaut Dr. Edgar

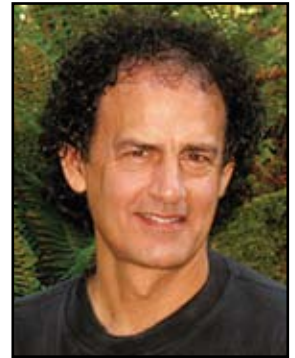
Mitchell. IONS encourages and conducts research on noetic theory and human potentials, extended human capacities, integral health and healing, and emerging world views.

There is something special about the intimacy and power of film, and during this two-day event the attendee will be immersed in its potential to educate, to inspire, and transform. They view the films, meet the people behind them and take part in discussions with scientists and change agents in person.

Gilbert, founder and program director of the innovative festival explains: "*What differentiates these movies is their explicit intent to either affirm a positive vision of ourselves or the world, or to actually change people — to challenge personal or cultural conditioning and beliefs.*"

Films chosen for this unique event focus in some way on the mysteries of human consciousness and the evolving story of human existence — which often occurs at the intersection of ancient wisdom, leading-edge science, and logic-defying events.

Seven new and recently-released films challenge the dominant paradigms of mainstream institutions as healthcare, science, and education, covering a range of timely and vital topics extending to the outer edges of human potential — taking a poignant look at how people



Matthew Gilbert

confront and learn from personal experiences that don't easily conform to traditional explanations.

These movies may change the way we think and act, and inspire us to do something about our future. In so doing, they become more than just artful entertainment — they become empowerment, often negotiating a labyrinthine route to reach audiences via alternative venues and showcases through a process of elimination that for better or worse avoids mainstream media and Hollywood marketing hype.

So we are gifted this newly-recognized indie film genre, *Cinema Noésis*.

For more information about Cinema Noésis and *APOCALYPSE* (according to DORIS): <http://doristhemovie.com/insidernews.html>

Victor Goss is a veteran hollywood-expatriate writer-director-cinematographer living in Ojai, developing and creating independent narrative films uplifting to the human spirit with a paranormal edge and he can be reached at: vg@starvingfilmstudents.com



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Mobile Marketing for Holistic Practitioners, Authors and Entrepreneurs

By Randy Peyser



A new form of marketing is beginning to surface that proves hugely promising for holistic practitioners, authors, and entrepreneurs. If you are looking to monetize your content as you continue to build your business, this promising new wave may work well for you — and it's easy and inexpensive to implement!

Most of us are reaching for the delete button in response to the deluge of marketing messages that flood our email Inboxes every day.

We are besieged by a flurry of email messages from people we met once at a networking event and exchanged cards with two years ago. Who are these people? You know you have no interest in reading or acting upon their offers. And you know they are hoping and praying you are going to plunk down

your credit card in response to their requests to:

Buy my product, try my service; it's only \$97, if you act now, you'll get 100 free gifts, plus my special report, and my extra-special bonus... blah, blah, blah... Yeah, you know the kind of messages I mean.

We're all tired of them and it is not the easiest way to attract business anymore. Yet, in a market glutted with competition, it's still vital to make yourself stand out. So, how do you do it?

What if you could market your service, product, or book by not competing for attention in someone's Inbox, and put your message in the palm of their hand instead?

As more and more people turn to iPads, iPhones and other mobile devices as their main source of communication, they are intrigued by the new opportunities these handheld devices can offer.

Recently, I discovered a company called RingStir, that has a very unique marketing angle to help holistic practitioners, entrepreneurs, and authors get their messages out, make more money, and increase their client bases. www.ringstir.com

RingStir offers the opportunity for you to create your own coaching packages that are delivered directly to people's mobile devices as voice and text messages. It is a fun program allowing you to upload short, 60-seconds or less, recorded action tips, inspirational messages, reminders, or accountability check-ins.

Text messages can also include links to videos, your website, or any URL you desire. People subscribe to your coaching packages and set the times when they want to receive your messages. It's all automated, meaning you create it once and it's ready to go.

Here's an example: I wrote a book called, *The Power of Miracle Thinking*. To create a coaching package, I can go through the book and pull out 20 action tips. I can then record these action tips, and my subscribers will then get an action tip delivered to their mobile device once a day, Monday through Friday, to help them create miracles in their lives.

Since it's all automated, I can also write out 20 affirmations or intentions for my subscribers to receive. That way, they can get an affirmation each day via a text message. If I like, I can create a midday message as well, so that my subscribers can hear my voice once more, as I encourage them to create miracles in their lives.

Or I might create reminder texts or do accountability check-ins via text messages at the end of each day to see if my subscriber followed through on an action tip I had assigned to them for that day.

The power with a mobile-marketing opportunity like RingStir is that people get to hear your voice in their ears. When they hear your voice, it's like they have a piece of you with them, one-on-one, inspiring them and giving them information to improve their lives in some way.

Can you see how RingStir might work for you? People will get to hear your voice as you guide them to do something, or think about something, in a new way. You will be serving others to create a better life with the help of your daily messages, tips, and reminders when they need them the most.

One of the creators of RingStir, Jennifer Wilson, who was being coached by a fitness pro, tells a very funny story of how powerful a program like RingStir can be: she was driving up to a fast-food drive-thru win-

dow. Just as she was about to place her order, she received a text message that read: "I am watching you." Jennifer just about dropped her cell phone in her lap as she high-tailed it out of the calorie-laden drive-thru line.

Ringstir allows coaches to create up to 10 messages a day for a coaching package, but I like the idea of having two or three daily touches with my subscribers. In their testing, the RingStir folks discovered 30 seconds is a good amount of time for a voice message. I did not have a recording device when I started playing with RingStir, so I downloaded a free recording device from Audacity.com, and within seconds, I was creating messages.

Ringstir offers several plans, but for the one I like best, RingStir gets \$10 per subscriber/mo for the length of time the subscriber signs up. Since you can set the subscription price of your mobile-coaching package as high as you want, this allows you to either fold that price into a larger program you are doing, or just offer your RingStir coaching package as a mobile-coaching package on its own. There is a small setup fee to get your program up and running, but the cost is negligible.

Can you imagine people getting your pre-recorded phone calls and automated text messages to keep them on track, hold them accountable, inspire them, and keep you present in their minds — every day? Instead of giving your great content away through Facebook and Twitter, you can monetize your status updates, tweets, and tips with this easy voice and text program.

Here's to your success!

Randy Peyser is the author of "The Power of Miracle Thinking" and the Harness the Power of Miracle Thinking Ringstir package. Visit: <https://cp.ringstir.com/v/randypeyser/>

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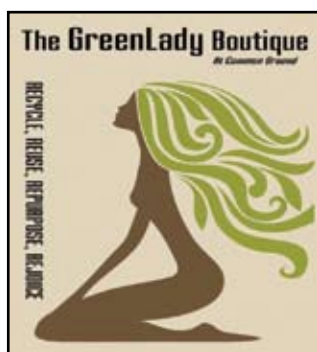
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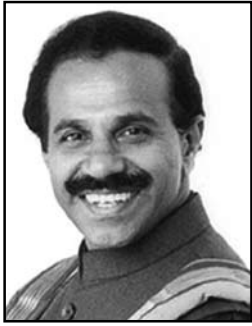
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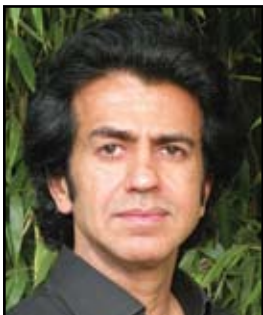
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MUSIC & MEDIA Reviews

By Michael Diamond



DAVID ARKENSTONE & CHARLEE BROOKS

Lovéren

www.davidarkenstone.com

Lovéren brings together well-known recording artist David Arkenstone and operatically-gifted vocalist Charlee Brooks on one of the most elaborate CD productions I've seen in a long time. The original story of *Lovéren* is an imaginative odyssey of love, romance and passion set in the magical world of mermaids. Accompanying the CD is a lavish 16-page booklet that contains the story along with stunning visionary artwork. In addition to Charlee's contributions as a vocalist, instrumentalist and collaborator on many aspects of the production, she also created an original mermaid language which she sings. David creates on keyboards, guitars, drums and percussion, bass, mandolin, vocals, and a number of world music instruments. The album also features a host of additional accompanists including string section and choir.

I've always appreciated David Arkenstone's flair for imaginative writing and arranging, and this piece shows the level of accomplishment he has attained in his accolade-laden 25-year career. *Lovéren* is a transcendent example of musical mastery that will inspire the imaginations of listeners for years to come.

TRINE OPSAHL

Somewhere In A Hidden Memory

<http://www.heartrecords.dk/>

Born in Norway and living in Denmark, Trine Opsahl has always had a fascination with the Celtic harp, and has recorded three albums of original compositions. However it is the healing power of music that inspires her most. Although Trine performs

at various concerts and events, as well as teaching, playing at the bedside of hospice patients is most near and dear to her heart.

Trine's latest CD, *Somewhere In A Hidden Memory*, is steeped in her Nordic roots, while combining the transcendental qualities of new age music as well. The album contains 15 tracks, with a number of them being in the one to two minute-range in the first half of the CD. They created a feel almost like an interlude or motif within a composition. The title track, in particular, had a wistful dream-like ambience that evoked rich visual imagery listening with eyes closed. Trine has produced an enchanting album reflecting diverse facets of the human experience — from light and playful, to tranquil and ruminative.

LIS ADDISON

Crown In The Sky

www.lisaddison.com

According to Lis: The phrase "Crown In The Sky" describes our human experience in which we are open and receptive to the spiritual realm yet anchored on the earth in the physical realm." The music truly expresses this with its rootsy rhythms and ethereal ambiances, as well as its messages of appreciation (and concern) for our home planet. In addition to her beautiful vocals, on every track, Lis' extensive experience in music and recording is evident in the fact that she wrote all the songs and lyrics, did all the arrangements, produced the album, and played just about all the instruments.

"Music happens to be an art form that transcends language."

—Herbie Hancock

This music marks a return to her roots as a songwriter, with contemporary influences of jazz, chill, and world music. The unique blend of elements that Lis has brought together on this album should appeal to a wide cross-section of listeners. I was moved both physically and spiritually by its propulsive energy, evocative melodies, and inspired lyrics. *Crown In The Sky* is an uplifting and thoroughly delightful listening experience.

LIA SCALLON

The Luminous Pearl

www.soundsofsirius.com

As a spiritually-attuned vocalist, Lia Scallon sings in what she calls the Language of Light. These angelic invocations are created to facilitate healing and higher energies within listeners, who often report that they resonate with the music on a deep soul level rather than on a level of cognitive understanding. Lia's sacred sounds have a mystical air about them, reminiscent of

songs heard in movies like *Avatar* or *Lord Of The Rings*.

In a review of a previous release, I referred to her singing as "Enya-like." While this is a recognizable point of reference and is still relevant to a degree, her vocalizing has a transcendental quality all its own. On *The Luminous Pearl*, Lia has surrounded herself with top-notch studio musicians. In addition to her traditional ethereal ambience, a few songs reflect her Australian roots adding didgeridoo and tribal rhythms. With the focus of the album being on transformation, hope, beauty, and love, I'm sure that *The Luminous Pearl* will shine brightly among the musical offerings of this gifted artist.

TIMOTHY WENZEL

A Coalescence of Dreams

www.timothywenzel.com

An aspect of the term "coalescence" can be perceived as: "bringing diverse elements together with the right catalysts to

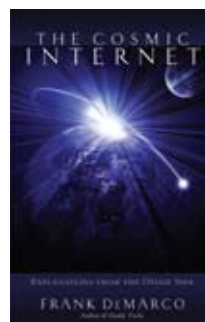
(Continued on page 34)

THE COSMIC INTERNET

Explanations from the Other Side

Frank DeMarco

How to connect to the guidance we all have access to . . .



If your life makes complete sense to you, then you don't need this book. If you believe that upon the death of the body, everything you ever learned and accomplished is lost, then what is the point of your life? But if there is an "afterlife," what's it like? What happens next, where do we go, who do we meet when we get there? What if we could communicate directly with the "other side" while we are here, right now? What if you—yes, you—the reader, could learn how to access communication with just about anyone you wish? Would that give some meaning to your life, some understanding of what the purpose of this life may be? Lots of questions. *The Cosmic Internet* will give you some answers—some quite new, quite astounding answers.

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BOOK Reviews

By Sonia von Matt Stoddard



BEFRIENDING YOUR EX AFTER DIVORCE

Making Life Better for You, Your Kids, and, Yes, Your Ex
By Judith Ruskay Rabinor, PhD

Ex-spouses can have positive and supportive relationships with one another. Divorced people can turn their lives around and develop new, healthy, and healing relationships their ex-spouses, while creating stronger, happier families in the process. Loving and raising children and grandchildren can mean sharing a major joy. Allowing themselves to do so challenges the myths about divorce and creates a plan for a new divorce consciousness, without all the trauma and drama we often see.

Learning about core-friending skills, how to overcome anger, letting go and creating an ally from an opponent, are all included here. From the perspective of a divorced person, as well as a psychologist, we see some unique research, examples and practices to apply towards creating a new, more positive, relationship and family dynamic.

Published by New Harbinger Publications, Inc., this book is available at your local bookstore or at www.newharbinger.com

SACRED SEXUAL UNION

The Alchemy of Love, Power, and Wisdom
By Anaiya Sophia

Sacred sexuality, or the alchemical marriage, akin to the unions of Isis and Osiris, Jesus and Mary Magdalene, is attainable in the here and now. The key is to learn the alchemical processes involving emotional intimacy and soul consciousness, by engaging in a multitude of exercise, ranging from a very first meeting, through intimacy, consummation, then gratitude and communication.

Gnosticism, the Kabbalah, Kundalini yoga and other teachings are used to explain that sacred union is real and within reach, in our own lives. The core teachings are based on a triumvirate of power/sacred sexuality, love/emotional intimacy and wisdom/soul consciousness. Within this book you will discover the paths to this experience and a profound transformation to your life.

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

MADLY IN LOVE WITH ME

The Daring Adventure of Becoming Your Own Best Friend
By Christine Arylo

Most women know that loving themselves would be good, but they have no idea what that really means. She may have a strong self-esteem, but without similarly strong self-compassion, she will be a high achiever who is always hard on herself. The secrets to cultivating a long-lasting and loving relationship with yourself are possible. Simply use the inspiring tools and practices shown here in detail. Women need to know how to reprogram themselves and replace self-sabotaging habits and patterns with more self-empowering ones.

If a woman stopped being busy long enough to be honest with herself, she would realize that "having it all" was never going to lead to complete happiness; however, it is entirely possible to cultivate self-compassion, success and financial security without sacrificing self-worth in the process.

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

GROWING HAPPY KIDS

How to Foster Inner Confidence, Success, and Happiness
By Maureen Healy

Ideally, we want to raise our children to experience their inner power and strength from the start, instead of constantly battling their fears and feeling frozen in their footsteps. Arming your children with strong inner confidence will enable them to pursue their happiest lives, make choices from a position of power, and create whatever they truly desire.

By following the steps in the book, a parent can nurture and help build their child's inner confidence. By first understanding the concept of the different types of confidence, and with a systematic approach, like daily affirmations, confidence-building stories and daily motivation, you can build your child's sense of strength, incrementally using strong tools that accumulate into something huge. Five building blocks of confidence, along with their implementation, will provide you with new understanding and confidence as a parent.

Published by Health Communications, Inc., this book is available at your local bookstore or at www.hcibooks.com

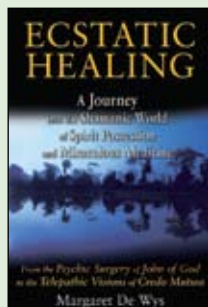
OPEN YOUR HEART TO THE MAGIC OF LOVE

A Healer's Testament to Health, Happiness and Compassion
By Lester R. Sauvage, M.D.

A healthy soul and religious belief are elements of healing that are as important as medicine. Medical science recognizes that the body and spirit interact. A happy, healthy spirit can assist the body and help to keep it healthy. Happiness is a circle. The more we share it with other people, the more it returns to us. Stress, poor diet choices and pursuit of mere prosperity all cause damage to the heart. Finding the mystical power of happiness can heal our spiritual hearts. This can help heal our physical bodies.

The author, a retired heart surgeon, offers us a guide to

(Continued on page 34)



Ecstatic Healing

A Journey into the Shamanic World of Spirit Possession and Miraculous Medicine
MARGARET DE WYS

Margaret De Wys journeys to Brazil to work with John of God (João de Deus), where she witnesses hundreds of miraculous healings. Later, she begins to attend rituals held by Pai Lazaro, an Umbanda priest, and finds she is a natural medium to the African

gods. Called through her dreams to work with Credo Mutwa, she ultimately awakens to her own gift as an ecstatic healer.

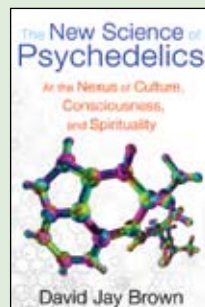
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KID'S Reviews

By Lyda Whiting

FRIENDS OF THE EARTH: A HISTORY OF AMERICAN ENVIRONMENTALISM

Written by Pat McCarthy,
illustrations by Mark Baziuk,
with photographs from various
sources

Learn the stories of men and women who dedicated their lives to protecting nature. Explore the struggles and triumphs of scientists, artists, authors and naturalists as they pioneered and expanded America's environmental movement.

There are chapters on the work of activists John James Audubon, Henry David Thoreau, and John Muir. Also included are Rachel Carson, author of the history-changing *Silent Spring* which alerted the world to the dangers of pesticides, Roger Tory Peterson, whose field guides are still used by professionals and amateurs alike to identify live birds in the wild, and many others.

The book includes a timeline, sidebars on national parks, and additional online resources. There are 21 activities that give youngsters a chance to explore environmentalism by building bird feeders, making recycled paper, and starting a compost pile.

Highly recommended for ages 9 and up.

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

I LOVE YOU MORE THAN...

Written and illustrated by
Grandma Light

How much do I love you? More than numbers can count. More than stars can twinkle. More than all the snowflakes that have ever been. More than all the leaves on all the trees in the world.

Each page of this book is sillier and more exuberant than the one before. The colorful and funny illustrations will have children laughing out loud.

This began as a game that the author and her son played on car trips. Families will want to join in and everyone will be able to add plenty of their own "more than's" each time they read it out loud. While having fun topping each other, families will grow closer and children will know how much they are truly loved.

Recommended for ages 2-6.

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

KATHRYN THE GRAPE'S COLORFUL ADVENTURE

Written by Kathryn Cloward
with Ginny Hornby,
illustrated by Christine Winscott

Oh no. . . Hamburger night again. Everyone else likes hamburgers, but Kathryn really hates them. Everyone is sharing stories about their day, but no one pays any attention to Kathryn. Kathryn feels invisible and unloved, as if she is not part of the family. Then Maggie, the magical butterfly, gave Kathryn a bracelet with charms in every color of the rainbow.

Maggie takes Kathryn on an adventure to discover the meaning of each color. Kathryn learns that she can speak up for herself politely, and that she does belong with her family. She learns that she has a rainbow inside of her, and everyone else does too.

Join Kathryn the Grape (she loves purple and wears it all the time) for another magical visit to the world of imagination.

For ages 3-6.

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

TIPPY THE RAINDROP

Written and illustrated by
Theodora Klein-Carroll

Tippy has a big decision to make. Should he fall to the ground as a raindrop or as a snowflake? He wants to stay a raindrop so that he can make a flower grow. But just as he leaps from the cloud, the Wicked North Wind blows Tippy on and on, until he is frozen into a snowflake at the North Pole.

Will he have to give up his dream? Or can he trick the wind into blowing him somewhere warmer? Tippy decides not to give up. He keeps at it, and uses his wit and bravery to make his dream come true.

The journey of this little raindrop will inspire children to follow their own dreams. This simple story will be a favorite with youngsters.

This book also contains pictures at the back that children can color and cut out to make their own Tippy mobile.

For ages 3 and under.

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



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BOOK Reviews

(Continued from page 32)

achieving happiness by learning to share, forgive, offer love and generosity to others, as well as ourselves. Reflecting on issues such as the priorities in our life, the difference we make in the world as well as necessary changes, all provide fuel to attaining joy in our lives.

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

THE COSMIC INTERNET: EXPLANATIONS FROM THE OTHER SIDE

By Frank DeMarco

Reviewed by Michael Peter Langevin

This small book changed my life and my way of living in the world. Absorbing the wealth of information it contains requires close reading, suspension of disbelief, and practice. However, results are beyond mind-boggling. You can learn to communicate with other minds in the non-physical realm. With this book's help I have communicated with deceased relatives and friends, and even historical figures I have had as heroes and heroines all my life.

Using the Internet as a model was an inspired idea. DeMarco draws specific analogies between the computer internet and what he calls the cosmic internet, the nonphysical connections binding each of us to every other mind that exists. A key concept here is everything that exists is interwoven. And just as we communicate with others in the physical world, we can learn to communicate with the non-physical realm.

The Cosmic Internet is a wonderfully passionate search for the true nature of reality, yet written with humor and a light approach that makes the writing charming and captivating. Receptive readers will find themselves living in a much wider world.

Published by Rainbow Ridge Books, this book is available in your local bookstore or at www.rainbowridgebooks.com

MUSIC & MEDIA Reviews

(Continued from page 31)

create something bigger, stronger, more meaningful." This is particularly appropriate for Timothy Wenzel, who addition to being a talented recording artist is also a research chemist. However, the elements he merges on his new release create pure audio alchemy. While the piano has been a primary instrument throughout his life, synthesizers play a major role in his recordings, with the sounds of violin, cello, flute, harp, guitars, drums, and percussion.

Timothy's new-age instrumental music ranges from lushly layered compositions that have been compared with Yannai, to more light and airy soundscapes with occasional hints of Celtic and world music influence. There is a strong visual aspect to his sound in the mental imagery it evokes. And, it is also present in the stunning music videos that can be seen at his website. Although this was my first exposure to Timothy Wenzel's recordings, it will not be my last, and I will look forward to subsequent releases.

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



Cascadian Farm® Introduces New Products

By Susan James

Cascadian Farm® is one of the country's leading brands of organic foods. But the farm is also a real place — a working, active, productive farm dedicated to bringing wholesome organic food to your table. Cascadian Farm is part of Small Planet Foods and is committed to providing you and your family with foods made without GMO ingredients.

Cascadian Farms was organic before "organic" was a trend. Since 1972 this brand has been dedicated to organic goodness in everything they do. By working in harmony with the land,



Cascadian Farm offers products that balance the needs of the environment along with proper nutrition for the body.

The makers of America's favorite granola, Cascadian Farm, have announced several new products into their line of Organic Crunchy Granola Bars and Organic Granola Cereal.

The new Berry Cobbler Granola uses hearty organic whole grains blended with dried cranberries, dried blueberries and crisp rice for a crunchy, wholesome way to start or end your day. There are seven other granolas available and 8 organic cereals bursting with whole-grain goodness.



Three new crunchy granola bars are now available: Crunchy Oats & Cocoa, Crunchy Oats & Honey and Crunchy Peanut Butter, along with 10 Chewy Granola Bars that make a wholesome snack.

I have personally tried these new products — they are absolutely fantastic. They are healthy, tasty and reasonably priced.

Available online at cascadianfarm.elsstore.com/ or at healthfood stores. I've also seen them at Mothers.

The Philosophy of Republic of Laughter Cafe

Laughter produces a euphoria that has the power to change the world, by changing the way people feel. The heart and soul of Republic of Laughter Cafe is making people happy through yummy, conscientiously sourced food, exceptional Intelligentsia coffee and uplifting service... enough to inspire a smile or a belly laugh!

Happiness is serious business at Republic of Laughter Cafe (ROFL), manifested in a playful restaurant experience with the gravitas of cuisine by acclaimed executive chef Govind Armstrong. It was conceived upon the empirical research of world-renowned Japanese scientist Dr. Masaru Emoto, which reveals the impact of positive words to restructure water into crystals. The result is a cafe enveloped in cheery expressions, and servers bubbly with positive energy.

Republic of Laughter Cafe (ROFL Cafe) is an enlightened bistro extraordinaire with an ambience enveloped in playful elements to inspire laughter. ROFL Cafe is located at 7661 Melrose Avenue, Los Angeles CA 90046, open everyday from 7 a.m. to 10 p.m. For more information about ROFL Cafe please visit www.ROFLCafe.com.



Musings

By Mystic Trish®

Eros, Philia, Storge, Agape, Familial, Platonic

The ancient Greeks had several words for love. All were words to describe actual personal relationships. I wonder how some of these terms fit into our modern world of wireless communication and personal relationships.

What the cell phones and Internet did for worldwide communications is what Gutenberg's press did for literacy in Renaissance Europe. When Gutenberg invented a movable-type printing press, he started a printing revolution that is regarded as one of the most monumental events in history. It played a key role in bringing literacy, religious reform and the Age of Enlightenment to the world. It brought a thirst for knowledge and education to the masses. Most people could not afford books and could not read or write during the fifteenth century.

These changes did not happen without unforeseen consequences. The ensuing political upheavals and religious wars went on for generations. Personal freedoms were hard won with each wave of secular revolt against what was then the establishment — the Crown and the Church — sometimes both at the same time.

In our time when we are all so connected electronically I am always amazed at how seldom people actually feel connected to each other in a truly personal, intimate way. Is this part of what Alvin Toffler was referring to in his book *Future Shock*? His shortest definition for the term was a perception of "too much change in too short a period of time." Interestingly, the book came out three years before the first cell phone was introduced. We now have mul-

tiple generations with access to cell phone and Internet technology. It has changed how the world communicates.

People can sit at the same table texting each other instead of looking at each other, speaking to each other directly, or making eye contact. Eye contact lets you see how the person you are talking to is responding to you, or how he or she is reacting emotionally. You are actually interacting with a person. A human being; who might laugh at your jokes or frown with disagreement; a real person who will have an emotional reaction to you and you to her or him.

I think we have an entire group of people on planet earth who are more in touch with their virtual world than the real world. A Virtual Relationship is a relationship where people are not physically present but communicate exclusively using online, texting, or other electronic communication medium.

How does one begin to talk about these relationships?

When people can meet and fall in love and have very public breakups over the Internet, how are we meant to react: with

sympathy, with scorn, with surprise? The relationship is not real! Or is it? The passion and emotion are real. How do we judge a virtual romance? And yes, we do judge it.

Is it any less real because the two parties are not in the same room at the same time? Is what the mind and heart are reacting to any less real if we are staring at a screen? Do the parties involved not feel responsible because they are not actually looking into someone else's eyes? They can pretend it's not really happening. They can feel like they have no responsibility for what is happening.

The experience is very desensitizing. We see this with online and video gaming; young children and some unstable adults do not understand the difference between virtual and actual reality. What about online addictions? Are they any less real than physical addictions? They can have the same negative impact on relationships and bank accounts.

We seem to be in a time when humanity is in a very volatile state. I keep coming across writings about this being one of the most overwhelming times in human history. Bill Clinton has referred to this period as "the most interdependent time in human history"

We have so much information about each other at our fingertips. We are so interdependent yet we don't seem any more intimate with each other. Most people rarely speak with their neighbors; they spend more time e-mailing, or on so-

cial networks sharing silly cat videos. And many admit, if you ask, that they feel disconnected from society. They do not feel a deep sense of attachment to those around them.

Is this a greater time of tumultuous change than even the transformations of the Renaissance? In the late 1400's the people of Europe found the people of the Americas. Who do you think was more shocked? This event might be the equivalent to our being visited by space aliens. Now how would that interaction go? I think the world has not had this much rapid change since the Renaissance.

When we can't reach out and hug our child through a computer screen to express our strong affection for them, what do we do?

If we can't embrace a friend across thousands of miles when tragedy strikes, what do we do? How do we express our feelings, our relationship to that person in their time of need?

Again... I refer back to those Greek words—

Eros: passionate physical sensual love

Philia: affection for friends
Storge: affection like that felt by parents for offspring

Agape: unconditional love of God

Familial: love of family

Platonic: without physical attraction.

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



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By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

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

Presently answering the question:

*"In your recently published, new book, **The New Era of Consciousness**, you describe how the prayer-like, inner-voiced technique (that you call 'Inner Directions') greatly helped you overcome a very lethal case of malaria. Can your next Awareness column further elaborate on that truly enlightening experience?"*

Dear Readers,

Oh memory, memory, without depending on you, how can I recall what is true? Yes indeed, our "memory banks" are truly

crucial for our survival, because without the ability to remember lessons that we've learned, any form of education would be totally useless.

Thus I feel very fortunate to have what is called "photographic recall," and via that capacity, the intensely unforgettable occurrence (that I will now describe), is not, in any way, fictionalized or imagined, but it is completely based on true-to-life, unexaggerated reality.

Rewinding now, revisiting the year of 1965, back to when young men were getting drafted into the U.S. army. And because I was amid a one-year leave of absence from college, in May of that year, I then became eligible for the "Uncle Sam needs YOU," so-called "crucial duty" of being a soldier in the Vietnam War.

Anyway, dreadfully (long-story-short), in November of 1966, while doing what my infantry

squad called "jungle ambush patrol," I had a seizure-like, (coma-producing), malaria attack, whereby after I was soon in a helicopter, being swiftly taken to a military field hospital.

Then, after a week of being bedded-down in a very dreary, tent-covered malaria ward (during which I saw a dozen young soldiers die from that terrible disease), I was told that I had the same "very lethal, malarial strain" that killed those twelve men.

Therefore, because I had what they called a "probably incurable" illness, I immersed myself into a (deeply focused), day and night effort to evoke what I now call (Inner Directions) sessions, whereby I realized that (self-initiated) willpower might be the only way to survive.

However, at that time, after being deeply inspired by a Buddhist priest who, just a few days before I was taken to that hospital, I had a long conversation with, most of my inner-voiced, (hopefully) curative evocations went something like this:

"Come on now, Jesse, wake up your healing powers, because **I KNOW** that we can beat this disease, Because just as that Buddhist priest said, to overcome **any** illness, we need to tap-in to the ((Spiritual Body Within)). Yes, that's **IT**, the healing force that activates the very **center** of our minds, where **all** cures **begin** their life-saving effects.

As on and on my (inner-voiced) sessions went like that, hoping to merge with the part of my brain that could save me, despite the fact that a month of malaria had made me a pathetic bag of bones, too weak to even stand up.

And then, during my fourth week at that hospital, when I was very close to giving up my tortuous, fever-stricken struggle to stay alive, I experienced the most vividly memorable night of my life. As it was then that I saw myself ((rising above)) the material world whereby, somehow, I could see my (lifeless corpse?) in the bed beneath me — a truly stunning transformation that brought to mind the following question:

Did that Buddhist priest speak

the truth when he told me that, by transcending the physical body and becoming "pure-spirit," we thereby have the power to overcome **any** disease?

But I soon learned that his teachings were quite genuine, because by elevating myself into the illness-curing, metaphysical dimension of my mind, I thereby realized that I could completely transcend the merely (physical-level) affliction of malaria.

And glory be, by the following morning, although I was still feeling weakly emaciated, I was gratefully able to eat again, and I could even stand up and walk!

Also, to my blissful delight, I felt clear-headed enough to write again, and so I entered the following poem into my bedside journal, a battered little book that I still have today — a collection of sweat and blood-stained memories that contains a verse that says this:

*As I was entering the entrance
of a ((new life's)) gate—
I realized how to save my body,
before it was too late,
I saw a glowing ball of light,
((shining)) inside my mind,
radiating rays of healing,
that became my true **LIFELINE**,
And via that (curative) power,
I was suddenly revived,
by ((spirit-linked-energy)),
amid which I survived...*

All of which was an experience that, quite indelibly, taught me what the eminent Edgar Cayce says in the following truism:

"The spirit is life, and the mind is the builder, and by activating one's spirit-linked abilities, the (physical body) can be self-cured of any disease that it undergoes."

Therefore, greatly helped by (internalizing) that fact, I've been traversing a worldwide search that, piece-by-piece, country-by-country, increases my knowledge about ((self-revival and protection energy))...

*"Youthman Messenger" Jesse will answer any questions (about **REAL** rejuvenation and ((protection-energy)) by emailing him at jesseisforreal@yahoo.com. Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive Jesse's uniquely beneficial, new book, "The New Era of Consciousness." Or you can have a bookstore order it via iUniverse Publications.*

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Feng Shui Concepts

By Jenny T. Liu, M.A.

Creating Love with the Five Elements

In feng shui, creating an environment that supports your

motivating elements, you can integrate them into your home in a number of effective ways that provide positive results. A qualified feng shui master can tell you the various types of items, colors, shapes, art, symbols, and themes associated with your promoting element.

As an example, if your promoting element is fire, you may consider making the kitchen and dining

room your romantic space, as the cooking and eating functions of these rooms are associated with the fire element. The fire element is also associated with the heart and eyes, so another way to incorporate fire into an environment is by appealing to your emotional and visual perception with meaningful art, special lighting, and photos.

Fire colors such as red, pink, magenta, or burgundy can be used in bedding, curtains, and area rugs, or painted on a focal wall. Consider using a regional theme in your décor that is associated with the fire element, such as Italian or South American. If you are in a relationship and you and your partner require different promoting elements, you can use both elements to create a unique décor that strengthens your relationship.

For example, if your promoting element is wood and your partner's is water, your romantic space may be a garden with a special water feature, such as a fountain, koi pond, or pool, which promotes wood energy for you and water energy for your partner.

goals is similar to setting the stage for what you wish your life to be. When it comes to garnering love into your life, or strengthening an existing love bond, it is vital to designate a space in which you and your partner can easily share time together, interact, and be intimate. This space is not limited to the boudoir, as truly satisfying relationships extend beyond the bedroom.

You can activate love energies in an existing space using feng shui and the Five Element Theory. Everything, including your energy, is composed of these five elements: fire, water, wood, metal, and earth. An imbalance of any of these elements in your environment creates imbalance in your life — be it in your career, health, or love life.

To determine what elements you need to balance your energies and enhance love in your life, calculate your birth chart. If you are in a relationship, calculate your partner's birth chart, too. Birth charts reveal which elements you need for creating balance. The elements you need are called your "promoting elements."

Once you know your pro-



Fantasy Love Longevity Turtle
by Grand Master Chi Jen Liu.

An alternative for combining wood and water elements is to bring nature into your master bedroom by decorating it with a painting of a beautiful forest, field of flowers, and a sparkling lake. The wood element color, green, and water element color, black, can also be used in accent pillows, lamp shades, or furniture.

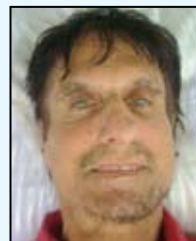
For single people who want to attract a new love relationship, creating a space may not be enough. Timing is also important. Consult an expert for a reading of your birth chart to find out what type of relationship(s) you are likely to have and when your significant other might appear in your life. Designing a romantic space and activating love energies at the right time can make all the difference in attracting a relationship that suits you.

Annual feng shui adjustments are essential to growing, maintaining, and cultivating your love relationships. Just as sea-

sons change, love relationships transform through time. Like a garden needing constant care and maintenance to flourish, so do relationships. One year you may find that you want to improve communication, but the next year you may want to focus on intimacy, requiring new adjustments.

With basic knowledge of the Five Element Theory and your promoting elements, you can use your imagination to create a space that inspires romance and reinforces your love bond. Your home is an extension of your personal energy. Use your environment to help maintain your relationship and express your love.

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



THE NEW ERA OF CONSCIOUSNESS

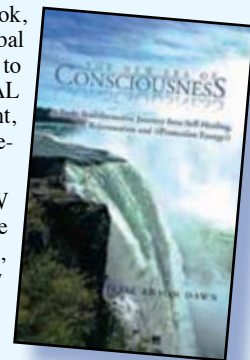
By Jesse Anson Dawn

A Truly Transformative Journey into Self Healing, Rejuvenation and Protection Energy

The photo (above) is a very accurate picture of Jesse Anson Dawn at the age of 68. And below is a photograph of the cover of Jesse's recently-published, uniquely helpful book — ((THE NEW ERA OF CONSCIOUSNESS)) After his 258-page volume, *Never "Old"* won The National Association of Independent Publisher's Award for Content, Jesse then became a columnist for the hugely-popular *Awareness* magazine — a truly vital publication that has steadily featured Jesse's *Never "Old"* column since 1994.

But now, via his deeply-captivating, new book, Jesse (thoroughly) shares his two decades of global research, whereby he reveals truly working ways to activate self-healing, (protection energy) and REAL rejuvenation. All of which are crucially important, clearly explained abilities that are ((quite genuinely)) effective.

Amid the worldwide journey of THE NEW ERA OF CONSCIOUSNESS, you can learn the (body-saving) secrets of Vietnamese Buddhists, along with the eminent wisdom of an amazingly ageless, 121 year-old, Tunisian mystic, followed by a visit with a famous Incan healer who, at 118, tells how he looks and feels HALF that age.



To receive this perhaps (life-saving) book, simply type JESSE ANSON DAWN into the Amazon.com (book search window), and get it quickly sent.

Or have a bookstore order it from iUniverse Publications, whereby you can own a book that is TRULY THE LITERARY RIDE OF A LIFETIME...

REFLEXIONS REFLEXIONS

By Robert Ross



on Riding the Beast

*"If all the beasts were gone,
men would die from a great
loneliness of spirit,
for whatever happens to the
beasts also happens to the man.
All things are connected.
Whatever befalls the Earth
befalls the sons of the Earth."*

— Chief Seattle,
Suquamish Tribe

The "Beast" in question, looks like something out of a science fiction movie, where man has blended with machine. The mind of man is somewhere hidden behind a mass of metal, in a half-million dollar, thirty-three thousand pound behemoth. This man-machine moves forward with a certain deliberation, metal claws reaching out like the appendages of an ocean crab . . . jaws opening, then closing . . . powerful, moving, pushing, leveling everything in its path with ease.

The Beast, this mega-machine, is the world's largest snow groomer. And in a few minutes, I'll be in the cab, taking the ride of a lifetime.

It's 4:30 p.m., in Sun Valley, Idaho. There's a certain excitement in the hallways as the ski patrollers kick off their boots. They've made their final sweep of the mountain — more than two thousand acres, signaling to all: mountain closed to the skiers, and also signaling: mountain open to the snow groomers.

The groomer's afternoon meeting concludes; seven drivers have their assignments. "There are issues on the slalom race course over in the Warm Springs ski area that need attention" Kerry O'Brien, the snow grooming manager, announces. And the winch cats (groomers

with winch cables attached) are discussed. My mind has difficulty grasping the concept of securing a grooming machine with cables as it lowers itself down the side of a mountain to do its work. But, apparently it's all part of night's work. Seven snow cats work from 4:00 p.m. to midnight, and another crew works midnight to 8:00 a.m., all to prepare the slopes for an onslaught of skiers.

A final bathroom stop and it's downstairs to the Beast. Heart pounding, I grab the side-view mirror mount, climb onto the tracks, swing one leg, then another into the cab. The driver — Jim — ignites the 527-horse power diesel engine. The jaws of this mega-machine close as we negotiate our way out of the parking bay — *the Beast's cocoon*. The jaws open wide again, and we begin our journey.

During ski season, Sun Valley has thousands of skiers and snow boarders a day on the mountain, all with the same intention, to go from a higher elevation to a lower elevation, carving their turns, throwing snow here and there. Needless to say, by the close of the day, a lot of snow has been moved about. What started out as finely-groomed "corduroy" slopes at 9:00 a.m. looks like the leftovers of mashed potatoes on a Thanksgiving dinner plate by 4:00 p.m.

Sun Valley — as a resort — was the brain child of Averell Harriman. He was chairman of the Union Pacific Railroad and an avid skier. In 1935 Harriman commissioned an Austrian count, Felix Schaffgotsch to scour the U.S. in search of a potential "Swiss Alps"-type of mountain resort. It was de-

cided that the Wood River Valley would be that setting. The Union Pacific had a spur line running from Boise to Ketchum, making the area accessible.

By December 1936 the Sun Valley Lodge was opened and the rest, as they say, is history. Soon names like Errol Flynn, Clark Gable and Ernest Hemingway were flocking to this ideal getaway. In fact, Hemingway completed *For Whom the Bell Tolls* in 1939 while staying in suite 206 at the Sun Valley Lodge. "Papa" Hemingway eventually made Sun Valley his home and is buried with his fourth wife about a mile north of Ketchum. (For more on Sun Valley, Google: Awareness Reflexions Sun Valley's Serenade)

This ski season, Sun Valley held a weekly contest to choose four winners to ride in the Beast while it does its work (Friday and Saturday nights only). With a phone call, and of course pleading my case that I would write an article on my experience, I managed to secure a

using two hand controls — the driver's right hand covers the control unit while he steers the vehicle with his left hand. Jim glances at a digital panel which looks more like a Star Wars video game — giving him pertinent information to negotiate his way around the mountain.

Soon I feel a pressure on my back as the ascent steepens, moving from upper River Run to the "Cutoff" ski slope, which is . . . steep! We're in full grooming mode now. It's up to the top of Cutoff, then down, then up, Jim knows these slopes, he's been doing this for more than thirty years.

There's chatter on the radio, another snow cat has some issue, Jim listens intently, but it's nothing of consequence. As we continue grooming Cutoff, I ask our driver, "what's that one memorable moment you had while doing this job over the past thirty years?" He hesitates for a moment, reflecting back over three decades. "I guess it was the time I . . ." he pauses



Robert and Ingrid Ross at 9,000 ft. with "The Beast."

seat. The Beast normally holds a driver and one passenger, but my wife managed to squeeze into a jump seat too for this adventure.

After leaving its cocoon, the Beast chugged along a few dozen yards to the base of the River Run chair lift, pivoted to the left, and we began our ascent — from a 6000-foot elevation to the top of Bald mountain at 9000 feet.

The Beast is maneuvered by

for a moment "I guess it was the time I created a bit of an avalanche back in the 1980s, and my machine was pulled down with the avalanche." He shrugs it off. His fellow groomers had come to his rescue. *All in a night's work!*

The Beast is manufactured in Canada by Prinoth, but designed by the Pininfarina group, both are Italian companies. According to Paolo Pininfarina, Chairman of the Pininfarina group:

"Prinoth had asked us to create something unique for its snow groomer range, that could combine today's design with that of the future." And futuristic it is!

At the top of Bald mountain — 9000 feet — it was time for some photos. Jim cut the engine and we all get out to stretch and enjoy the silence. The sun was approaching sunset, which allowed for a magnificent view of the surrounding mountains to the east and town of Ketchum below . . . it was one of those magical moments.

We did some more grooming and by about 7:30 p.m. are dropped off at the Roundhouse restaurant (7000 feet) which can only be reached by a gondola. The gondola operator offered us blankets for our ride down the mountain to the River Run lodge.

While in the gondola, we reflected on our experience. It was clear that the snow groomers took an enormous amount of pride in their work, which

has resulted in Sun Valley being rated as one of the top resorts for grooming in the nation.

We mused on the amount of work that goes into the skiing experience. Each year, most skiers will exclaim, "did you see the price of the lift tickets? They keep going up!" But . . . seven groomers, 4:00 p.m. to midnight, another seven groomers midnight to 8:00 a.m. (7 days a week) combined with hundreds of employees at the Sun Valley company — everything from snow making to ski patrolling — explains why the lift tickets keep going up in price.

Skiing involves a lot: pre-planning, housing, equipment, clothes, transportation, etc. And, it's an expensive habit. But, oh what a joy it is to be the first one out in the morning, on perfectly groomed slopes . . . **thanks to the grooming staff at Sun Valley.**

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

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Voices of Hope

By Audrey Hope

LOVE ON THE GROUND

I fall into you
But not the illusion
This surrender is wild and raw:
Forehead pointing down
Hands clasped to the brow
Knees glued to the ground.

A surprise onion peel at
midweek,
Asking me to get more naked
Again???

The pain fuels the undress.
Awakened, I catch the plane
Forever changed with wisdom
That I can no longer hold —
b.s.,wasted time,false talk,
false anything...

I try to tell my friends
What it has been like
almost losing you this month.

The hospital — a temple.
The nurses — as angels,
And holy objects of tubes, viles
and blood.
A healer learning what heals.

I should know the battle points
by now.
I am not the commander.

I should know the road by now —
I always land the same
Deeper down in position.

Of all the things that could get
me here,
My spiritual training,teachers,
chants, India,
It is the real day that carries
me someplace.
Wow, I am like the Buddha!

I embrace morning coffee truth
That life can be hard,
I don't feel so good
And I am oh so human
And it's okay.

Gratitude seeps in
With phone calls and hugs.
Heightened reality comes on
the backend.

God is in the day.
The day is my religion.

And Dear mom I am so in awe
of you staying
And the place I find myself in —
The transforming power of
everyday living
The bliss of everyday love.

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

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Animal Relationships that Heal

By Allen and Linda Anderson

Our little black-and-white cat Cuddles has recently been diagnosed with hyperthyroidism. Our trusting relationship with her was put to the test as we gave her daily doses of the prescribed medication.

Cuddles is such a clever cat. We would think she had swallowed the pill after she stuck out her little pink tongue: See, all gone. Then she would run off, and we would find the pill where she had spit it out.

We wrapped the pill in cat food or cheese, inserted it in a pill pocket, and attempted to entice her to eat it. She would eat the pill pocket or cheese and leave the medicine untouched.

Over time, Cuddles has either accepted that no matter how much she protests, she is getting the pill or maybe, she feels sorry for us and understands we are trying to help her. Whatever the reason, she has started to occasionally jump up on the bed and wait for the twice-daily ritual. One time during the procedure, she even began to purr.

Our thirteen-year relationship with this cat has come to the rescue. She must trust that we have her best interests at heart — even when what we are doing is literally distasteful to her.

Relationships with animals often have a healing element to

them. The spiritual connection we have with our pets enables love to come through even in dreams.

THE CAT OF MY DREAMS

Ann Walker (www.louisepakeman.com) sent her story about Cilla to Angel Animals Story of the Week, and Cilla is featured in Anne's new book, *The Power of the Cat*.

"Ten years ago I was about at my lowest ever emotionally when I had a vivid dream before I awoke. My father, who had always loved cats but had been dead for many years, stood in front of me. 'I am sending you a pure black cat for luck,' he told me. The dream was so real that I answered him out loud.

"I can not have another cat, I have three already. Where I live, cats have to be licensed like dogs, and the limit is three per household. But the dream stayed with me.

"About ten days later, my daughter turned up with a basket of five, seven-week-old kittens. They had been born on the property of her parents-in-law. 'I have brought these to show you,' she told me. 'Aren't they lovely? All different colors. I think I might have the blue-gray one.'

"They were gray, tortie, tabby, and tabby-and-white, with one pure black kitten. I didn't

know I was going to say it. The words came of their own volition. 'I'll have the black one,' I said. My daughter pointed out that she had only brought them to show me. By now, I had the black kitten in my arms. 'I'll have her,' I repeated.

"Since that day, I have never found a single white hair on her. She is, as my father said in the dream, pure black. I called her Cilla, after Cilla Black — the singer. No one ever questioned that I had one more cat than the law permitted — even when I registered her.

The abundance of love and laughter Cilla brought into my life at that dark time has not abated. By fulfilling my father's promise, Cilla convinced me that we all live on after our life here is ended. I have had a great many wonderful cats in my long life, but none has given me more unstinting love than my little pure black Cilla, who came as a gift from 'the other side'. In addition to the love she gave me, she also brought with her my father's love."

Has a dream led you to the next Angel Animal in your life?

SHOWING LOVE TO CHASE

Laura Wetterau has been rescuing greyhounds since 1995. She answers phones for Make Peace with Animals where she talks with people who are interested in rescuing greyhounds or have questions about whether the breed is right for their family. Of all the greyhounds Laura has rescued, Chase stood out enough for her to write his story and share it with our newsletter readers.

"When I picked up Chase from a family who gave him up, his demeanor upset and disturbed me. After he entered my car, he sat down and showed no emotion, even though I tried to



tell him that everything would be OK. Chase reminded me of someone who has been abandoned and lost hope for living. I wanted to let him know that someone would love him.

"Several months later, I received a call from our director telling me that no one had volunteered to give Chase a permanent home. The director asked if I wanted him. I said yes and quickly made arrangements to pick him up.

"Chase came into our home with a few quirks in his behavior. All were minor issues the two of us eventually resolved together. I worked very hard to make him understand that he was loved in our family. Some of his silliness started to come out. He would bark when he wanted something, then crouch down, and act as if he wanted to play.

"Chase finally decided that he was going to sleep with me at night. We truly bonded with one another, when I reinforced my love for him, while he snuggled with me.

"I believe that Chase knew he was being discarded from his other family. I was sure that they talked about what they were about to do, thinking he didn't understand them. But he did. I hope I can show abandoned animals the joy of love, so they too know their worth here on earth."

When have you given love to and entered into a relationship with an animal that helped bring about a healing?

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. Visit: www.angelanimals.net

A DOG NAMED LEAF

"A Dog Named Leaf: The Hero from Heaven Who Saved My Life," by Allen and Linda Anderson has been selected as a winner of the prestigious 2013 ASJA Awards in the Lifestyle/Memoir category. (www.adognamedleaf.com)

"A troubled and scarred shelter dog and a former police officer face life and death challenges together making A Dog Named Leaf impossible to put down. Its unexpected twists and turns kept me pinned to the pages and cheering for Leaf and Allen to heal and succeed together. Read this most inspirational book and share it widely."

— Marc Bekoff, author of *The Emotional Lives of Animals*, *Wild Justice*, and *The Animal Manifesto*

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Know Your Self: Weekly classes on Gnosis offered by AGEAC. Gnosis (Greek: Knowledge) is an ancient teaching, representing the synthesis of all main spiritual traditions. Starting May 21 at 6:30pm. Please contact us for venue and directions. (818) 614-6700, los_angeles@ageac.org

MAY

May 4, 11, 18 (no class 4/25) — Creative Writing + Thinking Classes. Be a RockStar! Build Imagination, Focus + Memory, Integrate your Logical Left & Creative Right Brain, Grow Confidence + Power, Improve Intuition + Decision Making for your Divine Purpose, Self-Commit! For Women & Men. Saturdays at 4. Newport Beach Studio. Dr. Miluna. (949) 488-0844. \$35/class. MagicalMuseCoach.com

May 7 — Free Public Lecture on Gnosis: Self-Knowledge Through Dreams 6pm. Mid-Valley Public Library, 16244 Nordhoff St., North Hills. (818) 614-6700, los_angeles@ageac.org

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

May 11 — Free Public Lecture on Gnosis: Awakening Consciousness 10:30am. *Universal Vibration and Chakras* 11:30am. Woodland Hills Public Library, 22200 Ventura Blvd, Woodland Hills. (818) 614-6700, los_angeles@ageac.org

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

May 17-19 — Akashic Records Practitioner Certification Weekend with Barbara Schiffman, Fri-Sun, Temple of Light/Irvine. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer; learn Akashic Past Life Healing tools. Info/Registration: (818) 415-3479, www.YourLifeAndSoul.com, www.Meetup.com/AkashicLA

May 17-19 — Shakti Fest. A celebration of the Divine Mother. Immerse yourself in Kirtan, Yoga, and Wisdom Talks from world-renowned teachers. Performances by Krishna Das, Jai Uttal, Dave Stringer, Deva Premal & Miten, and more. Ecomarketplace and vegetarian cuisine. Joshua Tree. www.bhaktifest.com

May 18 — Free Public Lecture on Gnosis: Awakening Consciousness 2pm. *Universal Vibration and Chakras* 3:30pm. Encino Public Library, 18231 Ventura Boulevard, Tarzana. (818) 614-6700, los_angeles@ageac.org

May 19 — WorldFest. LA's premiere solar-powered family-friendly "green" event. More than 120 exhibitors, global vegan food court, music, engaging speakers, entertainment areas for children, animal adoptions and more. Woodley Park, 6350 Woodley Ave., Lake Balboa. 10:30am-7pm. www.worldfestevents.com

May 20 — Start a New Career Helping Others. Become a Hypno-

therapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

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

May 24 — TED Talks: An Evening with TED. Friday 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 25 — Full Moon Labyrinth Walk and Sacred Sounds Concert Meditation. Saturday, 7:00pm, 9076 Cajalco Rd, Corona, CA. By the light of the Full Moon and within the nurturing embrace of Mother Earth, allow the transformative harmonics of the crystal singing bowls, voice, and gongs, to create a heightened state of awareness, and an opening for inspiration and healing. Cost: \$10 Donation. RSVP: (909) 967-0246

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

JUNE

June 1, 8, 15, 22, 29 — Creative Writing + Thinking Classes. See listing under May for more information.

June 1-2 & 15-16 — Learn to Handcraft Natural and Organic Skin Care with Cinda's Botanical Blends. Save up to 80% making your own Skin Care using certified organic ingredients. Hands-on workshops scheduled in Santa Monica, [info/register www.cindasblends.com](http://info/register/www.cindasblends.com)

June 4, 11 — Taking Your Leap of Faith Teleseminars. Life breakthrough coaches Barbara Schiffman and Camille Leon discuss their new DailyOM.com 8-week ecourse about taking leaps of faith (starts 6/18). Free Q&A teleseminars 6-7pm: (712) 432-3066, code 491576. Info: (818) 415-3479, www.tinyurl.com/LOF-June

June 11 — Reiki Healing Circle. Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

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June 12 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 14-16 — 2013 Summer Star Knowledge Gathering. An amazing and heartfelt gathering of indigenous chiefs and wisdom keepers sharing ancient spiritual knowledge of Mother Earth and the Star Nations. Sunstream Retreat Center, Ogden, Iowa. Visit: starknowledgeconference.com

June 20 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

June 21-23 — Head of Tibetan Bön Spiritual Tradition coming to L.A. His Holiness the 33rd Menri Trizin, will give public teachings and counseling. Join us for this extraordinary opportunity to explore ancient spiritual practices with the leader of Tibetan Yungdrung Bön, founded over 9,000 years ago. YeruBonCenter.net or call (323) 255-3553.

June 25 — Reiki Healing Circle. Tuesday, 7-8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 26 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7-8:30pm. \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 28 — TED Talks: An Evening with TED. Friday 7 to 8:30pm. Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

LIST YOUR EVENTS HERE
DEADLINE FOR JULY/AUGUST ISSUE — JUNE 15

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JULY/AUGUST ISSUE
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