

Awareness®

Southern California's Guide to Conscious Living

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JOE VITALE
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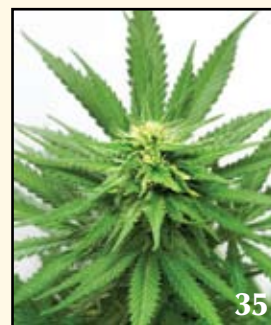
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Coming into Ho'oponopono Clarity

An Interview with Joe Vitale

By Donna Strong

Known as Mr. Fire, this nickname for Dr. Joe Vitale is quite fitting, since he is a man on fire with passion and purpose and, yes, prosperity mojo. He is a master at sharing information in the right way, having built an Internet empire that markets products based on the law of attraction, right action and the Hawaiian practice of Ho'oponopono.

Having practiced a modern version of Ho'oponopono for nearly ten years now, he has recently launched his newest book about its secrets, *At Zero*. This is the sequel to his book *Zero Limits* that brought the Ho'oponopono to wide recognition among his base of fans.

The author of more than fifty books, he has recently entered a new arena, becoming an accomplished musician. He received a very big nod with the nomination of songs from six of his healing music CD's for a Posi Award, regarded as the Grammys of positive music. In only three years he has gone from a dream on his bucket list to real recognition in the music world.

Joe is a modern-day torchbearer, revealing closely-held esoteric secrets from the past to empower people in the present. Productive and prolific, Joe is doing a stellar job of setting the world on fire with his passion. We were fortunate to catch this man on the move for a chat.

Awareness: Would you tell us about how Ho'oponopono practice has come into the world so prominently?

Joe Vitale: Well, it's come into the world largely because of my first book on the subject, *Zero Limits*, that came out about eight years ago. There wasn't anything in the main-

stream available on the subject until then.

This book was written because I had heard the story of a therapist who helped to heal an entire ward of mentally-ill criminals using an esoteric Hawaiian healing technique, and

everybody felt heard and peace was restored.

Morrnah Simeona gave us the modern version of Ho'oponopono. She was the first one who said we can handle all that may be bothering us by using this within ourselves.

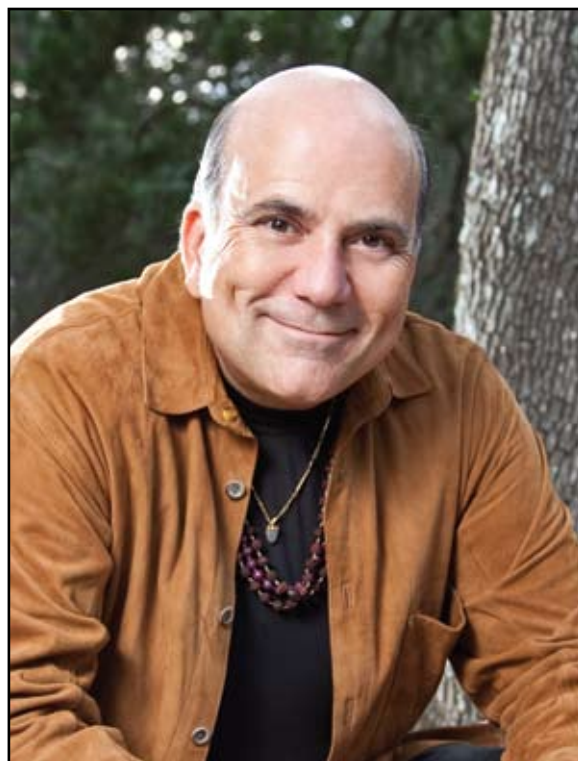


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I needed to know if it was true. I found Dr. Hew Len, learned the technique and undertook personal training with him. Later, we did seminars and wrote the first book together.

Awareness: So tell us about the traditional Hawaiian method and how it has evolved.

Joe: Well, the method is a way to achieve inner peace and tranquility. The old-school version was a group problem-solving techniques where a group of people, usually a family, would get together and air their grievances with an elder or priest. It could take days to weeks to get to a place where

the problem — whether that's a health or relationship or money issue, or anything else — and as you're feeling it you are in a way petitioning your version of the Creator, saying, please release this and heal me.

These four key phrases are what you are saying as a kind of combination-code to unlock inner freedom by releasing whatever the beliefs are that are creating the upset, the current feelings that you have. So you don't have to reach for more, just say the four statements around it to your Creator, and allow that to unfold and clear you.

Awareness: I love one of the things you say about how it helps to go from reacting to stimuli in life to realizing more freedom.

Joe: Ninety-nine percent of the time we are reacting to life. In Ho'oponopono they say in every moment you either come from inspiration or you come from memory. Most of us are coming from memory, which means it's past beliefs that are still operating in our minds; the past that we just keep re-living.

What Ho'oponopono does is erase all of the limiting beliefs so that you can listen to the divine whisper inspiration into your ear.

Awareness: That's wonderful. Could you help clarify one of the hardest things to understand about Ho'oponopono — that we are responsible but not to blame for everything that happens in our lives?

Joe: That's the truth! Many years ago I watched a therapist on television in Houston. He said, "Your problem is not your fault, but it is your respon-

Awareness: Would you describe how to do Ho'oponopono using a fear about money as an example?

Joe: The rule of thumb is, if you can feel it you can heal it. So when someone has an issue around money — they're already in fear or worry about how to pay the bills — so that is what they work with — what they're actually feeling, whatever's there.

With that feeling in your body, you go ahead and say the four phrases "I love you," "I'm sorry," "please forgive me," and "thank you" within yourself. So in other words, you are feeling

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Vitale...

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sibility." I never forgot that. In a way, that is the essence of personal responsibility that Ho'oponopono teaches.

It's not about guilt; it's not about blame; it's not about beating yourself up. It is about owning what you have in your life experience. When somebody is really feeling unhealthy or has an addiction or is lonely and wants a relationship, they own it. They don't blame themselves for the situation they have to deal with *at all*. They simply say, well, here I am; let's do something about it. There's a neutrality to it.

An example that I sometimes give; if I'm walking through a store and I get distracted and I bump into somebody, I turn to them and say, I'm sorry, I didn't mean to bump into you. That's what personal responsibility is. It's neutral ownership of what is going on in your reality with the understanding that you are awake now and you're going to do something more responsible next. That's it.

Awareness: That's so clear. It is such a balm for us all to be able to hear something like that, don't you think?

Joe: Absolutely. That's where it becomes freeing and empowering.

I really believe life is a process of awakening. Instead of treating ourselves like we are powerless or that we need to be punished, we need to look at ourselves as awakening angels. We are spiritual beings in this physical body and we are not totally aware or conscious of everything yet, but we are participating in everything around us. With Ho'oponopono, we can begin to awaken to our own God-given power and co-create our lives in a very majestic, and even miraculous way.

Awareness: Wonderfully said! This issue of Awareness is about relationship, so what would you offer about the ability of Ho'oponopono to foster

a much more conscious relationship within ourselves?

Joe: That's a beautiful question. Dr. Hew Len, the therapist who co-authored *Zero Limits* with me and taught me Ho'oponopono, repeatedly said that the only really important relationship is the one you have with yourself. Everything that you perceive to be on the outside is really a reflection of the relationship you have with yourself.

Whenever we begin to complain about what we perceive to be somebody on the outside doing something to offend us, in Ho'oponopono we're supposed to take a deep breath and pretend we're looking at a mirror and it is reflecting what's in us.

This brings it all back to the chief relationship, the one we have with ourselves. When we take care of our relationship with ourselves, the ones we see on the outside — which are really just projections — improve. Our relationships become much more loving and enduring and happy and healthy. Ho'oponopono is all about taking care of your primary relationship, the one with yourself.

Awareness: We could say that this one could really use a lot more attention for the best reasons.

Joe: Yes. I believe the perceived chaos that we see in the world is actually our wake-up call, shaking us up with a proverbial "kick in the butt" to look within at our own relationships. It's not about other people; it's not about other countries or political parties. It's about our own relationship with ourselves. The turmoil we perceive out there is really a mirror of what's in us. So it behooves us to look within.

That's what the universe, divinity; the planet — whatever you want to call it — is actually pointing us to. It wants us to awaken to our inner divinity.

Awareness: We all know the old adage, "as within, so without." Would you tell us a



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story about the inside change reflecting on the outside?

Joe: The most ready example is from my own personal life. Three years ago I decided to be a musician. It was on my bucket list and I decided that it's now or never. Even though I was in *The Secret* and I have all these credentials, it didn't stop all the self-doubts from surfacing.

Right on the heels of my intention to be a musician came all the devils of my mind — all the self-criticism and self-doubt surfaced with questions like, "Who are you to sing? Who are you to play guitar with your no-talent, no-skill, no-background, no-experience, no-nothing?"

So I was feeling my insecurities in a really dramatic and almost traumatizing way because I didn't see it coming.

Again, I had to do what I'd taught other people to do, to use Ho'oponopono. So I was saying, "I'm sorry, I don't know where these beliefs have come from; please forgive me for having this programming in my mind; thank you for taking care of it and erasing it and deleting it; I love you for giving me life, giving me the ability to change, transform, and clear myself."

As a result of doing that, not only did I remove the barriers, but also I accelerated my skill level. I came out with my first album three months later and another album a few months after that. At this point in time, a little over three years later, my seventh album is in production and I have begun my eighth album. As of now I've been written about in *Rolling Stone*, and my music has been nominated for the Posi Award, which gives recognition for positive music.

This first-person story is all about the power of Ho'oponopono, because by using the process I deleted the interference I had to what I wanted to attract. Once I took care of the inner relationship with myself and was able to be clear enough, I was actually able to

attract and achieve my dream.

Awareness: *That's fabulous!*

Joe: Well, I like to tell my story because people don't imagine that I could relate to their own insecurities. I am over sixty now, but when I was fifty-seven and wanting to be a musician, all of this stuff surfaced.

I think whenever we reach for something that's new and big, there's going to be a shake-up within us because we are extending our comfort zone. We are reaching out of the known into the unknown, so it's somewhat natural to have insecurities; beliefs, negativity and limitations show up.

Awareness: *I have a feeling that the method you're sharing can help free big waves of creativity in people that would otherwise not be expressed.*

Joe: That is wonderful because I think divinity is whispering ideas to all of us that it wants to see created. Most of us say, "not me, not now," and we have all kinds of objections; "I don't have enough money, experience, connections or education." These are all beliefs about limitation. We all want to receive ideas and inspiration and create with them, so if there is a wave that happens because of my books or Ho'oponopono, well, God bless us all. I think that is a wonderful thing.

I think the good news is that Ho'oponopono teaches you to get out of the way using these four phrases so you can create heaven on Earth, allowing divinity to inspire you to create what you want.

Awareness: *When I first came to L.A., I had a spiritual experience that led me to call myself somewhat amusedly "Our Lady of Perpetual Surrender." Having read your book, it appears to me that Ho'oponopono is a very effective way to learn the value of surrender.*

Joe: Well, I totally agree with that. In the new book, I talk

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Vitale...

(Continued from page 7)

about the four stages of awakening, and the third one is surrender. That's where Ho'oponopono comes to the rescue because it helps us learn to surrender. Surrender does not mean giving up; it means we are joining forces with divinity and the flow of the universe, and the direction that it is already going.

A lot of people make the mistake of thinking that if they surrender they are powerless, but it's actually the opposite. What you are surrendering is the lack of ego control. You don't run the planet and you can't run everything here. You are not wise enough or smart enough; you can't see everything that's going on.

When you surrender . . . meaning you are joining forces with the power that is running the universe — not only is your life easier and more streamlined, it accelerates your contribution to the wellbeing of the universe as a whole.

So now I love to surrender, and I was the guy who was al-

ways trying to steer the ship. Now I am joining forces with divinity and surrendering to what some would call God's will; I like to call it divine will, of creating heaven on Earth.

Awareness: Tell us more about how Ho'oponopono can open the door to magic and miracles.

Joe: The truth is, you discover that you already are living the miracle. I didn't know this; most people don't know this. We wish for moments in the past, and we're all hurrying to get to the wished-for future, but that means that none of us are here in the moment. What I've learned from glimpses of awakening is that this moment is the miracle.

As long as we come from our ego, we want to change it, we don't want to accept it, we want to complain and we are not at all grateful. When we move into the love and forgiveness processes of Ho'oponopono, we create this clear relationship with ourselves and have a relationship with the moment, which is really a relationship with the divine that I could only describe as one of awe. That's what this is. Life is a miracle.

Awareness: We're not given much encouragement or perspective in life that there's an opening that can happen any second and I think it shows, doesn't it?

Joe: It absolutely does, and that's the point of practicing Ho'oponopono. It's a way to bring you into the moment by clearing the layers of interference between you and the moment.

The filters are all kinds of bullies — everything from simply not being grateful for the moment because you're thinking the grass is greener somewhere else than being in this moment. I don't know how to express it any better than to say my personal experience is that the moment is divine and the moment is the miracle.

Awareness: You know, Joe, you're an amazing conduit to things that have been esoteric and fairly closely held. You seem to have this role to bring secrets out so that many people can really benefit.

Joe: I accept that role. I felt decades ago that my mission on Earth is to inspire people to go for and achieve their dreams rather than just acting like birds looking at shiny objects. We are constantly flying off in all kinds of directions.

Awareness: I love that description. In modern-day life, we are spinning out in too many directions.

Joe: This is why we have to take moments to meditate, to pause, to breathe, to become present, to check on our relationship with ourselves and divinity.

For me, the four statements of Ho'oponopono are so simple and easy and memorable. It's an incredibly powerful tool just to bring us back into the moment so that we don't keep flying off in distraction. If we do, well, there are the phrases to guide in returning to the present moment. I've been doing Ho'oponopono for enough years that it's now the audio loop in my brain. So I'm saying it to clear my next moment.

Awareness: Okay, to begin wrapping up, I wanted to ask what you would say about the Ho'oponopono effect on the relationships in your life, both human and divine?

Joe: I've been very lucky that my relationships are solid and loving and healthy, including my present long-term marriage. The same thing is true with the relationships I have in business. They're not just business partners; they're friends. We're connected on the heart level.

My relationship with divinity is probably the most powerful, the most amazing, glorious, even miraculous of them all. Today, because of all the work I have done on my relationship with myself while using Ho'oponopono, I have a relationship with the divine that feels as real and concrete as my talking to you.

Divinity to me is a living, breathing entity that is animating my life and is available for me to communicate with. I didn't always have that. I was skeptical, agnostic, and testing, but not totally convinced. Now, divinity is my lover, my best friend, my mirror, and my essence. It's the most powerful relationship of all.

Awareness: What a gift to know this! Is there anything else you would like to share?

Joe: I always like to remind people to follow their passion because it is a clue from divinity for the path that we're supposed to follow to have the best relationship of our lives with Creator.

When you follow your passion, the doors seem to open, the clouds seem to clear; the streets seem to be more lined with gold. Everything is easier. Passion seems to be a secret of having a wonderful relationship with yourself and with life.

For more about Joe's newest book and events, visit: www.atzerobook.com or www.mrfire.com

Donna Strong is a writer and a new Ho'oponopono convert. To find out more about her work please visit www.donnastrong.com or www.facebook.com/harmony.bees



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Paradise in Plain Sight

Lessons from a Zen Garden

By Karen Maezen Miller

In the early summer of 1997, my husband and I found ourselves in the backyard of an empty house on a quiet street in Sierra Madre, a suburb of Los Angeles. The backyard was Southern California's oldest private Japanese garden, an oasis of ponds and pines that had stood mostly intact since 1916. It seemed like paradise with our name written all over it. We knew in our bones that the place could only be ours, and with it, the little house alongside it. The next day we put money down and a month later, moved in.

Once we arrived, we hit the bookstores and local nurseries. We studied up on Japanese gardens: their esoteric architecture, history and symbolism; and the special way to rake, weed, prune, plant and water. We sought opinions, called in experts, and asked for conservative estimates — *ha!* — to redo this or that. The more we learned, the more we doubted. It was way too much work. We were fools, without the right tools, training, or time. No wonder no one wanted to buy this place but us. It wasn't paradise, but a colossal pain in the neck.

One day I ran across a single line in a thick book that made it all simple. It told the original meaning of the word "paradise" before it became a mythical ideal, imaginary and unattainable. Before it pointed somewhere else.

The word "paradise" originally meant simply an enclosed area.

Inside the word are its old Persian roots: *pairi-*, meaning "around," and *-diz* "to create (a wall)." The word was first

given to carefully tended pleasure parks and menageries, the sporting ground of kings. Later, storytellers used the word in creation myths, and it came to mean the Eden of peace and plenty.

But looking at it straight on, I could plainly see. Paradise is a backyard. Not just my backyard, but everyone's backyard: the entire world we live in, bounded only by how far we can see.

There was only one thing to do. I began to garden. I got scratched, tired, and dirty. I pouted and wept, cursing the enormity of the task. I was resentful and unappreciative. But when I ventured afield, sidelined by things that seemed much more entertaining or important, I always came back to this patch of patient earth. Time after time I realized that the living truth of life is taught to me right here, no farther than the ground beneath my feet.

Sixteen years later, I do not know the chemistry of soils or the biology of compost. I have not mastered the nomenclature; I don't know the right time or way to prune. What I have learned instead is this: paradise is a patch of weeds.

What loyal friends, these undesirables that infiltrate the lawn, insinuate between cracks, and luxuriate in the deep shade of my neglect. Weeds are everywhere, showing up every day, my most reliable underlings. Weeds keep me going.

The most common weeds in the yard are crabgrass, dandelion, and chickweed. And the most common weeds in the world are greed, anger, and ignorance.

Here are ten things to do to spare your garden from stubborn entanglements:

1. **Blame no one.** Blame is a powerful barrier: like prickly thistle, it spreads pain and disaffection. Blame turns the garden into a menace.

2. **Take no offense.** Consider the energy we expend to prolong fictional injuries. How hard is it to get over what is

needs a few less people to own their own greatness and few more to own their own humility. When you can face reality without camouflage, yours is the face of compassion.

7. **Grow old.** It isn't easy, it's effortless.

8. **Have no answers.** In Zen,



Sunset reflections on the pond. Photos by Stacy de la Rosa.

already over? I know: it's hard. But there's a way.

3. **Forgive.** Forgiveness reconciles the rift between self and other. Forgive someone today — forgive yourself today — and feel the rift recede. Suddenly, it's easier to move on.

4. **Do not compare.** Satisfy yourself with what you have in hand. It may not look like much, but this right here is everything.

5. **Take off your gloves.** A nurseryman once told me, "**A real gardener doesn't wear gloves.**" Native intelligence flows through your fingertips, wisdom received in direct connection with the world, telling you know how deep to dig and how hard to pull, when to gather and when to release. Self-defenses make you timid and clumsy.

6. **Forget yourself.** The world

we don't find the answers; we lose the questions. It's impossible to comprehend the marvel of what we are, or to understand the mystery of life's impeccable genius. Weed out the confusion that comes from trying to understand.

9. **Seek nothing.** Just for one moment take my word that you lack nothing. Have faith in yourself and the ground where you stand.

10. **Go back to 1.** The gardener's job is always just beginning.

Karen Maezen Miller is a Zen Buddhist priest and teacher at the Hazy Moon Zen Center in Los Angeles. She's the author of Hand Wash Cold, Momma Zen, and most recently Paradise in Plain Sight. Visit her at www.karenmaezenmiller.com

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Know the Male But Keep to the Female

Balancing the Inner Relationship

By Joanne Young Elliott

Our world is out of balance. Masculine energy is used more often and revered more than feminine energy. In order to get back into balance we need to live in such a way that we know the masculine energy, but mostly keep to the feminine.

I saw a form of the phrase “Know the male, but keep to the female” about seven years ago in a book on Buddhism. It is also in the Tao Te Ching. I knew it was a profound piece of wisdom and ever since, I’ve tried to live by it.

Before I continue here are some of the ways of the feminine that I believe are important.

Feminine Energy
allowing/accepting
open
receptive
creative
connecting/collaborative
intuitive
nurturing

In order to live this wisdom it is important you acknowledge that feminine energy has value. We live in a culture that values masculine energy more

than feminine, so look at the feminine energy descriptors and know that these are important ways of being in the world.

Our day-to-day life is often filled with activities that use masculine energy. Even a woman who is a stay-at-home mom tends to use a lot of masculine energy. Think about it. She plans, chauffeurs, organizes, shops, pays bills. This is all active, masculine energy. It’s the energy that dominates our culture, but things have been changing. Back in 1996 research into the corporate leadership styles of women and men found women’s sharing style of management — once scorned — allowed for more effective communication.

Though working from masculine energy has allowed us as a culture to accomplish many things, maybe we’ve done so too fast. Without the feminine energy we act immediately on ideas. We forge ahead using active masculine energy. There is little gestation in between the feminine act of having an

idea and the masculine energy used in making it manifest in the world. The idea is born prematurely. We need to know and use the masculine energy, but keep to the feminine in order to regain a balanced approach to life.

How does one do this? Practice. I’ve outlined a week-long schedule to help you get into the feminine energy groove.

Practice:

Sunday: Today live in a space of **allowing**. Accept situations and people for where they are in the moment. Don’t be in a rush to do something or dismiss someone.

Monday: Today remain **open** to different ideas, views, and ways of doing things. Step out of your comfort zone for a while.

Tuesday: Remain **receptive** today. This is a hard one, especially for women who are caretakers. Today let yourself receive care. Say yes if someone offers to help you or better yet, ask for the help that you need.

Wednesday: **Creativity** is feminine, especially the gestation aspect of it. Instead of logically approaching a problem, brainstorm ideas and sit with a possible solution for a while. Don’t be in a big rush

to solve the problem or implement an idea. Given time you will see more possibilities and have a stronger platform from which to implement.

Thursday: Today take some time to **connect** with a neighbor or friend whom you don’t often see. **Collaborate** with a co-worker on a project so that you can save time and add more value. By strengthening connections you’ll be able to better do your job and enjoy life more.

Friday: Need answers? Try to approach questions **intuitively**. You do know what you want; it’s just a matter of getting quiet and tapping into that inner wisdom.

Saturday: **Nurturing** is about caring for someone or something. Spend time in your garden today. Pamper your spouse. Be there for your child by nurturing their gifts. And of course spend some time taking care of you.

The common thread is that feminine energy is slow. It’s the kind of energy that waits for answers, allows things to sink in and gives time to all things so that they may heal or come to their full potential.

Remember this practice is to help you get used to using feminine energy more often and not a way of life in and of itself. You will find that you need to use masculine energy throughout your day as well. As the title says, know the male, but keep to the female.

Joanne is a Science of Mind Practitioner in Training, an Ordained Priestess of Ma’at in the Fellowship of Isis, and a student of the world’s wisdom traditions. Mindfulness meditation has been a part of her practice for over ten years. She lives the life of a poet and writer, and believes that life is our greatest teacher, so pay attention. For guidance in living your best life, please visit: www.joanneyoungelliott.com

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AWARENESS

Honor your Body, Mind and Spirit this Spring

The Relationship between Our Interior and Exterior Worlds

By Jill Angelo



Transform your current living environment into a sacred space — an organized, calm and relaxing reflection of your individual style that helps create wellness by replenishing energy and providing inner peace. What you need to create a sacred space is *not* money, but what each of us already has: creativity, intuitive guidance, imagination and inspiration. In order to create the sacred space you need and deserve, you must pay attention to shifting circumstances, moods and inspirations that occur to you and your life.

Creating the style that is uniquely you doesn't start with list making and trips to the paint store. At the end of the day, every room in your home is a reflection of your interior world. In other words, what you wish to create externally can only reflect what you practice internally. That's why creating your own sacred space requires you to take a fearless inventory of your own body and how you care for it.

Our bodies are temples, but more often than not we treat them like machines. We expect them to deliver, to run on empty, to never give in, to never break down and to always go that extra mile. Eventually, though, something will cause us to slow down — or even come to a complete stop — forcing us to look more closely at the way we are treating ourselves.

For instance, consider the person who has a regular exercise routine that she doesn't veer from. She works out regularly and can feel her endorphins kicking in, helping her function at a clearer, higher energetic level. She drinks the recommended eight glasses of water every day, takes vitamins, eats healthy food and avoids skipping meals. She is confident, focused and tuned into the messages her body sends her. This is precisely how our exterior world and interior world work together.

**Sacred Space is
where you can find
yourself again and
again.**

— Joseph Campbell

Contrast this with someone who has been told to lose weight, to exercise more and to make wiser food choices but chooses to go instead for the quick fix, buying exercise equipment, joining weight-loss programs and loading up on supplements without ever committing to any action. Intention without any action is a hallmark of the exterior world not matching the interior world.

Ask yourself this. In which of these homes would you expect to find order and calm? Chaos and tension? When you truly honor your body as a temple, you become more conscious about how you live. You also become accountable to yourself for the way you feel. Your outer behavior becomes an extension of your inner world.

Most of us get very good at putting our needs last, after the demands of families and ca-

reers. We work more and sleep less. Exhaustion sets in, and it can get very hard to keep our promises to ourselves.

The good news is that it is easy to get started. Here are three simple things you can do to and honor body, mind and spirit in Spring.

BODY

Do you really know what's in the food you eat? Investigate the food that's in your pantry and refrigerator. Feed yourself healthy, nourishing foods for energy and hydration. Avoid GMOs (genetically-modified organisms) by learning to read food labels, and stay away from processed food as much as possible (especially fast-food drive-up windows).

MIND

A great way to honor and cherish your body is to meditate a little every day to help reduce stress, anger and anxiety, and to clear the chattering "monkey" mind that drives us all. When you sit calmly and quietly, focus on your breath-

ing and let your thoughts pass through you rather than consume you, it has a healing effect; try it for 10 minutes in the morning and before you go to sleep each night. You'll find that you have more energy, gratitude and joy throughout the day.

SPIRIT

Take a walk. Listen to the sounds around you. Sit in a park and see how many shades of green you can pick out. Feel how your body and mind respond. When you've sat there long enough to sigh, that is your interior world thanking you for letting it reconnect to the source of life.

Jill Angelo, author of Sacred Space: Turning Your Home Into A Sanctuary, spent two decades in business management before she changed the direction of her life to pursue an inner calling. In the years since, she has traveled extensively, studying and working with a number of spiritual self-help authors. Her sacred space practices were a natural outgrowth of the places she visited. Learn more about Jill and order her new book at www.JillAngelo.com

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The Myth of Inevitable Conflict within a Relationship

By Phil and Maude Mayes

All of us have heard over and over that conflict is inevitable within a relationship. The common view is that we must deal with this conflict and learn to work through it. We believe that the essence of this myth is a fallacious assumption. Although well-meaning, this attitude often leads to unnecessary separateness and estrangement between couples. It perpetuates the view that the partners are separate and on different sides. It reinforces differences such as gender and personality, and instead of making them something potentially positive, presents them as obstacles to be overcome.

This is not so. Instead, differences are something to celebrate, and rather than leading to an inevitable conflict, can be a strength which helps a couple thrive.

There is a simple and surprisingly powerful way of ap-

proaching problem solving and decision making that can transform your interactions. Do not allow your differences to push you into the mistaken assumption that you and your partner are on separate sides. Just because you can't see a mutual solution yet doesn't mean it doesn't exist. If you agree on core values, there is always a solution that works for both of you. The trick is to find it. Keep in mind at all times that you are seeking a place where you both agree. Treat your partner's position as an additional way to see the issue, not as a denial of your needs.

This can be challenging to attain in practice. We are used to conflict being our normal response, but the pattern can be changed by making a different choice. Create a basic format (or ritual, if you will) that you use for problem-solving and decision-making. Start

out by holding hands or being in physical contact, and proclaim to each other that you are on the same side and are looking for a place of mutual agreement.

The way forward is for each person to state what they feel and what they want in turn. Avoid using the word "you" (the finger-pointing you); instead, speak personally. Say "I'm cold", rather than "You pulled the blanket off of me." Here you are saying how you feel, and not what the other person did.

By phrasing it this way, two things are different. Firstly, it is no longer an accusation of the other person's behavior, so it does not provoke a defensive response ("No I didn't") or a counter-attack ("Well, so do you.") It is merely a statement of how the world is for you. Secondly, a statement in the first person is an act of intimacy, a revealing of your self. By speaking about your own feelings, you offer closeness and invite empathy.

After you speak from the "I" of your feelings and wants, then listen to your partner doing the same. Do not interrupt each other. As this process unfolds, the situation will change for both of you. Each of you knows what your partner feels and wants. You have more information. Keep sharing, and you will find other possibilities arise that you did not see before. This is how a mutual solution begins to emerge.

Life's most urgent and persistent question ...

What are you doing for others?

— Martin Luther King, Jr.



Trust that such a place can always be found. Remember, no decision or solution works unless it is a mutual one.

Don't fall off the wagon! Every time you feel yourself losing contact with your partner and getting defensive or argumentative, remember you are in this together, and return to the emotional connection you committed to at the start. Believe a result is possible, even if you might not see it yet, and that the two of you want to reach it together. Reaffirm to your partner that you want to reach a solution or decision that is good for both of you.

If your partner slips, don't join him or her; instead, help them back by remaining committed to a shared solution. This is the point at which you can make a conscious choice to act differently. One small change will cause a different reaction, and the entire discussion can take an alternate path. By refusing to let conflict in, even if it comes from your partner, your response can change the entire tenor of the exchange.

Most of all, it is important to remember that this is not some hard, heavy struggle. You are playing; sharing your individual selves while actively co-creating the "we". This is a dance you are doing together. Make it light and joyful.

*Phil and Maude have been writing and speaking about peaceful relationships for many years. They co-authored the book *Secrets of a Successful Relationship* and are currently working on a second book. They are committed to the understanding that conflict is not inevitable, and that relationships can be the inspiration for peace on earth. Visit them at www.philandmaude.com*

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The Right Relationship Starts with You

Attracting and Creating a Beautiful Relationship

By Cathie Barash



It is amazing how wedding ceremonies can all look very similar to one another. There is the gorgeous dress, beautiful decorations and festive surroundings that mark a fantastically planned wedding day celebration. However, once the marital festivities end, the differences in marriage relationships can look completely different from one another.

This is because we all have different levels of maturity, personal growth, and love within us which is evidenced in our interactions with others. These varying degrees of growth will influence the health and criterion we use for selecting a partner, and drastically impact the emotional availability we experience in our relationships. It is important to note, that choosing a partner of good character means being a partner of good character as well. We have all heard that like attracts like and this certainly applies to our choices in mates.

Therefore. . . the more we know and love ourselves, the more likely we will choose an emotionally-healthy partner too. Learning about ourselves is a process, and making personal changes can be a challenge because *we don't know what we don't know*.

This means that we are not always aware that we need to mature in a certain area until we experience pain which usually comes from making mistakes. Not knowing what we

don't know can be equated with the growing-up process. As toddlers and teenagers, there is a certain level of understanding we have which is limited, because of our age and level of development. When we look back over our life, we can see how many things we didn't know but only learned through errors in judgment.

As we grow older, we realize in retrospect how much we didn't know at each stage of our development; even though we were quite certain we did know all there was to know at each point along the way.

With maturity, we usually develop willingness and open mindedness, to learn the life tools necessary to broaden our vantage point, and expand our consciousness beyond what we already know. We start researching and asking questions in order to gain information when making decisions, and not just base everything on our own perceptions and ways of doing things. We eventually realize that we can't be an expert on everything, so we begin to admit this fact and seek out those who know more in a particular area of life than we do.

We begin exploring our internal world by checking in on our thoughts and feelings and see how they might be affecting our external world. This introspection helps us to reassess our thoughts by reframing the negative ones to more positive feelings and results.

There are two ways to live: you can live as if nothing is a miracle; or you can live as if every thing is a miracle.

— Albert Einstein

When the careers, homes or friendships we want don't materialize as fast we think they should, we start to trust and believe that if our desires don't materialize the way we expect them to, then maybe what we wanted isn't in our best interests; in spite of our strong assertion that they are.

We can take actions to create our desires but sometimes, not getting what we want is a blessing too. Often, it means that there is a more suitable job, home or friendship down the road than the ones we believed were good for us.

The learning process continues throughout adulthood. It is always important to remember that we are forever a student of life, and that there will always be new insights, and levels of awareness that will be revealed to us through the experiences of our life.

Making mistakes and experiencing the consequences from our actions is useful in teaching us to see something in a different light, and reveal a better way to do something. Painful challenges and feelings that surface in our life, usually force us to search for an understanding of why something is happening, and to reach out for help in coming to grips with it,

in order to excavate old habits.

Being aware and accepting that there will always be things to learn means that our current skill set can be improved, and better solutions to problems can be learned to make our life easier and share it with others too. Knowledge is power, and all of our experiences have led us to all the wisdom we enjoy today.

The Right Relationship starts with us and that involves taking ownership for our choices, personal growth and self-care activities while eliminating excuses for our actions or the lack thereof. Happiness begins with us, and it is only through self-love that we can experience and serve the world from a healthier emotional plane, and attract healthier partners and life experiences as a result as well.

If a beautiful marriage or a partnership is what we desire, then a beautiful relationship with ourselves is a great start.

Cathie Barash is a relationship author and freelance writer. Her book, *The Right Relationship Starts with You*, will guide you into creating the ultimate connection with yourself and others. You can contact Cathie at cathie@helpwithyourlife.com or visit her blog helpwithyourlife.wordpress.com

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The Problem with Clutter

Does Your State of Mind Manifest in Your Outer World?

By Jacky Newcomb

What can you do about it?

Can you meditate with clarity while the room around you is piled full of dirty clothes? Can you relax in a room before all the weekly shopping has been put away? Not easily. When you push through the clutter and do it anyway, it tends to be exhausting. So much of your mind is focused on the mess that everyday things become too overwhelming to complete. You feel tired all of the time. It takes a lot of work to pretend that everything is ok.

The things in our homes, and the way we treat them is a direct reflection of our inner state-of-mind. Boxes of items belonging to passed-over relatives are an echo of the grief we hold for that person; not being able to let something ... or someone, go, manifested in a physical way. When the spare bedroom becomes an oversized junk-room you know you're in trouble. The very name of the room gives away the problem. Why would you spend good money to house items that you know you don't want or need?

Holding onto 'too much' of something is also often a way of replacing something lost at an earlier time in life. When Mr. Rabbit Ears goes missing as a child, you can be sure that the memory, even if fairly hidden on a conscious level, is reflected in the toy car or collectable doll hoard you have as an adult. We over-compensate; I know I did.

Imagine the financial burden of clutter in your home. You live in a bigger house because you have items you keep but don't use. The extra 'stuff' may be filling your attic, your shed

or your garage. Maybe you have stuff everywhere? You're paying rent or a mortgage on part of your home where you can't live. Then you are probably paying to insure these items. You have to keep the area clean to prevent an infestation of rats or bugs ... which may not be easy if you can't get to your belongings easily.

If you feel stuck in your life, there's a fair chance that there is an energy-zapping cluttered area in your home. Clutter-clearing is a great place to start. Make a plan and gather a helper or two to assist you (offer free food, it seems to do the trick!) Have plenty of clean drinking water available – this is thirsty work. Use humor, and give them permission to use humor too.

- Have dustbin bags, storage boxes and clearing equipment available.

- Your helper's role is to hold the bag or place things where you ask them (not to throw things away on your behalf). Make it clear from the start that you are in charge of the clean-up; you make the decisions.

- Label your storage with the words, throw, keep and donate. Only use your dustbin bags for items you want to throw away. Mistakes delay progress.

- Friends pick up items one at a time (or you can); make decisions quickly rather than reminiscing over each item. Make a game of it. Place immediately in a bag or box and immediately move onto the next item.

- Begin with obvious rubbish (newspapers, broken or beyond-repair items) as this

will give you confidence and help to create a rhythm.

- At the end of the task, ask friends to help you move things out of the home right away. It's tempting to bring things back in again if you're not careful.

Start with smaller areas and finish one job before starting on the next. When you've finished, give everything a good clean. Honor the space by bringing in fresh flowers, or spraying with aromatherapy oils (or a candle scented with natural oils). A pretty rose-quartz or clear quartz crystals on the window will help to keep the energy high. You'll feel energized and clear headed. Enjoy your new space and in a few days when you feel the urge, start again in another room.

Here are a few more ideas to get you started.

Grab-a-Bag

Carry a black bin liner with you around your home and fill it to the top. Make sure you empty waste paper baskets from around the house too (you might need two bags! Go for it!)

Charity Bag/Box Search

Carry a plastic storage box around the house and fill it with things to donate to charity. Look in your wardrobe, your clothes drawers and your shelves for anything that fundraisers might be able to re-sell.

Cutlery Drawer

Tip everything out onto the worktop. Give away duplicates; throw away corks, elastic bands etc and replace pegs and other random items back where they belong. Wash drawer and replace items.



House Plants

One fabulous healthy plant can look so much better than half a dozen stragglers. Remove dead leaves, dried-up flower heads and droopy stalks. Change or top-up the soil if it's necessary and feed/water. I place dried sphagnum moss on top of the soil for neatness. If all else fails, treat yourself to new ones.

Your own clutter will always have a story behind it somewhere. You might know what your stories are, or not. As I discover each new habit of mine it made me laugh at the ridiculousness of it all; but trauma of clearing the emotions around your hoard may make you want to cry. We hoard because of trauma or loss, usually; the bigger your clutter pile the bigger your issues! It's true! (No judgments here). If you know your stuff holds a lot of emotional issues, ask your doctor for help before you start. You might also prefer to work with a professional organizer.

Your home doesn't need to be perfect; mine isn't. But a clean house which is fairly well organized, runs efficiently and holds items your love and cherish, will leave you feeling refreshed and happy rather than overwhelmed and burdened. Is your home zapping your energy? Give it some thought.

Jacky Newcomb is the multi-award winning, Sunday Times best-selling author of An Angel Saved My Life and An Angel by my Side. Be an Angel, Clear that Clutter is her first book on Clutter Clearing. Visit: www.JackyNewcomb.com, findhornpress.com or local and online booksellers.

Communing with the Divine

By Barbara Y. Martin and Dimitri Moraitis



All seekers of truth yearn for the mystical experience. In search of this experience of eternity we travel down many roads. The artist searches for this mystical union in the ecstasy of creation, the scientist in the throes of a new discovery, the lover in the rapture of the beloved, the parent in the tenderness of the child. In the midst of your search, the very divine presence you seek is already with you. It is in you, surrounds you — it loves, guides, and inspires you.

In this remarkable journey, you do not walk alone. Working with you in every facet of your life is your indispensable partner to success — the spiritual hierarchy. Many think of the hierarchy in terms of angels and archangels. As extraordinary as these Holy Ones are, they are part of a larger network of celestial beings known as the spiritual hierarchy.

Whether on a grand scale or in moments of intimate inspiration, you have always had a special connection to the divine. You are not meant to walk blindly through life without understanding. God has given you the tools to operate with full awareness and spiritual knowing, but you have to build this awareness through the way you live your life.

Today, with the material scientific perspective, some look at the subject of the spiritual hierarchy as outdated myths or folktales. To them, angels and archangels are not relevant or a worthy subject for the modern mind. Yet this is the furthest

thing from the truth. As we better understand the physical world we live in, it becomes even more essential to understand the spiritual roots that support and sustain our physical life.

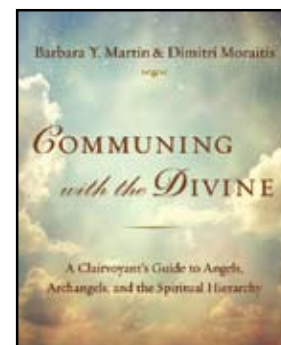
The spiritual hierarchy is the administrator of God's divine plan. They are responsible for carrying out the various duties of creation. This holy order ranges from advanced souls in the human kingdom to glorious angels, archangels, and planetary leaders. These Holy Ones have been on the spiritual path for a long time, many for eons, and have evolved enormously. They work to uplift humanity and form the evolutionary link connecting us to God.

These exalted beings work on different levels of unfolding, which is why it's called a hierarchy, yet all work in perfect harmony with one another. Together, they form the evolutionary chain that links all life from the simplest amoeba to the most radiant archangel. *The spiritual hierarchy IS your pathway to God.* They are the means through which you

achieve your life's purpose and reach your highest spiritual potential. You can't do it without them.

Let it be said that seeing celestial beings is by no means a prerequisite to working with them. These divine ones are intimately aware of you. In many ways, they know you better than you know yourself. They know your purpose, strengths and weaknesses, and what you are capable of. They are doing all they can to get closer to you and help you fulfill your purpose. As you learn to work in greater harmony with the divine ones, your life becomes more beautiful and fulfilling. And such a relationship eventually leads to the great mystical union.



One of the most essential ways you will work with the Holy Ones is by calling on Divine Light. The Holy Ones are responsible for sending spiritual energy to humanity. Each of us has an auric field. Your aura is the individual expression of the universal life force. Every day, you build up or diminish the power of your aura



through the way you live your life. Each day, the Holy Ones bless you with Divine Light.

Through meditation, you can call on the light directly and this brings you closer to the Holy Ones. So by including them in your light meditation, you can greatly enhance your aura and connection to the celestial beings. Working with spiritual energy and the hierarchy will be one of most beautiful ways of communing with the divine.

Barbara Y. Martin and Dimitri Moraitis are co-founders of Spiritual Arts Institute. With over 40 years of clairvoyant experience, they have taught thousands to better themselves by working with the aura and spiritual energy. Their award-winning books include Karma and Reincarnation, The Healing Power of Your Aura, and the international bestseller Change Your Aura, Change Your Life. Their newest book Communing with the Divine: A Clairvoyant's Guide to Angels, Archangels, and the Spiritual Hierarchy is published by Tarcher/Penguin. www.spiritualarts.org





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Are You Suffering from Yeast and Parasitic Infections? (Part 1)

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



Illnesses Associated with Yeast and Parasitic Infections:

The above list of pre-existing illnesses can actually be caused by yeast and parasitic infections. The illness processes inevitably weaken the immunity and allow the overgrowth of yeasts and parasites. Thus the vicious circle ensues.

In the next article, I will address the holistic treatment for yeast and parasitic infections. Once the overgrowth of yeasts and parasites is controlled, the symptoms of their related illnesses can also reduce or dissipate. Stay tuned.

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections and their related illnesses with a holistic approach including anti-yeast nutrition, herbal therapy, and stress management. She is a former UCLA professor in Psychiatric/Mental Health Nursing, and a cable TV Producer & Host: *The Holistic Approach to Health and Success*. She is also the best-selling author and international speaker in her specialty areas. She is a former Managing Partner of Healthy & Tasty Vegetarian Restaurant in Westwood. Recently she became a partner of a vegan/gluten-free restaurant: Dr. J's Vibrant Café in downtown Los Angeles (corner of Main and 4th St.), 334 S. Main St., Los Angeles, CA 90013.

For more information, please contact: HealthyBody-HealthyMind-HealthyIncome, LLC, 541 Spring St., # 209, Los Angeles, CA 90013. Visit: www.HealthyBody-HealthyMind-HealthyIncome.com. Like us on Facebook: [www.fb.com/likedrj](https://www.facebook.com/likedrj). (800) 715-3053 or (818) 472-2213.

Shortly after a group of anthropologists discovered King Tut's tomb in Egypt, they became very ill. It was said that they were cursed because they violated King Tut's will: to remain in the tomb for eternity without being disturbed. I would say these anthropologists suffered from the "yeast curse," because they inhaled a large amount of yeast when they worked in a tomb where walls were covered by layers of green, pink, and yellow mildew.

According to a Chinese belief, if a child is difficult to raise, he or she had been cursed. To break the curse, the child should be adopted by a Chinese doctor. Since I was sickly from the time I was born, I was adopted by a Chinese doctor and raised on herbs. When I look back, I realize that I had been born with the "yeast curse" and the experience with the herbal therapy has paved a foundation for me to formulate "Seven Herbal Wonders" to relieve people's suffering from yeast and parasitic infections.

Symptoms of "Yeast Curse"

Whether you are suffering from an ancient Egyptian curse or a contemporary Chinese curse, the symptoms of yeast infections are basically the

same. Yeast disorders are not the only threat we are faced with. **Parasites and yeast are like Siamese Twins. They go hand in hand. All human beings and their pets suffer from yeast and parasitic infections at one time or the other, to a lesser or greater degree. Also, regardless of gender, age, ethnicity, and geographical locations, we all have "equal opportunity" to be infected!**

Physical symptoms of yeast and parasitic infections can be manifested from head to toe.

They include allergies, sinus or migraine headaches, middle ear infections, eyelid swelling and itching, sore throats, mouth thrush, asthma, bloating, constipation, diarrhea, low immunity, cold hands and feet, varicose veins, impotence, vaginal or prostate infections, painful intercourse, endometriosis, menstrual irregularity, kidney or bladder infections, hemorrhoids, anal itch, burning during urination, hypothyroidism (Hashimoto Syndrome) hypoglycemia, diabetic neuropathy, acne, eczema, psoriasis, scaling skin lesions, athlete's foot, cellulite, and hair loss. The list goes on.

In addition to physical symptoms, the following mental/psychological symptoms can also be present: poor mental concentration, foggy mind, depression, mood swings, phobia, anxiety attacks, irritability, negativity, lack of motivation, and insomnia.

What Are Yeast and Parasites?

Fungi have an extended family. Yeast belongs to the fungus family that consists of at least 100,000 to 250,000 species. They include yeast, mold, mildew, rots, smuts and mushrooms. The function of yeast is to break down dead bodies so

organic matter can be turned into its basic elements of oxygen, nitrogen, carbon and phosphorus. We need yeast to assist in ecological recycling. However, an overgrowth of yeast can also break down living organisms. There are at least 20 to 30 different types of pathogenic yeast that cause illnesses. Candida is one member of the yeast family. Candida albicans alone has 50 to 60 different strains that cause infections. **Because yeast normally live on mucous membranes, contemporary laboratory tests such as blood tests, x-rays or stool cultures usually cannot detect their presence.** Observation of the eyes, skin and tongue and knowledge of a detailed health history are the best ways to determine whether an individual is suffering from yeast disorders.

Parasites such as roundworms, hookworms, flatworms, tape worms, etc. rely on a host to survive and thrive. The fermentation of yeast creates a chemical substance called propyl alcohol that allows parasites to thrive. To return the favor, parasites use their bodies as platforms for yeasts to populate.

What Causes Yeast and Parasitic Infections?

Poor eating habits (Standard American Diet) loaded with sugar, dairy, wheat, yeasts, caffeine, alcohol, and chemicals, excessive use of antibiotics, a lack of exercise that leads to poor circulation, and pre-existing illnesses such as cancer, AIDS, multiple sclerosis (MS), lupus, diabetes, poor thyroid function, alcoholism, a toxic environment, and chronic or acute psychological stress, all can contribute to severe yeast and parasitic infections.

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Who's the Boss?

By Dawn M. Staszak

When my 5-year-old and 3-year-old tell me "No," I ask them "Who's the boss?" They reply, "Mommy and daddy are. ... most of the time. However, unbeknownst to them, it sure feels like the exact opposite to me.

All my married life I thought in terms of doing things "before we have kids," but not too much thought was given to how things were really going to be "when we have kids," except for a vague notion that I would be working and we would go on family vacations. Little did I know that when I actually became pregnant for the first time, I would suddenly develop this idea of being at home with my baby and how things would be ... but, it did not work out that way. I ended up working until we were pregnant with our second, and then became a stay-at-home-mom (SAHM). Wow, was I in for a wake-up call.

When I was able to be home with my son, while pregnant with my daughter, I quickly learned this is a 24-hour job with no breaks, no vacation, and no downtime (unless he was napping and that was a whole other story ...). To top it off, no one understands it except other SAHM's, because everyone else thinks I've got "all the time in the world." At least when I worked outside the home I had a balance. I had two "lives," per se — my life at work and my life at home, and I was able to go to the other for a break. Heck, I actually had one hour of uninterrupted time to myself five days a week! Of course, I am a Mother always, but suddenly being with him

from four hours to 24 hours a day was overwhelming.

I went from days where the best I could muster was giving myself pats on the back when I got anything accomplished to biking both kids to an impromptu lunch outing all by myself! I went from posting humorous anecdotes on Facebook just to remind myself I wasn't alone, to completing an entire blog!

With all I've been through, I now know (and remember) that God is there for me. So, I wrote my third book for the same reason I wrote my first — because I need it. In conjunction with "venting" in my blog, I am keeping an account of all the things that helped me regain a sense of balance and connection to Spirit when I felt completely out of control and lost.

My relationship with my children has been not only learning how and what it is to be a parent, but also who and what I am all about. It's been a two-way street. As I am teaching them about life and independence, they are teaching me about what is really important in life — love.

This is wisdom I could never get from a book or seminar.

Thanks to them, I now know — really KNOW in my heart,

that however my life changes — whether I go back to work in a few months, next year, or a few years, or even if I had another baby — that I have completely gotten over the "shock and awe" of having to care for more than one child at the same time, alone all day every day, so I know I can handle it.

If I have learned anything it is this: It is of the utmost importance that you always care for yourself in order to care for your child(ren). Living daily within a "fight-or-flight" situation, "flying" was never an option, so thanks to them, I was able to discover new and creative ways to not only cope, but thrive, in the most trying days of motherhood — the diaper years. This is the time in which your children are most vulnerable, and so are you.

We worry so much about doing the right thing for our children and what influences the world will have on them. The bottom line is no matter what friends they have, what the experts say, what the teachers say, or what they watch on TV, you are the parent and what goes on in the home is the foundation through which they filter the world. As long as you do your best and are their best support through the good times and bad, loving

them to the best of your ability throughout, you will have done your job well.

Ironically, being placed in a situation of caring for another human being takes you to the next level of your own personal growth. As a parent, you are given the chance to develop a strong and loving relationship with your child(ren), but at the same time, to develop a stronger and more loving relationship with yourself.

So, the answer to the question, "Who's the boss" is all a matter of perspective. True, our parents are our "bosses" to an extent, and we're our children's "bosses" to an extent, but ultimately, we are our own "boss" — what a comforting concept that can be when everything feels so out of control!

Strengthen your relationship with yourself and all other relationships will fall into place. As they say, everyone we meet is a Teacher and God sends us nothing but Angels.

Dawn M. Staszak is the author of A Guru in the Nursery: 50 Ways to Remember Your Spirit While Changing Diapers, is published by Balboa Press, available at www.guruinthenursery.com or www.balboapress.com. Her first book is A Guru In The Office, and her second is A Fish Out of Water, published by RealityIs Books, and available at www.guruintheoffice.com, www.realityisbooks.com, Amazon.com, and BarnesandNoble.com



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An Interview with Janet Darling

Author of *The Timeless Love of Twin Souls*



Awareness: Tell us something about yourself and your life.

Janet: Thank you for allowing me this opportunity to do so.

I have lived in Lansing, MI for my entire life and have enjoyed my time being a mother while raising a really lovely family. The rewards of doing so are reflected in the faces of my adorable grandchildren and their children. Through them I see much of the world around us which never ceases to fascinate and intrigue me. No matter how long I live or how many more experiences I have in this lifetime, I know for sure that I won't stop looking for answers to the host of questions which I still have.

As the result of a long and memorable experience while taking care of my late husband Ron, I became a Certified Hypnotherapist, a Reiki Master and an Ordained Minister to help with his healing and that of others. It seems that I have a gift for healing and so it is something I have felt guided to develop and use as a service to those who need my help.

From very early on in my life I realized that I didn't see things in the way many others did, or to be more accurate, I seemed to see more than they did; although it took me quite a while to appreciate this fact. It wasn't until later, when looking for special treatment for my husband, that I realized how I see life in comparison to many of those around me.

Awareness: What motivated you to write your book?

Janet: During the time of looking after my husband, who had MS, we came across a gifted psychic who told us some amazing things which, at first, seemed to be too fantastic to be true. She said that not only were we Twin Souls, who had met in this lifetime, but we had been together in at least one other lifetime before this one. We were fascinated not only by the whole subject of Twin Souls, which we knew absolutely nothing about at that time, but also by the idea of reincarnation.

Ron was a smart, resourceful man who spent a lot of time researching what we'd been told, plus many other things. It came as a huge revelation to us, but the curious thing was neither of us had any trouble believing what he found out. It was as though we really had known it all along, but needed someone whom we trusted to confirm it for us while pointing us in the direction of digging deeper into the whole subject.

What we discovered set the scene for us wanting to share our story with the world. We wanted other people to know about a subject which is so important but which is so little understood.

Awareness: What is it that you want your readers to take from your book?

Janet: Essentially it is a love story centered around my husband and myself but it is also very much about the reader. Through reading about us they will become aware of their Twin Soul, or Twin Flame energy, and know that everyone has a Twin Soul. We are living in a time when the elevated frequencies are flooding into the earth more and more each day. As a result, Twin Souls are finding each other with greater frequency and are coming together.

Awareness: What do you understand the term Twin Soul to mean? Is it the same as a soul mate?

Janet: No. Twin Souls and soul mates are entirely different. Again, this is a big subject and is covered in much greater depth in my book but I will explain just a little here.

A Soul Mate is someone you have had more than one experience with in the physical body throughout past lives. Soul mates share journeys because they have a specific need to experience something each can provide them with. When this is done they move on and that's why so many relationships break up.

Twin Souls start out being one with God so that is why they create so much light when they come together, joining two halves to become the whole — the Yin and the Yang — the masculine and the feminine. Love is so healing but its light gets shut out in the spirit of anger and blame. We all

need to evolve and move beyond this as it is so detrimental to our evolution, not only as an individual but as a race of beings in general.

Remember... Always seek out the highest love you deserve while never settling for less. Ask yourself — 'would I want to be with this person for Eternity' and if the answer is 'No!' have the courage to move on. In looking for love stay true to your heart while never giving up what you hold most dear. Twin Soul Love is Eternal and the love never dies so your quest to find it is never in vain. If your loved one is on the other side you will see them again, and you can put your call out to them now and feel and know their presence.

Awareness: What one thing from the book would you say is the most important piece of advice for our readers to follow?

Janet: The biggest thing is to follow your heart. Let your thoughts be felt firmly in your heart first. It is there you will find confirmation of the right answers. It is essential to do this rather than rationalizing everything in your head.


Going to your heart takes you to your higher self, your own God self, and this is your true answer and the true path that is the highest and best for you. It will never fail you. Trust that your heart knows what's best for you. It is your direct connection to the highest power there is.

Janet's new book, The Timeless Love of Twin Souls, is available at your local bookstore, online book-sellers and www.thornepublishing.com See review on page 32.

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Visionary Artist Creates for an Awakening of Consciousness

By Michael Diamond

To call visionary artist Bill Brouard "prolific" would be an understatement of the highest magnitude. For the past five years, he has been almost compulsively creating and producing a vast portfolio of over 5,000 beautiful spiritual images which he publishes through his Facebook Fan Page, "Visual Alchemy, where he currently has over 142,000 followers. The subject matter of his colorful art is diverse, although sacred geometry is an element often found in his work. This is not surprising considering its role in Life, as we know it. To quote Plato: "Geometry existed before the creation." In Bill's art, this often takes the form of mandalas and other geometric forms. However, his extensive portfolio also includes pictures related to various world religions and spirituality, nature, abstract images, and even inspirational music icons such as Jimi Hendrix, Janis Joplin, Bob Marley, John Lennon, and more. His artwork leans towards the metaphysical and cosmic dimensions of life and can be quite psychedelic.

Bill would prefer not to categorize his artwork due to the limitations inherent in giving something a "label." In his words: "I create my artwork for the sole purpose of helping the awakening of consciousness. I never cared for being too precious about anything, so a sense of humor is often present. I am frequently surprised and delighted by what appears on the screen, as I go into sort of guided meditation and work totally intuitively. My greatest feeling is that beauty can be used as a means of accessing the divine. I believe that we are all one and that we deserve to see the beauty in ourselves, and each other. We

are all spiritual beings trying to understand and grow through the human experience and we

his studies within creative and performing arts drama; majoring in dance.



The Lotus Chakra Angel

each have unlimited potential for creativity and personal expression. Hearing personal stories of how my work has assisted others in their healing journey; including chronic pain management and the addressing of some forms of post traumatic stress by the use of my art as a meditative tool; totally validates my commitment to helping to make a positive difference to the lives of others."

The Beatles sang about a "long and winding road," that perfectly describes the path visionary artist Bill Brouard has taken to where he is now. Bill was born on the Indian Ocean island of Mauritius where he enjoyed a blissfully happy childhood with his parents and five siblings before moving to London in 1973 at the age of 17. Completing an art foundation course in 1974 at Winchester Art College, Hampshire, Bill spent two years studying within the fine art department at Newcastle Polytechnic where he subsequently completed

However, as time went on, the demands of being married with a family of three children to support, forced him to put his creative passions on hold over the next few years. After a succession of demanding jobs within the catering industry, Bill decided to retrain as a computer engineer. He finally began to pursue his creativity in earnest in 2008 following the sad loss of his eldest son Tristan at the age of 28, as a result of complications of multiple sclerosis. To help cope with the grieving process, Bill initially began to express the pain of his loss through the creation of a series of poetry which he published online. Having previously been introduced to the rudiments of Photoshop, he turned his attentions to the creation of inspirational digital artwork. His work became a healing journey as he began to experience a soul connection through the writing process and the crafting of his art.

The future is looking very

bright for Bill. His work has been featured on CD covers, websites, blogs, clothing and YouTube videos combined with inspirational music. On a personal note, when I first saw Bill's artwork on his Facebook page, I knew immediately that I wanted to use it for the cover and music video of my upcoming CD collaboration with Steven Halpern and bassist Michael Manring. Bill will be showing his work throughout the UK this autumn and would like to commence a worldwide exhibition tour starting in LA early next year.

For more information on Bill Brouard's artwork, visit: Facebook fan page & gallery: www.facebook.com/pages/Visual-Alchemy/30720123841 (or just visit facebook and type in: Visual Alchemy) For Youtube music videos: www.youtube.com/user/MrBillBrouard

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

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Exploring Arizona's Outdoor Wonderland

Article and Photos by Ann Nelson

After putting my dog Murphy to sleep, I headed out to Tucson with my good friend D.J. and my other dog Megan. Our destination was the welcoming outdoor sanctuary at Lowe's Ventana Canyon Resort. This nature-inspired setting, positioned on 100 acres and nestled in the foothills of The Catalina Mountains, proved to be the perfect place to begin healing.

The scenery is simply magnificent and has the look and feel of an awe-inspiring state park. We pinched ourselves repeatedly during our stay, as we hiked around the nature trails, visited the butterfly garden and watched the watercolor sunsets from our private balcony.

The resort, recognized from the beginning for its design and preservation of the desert surroundings, was named "the first environmentally-conceived resort in North America" by Architectural Digest. The half-mile long paved Window Walk

Trail, leading to an 80-foot natural waterfall, was constructed in collaboration with the Arizona-Sonora Desert Museum. A 1,500-square-foot butterfly garden was created around 20 types of plants and attracts more than 60 species of butterflies. The garden is certified by the National Butterfly Association as a national butterfly garden and a monarch flyway. An 800-square-foot tortoise exhibit, certified by the Arizona-Sonora Desert Museum, is now part of the Tortoise Adoption Program that benefits the welfare of captive and wild tortoises and turtles. When this land was developed, none of the 3,500 saguaro cacti were destroyed and all the riparian habitats were kept intact. The property is home to over 130 species of birds and thousands of plants. It comes as no surprise that Lowe's Ventana Canyon Resort was recently awarded one of the "Top 9 Hotels for Nature Lovers" by Sunset Magazine.

Soon after settling in, D.J.



Koi Pond at the Lowe's Ventana Canyon Resort.

and I headed over to Lakeside Spa to reward ourselves after a long drive. The spa, inspired by the energy of the mountains, the desert and sparkling waters of the lake is now recognized as a "Top 100 Resort Spa in the U.S." by Conde Naste Traveler Magazine. Treatments are infused with restorative Native American rituals, native plants and healing aromatic oils. Personalized exercise and bodywork classes are also offered. In case you're looking for golf or tennis, two signature 18-hole golf courses and lighted tennis courts are a stone's throw away from the spa.

The resort's upscale signature restaurant, The Flying V Bar & Grill, is the perfect place to sit, relax and take in the view of the sun setting over the 18th hole of the golf course. Much of the intriguing cuisine has a Southwestern flair and is created with ingredients from local farms and the chef's herb garden. Guacamole somerliers make a table-side guacamole that is simply the best!

After a good night's sleep, we spent the morning hiking

and discovering the splendor of nearby Sabino Canyon. Miles of trails are designed for hiking, horseback riding and bicycling. The canyon is home to a rich mosaic of various habitats for plants and animals. White-tailed deer, bobcats, tiny elf owls and gila woodpeckers all live among the rugged



and varied slopes of the canyon. Saguaro cactus is interwoven into the desert scrub and grasslands. This is the perfect place to relax, take a few deep breaths and surrender into the quiet beauty of the canyon.

We stopped for lunch at El Charro. The restaurant is not only a Tucson institution, but is America's oldest Mexican restaurant continuously operated



by the same family since 1922. The same fabulous, original recipes are still used today.

We planned an afternoon city tour with Reisen Arizona Day Tours. Michael Foltz picked us up at Lowe's in the early afternoon and showed us around Tucson. The highly-rated company offers over a dozen tours, including Mission Tours, Arizona Winery Tours and Ghost Tours. During our tour, we explored the Presidio section of downtown, dating back to 1775, the historic mansions of Snob Hollow, Ft. Bowie and Mission San Xavier del Bac, dating back to the late 18th century. All tours may be customized and generally include a meal.

Visiting The Arizona Sonora Desert Museum was on the top of our "to-do" list. This 21-acre botanical garden, zoo and

living-history museum is home to over 2,600 different types of plants and 300 animal species. Three miles of trails wind through exhibits and breathtaking natural areas at the foot of Picket Post Mountain. We visited a Hummingbird aviary, a 200-gallon tank aquarium, and reptile exhibits. This place is truly mesmerizing.

A few weeks before our trip to Tucson, D. J and I watched a Netflix video titled "More Than Honey". We were so impressed with Fred Terry, an organic bee-keeper featured in the video that we decided to visit him in nearby Oracle before leaving Arizona. Fred was well versed with the plight of the honey bees and pollination problems. According to Fred, people need to be aware that we are drenching our fields with agro-chemicals

such as pesticides, herbicides and dozens of other poisons. The effects from using these chemicals are showing up in our food chain and devastating the honey bee population. The situation is serious and troubling.

While in Oracle, we stayed at The Triangle L Ranch B & B. The fifty-acre ranch, owned by an artist, dates back to the 1880's. Four guest houses dot the hillsides and are set among century-old oak trees and expansive stone walls. The B & B is home to abundant wildlife, an art gallery and desert sculpture park. The ranchland comes alive at night, with endless streams of stars shining in the unobstructed sky. Lighted pathways, perfect for exploring in the darkness, are surrounded by nature and art. The ranch is host to the annual

event GLOW, now attracting over 3,000 people to celebrate The Harvest Moon.

IMPORTANT CONTACT INFORMATION

Lowes Ventana Canyon Resort: (520) 299-2020 or www.loweshotels.com

Triangle L Ranch: (520) 623-6732 or www.trianglelranch.com

Reisen Arizona Tours: (520) 319-8130 or www.reisenarizona.com

Arizona-Sonora Desert Museum: (520) 883-2702 or www.desertmuseum.org

Fred Terry, organic bee-keeper: (520) 896-9432.

Ann Nelson is a freelance writer residing in San Diego.

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Removing the Obstacles to Happiness

By Rebecca L. Norrington

Relax, take a deep breath and think. What is stopping YOU from being happy? What is stopping you from being happy ALL THE TIME? Grab a pen and paper and list your obstacles to happiness. Answer the question from your soul. You are the only person who has the answers and you are the only person powerful enough to create a Life that will allow Happiness to flow your way effortlessly.

First of all, there are ONLY two ways to live... Unconsciously or Consciously.

Admittedly, the majority of my life was spent in an unconscious state. When you live in an unconscious state you are dependent on a variety of events or circumstances including others to "make" you happy. The stock market, your political preferences, a below-average golf game, an inconsiderate driver, the weather, your health, a rude cashier, a forgetful spouse, an anorexic bank account are a few examples of things that, according to you, determine what type of day you are having. I have labeled countless days "bad"

or "good" depending on what's "happened" to me. Sound familiar?

If circumstances or events didn't match my expectations then my day was shot to hell ... every time! Emotions like aggravation, irritation, impatience, anger, sadness, moodiness, to name a few, ruled my life. I was the Queen of discontent!

When I began living consciously, my life changed dramatically. But what does "living consciously" mean and more importantly how do we accomplish living consciously 24 hours a day, 7 days a week? Is being happy in every waking moment even possible? I say YES it IS possible! And I am living proof.

First of all, living consciously means thinking and behaving differently than you have in the past. Living consciously is one of the most important elements to maintaining and sustaining Happiness!

Example: You're driving the freeway and someone hastily and without warning cuts in your lane which causes you to swerve to avoid an accident.

Most would react to this situation in an unconscious manner. How would you react in this same situation? Your answer determines whether or not you respond consciously or not. Would you offer them the middle-finger salute and let the expletives fly? If that response sounds familiar or similar to how you would respond, then you are reacting unconsciously. And if you are reacting unconsciously, then you are not choosing your responses. And if you are not choosing your responses, you become a victim of your circumstances. And when you're a victim of your circumstances... maintaining and sustaining Happiness is impossible.

Think about this. When you respond to anyone or any circumstance in an angry manner does that create more happiness or less happiness in your Life? The answer is LESS.

Whenever you express anger, impatience, intolerance, judgments, sadness or other related emotion, you are subtracting from your happiness. More importantly, you actually begin to attract MORE of the same toxic emotions into your life. You can't be angry and happy at the same time. You have to choose one. During ANY circumstance, you

have the power to choose how you want to feel. It is really that simple.

What are some different emotions you could choose in that same situation? I am glad you asked! Let's use the same example of a driver cutting us off in traffic but this time let's imagine an empathetic reason why someone would drive in this way. In other words, under what circumstances would you forgive and excuse a driver for cutting you off? Are you able to come up with a plausible reason? If so, you are beginning to think differently.

If you're stuck, let me be of some assistance. What if the driver just received a phone call saying that their child, mother, husband, wife, best-friend or grandparent was just admitted to the emergency room in a hospital 55 miles away? Can you imagine how you would drive with that kind of news? Your focus would be to get to your loved one as quickly as possible. Yes or yes?

Would you have reacted to them differently if you KNEW their circumstances? Of course you would! So the next time someone "disrespects" you in traffic; don't take their behavior personally because it's not. To be clear, I'm not condoning rude, reckless or inconsiderate drivers. What I am saying is if your PRIORITY is Happiness, then you have an obligation and a responsibility to consciously choose your reactions in a way that doesn't subtract from your happiness. Get it?

Practice! Practice! Practice!
And, you will be HAPPIER...
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Rebecca L. Norrington has a Bachelor of Science degree in Psychology, along with decades of education and training on topics from Spirituality to Human Behavior. RealitySpirituality can be heard LIVE every Sunday at 7:00 AM (PST). For more information visit: www.rebeccanorrington.com and www.realityspirituality.com

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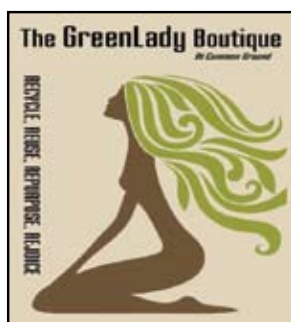
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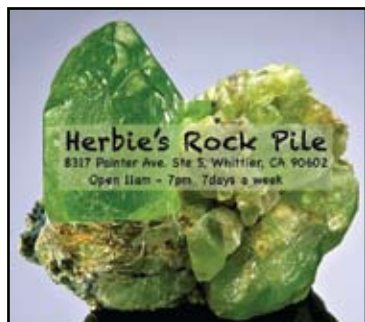
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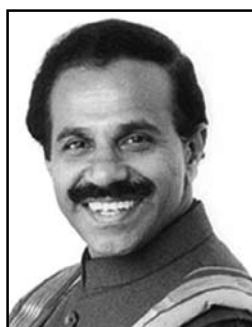
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Use A Neti-Pot? Let's kick It Up A Notch!

By Steven Frank

Neti-pots are traditionally used to flush the sinuses and carry-away pathogens with a saline-balanced solution. Unfortunately, the bacteria and fungus stick rather well to the nasal mucosa and very few are flushed out. Most of these nasty pathogens adhere to the mucosa in what is called a "slime-layer" or "Biofilm." Within this slime layer, they are well protected and thrive within warm moist sinuses. In fact, bacteria and fungus can double (divide and create new organisms) every 20 minutes.

The slime layer protects the bacteria very well from antibiotics and the fungus are not affected by antibiotics. All of this "power-flushing" does little indeed to resolve and overgrowth of pathogens and so

you can develop a sinus infection.

We all have fungus and bacteria growing in our sinuses at all times. We breathe them in the air and the sinus mucosa traps them so they don't make it into our lungs. When numbers of invasive pathogens get too high for our immune system to keep in check, we call it an infection. The symptoms can range from headaches to toothaches, fever, dizziness and severe congestion.

A more powerful manner of Neti-Pot use is to deliver an antimicrobial agent to kill fungus and bacteria instead of trying to merely flush them away. By using an enhanced aqueous silver colloidal solution, you can kill them both by the millions. You simply load

the solution into your Neti-Pot and pour it in one nostril until it comes out the other. Then, trap it there by placing one finger over each nostril. Since the solution does its killing over the course of 10 minutes, it is best to leave it in for 10 minutes or so before releasing it. So... sit down and read a book or a magazine. Then return to the sink and let the residual liquid drain out. Doing this morning and evening when you are suffering from an infection is phenomenally effective at reducing the number of bacteria and fungus in your sinus.

Remember though, any salt will ruin a good silver colloid; even tap-water will ruin it. So use a dedicated Neti-Pot for the colloid or rinse yours thoroughly with de-ionized or dis-



tilled water. If you don't have an infection, then doing this every week will help to keep the fauna and flora in check and relieve a great burden on your immune system. Remember, anything growing in your sinuses will eventually appear in your mouth, lungs, gut and keep it clean.

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

MUSIC & MEDIA Reviews

By Michael Diamond



ANN SWEETEN

Tapestries of Time

www.annsweeten.com

The new album, *Tapestries of Time*, is the 10th release by award-winning pianist and official "Steinway Artist" Ann Sweeten. Like her last album, this one was also recorded at the studio of Grammy-winning producer and Windham Hill Records founder Will Ackerman, who co-produced the album along with Ann. And as can often be expected on a project recorded at Will's Imaginary Roads Studio, a number of fine musicians are on hand to add accompaniment to some of the tracks. The sensitivity she brings to each piece draws the listener into a musical world of emotionally-inspiring melodies and rich visual imagery for the mind's eye. While the focus of the album is on "time," what I was most struck by was the sense of timelessness that is evoked by Ann's elegant compositions, artful arrangements and flawless performance. In addition to this CD, Ann has also just released a live concert DVD.

CHAR-EL

The Healing

www.char-el.com

The Healing is an interesting departure from the previous Char-El albums with their dramatic synthesizer-based instrumentals and progressive rock influences. This album is a must-have for anyone's musical medicine cabinet and the perfect solution after a stressful day or as an accompaniment to any kind of healing work, yoga, meditation, etc. Charles' piano and synthesizer work is beautiful as always, along with flute, harp, and acoustic guitar

all blending harmoniously to create a holistic musical experience that is greater than the sum of its parts. The nature sounds found on some tracks also add a distinctive ambience. Charles and his accompanists have gone to great lengths to create a soundtrack for the healing of body, mind, and spirit. From my personal experience, I can say they have certainly achieved that goal. *The Healing* enfolds you like an angelic embrace, and is an album that will have an honored place in my permanent music collection.

DARSHAN AMBIENT

Little Things

www.darshanambient.com

Little Things, by Michael Allison, who records under the name Darshan Ambient is his seventh release on the southern California-based Spotted Peccary/Lotuspike label. All of his recordings have been highly acclaimed, but the fact that this release has been called "his best album to date," by John Diliberto, the esteemed host of the syndicated Echoes Radio program, is high praise indeed. The music, which is composed of ethereal synth textures, piano, guitar loops, trumpet, wordless vocal, and subtle chill grooves is said to "delve deep into the details that slip through the cracks of everyday life... and is filled with mystery and wonder, shadows and twilight." While the signature Darshan Ambient sound that so many know and love is recognizable here, this recording has a slightly

"Music in the soul can be heard in the universe."

— Lao Tzu

more atmospheric quality that transports the listener into a musical dreamland with subtle touches of jazz and world music adding to the journey.

SILVIA NAKKACH

Medicine Melodies

www.soundstrue.com

Medicine Melodies: Songs The Healers Hear by Silvia Nakkach along with multi-instrumental collaborator Christopher Eickmann is a deep experience of world music shamanism. Silvia is an internationally-known sound healer and the music on the album draws on Indian ragas, Tibetan chant, Sufi zikrs, and indigenous shamanic songs from Africa and the Americas. In her words: "Like the forest, where so many species live together in secret harmony, each piece of this album comes from a variety of genres, idioms, and geographies. The intention is to go beyond time in the search for human resonance through

devotional sound." The tracks offer a multi-layered tapestry of drones, vocal harmonies, strings and acoustic landscapes. Although she and Christopher both play a variety of instruments, Silvia's incredible voice is the primary focus as she explores the ancestral and natural music of lullabies, to the extended vocal utterances, to new music and the avant-garde.

LORRAINE FLAHERTY

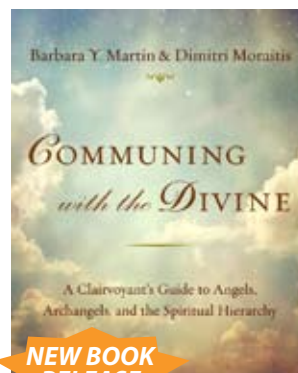
Inner Freedom I

www.lorraineflaherty.com

Lorraine Flaherty is a transformational therapist from England who incorporates the tools of Hypnotherapy, NLP, Past Life Therapy, and more. She is also an author, seminar leader, and lecturer. Lorraine's latest project is a double-CD set called *Inner Freedom I*, published by the renowned Findhorn Press. In her words, "All the tracks on

(Continued on page 34)

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Barbara Y. Martin
Author, teacher,
aura specialist



Dimitri Moraitis
Executive Director,
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BOOK Reviews

By Sonia von Matt Stoddard



YOUR MAGNETIC HEART

10 Secrets of Love, Attraction and Fulfillment

By Ruediger Schache

An often mysterious force of radiation and attraction works within all of us and shapes our lives as well as our ability to accept and give unconditional love. Things that happen between people are not a coincidence. The power is within you and is your magnetic heart. The more clearly you understand this, the more you will be able to attract loving people and fulfilling events.

The ten secrets begin with attraction — your personal magnet — why and how it happens. Using real and practical explanations and insights, spiritualists and thinkers explain how to discover your own sources, how to love yourself, extract clarity from chaos, as well as find the magical key and symbol to finding your own personal magnet. In the last secret, the author reminds us that in order to create your future, the

most important time in your life is now.

Published by Hunter House, this book is available at your local bookstore or www.hunterhouse.com

THE TIMELESS LOVE OF TWIN SOULS

By Janet Kay Darling

Throughout history there have been many references to the compelling dynamic of our individual existence which implies that we are somehow separate from an unspecified “something.” This state exists outside of spiritual law and appears to assert that you are an important part of something else which complements and completes us. In other words, we are half of and an integral element for a “total being” which is more than the sum of who you already are, just being you.

This is a story of a couple who not only found themselves in this lifetime, but discovered that they were also together in a previous and dramatic lifetime as well. Many

of their experiences, trials and tribulations, in both states, are combined to help you create a process about the life you lead as well as what makes you who you are.

Published by Thorne Publishing (UK), this book is available at your local bookstore or www.thornepublishing.com

YOUR JOURNEY TO ENLIGHTENMENT

Twelve Guiding Principles to Connect with Love, Courage, and Commitment in the New Dawn

By Simran Singh

Human conditioning has created a society of well-manipulated people caught up in living a lie of what they think life should be, rather than allowing the natural unfolding of life. Waking up from this “Stepford human” condition requires that we must awaken ourselves through a conscious process of integration, moving from “what was” to “what is” or what could be.

We are all trained, from an early age, to use excuses for either fitting in or proceeding with our passions. Many of us don’t know what our passions might be; however, this book provides us with tools, allowing us to, literally, become a child again and start over or continue on without precon-

ceptions, guilt or perceived obligations. Included are sections on inspiration and integration of body, mind and spirit.

Published by New Page Books, this book is available at your local bookstore or www.NewPageBooks.com

MISADVENTURES OF A PARENTING YOGI

Cloth Diapers, Co-sleeping, and My (Sometimes Successful) Quest for Conscious Parenting

By Brian Leaf

Written in a witty and playful style, the author imparts wisdom and techniques from a wide variety of philosophies — from Yoga, Playful, and Unconditional Parenting to Dr. Spock. He describes life before babies and proves he is a parent because of the contents in his pockets, which, among other things include one clean and one dirty diaper.

This is mainly the story of a couple’s quest to try whatever methods are available, whether conventional or not, and their adventures as a result of each. Among the topics are whether to co-sleep in the family bed, the art of breastfeeding, being a perfect parent and why to not give out your baby’s name before it is actually born.

If you’re planning for a new baby, this is a delightful collection of trial and error that will be especially helpful.

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

ON BECOMING A MOTHER

Welcoming Your New Baby & Your New Life with Wisdom from Around the World

By Brigid McConville

From before, during and after birth, along with the first year with your new baby, this book covers nearly all aspects of everything you will need to know from cultures around the world. People from different parts of the world engage in childbirth in very different ways. In the contemporary U.S. there is a tendency toward the sterile environment of a hos-

(Continued on page 34)

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KID'S Reviews

By Lyda Whiting

THE ADVENTURES OF LULU

Written by Louise L. Hay
and Dan Olmos

Illustrated by J.J. Smith-Moore

Lulu thinks she can not be a ballerina, because a dance teacher said so. But when Lulu meets an ant, he teaches her a happy song about knowing that she can be what she wants to be. The ant has Lulu close her eyes and imagine herself as the most talented and graceful ballerina ever — and before long, she believes she can do it, and whatever else she really wants to do.

These charming stories are full of gentle encouragement and humor. The illustrations are appealing and colorful. Most importantly, this book will help them develop self-esteem and self-worth.

Louise Hay originally wrote the Lulu stories as coloring books. This contains all of the original Lulu stories in book form, including "Lulu and Willy the Duck: Learning Mirror Work" and "Lulu and the Dark: Conquering Fears."

Highly recommended for ages 4 and up.

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

SIR SILLY: THE WORLD WHERE WORDS PLAY

Written by David Dayan

Fisher, illustrated by Patricia Krebs

Sir Silly is very serious — about silliness! He thinks in rhyme and nonsense, and lets his imagination soar free. Silliness is in his bones, and he wants your silliness to come out to play.

This book is filled with poems that are by turns funny ("In a Faraway Land"), nonsensical ("Things"), teasing ("The Cow says Meow"), and wise ("The Adult and the Child"). The

small ink drawings are quirky and lighthearted... a perfect match for the wacky rhymes.

And don't just read these poems. They are even funnier spoken out loud with a friend or two. Take turns reading them to each other, and see if you can get through even one without a giggle. You won't be able to pick your favorite. As the poem "Hopscotch" says, "Jump in a puddle. A puddle of fun."

For ages 7 and up.

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

BIMBAMBU

Written by Ileana

Katzenelson, illustrated by Sean Brown

Bimbambu, a bird with beautiful colorful feathers, lives in an enchanted forest. One day, he takes a walk in the chilly autumn air, and meets each of his friends in turn. Giraffe asks Bimbambu for some of his feathers so she can make a scarf to keep her neck warm all winter long. He happily gives her all of his red feathers. Bear wants to make a hat, so Bimbambu gives away all of his orange feathers. Before long, the bird realizes that he has given away every feather and will be cold himself. But his friends surprise him with

gifts — a scarf from Giraffe, a hat from Bear, and more — until he is warm and cozy when the snow begins to fall.

As well as the lesson of giving unselfishly, this book is special for the unusual and delightful illustrations filling every page.

For ages 3 and up.

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

TIGER-TIGER, IS IT TRUE? FOUR QUESTIONS TO MAKE YOU SMILE AGAIN

Written by Byron Katie,

illustrated by Hans Wilhelm

Tiger-Tiger's parents were arguing at breakfast. He was picked last for games at school. His best friend decided to play with someone else. Everything was terrible. "Nobody cares

about me," he cried. But wise Turtle helped him see that it was the thought that no one cared that was making Tiger-Tiger upset. And in just a few minutes, Turtle helped him turn the thought around, and realize that his parents and friends did care about him, and he also cared about himself.

Children will empathize with Tiger-Tiger, and be pulled into the story by the friendly watercolor art that vividly illustrates the story.

This heartwarming story teaches simple tools that can transform the lives of children, and the adults who read this with them.

Highly recommended for ages 3 and up.

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



Imagine you can connect to your loved-ones and guides on the other side of life; if you could reach through the tunnel of light and unite with that support and love. This unique and magical guide bridges that gap for you.



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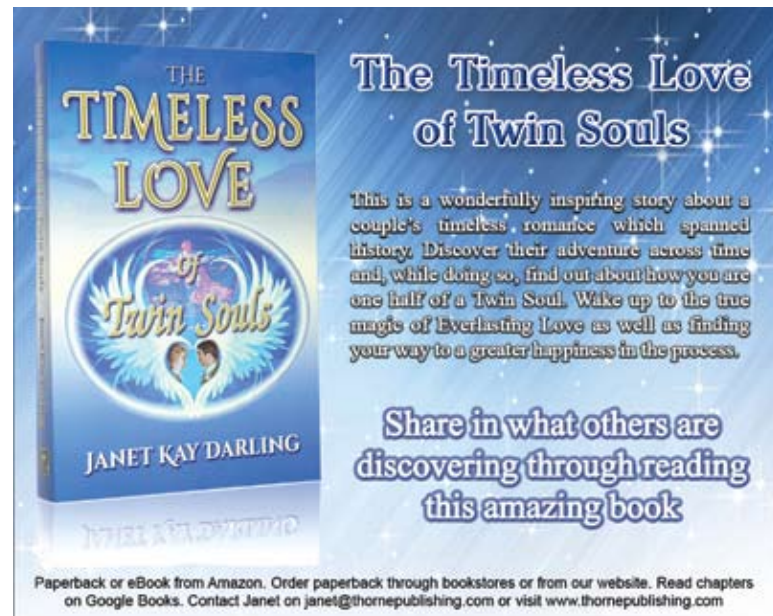
MUSIC Reviews

(Continued from page 31)

these two CD's take you into a deep state of relaxation allowing you to achieve each of the stated objectives. On *Inner Freedom I*, these objectives include Relaxation and Stress Management, Generating Abundance, Becoming Empowered, Attracting Love, and Unlimited Potential. Each track is set to a background of gentle new age music, with Lorraine assisting the listener in her soothing voice to focus on a series of positive suggestions and overcome negative thoughts and beliefs that may prevent us from getting what we want in life. There is also a Volume II available as well.

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

**PLEASE RECYCLE
AWARENESS**



BOOK Reviews

(Continued from page 32)

pital, with a certain few in attendance, while we have lately discovered that a home birth might be more suitable. In other countries, large numbers of relatives and neighbors all join in on the miracle of birth.

This book provides many inspiring stories about the benefits we may be missing insofar as the creation of a new life.

Published by One World, this book is available at your local bookstore or www.oneworld-publications.com

A SEASON OF MIRACLES ARTFUL AND POETIC DEVOTIONS

By Aliza McCracken

A Season of Miracles is visual poetry for the soul. A palette of inspirational artistry by Aliza McCracken embraces life as a true miracle. I found the beautiful paintings and uplifting reflections to be very enlightening. Rarely does a person express the connection between art and spirituality in such an accessible way. Aliza brought forth an awareness of the infinite possibilities.

Published by Grace Publishing Group, this book is available in your bookstore or alizamccracken.com

Reviewed by Katherine Julian



Messages from Heaven Cards Offer Love and Guidance from the Other Side

By Jacky Newcomb

What if you could connect to your loved-ones and guides on the other side of life; if you could reach through the tunnel of light and unite with their support and love. This unique and magical guide bridges that gap for you.

When Jacky first began writing about true-life, spontaneous contact from the other side she knew that eventually she would gather up these messages and turn them into a pack of inspiring message cards. While millions of people around the world experience occasional afterlife communication (sometimes sensing loving messages from their loved ones in heaven), millions more would like to but find, for a variety of reasons, that they are unable to.

Jacky Newcomb's *Messages from Heaven* cards were born. The cards fill a gap between hugely popular 'Angel Cards' and the fascination for 'After-life Communication.' This dis-

tinctive card deck helps people to reach out to the other side of life in a familiar way. The deck can be used in numerous ways to connect with direction from loved-ones in heaven and for continued, positive and uplifting guidance and support. The deck has been created with a 'safe' feel; beautiful images enhance the purposefully easy-to-use format.

The cards are completely safe, contain only gentle messages and require no skill to use. The reader simply selects a card when they need divine inspiration or picks several to create a reading. The booklet gives the user the deeper meanings behind each card and enlightens them as to the continued connection between the realms.

Published by Findhorn Press, Messages from Heaven Communication Cards are available at www.findhornpress.com or your local and online booksellers.



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REFLEXIONS REFLEXIONZ

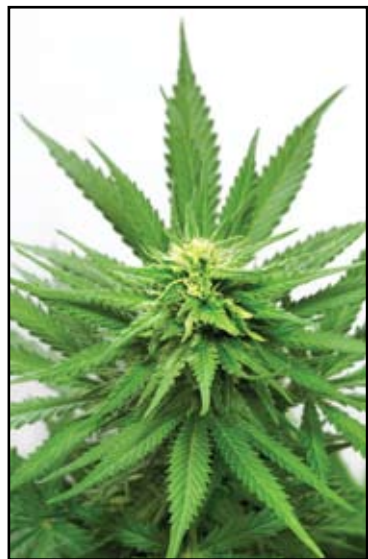
By Robert Ross, CHZT



on The Cannabis Conundrum

"If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny."
— Thomas Jefferson

"A nation of dopes" quipped Governor Jerry Brown when asked about legalizing cannabis. Barack Obama's thoughts on cannabis were a little more entertaining: "When I was a kid I inhaled frequently. That was the point." Richard Nixon asserted that "Federal and state laws should be changed to no longer make it a crime to pos-



A typical marijuana plant.

sess marijuana for private use." Carl Sagan believed that "cannabis helps produce the serenity and insight, sensitivity and fellowship so desperately needed in this increasingly mad and dangerous world." But, perhaps Dr. Sanjay Gupta's (Chief Medical Correspondent for CNN) statement about medical cannabis was the most telling: "We have been terribly and systematically misled for nearly 70 years in the United States, and I apologize for my own role in that."

The DEA has listed marijuana, or cannabis, as a Schedule 1 substance—considered to be the most dangerous. As defined by the United States Controlled Substances Act, a Schedule 1 drug has a high potential for abuse, has no currently accepted medical use, and lacks accepted safety standards for the use of the drug. It is on par with heroin. Yet this 'dangerous' substance is being legally used in twenty states plus the District of Columbia to relieve the side effects of chemotherapy, reduce MS symptoms and lessen seizure disorders. It was also used by AIDS patients to counter the Wasting Syndrome experienced by many sufferers in the early 1990's. During that time period it was learned that nausea, appetite loss, pain, and anxiety could be mitigated by marijuana. Is it really a dangerous substance?

The Federal government lists marijuana as having no medicinal benefits, yet the evidence is overwhelming that this lowly weed could change the face of disease on this planet. In the CNN special, titled *Weed*, Dr. Sanjay Gupta spent a year studying the medical aspects of marijuana and concluded that the evidence in favor of marijuana as medicine is, in his own words: "stunning." Initially, Gupta, a high-profile neurosurgeon,

traveled to Israel, where extensive analysis is being done on cannabis by Dr. Raphael Mechoulam, who is considered the father of medical marijuana research. Dr. Mechoulam is credited with isolating tetrahydrocannabinol (THC), the main active compound of cannabis. He also identified the structure of Cannabidiol (CBD) an important component of marijuana. Recent studies have shown that CBD turns off the gene that causes cancer cells to metastasize. Later, Gupta saw first-hand a five-year-old in Colorado, who was suffering from hundreds of seizures a week, find dramatic relief by using a tincture derived from marijuana. This tincture was high in CBD, and low in THC. According to Gupta: "she was having seizures hundreds of times a week and her use of marijuana reduced that to no more than once a week. She had gone from virtually catatonic to a bubbly young girl." After talking to multiple families, hearing anecdotal stories, reviewing the studies, Gupta concluded that cannabis "can help those with pain-related maladies and seizures."

Because cannabis is listed as a Schedule 1 substance, there is almost no funding for studies on the medicinal benefits of the plant. If cannabis were legalized throughout the country, it has been estimated that it would replace up to 20% of all pharmaceutical prescriptions. That would put a dent in the bottom line of these pharmaceutical companies, and may be why politicians are being pressured to keep it in the Schedule 1 category.

When cannabis was decriminalized in Colorado and the state of Washington, the images shown on the nightly news were of mostly young people, more than a few with long hair, hippy looking, smoking pot in parks and celebrating their newfound freedom. No images of cancer patients using marijuana to relieve pain, or mature adults imbibing in the privacy of their homes. Based on the raucous



HerojuanaB, one of the strongest marijuana strains growing today.
Photos by Tom Sours

pictures from the media, the argument could be made that we really don't need 'a nation going to pot' as California's Governor Jerry Brown so inarticulately declared. These were recreational users though, and like alcohol, recreational use needs a strict set of standards. The other side of the cannabis coin is the medical use of marijuana. Unfortunately, this arena is being virtually ignored by U.S. government.

In a documentary on marijuana (see: www.marijuana-movie.org) Dr. David Bearman, M.D. cites that cannabis is mentioned for its medicinal properties in every major *Materia Medica* (body of collected medical knowledge) that has ever been written. From 1842 to 1900, cannabis made up half of all medicine sold in the U.S.. And, in the early 1900's

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REFLEXIONS REFLEXION2

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companies like Eli Lilly, Parke-Davis and Squibb marketed preparations of cannabis. However, by the 1930's marijuana fell in disfavor, partly due to the Marijuana Tax Act, movies like Reefer Madness and a political climate that began to view marijuana as a dangerous drug rather than medicine.

THE SCHIZOPHRENIC WALTZ

The Federal government has made cannabis use illegal, while many states have made its use legal. The government states there are no medical benefits to marijuana, while a world-famous neurosurgeon (Gupta) witnessed firsthand the miraculous medicinal benefits of cannabis. The government has spent billions of dollars incarcerating individuals for marijuana use (over 650,000 arrests for possession in 2013),

while our Executive branch leader, President Obama, has publicly stated that he views marijuana as "no more harmful than alcohol." But, in the U.S., there are approximately 88,000 deaths attributable to excessive alcohol use each year, while no one has ever died from using marijuana. These contradictions have increasingly spurred public debate.

Comedian Steve Martin expressed this cannabis confusion best when asked about marijuana: "I used to smoke marijuana. But I'll tell you something: I would only smoke it in the late evening. Oh, occasionally the early evening, but usually the late evening — or the mid-evening. Just the early evening, mid-evening and late evening. Occasionally, early afternoon, early mid-afternoon, or perhaps the late-mid-afternoon. Oh, sometimes the early-mid-late-early morning But never at dusk!"

Americans are increasingly aware that the benefits of cannabis can no longer be ignored. A recent Gallop poll shows that for the first time, the majority (58%) favor legalizing marijuana.

Cannabis is — from the movie *Botany of Desire* — "speaking to us about its potential. It's prodding us on to new discoveries for its use." **Let's listen . . .**

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

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(Writer's note: In the coming months I will be doing a series of Reflexion's columns on Cannabis, from medical uses to the politics of this amazing plant.)

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

— Margaret Mead



Voices of Hope
By Audrey Hope

THE DECLARATION OF DIVINE LOVE

Dear Universe, Divine Matchmaker,

It is ordained in the heavens, that a time of soul mate love will be manifest on the planet. In alignment with the will of heaven, I decree sacred love, an enlightened love that sets my heart ablaze and rests on the foundation of truth, integrity and authenticity. This joining nourishes my mission to uplift the planet. We are equal — queen to king, for on a matched throne of power, love is real.

To find you, I follow divine laws of love, precepts that bring freedom to my soul. And like a science that makes sense, if I do the work, I shall have it. Therefore I will... discard petty details of my life and replace them with an unwavering commitment to the higher light. I vow to have the best, be the best and stop taking scraps. Holding the royal key of self-esteem, I will never turn from my true heart and voice. I end all victimhood. I close the book on stories of the past and end all negative thinking. Belonging to a new club of light, this magical connection can come from anywhere and to me in impossible ways.

Knowing the truth of the journey sets me free. Everything will crack and break on the way to true love. All roads lead to my own evolution. I can never escape not loving myself enough. Now I can stop blaming others and bless all chaos and pain.

I heal to find you. The law of attraction magnetizes persons and events for my soul's unraveling. In the spiritual mirror of relationships, everything I need to clear and learn knocks at my door. I take notice or I will meet the same play over and over again. I ask the healing questions, what patterns, characters and baggage keep repeating and what are my relationships asking me to heal in myself?

I end all illusions about love. I will not be Cinderella walking off into the sunset with a savior to a white picket fence to live happily ever after. No denial. Relationships can be hard. Love can be maddening. In the reality of love, I am forced to peel onions, break eggs and melt walls. But in the shining purifying firelight, I will always become more, even if I go insane and rage in the process of transformation.

There is magic to find you. I must become what I seek. In the sovereign power of myself, I live without need and call forth my partner as icing on the cake.

Happiness lies where it always does, in the high frequency love and passion I give to every moment of my life, now and always. Whole and healed, the divine in me honors the divine in you.

And so it is.
Amen.

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

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Feng Shui Concepts

By Jenny T. Liu, M.A.

Balancing Tigers & Dragons

One of the basic principles of feng shui is that each house contains feminine and mascu-



This Chi Art, "Lotus East" brings blessings of long-term love (mallard ducks), abundance (koi) and harmony (lotus) to every home all year long (four seasons of lotus).

line, or yin yang energies. Ideally, these two energies should be balanced in a house to bring prosperity and allow the family living within to flourish. Ancient Chinese texts use "tiger" and "dragon" as metaphors for the feminine and masculine energies, respectively.

To determine the tiger and dragon areas in your home, stand at the main door facing the street. The area to your left represents masculine dragon (yang) energy and relates to making money and cultivating outside relationships. The area to your right represents feminine tiger (yin) energy and

relates to saving income and the family's health and well-being.

The right (female) and left (male) areas apply to both the exterior and interior of your house. How the land lays outside of your house affects the overall house energies. For instance, if your house is on a hillside and the left side slopes upward or there are hills to the left, then the land garners the dragon energy for the house. This factor supports the man of the house and his ability to generate income. Because the energy of the right side slopes downward in this case, the tiger energy is more easily dispersed, which can weaken the female's ability to maintain savings and good health.

In the above situation, if it is acceptable between a husband and wife that the male is the dominant financial support and the female spends money to run the household, their relationship may be fine. But in most cases when the tiger energy is not supported, the female can develop health problems and expenses can become an issue. This affects everyone in the house.

On the reverse, when the right side slopes up and the left side slopes down, then the female energy is dominant and the male energy is weaker. The male will tend to have unstable jobs or not get paid enough for his work. The female may feel the burden of financial responsibility, while the male suffers from poor self-esteem.

An exterior imbalance isn't only created by sloping land. A high-voltage tower, tall building, large tree, drain, ditch, cul-de-sac, construction site,

or something negative can also influence the stability of the dragon and tiger energies.

When you are inside the house, ideally both the right (female) and left (male) sides are balanced with positive open spaces, such as a living room and den. Similar to the exterior, when the right or left side is open and the other side is blocked or contains a negative element, it can create associated repercussions and imbalance.

A toilet, stove, staircase, laundry room, fireplace, wall, diseased plant, broken item, clutter, trash, and negative art are elements that can weaken the dragon or tiger energy. The weakened energy sets off a chain reaction in the males or females of the household, depending on which side of the door the negative element resides.

Often there is a powder room with a toilet immediately to one side of the main door. The sewage line drains energy away from the area and the negative energy of human waste can cause ailments. The type of ailment that might ensue can be determined based on the organs and body parts associated with that practical orientation.

For example, if the toilet is to the left of the main door

and in the northwest direction, and the husband belongs to the Western Direction Pattern, then the weakened dragon energy can negatively affect his respiratory system, neck, or shoulders, which are associated with the Northwest. It can also impact his authority and ability to generate income. If a negative element cannot be avoided, it is important to adjust this energy before the effect becomes a chronic health problem.

When a negative element is on the right side of the house or property, the females of the household can experience money loss and weaker health. The specific problems that can occur depend on the birth date of the female, her energy pattern, and the direction in which the immediate left side of the main door is located.

Making adjustments to create yin yang balance in the environment neutralizes setbacks. This way, your family can focus their efforts on moving forward rather than constantly solving problems.

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

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NEVER "Old?"

By Jesse Anson Dawn

Tips for Keeping Mind & Body Young

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

Presently answering the question:

"Dear Jesse, now that I'm retired, with lots of time to read books and articles, I'm truly glad to be able to focus on what REALLY matters, learning effective ways to develop physical and mental well being. And for that, your Awareness column is always very helpful. But there's something I've been wanting to ask you: now that most people are ad-

dicted to TV and cell phones, are you able to make a decent living selling books?

Dear Reader,

My response to your "decent living" question is this:

Sharing true-to-life findings about ((our precious abilities)) to steadily heal and regenerate ourselves is, quite clearly, its own reward, a lifelong benefit far more valuable than money, and surely more penetrating than TV "sound-bites." All of which is a truism that brings to mind this memorable insight:

From where you sit to the frontiers of ((perpetual rejuvenation)), there are but three steps: ((SPIRITUAL LINKS, WILL, and MIND POWER)))))

But unfortunately, the world of warfare, "incurable" diseases

and rapid decay is a sinking ship [where there are not enough lifeboats to go around]. However, instead of lifeboats, what we REALLY need is light-houses, a more ((ENLIGHTENING)) and CLEARER VISION of LIFE.

And by deeply realizing that, amid my writings and seminars, I continue to shed light on truly effective ways to brighten-up one's (mental lighthouse))). For example, one of my ongoing duties is to emphasize the importance of practicing what I call (Inner Direction Sessions), a truly potent, (cost free) therapy that (reconnects one's spirit-mind-body) via the following (breakthrough procedure))):

Instead of getting overwhelmed by diseases that, according to the "mainstream" medical industry, we have little or no control over, I teach people to (train their brains) to be disease and depression-curing, (self-healing-generators)). And a well proven way of achieving that (vital blessing) is this:

Before you go to sleep at night, when you are in a nicely relaxed state of mind, whisper a ((powerful prayer)) to yourself that says (basically) this invocation:

Dear body-god of my ((healing energy)), please keep me disease free and pain free, flowing your ((inner-light-emana-tions)) to every part of my body, steadily renewing and repairing me, as is my CREATOR-given destiny))

As we again recall that the whole secret of salvation hinges on the transition of word to deed, with and through the (whole being), whereby we strongly link ourselves to the (fourth-dimensional, metaphysical view)))))

And quite hopefully, you are someone who realizes that the best kind of gift is a resource that lasts a **LIFETIME**, a brightening-UP, ((lighthouse)) way of thinking that, without fail, serves to teach us about what is **(STEADILY curative))**

Also, I urge people to keep in mind that, although there

are many fake "healers" in this world, those who make lots of money by tricking people with undeveloped and shallow "powers," fakery is not my destiny, and largely due to my four decades of global research, my methods **TRULY WORK))**. All while I've (progressively)) learned that, maximizing our self-healing abilities is not about making profits selling chemical "cures" [via often dangerous] drugs, but amid **The New Era of Consciousness**, we learn the **ART** of **(developing) life-saving powers with ever-increasing skill))**. And it's because of these skills that, quite essentially, we clearly perceive that the (inner-healing process) is centered amid **((spirit-linked-connections))** — a **TOTAL** instead of a [partial] view of oneself, whereby the path of ongoing salvation eventually leads into becoming **THE PATH ITSELF...**

Yes dear reader, mainly due to **(crucial truisms))**, a **newly curative view of life can begin at ANY MOMENT**, perhaps while reading a book or an article, whereby we discover **genuinely authentic methods of re-connecting))** with our precious minds and bodies. A communication [gap] that, if not firmly re-united, denies what a "decent living" is all about, because far more **importantly perpetual** than the unlimited circulation of money, is the unlimited circulation of **LIFE-SAVING REVELATIONS**. All while we realize that reading truly therapeutic nonfiction is not merely (peeking into) "the lost world" of brilliant books, but mainly about merging with **THE ESSENTIAL WELL BEING OF YOUR FUTURE))**

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

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The Spiritual Relationships with Animals — Here and Hereafter

By Allen and Linda Anderson

We are often interviewed about our work on broadcasts and blog radio shows. We talk about our 15 books and the Angel Animals messages. We try to validate and help people discover and benefit from the miraculous powers of animals in their lives. In today's world, more often than not, the radio hosts and their audiences get it. They have experienced firsthand the amazing intelligence, awareness, and spiritual qualities animals have in abundance.

This is a far cry from when we started Angel Animals Network in 1996 with a four-page printed newsletter. It was filled with stories we were rapidly collecting from around the world, even before the Internet and email was prevalent. Our children were grown; we were working full-time jobs and had many responsibilities. But we wanted to bring more love into this world — one story at a time. So we wrote about humans learning spiritual qualities of compassion, empathy, unconditional love, and courage from animal family members and animals in nature.

Now in 2014, it appears that those of us who began writing about animals and spiritual connection have made a dent in the way many people view their pets. Spiritual messages about relationships with animals are taking root. People are beginning to understand that animals have a "sixth sense." Instinctively they give love in abundance while making even the saddest person smile. Animals deliver divine messages as they heal and comfort. They appear in dreams and even of-

fer assurance that there is life after death.

We recently had an example of how far things have come in breaking through skepticism. During a radio interview the host told us that after she read our book *A Dog Named Leaf*, she wanted to see just how much her dog understood. While her husband and dog were in their living room, in a matter-of-fact manner, this host asked her pup to bring back a specific toy. It was in a different room with other toys her dog liked. Without hesitation the dog immediately brought back the exact toy the woman had requested. She was amazed.

The host concluded her story by saying, "Your book changed my life."

RELATIONSHIPS HAVE CHANGED

We wrote about the fact that when we started writing about animals, most books dealt with training and controlling pets. Kristin von Kreisler, an author who also honors the spiritual connection between people and animals, responded to our trip down memory lane.

Kristin wrote, "Linda and Allen, how wonderful to read your message just now [in the Angel Animals Story of the Week newsletter]. Isn't it fantastic how our thinking has changed? I remember how hard it was to write the Compassion of Animals years ago. I'd get the shivers when I'd call an "expert" who would tell me that animals had no emotions and could not even think. My proudest achievement is helping to pioneer the topic of animal feelings.

RELATIONSHIPS CONTINUE AFTER DEATH

Religious dogmas about relationships with animals also have been growing and adapting. Do animals continue to love and heal our hearts even after they are gone? Many people, including us, believe they do. But some don't. And when they impose their viewpoints on grieving animal lovers, the loss compounds.

A woman wrote to us about the pain she felt after going to her church service. The minister had unequivocally stated that animals do not have souls and definitely do not go to heaven. He criticized anyone who believed they did. The woman had just lost her beloved pet and felt upset at his words.

In our book on pet loss, *Saying Goodbye to Your Angel Animals*, we wrote about the issue of different beliefs concerning an afterlife for animals. We called it a "disconnect" between what your religion teaches and what comforts you after a pet's passing.

Below are a few points we made in the book. Perhaps, they will be helpful to you or someone you know who's suffering through this type of disconnect between a church they love and its teachings about this one aspect.

****Continue to find comfort in teachings, members, and leaders of your religion that harmonize with you. Ignore declarations about animals that confuse or upset you. More than likely, they aren't required beliefs for you to be a member.**

****Consider finding a differ-**



ent congregation or spiritual guide whose beliefs are in closer alignment with yours. In most religions, you will find that congregations and leaders have different ways of interpreting the fundamental and ancillary beliefs of that religion. (For example, The Rev. Billy Graham is noted for stating that if people need animals for their happiness, God will have them in heaven.)

****Let God be God. Regardless of what anyone tells you concerning animals in heaven or the afterlife, know that God can do anything. No earthly laws or theologies can dictate to the Divine. If God wants animals in heaven, well, God is God.**

****Trust your own inner spiritual guidance. You may have experiences that are clearly indicative of the animal's continuing spiritual presence and love. Unless you allow it, no one can destroy or diminish these experiences for you.**

Whether your beloved animal companions are still with you or live on in spirit, nothing or no one can take away the depth, wisdom, and love in your relationships with them. These relationships are beyond belief, beyond time, beyond the mind.

Relationships with animals are of the heart. Cherish them.

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

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

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

SATURDAYS. May & June. **MEDITATIVE BREATHING.** 11:30am-12:15pm, Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SATURDAY. (Every 4th Sat.). Holistic Health and Awareness Fair. 11am-4pm, Natural Magnetism, 8200 Haven Ave., #2110, Rancho Cucamonga, CA 91730. Free admission! Holistic practitioners, speakers and vendors needed. Contact Julie at (951) 833-7879 or visit www.IEHolisticFair.com

MAY

MAY 13 — DEEKSHA ONENESS BLESSINGS. Tues. 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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JUNE

JUNE 10 — DEEKSHA ONENESS BLESSINGS. Tues. 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

JUNE 10 — REIKI HEALING CIRCLE. Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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JUNE 21 — 5th ANNUAL INLAND EMPIRE HOLISTIC EXPO. 9-5pm. Goldy S. Lewis Community Center, Rancho Cucamonga, CA www.GoingPlaces2.com, (909) 484-3331.

JUNE 22 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS. Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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(Continued on page 42)

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Morgan's Rock Hacienda & Ecolodge Provides Safe Haven for Endangered Giant Sea Turtles

By Sara Widness

Morgan's Rock (www.morgansrock.com/), Nicaragua's pioneering, upscale ecolodge, provides a safe haven on its private beach for endangered giant sea turtles and has created its own wildlife and habitat protection system.

These frequent guests have found a prime nesting ground here where at night turtles returning to where they were born, lay up to 120 eggs that hatch 50 or so days later. Two-footed guests can observe both the spawning and hatching, and then the scurrying back to sea of baby sea turtles year 'round at Morgan's Rock with more predictable activity during the late summer and fall months. Resort staff who have been trained for these duties label nests and provide 24-hour protection against the turtle's greatest predator — humans. Once hatched, guardians make sure the turtles successfully make it into the ocean.

The Olive Ridley turtle is Morgan's Rock's most frequent visitor. It weighs up to 90 pounds and can live up to 60 years. About once a month during nesting season the Giant Leatherback turtle (locally called Tora or Baula, *Dermochelys coriacea*) can also be observed on the beach.

Of the seven species of marine turtles that exist in the world today, five are endangered. In Nicaragua sea turtles are threatened by predatory animals and poachers selling eggs on the black market. This has put Nicaragua's sea turtles in peril.

"Protection of solitary nesting beaches such as the one found at Morgan's Rock can make the difference between extinction and survival for certain species. Along the entire Pacific coast of Nicaragua, the critically-endangered Hawksbill and Green turtles have only a couple hundred nests

per year, and for the Leatherback turtle there are only a few dozen nests.

To witness this spectacle, the ecolodge from now through November 14, offers a five-night stay at the four-night rate. The per person, per night rate for couples starts at just \$161 each including breakfasts and dinners, private bungalow accommodations and full use of all lodge and beach equipment and facilities. Lunches, bar tab, guided activities, tours and off-site excursions and gratuities are extra. A five-night stay under the current promotion will run \$644 per person as opposed to the regular rate of \$805 per person.

In the Green Season (May 1 to Nov. 14), the 15-bungalow resort welcomes couples, families with children ages two and up and small groups to explore nature at their fingertips. Animals of the tropical dry forest,

including several varieties of monkeys and sloths, live on the 4,500-acre protected forest reserve, while sea turtles arrive on the private beach during what is their peak nesting season.

Guests can hike, ride horses and kayak on daily tours and excursions on and off property. Activities surrounding the hacienda include visits to the on-property farm, ocean fishing, nearby surfing and just lounging on private mile-long, crescent-shaped beach.

Reforested lands, together with the nature reserve and adjacent estuary, attract a variety of forest animals from howler and spider monkeys and sloth, to white tipped deer, to most of the birds native to the subtropical region.

For more information about an eco-vacation at Morgan's Rock, you can email info@morgansrock.com or visit: www.morgansrock.com/

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Share International will be holding two special transmission meditations in May and June. Sundays 11am to 12 noon and Tuesdays 7-8pm. Culver City (310) 202-1682. www.share-international.org, www.transmissionmeditation.org (888) 242-8272 or (310) 371-0420.



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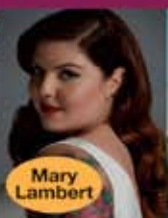
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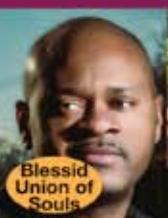
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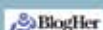
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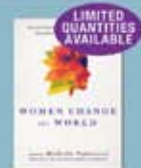
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You have no doubt heard the tired cliché: “she’s thinking outside the box” ... how about the one where we do our thinking outside the brain?!

It’s true, recent work in the fields of Psychology and Cognitive Science shows abundant evidence that the **body** and the environment around us are intimately linked to our cognition. The body can **think** independently of the brain in a mechanism called “Embodied Cognition” (EC).

The long accepted paradigm relies on the all-powerful brain creating and manipulating disembodied constructs of real life things. Disembodied representations are moved around the mental chessboard as the brain solves all of our problems and makes all the decisions. However, that is not how it always happens — and further, once you see the body’s important role in the holistic person, some of the wonders of Alternative Health and Wellness become easier to understand and embrace.

The alternate way of understanding our thought processes is labeled (yuck) *Embodied Cognition*. Recent findings demonstrate that our bodies and the **environment** around us are important in our cognition and play a vital part in our thinking and decision-making processes. It’s not the disembodied representations in our brain, the back-and-forth firing of countless neurons that alone produce our thoughts, but the indivisible interplay of our bodies and the ecosystems

Brain Demoted ~ Body Promoted

Concrete Proof of Embodied Cognition and Why Sound Healing Works

By Jill Mattson

that surround and contain us — that is where thought resides.

The job description for the brain has changed; instead of having to represent information about the external world and use that knowledge to output commands, the brain is now a part of a broader system that encompasses perception and action as well. The role of the body has been promoted — significantly.

EC advocates say that often our bodies — through perception and action — can actually replace the need for the brain — and its intricate mental gyrations. An oft-used example to describe EC involves the actions that a baseball outfielder takes to catch a fly ball.

How does the player move at the crack of the bat and get to exactly the right place just in time to catch the ball? One approach would be for the brain to do a complicated calculation taking into account the speed and direction of the ball, the forces acting on it — the math and physics calculations approach — and then predict where to intersect the ball as it comes to the nearest point to the outfielder.

According to Golonka, the baseball player **does not** do the math, and he does not run in a straight line to the catch. Instead, the player keeps his eyes on the ball and *runs in a curved path*, thus making the curved (decelerating parabolic) motion of the ball appear to remain as a straight line. The outfielder can easily track the ball to the correct endpoint. The player uses his brain — but only as part of the action; he uses his perception — to process the visual input he is receiving along with physical cues like his running speed to

solve the task.

These EC breakthroughs in Psychology are fine, but we really are interested in Alternative Healing — especially Sound Healing. How can sound be used as a powerful healing and wellness tool? The findings of Embodied Cognition show the power of the **body** to understand its environment — and act autonomously — even without the brain. Our bodies have far more potential than previously understood.

In a related manner, sound energy does not interact with our ears and our brain through the sense of hearing. Rather sound — in our holistic view — interacts with the brain, intellect, emotions, and subtle energy systems. Sound in the form of very specific frequencies or *special music* can form a myriad of wonderful experiences for us.

Sound heals on multiple levels: appropriate frequencies stimulate cell regeneration; sound has been used to increase intelligence and memory; sound can influence mental and emotional states. Perhaps in its most remarkable healing modality — sound activates the mind to power the body to heal itself. Chemicals are produced, the immune system goes into overdrive. Fast, natural healing and regeneration occur. Pathologies are eliminated, pathogens are destroyed, energy is unblocked, and true health and wellness is restored.

Science is finally catching up with healers old and new. The body has many powers that are often overlooked. We can think, heal itself and influence its environment.