

Awareness[®]

Southern California's Guide to Conscious Living

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**KATHERINE
WOODWARD THOMAS**
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Discovering Your Relationship DNA

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EDITOR / PUBLISHER

DARBY DAVIS

EDITORIAL STAFF

MICHAEL DIAMOND

RANDY PEYSER

ROBERT ROSS

SONIA VON MATT STODDARD

DONNA STRONG

LYDA WHITING

CONTRIBUTING WRITERS

JACK ALLIS

ALLEN & LINDA ANDERSON

ALEXANDRA BWYE, CN, HLC

JESSE ANSON DAWN

KEN DVOREN, LMFT

SCOTT KALECHSTEIN GRACE

AUDREY HOPE

JULIE HOYLE

SRI RAM KAA

SHYA & ARIEL KANE

JENNY T. LIU, M.A.

MYSTIC TRISH

ANN NELSON

SWAMI PARAMESHWARANANDA

KIRA RAA

CHET SNOW

DR. JULIET TIEN, D.N., SC.

AUSTIN VICKERS

MARIANA WILLIAMS

CORPORATE OFFICE

ADVERTISING SALES

(800) 758-3223

info@awarenessmag.com

LOS ANGELES OFFICE

ADVERTISING SALES

KATHLEEN BENNETT

(310) 822-0020

awarenessmag@gmail.com

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CORPORATE OFFICE

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

FAX (714) 283-3389

E-mail: info@awarenessmag.com

www.awarenessmag.com

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Southern California's Guide to Conscious Living



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WOODWARD
THOMAS**

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You Are Calling In*

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BECOME THE LOVE YOU ARE CALLING IN

An Interview with

Katherine Woodward Thomas

By Randy Peyser

Katherine Woodward Thomas, M.A. MFT, is the author of the national bestseller *Calling in "The One": 7 Weeks to Attract the Love of Your Life*, a licensed psychotherapist, the co-creator of the *Calling in "The One"* online course, the creator of the *Conscious Uncoupling* online course, and co-leader of the *Feminine Power Global Community*, a thriving transformative learning community serving thousands of women worldwide. Over 5000 people have attended her virtual 7-week courses co-created with teaching partner, Claire Zammit. www.CallingInTheOne.net

Recently, Katherine created a new course, "Conscious Uncoupling" www.ArtOfConsciousCompletion.com. In this powerful body of work, Katherine helps people heal breakup grief, and evolve beyond core patterns that have sabotaged awakened love so that they can have a clear slate from which to call in "The One."

Calling in "The One" was given to me as a birthday gift. My ten-year relationship had tanked, and my former partner and I wanted to move on romantically in healthy ways while maintaining our friendship.

As I read *Calling in "The One"* and started doing the exercises that Katherine presents, I immediately felt a sense of excitement, as though it might really be possible to manifest what I call, my "Divine Right Partner."

Randy Peyser: I understand 13,000 people attended your recent teleseminar.

Katherine Woodward Thomas: That was my first Conscious Uncoupling teleseminar. People are hungry for good ways to "uncouple" since so many are

suffering from prolonged grief and are reticent to open their hearts again. I wanted to create a program that would release the trauma of a breakup and help people get out of pain, as well

in your heart. You can use that opening and pain of that break to awaken to the deeper truth of who you are. During a breakup, you can actually reset that wound from the very core.



Photo by Carl Studna

as teach them how to separate in ways that do minimal damage to each person, the community and the children.

Randy: I guess before you can Call in "The One," you have to let go of your past.

Katherine: I always say your next relationship won't begin when you meet your next partner, but with how you end your last one! Conscious Uncoupling is about midwifing the greatest possibilities for healing and transformation that the breakup affords. When a relationship ends, your heart breaks open. Inside of us exists what I call, "the original source fracture," which is the original break

Randy: Doesn't time heal all wounds?

Katherine: People think if their heart is broken, time will heal it. That wouldn't be true if you broke your leg. Just as you wouldn't let your leg flap in the wind in whatever direction the breeze was blowing and wait for time to make it better, you don't want to do that with your heart either. And what's now possible in doing this well is that you can grow yourself healthier and happier than you've ever been, and stop duplicating that old pattern and playing out that story again and again.

Randy: What about betrayal?

Katherine: We chose our for-

mer partner because we thought he or she was going to fix our original wounding. For this reason, we opened ourselves and let them into our hearts. Yet instead of healing us, they duplicated that wounding. And that can feel like a deep betrayal.

Randy: What are some mistakes we make when a relationship ends?

Katherine: I have identified three breakup mistakes that cause suffering, steal joy, and prevent future love.

The first one involves the primitive emotional response of hating our former partner. The majority of us believe it's natural to feel this way. But it's a primitive response — an evolutionary relic from the past meant to help us separate from that person. Yet, we wind up devaluing ourselves and the other person in the process. When we make them wrong, close our hearts, and diminish the relationship we shared, we also prevent ourselves from accessing the powerful evolution possible in this grieving process.

Yet, most of us, even we who are conscious, do this. A friend who is hurting will call and we will say, "He's an idiot," or "You deserve so much better than that jerk." It's automatic. But it's a mistake to devalue another and not give ourselves the opportunity to experience healthy completion.

The second mistake people make has to do with blaming your former partner. Breakups are traumatic. Like car wrecks, you can have a fender-bender after dating someone for just three months, or you can experience a huge wreck where you feel like you barely made it out of that relationship alive. This oc-

(Continued on page 6)

Katherine

(Continued from page 5)

curs when something shocking happens, like the person stole \$30,000 from you, was having multiple affairs, or had another family elsewhere.

When traumas happen, one mechanism of the psyche is to try to integrate the shock. To do this, we'll tell and retell the story about what just happened. Yet, unfortunately, we'll usually do this from a victimized perspective. The problem with repeatedly telling the story from this perspective is that we will not graduate from the role we ourselves played in the dynamic.

Until we take responsibility for our part in how that situation was created — all the covert ways we colluded with our own victimization — we are liable to repeat the same thing again with someone new. Or sometimes, in trying to take responsibility, we will do it in a way that will turn into self-hatred or self-blame. We'll ask ourselves,

"Why am I such an idiot? What's wrong with me that I keep doing this over and over?" That's not the kind of self-reflection that leads to growth and evolution.

If we don't learn how to reflect in empowered ways upon our own collusion in the dynamic, we won't evolve out of that dynamic and be able to trust ourselves to love again. We may go through life feeling defended and shut down. On some level, we won't really trust ourselves. We might say something like, "I don't trust men," but what we really mean is "I don't trust myself, I don't trust the people I am attracting, and I don't trust the choices I make."

The third mistake is what we touched upon earlier, which is that time will heal a broken heart. Time will diminish acute pain, but time alone is inadequate to help us navigate our loss in a way that empowers us to recreate the life and love we really want to have.

Randy: Is forgiveness involved in the act of conscious uncoupling?

Katherine: Yes, we start by breaking up victimization. When we are victimized, we're filled with resentment and anger. But we only resent people to the extent that we have given our power away to them. We must be willing to examine what happened from the perspective of being 100% responsible for our own experience and behavior. Many times our collusion was subtle like this:

"I didn't speak up."

"I had my attention on the other person and constantly abandoned myself."

"I didn't express my feelings or my needs."

"I was over-giving as a way of trying to prove my value."

"I didn't make sure there was reciprocity in the connection."

"I got over-invested in someone who was not investing in me."

We need to name the ways we co-created the dynamic, take full responsibility, and make an amends to ourselves by making a decision about how we are going to be from now on, and how we are going to show up in

our relationships in new ways. Then you want to look to discover all the ways you actually set the other person up to replay out your original sad story in love. At that point, forgiveness becomes organic. You lose the need for that person to apologize because you have already started making an amends to yourself and you understand that that is really the amends most necessary.

Randy: That is a very powerful place to get to.

Katherine: That's the place of freedom.

Randy: Is there really such a thing as "The One," or is it more about finding "The Next One," for however long "The Next One" turns out to be?

Katherine: We're collectively still inside the "happily-ever-after myth." That myth originated when the lifespan was 35 years old, mostly because half the population died before age sixteen. In that world, it was a good idea for couples to stay together to give the children the best chance to survive. The happily-



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ever-after myth was appropriate for that time, but it's not appropriate for now.

Relationships and the purpose of relationships have changed more in the last fifty years than in the previous 5000 years. The purpose of relationship used to be economic advancement, survival, and security. At this pivotal time of planetary transformation, we're experiencing multiple breakdowns, but we're also experiencing multiple opportunities for new structures in consciousness to emerge inside of those breakdowns.

Our focus has shifted into the creation of a future for humanity, that is, to become midwives of possibility for a new world. How many of us feel an impulse to create, to express, to bring things of beauty, goodness, care, and well-being into our lives and into the world?

Women in western civilization are the most educated and powerful women to ever walk the face of the earth. We're moving from what Barbara Marx Hubbard calls, "The Feminine

Pro-creator" to the "Feminine Co-creator." The men are part of this, too. What the world needs are men and women who have awakened to the fullness of their potential, who serve the greater vision, and who are midwifing into the manifest world that which does not yet exist, including structures for connection and care, new ways of communicating, and new ways of working together in partnership to bring things forward.

There's a new orientation in relationship, which is spiritual partnership. Spiritual partnership is about two people coming together to mutually support one another to realize each person's deeper potentials to make their greatest contributions.

Inside this new paradigm, the game is no longer about staying together for the sake of the family. The happily-ever-after myth is outdated. Yet, it is the still covert standard that we hold ourselves and others accountable to.

Randy: I don't know anyone who doesn't want that happily-ever-after relationship.

Katherine: It is ingrained in our consciousness. I'm an advocate for committed, long-term relationship. In fact, over 50% of first marriages are staying together. However, statistics also show that at this point in our collective evolution, most of us will have two or three partners over our lifetimes. We have to learn to do completions well. That's the reality of our time.

Randy: Did you find your One?

Katherine: My story is magical, relating to how my *Calling in "The One"* course came into being. I had many problems in relationships. I always chose unavailable men, and this confused me because I felt smart, pretty, sexy, and giving.

I set an intention one time in a group of friends to be engaged by my 42nd birthday, which was 8 months away. At the time, I had no prospects. But I knew enough to not just run out and try to find love. Rather, I chose to go within and discover all my barriers against love and take responsibility for my patterns.

My focus became not on finding someone, but on becoming the woman I would need to be to receive that person into my life. That was the beginning of the *Calling in "The One"* process. I meditated and listened every day from a deep place of receptivity. I asked myself:

"What do I need to see about myself?"

"What do I need to give up?"

"What do I need to cultivate?"

"What risks do I need to take to show up in a different way?"

When I would get an insight about a counter-productive way I was behaving, I gave up the right to behave in that old way.

Randy: That's a very empowering stance to take.

Katherine: We are insight-oriented, but we don't always integrate our insights and show up in new ways that are reflective of what it is we want to create. I was showing up in a way that was future-focused. I would vision and imagine what it would

(Continued on page 11)



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Discovering Your Relationship DNA

*An excerpt from How to Create a Magical Relationship:
The Three Simple Ideas That Will Instantaneously Transform Your Love Life*

By Shya & Ariel Kane

Start with the idea that how you do anything is how you do everything, and it will empower you to investigate how you relate — not just in a love relationship, but also with yourself and all others. This defuses the mindset of looking to fix what is “broken” and sets you on the path to having magical relationships in all areas of your life.

Your DNA is unique and in every cell of your body. The way you relate to life and to others is also unique to you. The way you operate is predictable, so it will repeat itself over and over again. Of course, there will be instances when you don’t react as you usually do, but if you look at the overall pattern of your behavior, you will start to identify these predictable, recurring ways of relating. In other words, in certain situations with certain types of people, you usually respond the same way.

Using our anthropological/transformational approach, if you become aware of the way you function, behaviors that have heretofore interfered with or destroyed relationships can be identified. Then Principles of Instantaneous Transformation again come into play.

If you realize that you could only have related the way you did until you became aware of your behaviors (Second Principle) and if you do not judge what you see, these mechanical behaviors will complete themselves (Third Principle), creating a possibility for magical relationships. Of course, if you resist what you discover, this will reinforce automatic, reflexive behaviors and keep them around (First Principle).

NO MATTER WHERE YOU GO, THERE YOU ARE

People have the idea that if they change their location, it will

change their lives, but this is not the case. Here is an example: Jack moved from Colorado to New York to get away from a dead-end job, difficulties with his associates, and a relationship that was going nowhere. Within five months, he had alienated most of the people who had befriended him upon his arrival and had subsequently quit his new place of employment.

Jack thought the dating scene in New York was brutal; everyone was totally unfair, and he needed a change. He picked up and moved to Texas. In this new location, things turned from bad to worse. He started a new business and quickly got into legal troubles. After a long and costly series of dealings with the law, he promised to change his ways, and the authorities let him go with a mere “slap on the wrist.”

So Jack went to California, where he started the same type of business with another dubious partner and he immediately got into similar troubles with business associates as well as with California state and federal authorities.

Even though he changed his location, Jack kept creating basically the same circumstances. The same scenario kept recurring wherever he went. People initially liked him, went out of their way to support him, and were always disappointed when his true colors became apparent. Even though he met new people in these different places, somehow he managed to create the same outcome, over and over.

Of course, Jack’s story is an extreme example, but it typifies how personal patterns follow people wherever they go. Have

you ever noticed that similar interpersonal dynamics between you and others develop over



Shya and Ariel Kane

and over? This is not to suggest that you shouldn’t move or find a new boyfriend or girlfriend.

What we *are* suggesting is that the most exciting journey is one of self-discovery. When you know yourself and are able to dissolve the mechanical responses to your life, the primary person you are relating to — you — will be an excellent companion.

INSTANTANEOUS TRANSFORMATION DISSOLVES THE REPETITIVE NATURE OF LIFE

We had a participant come to one of our winter retreats who was a victim of spousal abuse, having been hit, bitten, and beaten. Even a family pet had been threatened with bodily harm.

Here is what happened: Jim’s first wife, Rita, was abusive (yes, women can be abusive, too). She would regularly fly into a rage and had once even physically attacked a motorist whom she found offensive. Jim finally found the courage to dissolve this marriage.

Rita was not going to change; she was unwilling to be responsible for her anger and how she expressed it. So Jim found a new relationship. It started well, but shortly he discovered that he was not any happier. His new partner wasn’t physically abusive, but communications between them broke down and physical intimacy was rare. Jim discovered his partner was having affairs.

Life moved on, and eventually Jim met and fell in love with the woman who is now his wife. Although Jim and his wife, Dahlia, are happily married and have been for years, at first the seeds for disharmony were there.

In the early stages of all three relationships, Jim was excited, attentive, and loving. As weeks and months progressed, his habitual way of relating emerged. He became frantic at work, stressed, and less communicative, and each of his partners felt neglected. Resentments grew, intimacy ended, and Jim and his mate would fight.

Because we were a part of Jim’s life during all three relationships, we were able to see he related in a similar manner with all three partners. However, each of these three people dealt with the stresses of his mechanical way of relating with mechanical, reactive behaviors of their own.

His first wife had a violent predisposition, and his way of being evoked her rage. His second partner was more quietly aggressive, and the way they related resulted in promiscuous behavior. Dahlia had a different predisposition. When upset, she traditionally be-

came quiet, clingy, insecure, and depressed. She would want to stay home every night and resented the time that Jim gave to anyone, even his clients.

Here is how Jim and Dahlia went from having a normal, quietly unhappy relationship to creating a great one: First, each of them realized that when upset, they had ways of relating that were not conducive to creating a magical relationship. With our coaching, Dahlia spoke up about what was bothering her, and Jim actually listened with-out defending himself.

He didn't judge himself for how he was being, and interestingly enough, Dahlia didn't judge him either. She just wanted him to hear her, to be more aware of her, to know how she felt. She wanted him, the man she fell in love with, not the frenzied fellow he had become.

All three of Jim's partners wanted his attention, and they had different ways of expressing their displeasure. We are not saying that Jim caused the violence, the affairs, or the depression of his partners. What we are saying is that your unexamined behavior patterns will link up with your partner's mechanics and produce problems.

Should you stay in a relationship that is violent, for instance, because you have evoked unfinished business in your partner? Of course not. Our point is that your partner is not behaving badly in a vacuum. As we said before, there is no good one and no bad one in a relationship.

As Jim became aware of the mechanical ways in which he distanced himself from his partners both emotionally and physically, he and Dahlia were finally able to express and live from the passion they had for one another and their passion for life.

Since 1987, internationally-acclaimed authors, seminar leaders, and business consultants Ariel and Shya Kane have acted as guides, leading people through the swamp of the mind into the clarity and brilliance of the moment. Their book, *How to Create a Magical Relationship*, published by McGraw-Hill, is available everywhere books are sold. To find out more about the Kanes and their Transformational Community or to sign up to receive their email newsletter, visit their website at: www.TransformationMadeEasy.com

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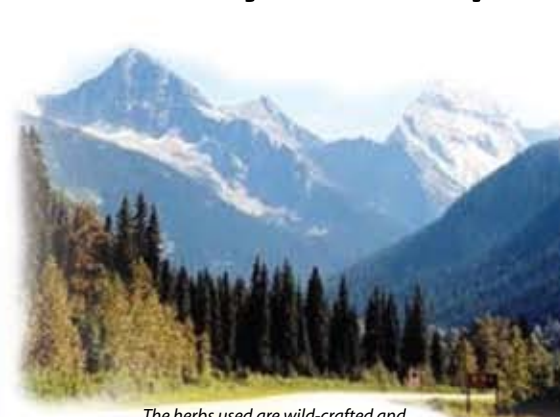
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Transforming the Parent / Child Relationship

By Swami Parameshwarananda

"Some people grapple with doubt. They go to a workshop and meet a guru. They have an experience of being filled with the most incredible, expansive, divine love they have ever known. Then they go home, and slowly "real life" creeps back in. They pay a few bills, watch some TV, and then while brushing their teeth one night they think, 'Did that whole one-with-the-universe thing really happen? There was that feel-good music playing at the time. Come to think of it, I had some caffeine that day, too. Yeah, I was definitely imagining it.' Then they tuck that memory in when they go to bed and wake up the next morning having forgotten it ever happened. Not me. Even if the mind tried to make me believe that transformation isn't possible, it couldn't. If it pulled out all its stops to destroy my faith in love, it would fail. Because I have irrefutable evidence that I'm right ... my dad."

My daughter Becky wrote those words after the transformation of our relationship that followed our experiences with Sai Maa. She had seen me transform from her old father, quick to anger and judge, to someone with whom she could experience love, laughter and joy. It goes back to an experience with some "holy" hotel sheets.

Years ago, while on a trip, my daughter and I stopped at a motel. We were thrilled that we could do our laundry as our clothes were dirty from hiking. Becky put her clothes in one machine, and I put my clothes in another. We didn't have any laundry detergent, so Becky said she would go and get some. When I took my clothes out of the dryer, they were full of large holes.

I was really furious because I thought the hotel's machine had ruined my clothes, and I only had one other set left. I went downstairs and complained. Not being completely aligned with the Self, I asked for hotel sheets as replacements. Housekeeping delivered them to the room, so I went to the bathroom to try them on. They were too large, so I made do with what I had.

Cut to this past May. Becky and I were in Chicago for a weeklong program with Maa. I was in the front of the room, speaking about how, after one of Maa's programs years before, I had been accused at a Syracuse hotel of sneaking out of the hotel wearing hotel bed sheets. Everybody, including Maa, was roaring with laughter. Becky yelled from the back of the room, where she had been overseeing the video team, "Wait a minute! I have another story about sheets." I gulped.

She ran up to the front of the room. Everyone was on the edge of their seats to hear what she had to say. Becky explained the story I just shared above; however, she added some significant points, like "Dad was really pissed." She explained about my demanding to be given hotel sheets to wear and how they were enormous on me. She added a point I didn't know: she had put bleach in the machine to get the stains out. When she saw the holes she caused, she couldn't tell me. "Holy sheet!"

Why do I focus on this particular story? First, Becky gave me the chance to face my own reactions in front of a very large group and see what happened inside me. Did I judge Becky for doing this? Was I upset?

Was I embarrassed? I'd say for the most part, no. Not the old father and judge. Perhaps I felt a twinge of embarrassment; however, that passed very quickly.

Secondly, a big part of Becky's gift was for me to learn to laugh at myself — to laugh with Maa, Becky, and everyone else. I had tears in my eyes, and they were not because I was sad or depressed. I was full of joy and loving every minute of being "up front" with everyone, in more ways than one. Yes, "holy sheet!" Life's a hoot! Let's keep on laughing and not take ourselves so seriously. I was so serious for many years, especially at home and with Becky. That's all over, and thank God for it."

Maa pushes us, always with love. She pushes us past our comfort zones to wherever we need to go to transform to a higher form, an awakened state. Maa sees our light and what covers it. She knows just how far we can go, what's right for us at the moment. In her book, *Petals of Grace*, she teaches us how love is our highest truth and it is up to us to recognize that Divine Light, the Grace latent in us all.

"First, a relationship is a mirror of your Self," she writes. "Secondly it helps you to grow because in a relationship you are to make decisions, you are to experience, you are to say 'yes' and you are to say 'no.'"

I'm not saying that you have to be with a master. That would be arrogant and insensitive to who you are and what's right for you. I can only attest to the quality and progress of my own path, still knowing how much further there is to go. No mat-

ter how long "it" takes, I choose to be with Maa because I've experienced, felt, and known deep down what's right for me, what my truth is. I've witnessed transformations not just in myself but in Becky and so many people who have been blessed to be in Maa's presence, however long their stay has been.

We're living a great shift. We're at the edge of a new golden age that's coming. We can say it's too high, or we might fall; however, we need to take the leap if we want to be pioneers and creators of this new era for humanity and the planet. We don't really have much choice. The shift's happening whether we like it or not, whether we join in or watch from the sidelines. It's actually much easier and less self-destructive to go with the flow rather than resist, to do the inner work and transform rather than suffer.

Maa knows what it's like to truly fly, to be completely free, to be liberated. I've been flying more and more with Maa, although not yet at the same frequency, speed, and consistency. As I live, learn and transform, my flight time will increase, and I'll reach new heights and dimensions of myself. I'll see and know all of you as the same multidimensional being I am, the same light, and same Self that is limitless and eternal.

Maa always says, and once had a program called, "Dare, Dare, Dare!" So much comes from taking this dare. You can't know what the flight is like until you dare and come to the edge. Be pushed by your true Self and the truth within you that is waiting to be unleashed, to fly free.

Let's rack up some flight hours together. Let's practice and become the divine pilots we already are and don't yet realize ourselves to be.



Let's get our wings!

Swami Parameshwarananda has lived his life as a bar mitzvah boy and initiated monk, husband and father, student and PhD psychologist, management consultant and consulting firm partner, executive coach and spiritual guide, non-profit executive and board chair, teacher, lecturer and healing practitioner. This article is adapted from his book, In the Path of Light with Maa: A Journey of Love and Transformation. He has much to share, and this book reflects what he has lived so far and who he is in this moment. Its contents are a testament to the constant love, service and teachings of an enlightened master and Divine Mother who has graced his life for over 17 years.

Katherine

(Continued from page 7)

feel like in my body to have the love I wanted. Then I'd show up as that woman.

During this process, I kept feeling I should call a man I had dated six years earlier. I had always thought of him as "the one who got away." A week later, I saw him in the parking lot at the Agape church. But I had a "shy attack" and left. Two weeks later, a dear friend convinced me to get online. This was at a time when people were not online like they are now. No one even had their pictures up back then. I was mortified, but coachable.

There were a quarter of a million people on that site. Eighty potential matches came up. I responded to only one person. It was completely anonymous, and I had no idea who this person was since there were no pictures. Of course, it was the same man I'd dated six years before. We were engaged within two

months and married the next year. I had my daughter the following year at the age of 43.

Randy: Has it lasted?

Katherine: We had a beautiful marriage for ten years. When we came together it was inside of a clear sense of mission, purpose, and calling, and not necessarily "until death do us part." We committed to supporting each other to realize our deeper calling, to bring our gifts to the world, and to midwife each other's potentials. Now we are extremely good friends and we are co-parenting our daughter very successfully. *Calling in "The One"* and *Conscious Uncoupling* are modeled on this very precious relationship with my former husband.

Randy: What is your wish for people looking for "The One"?

Katherine: My desire for all of us is to find those who can see the deeper truth of who we are, and who are standing with and for us to become the people we are called to be. In love, my desire is that we each find that partner who can inspire us to do our best, who believes in us and is up underneath us so we may realize the deeper potentials we hold for life and love. My deepest hope is that we find a partner we are inspired to give and receive this kind of love from. That is the vision I have for all of us.

For a free audio about Conscious Uncoupling, visit: www.ArtOfConsciousCompletion.com. For a free audio about Calling in "The One," visit: www.CallingInTheOne.net

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

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O.C. Women's Journey Conference May 19

By Mariana Williams

On May 19th, the Women's Journey Conference celebrates ten years of presenting speakers, entertainment, shopping and most importantly enlightenment to the women and girls of Orange County. The UCI Campus is the site of the event, which runs from 9:00 a.m. to 6 pm.

This year's featured speakers are New York Times Best-Selling Author Marianne Williamson and actress/comedienne, Cloris Leachman.

Along with browsing through exhibitor's booths displaying original items of jewelry, clothes and art objects, attendees will enjoy musical performances by The Swing Dolls (Andrew Sisters tribute), Karen Gallinger (Jazz Singer) and R & B powerhouse, Gino Walker. Also performing are singers Kelly Fitzgerald who

will be doing songs by Carole King and Cara Lee who will be impersonating Janice Joplin.



Presenting positive and inspiring speakers has been a decade long tradition for the WJC. One area that has grown is the emphasis on girls ages 8 to 18. Bringing self-esteem and awareness through speakers and inter-active activities has been very successful and fulfilling, says founder and producer, Patty Turrell.

"We have partnered with Girls Inc. and are excited to help young girls discover their strengths through education. We have also reached out to at-risk girls through various foster organizations" This program is FREE to all girls.

Marianne Williamson's books

Illuminata and *Everyday Grace* have both ranked #1 on the New York Times Bestsellers List. *The Age of Miracles* reached #2. Other works include *A Woman's Worth*, *Healing the Soul of America*, *The Gift of Change* and *The Age of Miracles: Embracing the New Midlife*.

She has been a popular guest on the Oprah talk show, as well as Good Morning America, Charlie Rose and Larry King Live. Her speaking engagements are famously well-attended events leaving the audience laughing one minute and moved to tears the next.

A passage in her bestseller, *A Return to Love* is regarded by many as an anthem for this generation's spiritual seekers: "**Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.**"

Proving that wit and wisdom come with age, Cloris Leachman, actress of stage, screen and television, is sure to delight the crowd at the Women's Journey Conference. Her credits include eight Primetime Emmy Awards — more than any other

performer — and one Daytime Emmy Award. She won an Academy Award for Best Supporting Actress in the 1971 film *The Last Picture Show*.



Leachman plays a supporting role in *Raising Hope*, a sitcom that premiered in the fall of 2010 on Fox. She will star with Tara Reid in *The Fields* and with Colin Firth and Cameron Diaz in *Gambit*, a remake of a 1966 film.

Motivational Speakers Collette Carlson and Ari Flanagan are also on hand to share their wealth of knowledge empowering women of all ages and ethnicities.

The Women's Journey Conference is a non-profit event serving the O.C. community along with supporting organizations such as, The Ovarian Cancer Orange County Alliance, Working Wardrobes, New Directions for Women Recovery Facility and The Geena Davis Foundation for Gender Equality.

The Women's Journey Conference will be held on Saturday, May 19th on the UCI campus from 9 a.m.-6:00 p.m. Tickets can be purchased online at www.womensjourneyconference.com



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Enlightening Our Relationship with Food

By Alexandra Bwye, CN, HLC

We have all been there. We 'shouldn't' eat certain foods and 'should' eat others. Some foods make us feel guilty and some make us feel victorious.

Many of us have a love-hate relationship with food due to an infinite amount of messages we receive about it from TV, books, family, friends, different cultures, and the latest health news headline.

One day we *know* Atkins will make it happen for us, the next we're on a juice fast doing colonics, infrared sauna and yoga, and so the pendulum swings, back and forth, sideways, up and down.... any which way the latest and greatest food craze pulls us. If that is not the case, we stay steadfast in our own food bubble, giving up on health all together in the name of eating whatever we like, whenever we like, and enjoying it, no matter how unhealthy we get.

In fact Surgeon General David Satcher stated 190 million people in the U.S. are overweight or obese, most likely contributing to type 2 diabetes (called adult-onset diabetes before it became common in children), type 1 diabetes, high blood pressure, heart disease, cancer, osteoarthritis, gout, breathing problems such as sleep apnea, and other chronic illnesses.

Where is the balance these days? What happened to eating when hungry, stopping when full, and eating whatever the earth provided with each season in our own region? With today's food distribution, it has become a thing of the past to eat this way in most parts of the world, especially the American south, coincidentally where lie the top nine states in obesity.

We can get summer fruit from the opposite side of the world in winter, meat at any time we want where it used to be a rare and

treasured treat in almost every society that ever existed, and a lot of what we eat is made up of dozens of ingredients that, if we *are* able to pronounce and identify them, barely resemble the original food (i.e. Where can I find a Cheerio plant?).

How has this become the norm? How is it when one goes exclusively to farmer's markets and co-ops to buy in-season and somewhat local fare, this is considered 'alternative'? What about flying kiwis in from New Zealand or cheese from France? Should not this be considered 'alternative,' rather than the everyday practice of most Americans?

In order for us to truly feel enlightened and re-establish a healthy, balanced relationship with food and in return our own bodies and the earth, it is extremely important for us to understand the region we live in, what grows in it and when, and then perhaps add in a few things that don't grow here, such as coconuts, or perhaps a starfruit if we're feeling adventurous. Other staples may be herbs and spices or whole grains that may not have grown in your region, but are important in our diets.

Once you start to realize that most of the whole foods you buy have been grown close by, are organic (not sprayed with toxic

chemicals that slowly poison your cells as well as the earth it grows in), and are also giving back to the earth, you will begin to feel more connected to and appreciative of food and proud of your choices, and will already be doing your body a favor by providing it with whole nutrition. Your body can assimilate nutrients much more readily in whole, raw form, and your energy levels and appearance will prove it.

When one eats whole, unprocessed, raw food, there seems to grow a respect for the item you are eating. Take for example a fresh, in season, just plucked-off-the-vine tomato. It's soft, bright red, and just abounding with flavor. Compare this to an off-season, shipped-in tomato during winter. With an exterior lacking vibrancy and interior that lacks color and which one may compare in texture to Styrofoam, this tomato may be the reason many people don't like them.

Cooking food on the other hand seems to push us to eat more, possibly due to the fact that processing food in any way can affect its effect on our blood sugar, driving us to eat more. Perhaps by denaturing the active enzymes that are beneficial for digestion as well as dena-

turing certain heat-sensitive vitamins that our bodies need to survive, our body is telling us to eat more as it is seeking more nourishment.

Perhaps we eat more as a result of both of these issues. Either way, just as mother said, eating raw fruits and vegetables is one of the best things you can do for your body. The more of these you eat, the more you will crave them over cooked versions.

Here are simple steps you can take to re-establish a love relationship with your food:

1. Visit and buy from farmer's markets
2. Eat your food whole, and raw preferably
3. Instead of counting grams, count whole servings of fruits and vegetables
4. If consuming dairy, find a reputable raw dairy source near you
5. Establish a calm, serene environment before eating
6. Savor the tastes and textures of your meal

Alexandra Bwye is a certified clinical nutritionist, holistic life coach and yoga instructor living in El Segundo, CA. She is founder of The Enlighten Principle, a nutrition practice helping moms-to-be, new and existing moms achieve and maintain balance in their lives. Visit www.enlightenprinciple.com for more information.



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The Tao of Intimacy

By Scott Kalechstein Grace

Opening up. Getting close. We are made for it. And many of us walk through our days on guard against it. Or, we are so hungry for it we leave ourselves while reaching out, and intimacy slips through our fingers like a wet bar of soap.

In our society intimacy is usually synonymous with getting physical. Yet plenty of people are sexual companions, but not really intimate with each other. Companionship does not automatically mean letting someone in. And rubbing body parts together does not automatically create intimacy.

True intimacy is not a meeting of the minds or bodies. It's between hearts and souls. It opens us to a whole other world, one rich with feelings, and one where the intellect takes a siesta. This is heavenly, what we long for, and what we are made for. Then, we are disappointed.

Our unhealed wounds and romantic expectations put stars in our eyes, and we get attached to the yummy other person as the cause of our experience. We forget that they are just another messy mortal, and that opening our heart and getting out of the confines of the ego mind was the cause of our grand feelings. Intimacy, like all of life's goodies, is an inside job, arising from a

state of consciousness, not another person.

When we believe that Mr. or Ms. Right is the source of our warm and fuzzy feelings, fear of loss becomes the driver of our behavior, bringing attachment and clinging. When fear is not leading the charge, intimacy can lead to sweet and soulful bonding, with a noticeable and refreshing absence of static cling.

That kind of bonding begins at home, inside yourself. Before reaching out, reach in. Say a gentle and compassionate hello to your hopes, fears, loneliness, and desires — everything that is present for you. Extend loving kindness and acceptance towards all of your feelings, making sweet room for the entire spectrum of your humanness. If you are not self-validating, you are probably self-invalidating. So, turn it around. Release the hypnotic cultural taboo against self-love. Validate, validate, validate.

What's next, after making intimate friends with yourself? Then comes hooking up to a Higher Power, getting on-line with the Divine. Bring me a Higher Love, but bring it on with feet in the ground of self-acceptance first. Most folks try to reach God in Heaven as an escape from the pain of believing they are damaged goods catching hell down here on earth. That causes us to be disembodied, disassociated, living out an illusionary split between spirit and body, heaven and earth, human and divine. If you believe on some level that God is Infinite Love and you are a can of chopped liver, well, as Dr. Phil would ask, "How's that working for you?"

It is through accepting and even delighting in our humanness that we can come to see ourselves as Divine Beings hav-

ing a human experience. When you reject yourself, you can't know God. Love yourself, warts and all, and you become a juicy embodiment of God's love, joy, wholeness, and peace.

The Tough News:

Connection with a lover cannot fulfill you, or cause you to love yourself. If you do not come to a lover already hooked up to Self-Love and Higher Love, you will unconsciously siphon energy from another person's tank. They will eventually feel drained. And they will also be draining you. The feelings are mutual and between (unconsciously) consenting adults.

In our culture it's called falling in love, because it can feel so glorious when it begins. But falling in love is often co-dependency having a party, a party that inevitably ends as soon as gravity inevitably brings floating feet back to the ground.

The Liberating News:

Wherever you are on the journey, from single and looking, to up to your ears in draining and being drained, you can begin to love and fulfill yourself.

What I propose is the spiritual necessity of deeply enjoying the company you keep with yourself, and coming to love yourself as fully and completely as you might dream of being loved, from your amazing head to your miraculous toes. Also, I am talking about hitting the Source daily, drinking the Divine, and awakening to Higher Love. When you bring Higher Love to your human intimacy, it radiates, gushes, and effortlessly overflows. You're a love-beam. Then you tend to attract and be attracted to people who have also awakened to Higher Love. Two waterfalls make for a

lot of joyous spilling over.

Intimacy is as simple as in-to-me-see, letting people see into you. In-to-me-see as a committed stand in life shatters the ego's survival strategy, which is to keep you safe by hiding parts of yourself, pretending, protecting, defending.

The ego's love plan is to reserve your heart for one special soulmate partner, and keep you hiding behind a persona facade with the rest of humanity. That does not work. An open heart has to be a way of life, across the board. You can not reserve your heart for a special someone and close your heart to others.


That's not sustainable, nor is it real. Love, true love, is boundless, limitless, and joyously uncontainable. It always moves and expands to include others. You can be monogamous with your sexual expression, but not with your heart. Not if you are after true love.

At a certain point keeping your heart open across the board becomes more important than sharing intimacy with one special person. Paradoxically, that's when a soulmate partner can enter, through the doorway of your already established celebration of life and love.

I love what Emmanuel says on this subject in *Emmanuel's Book Three, What Is an Angel Doing Here?*

"You reach to another with the expectation that others can fill you. They cannot. It is a joyous experience to walk with another human being whom you love, but if you have not first filled yourselves with your own devotion, then you begin to demand something that is impossible for any other human being to supply. Make room in your life for the ordinary sweet human beings all around you who will give you the opportunity to practice giving and receiving love. Let your heart learn loving. You can't keep the door closed until the perfect one ap-





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INTIMACY AS THE HEART'S COLONIC

Intimacy heals by bringing old unconscious pain to the surface so it can be resolved and released. Closeness with another, or even the potential for impending closeness, flushes up and out our fears of abandonment and rejection, and their close relatives on the other side of the pendulum, fears of entrapment and commitment.

Both are two coin sides of the fear of loss: Fear of losing love, and fear of losing self.

These fears come up in all intimate relationships to be dealt with and healed. They are behind all behaviors of clinging, distancing, controlling, protecting, numbing out, aggression, passive-aggression, and the dance of mushy co-dependence and extreme, fear-based independence.

Let's hear it for those popular dance partners, extreme independence and mushy co-dependence! Have you played out both roles, been on both sides of the see-saw? I know I have. And I have stumbled my way to a balanced place between the extremes.

We all can get there, through the simple, profound, and courageous process of learning to take tender, loving, emotional care of ourselves, both alone and in the presence of others. It all boils down to self-love.

Go past your intimacy comfort zone and old fears and intimacy avoidance behaviors will eventually arise. Getting to know your fears and how they operate behind the scenes will help you get beyond them. Perhaps no human being is completely free of these issues, but it is possible to get to a place where they seldom run the show, and when they do, you have tools and support to get through them. When

you can feel your fears without acting them out in your usual behaviors, you are one breath away from letting go and claiming your freedom.

Intimacy shines light upon all the scary monsters so they can come out of the shadows and heal. We heal monsters by hugging them with our own empathy and compassion, until they soften and reveal to us the innocent and lovable little boy or girl behind the monster mask. We heal by bringing our fears to the light and warmth of our loving.

It is safe to get close. It is safe to become known. You're well worth getting to know. In fact, you are hot stuff, precious and lovable through and through. What's not to love? It's all God, and God don't make damaged goods.

Scott Kalechstein Grace is the author of Teach Me How To Love, as well as the YouTube viral video, If Dr. Seuss Studied Eckhart Tolle. He is also a counselor and coach, a modern-day troubadour and inspirational speaker. He lives with his partner and daughter in Marin, CA and loves presenting at conferences, giving talks, concerts and workshops. In his phone counseling practice, he is a relationship specialist, helping individuals and couples transition from drama and pain to having conscious and peaceful relationships. Visit www.scottsongs.com to buy his book, hear his talks, or sample songs from his nine CD's. Send him a holler at scott@scottsongs.com to receive writings like this one on a semi-occasional basis.

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IT'S NOT ABOUT US!

Reconnecting with the Web of Life

By Jack Allis

Now that we're a few months into 2012, and less than nine months from the much bally-hooded December 21, 2012, it's time for another shift update. In my world, this topic is so hot that there is now significant information overload. I just recently attended the Los Angeles Conscious Life Expo that featured a huge stable of so-called experts on the shift. I was struck by how much information the average person had about this in their head, while at the same time, not knowing what to do with it, particularly as it pertains to the part we play.

In these circles, people seem to have a basic understanding about a few aspects of the shift. They understand that the shift is an age of monumental transformation for our world and for us as individuals. And they understand that this is a process, taking place over time, as opposed to a single big-bang event, and this process has already begun. The shift is happening, and we're in its midst.

People also seem to accept that there is nothing etched in stone about 2012. There is the possibility that our sick world could limp along for a few more years. Or... it could come tumbling down tomorrow. We simply don't know.

As for the experts, let's not forget that the New Age is potentially a serious threat to the established order. Like all such mass movements, it is littered with disinformation, planted for the express purpose of keeping us off track. Shocking and reprehensible, yes, but a common feature of our world.

I also noticed at the Expo that most people seemed to lump all the experts together, and assume they were saying more or less the same thing. Nothing could be farther from the truth. This is particularly true for the difference between the New Age

perspective, as expressed by so many white folks, and the indigenous perspective, such as the Maya and the Native American traditions.

Over the last few years, I have been blessed to experience the indigenous perspective directly through my association with Mayan Wisdom Keeper Tata Erick Gonzalez and the community he founded and leads, Earth Peoples United (www.earthpeoplesunited.org). Understanding these differences can be very helpful in understanding the true meaning of the shift, and most importantly, what we are called upon to do at this momentous time.

One major difference is that the indigenous understand this is not about us. In most cases, the message of the New Age folks focuses on helping people achieve the life they desire, including health, happiness, personal empowerment and manifesting prosperity in hard times. In short, it's all about us. We come first. This is a tragic error, and one of the reasons our culture cannot sustain itself.

The indigenous understand that we are not the most important thing in the world. We are but one part in a much larger web of life, in which everything is energetically connected to everything else, and every part shares energy for the purpose of serving the whole.

Our top priority, then, must be to serve the web of life. Everything meaningful we manifest in this world springs from this. And if we are going to co-create the new Earth at this critical time, this must be the primary source of our power.

Another key difference is how they view the transforma-

tion, or the collapse, of the old paradigm world. Everybody pays lip service to the fact that our old paradigm world is unsustainable, and it is destroying the very environment humans need to survive. Again, this is where agreement ends.

The difference here is between a soft landing and a hard landing (crash) for the collapsing old paradigm. In the New Age rhetoric, there is much more loyalty to our old paradigm world, and the assumption that much of it will make it through the transformation unscathed. Like Y2K, the shift will come and go, and there will be change, but things will continue on much as they are.

With the indigenous, there are no such loyalties. They see white civilization as a force that has plundered the Earth since its beginning, and with an agenda to exterminate all indigenous people and their spirituality. They see the old paradigm as fundamentally out of balance and rotten to its core because it has lost its connection with the web of life and its connection with spirit. In order to change, this world must be completely overhauled. This begins with its people, one at a time, awakening to their magical heritage as spiritual beings, and making the commitment to live that way.

The indigenous also have an understanding of the true history of our planet, and that civilizations have been coming and going far longer than recorded history tells us. After all, Atlantis is now at the bottom of the ocean, and it's not unthinkable that our world could face a similar fate.

So many of the New Age folks

know much about the shift, as in facts, dates, predictions and alignments. Yet, they know so little because this is not knowledge applied. It has become a head game, for the purpose of entertainment and distraction. With the indigenous, this same knowledge is a call to action.

They know that the time has come for the correction of the imbalances of our world. For a spiritual warrior, this means one thing. We must prepare — prepare ourselves physically by reassuming complete responsibility for our lives, and prepare ourselves spiritually through our prayers and ceremonies.

The New Age folks are waiting for something to happen and acting like they hope it won't, because they're not doing anything, except talk. The indigenous aren't waiting for something to happen, but rather are playing their part in making it happen. If we are to persevere in this great challenge, and co-create the new Earth, we must follow the lead of the indigenous, and prepare ourselves to play our part in reconnecting with the web of life.

Jack Allis is the author of the recently-released "Prophecy, Challenge & Blessing – Visions of 2012 & the Shift," and the DVD, "2012 & the Shift – the Power of Ceremony." His message focuses on these times of monumental transformation and how we can take advantage of this blessed opportunity to transform ourselves and our world. Jack practices what he preaches, living minimally and close to nature in a tiny cottage in Mount Shasta, CA. In his talks and workshops, he also shows people how to practice and enhance their spirituality through the use of ceremony. Learn more at www.jackallis.com

Listen to all, plucking a feather from every passing goose, but follow no one absolutely.

— Chinese proverb

I Validate You, You Validate Me

By Julie Hoyle

Several years ago, when my husband and I lived in New Providence, the capital island of the Bahamas, we rented a charming wooden cottage with a sweeping vista of the ocean from a sweet, elderly man who was 88 years old. Our landlord Leslie lived alone in an elegant house next door and I made it a habit to visit him each day, after arriving home from teaching at a local high school.

Leslie was very lonely and my heart would ache for him. Having lost his wife years earlier, he was a sad, wistful figure, who would spend the day sitting with the front door open, gazing out at traffic and wondering where all his friends had gone.

While I felt sorry for his situation, I was acutely aware of *why* people had stopped coming by.

You validate people's lives by your attention.

Leslie could barely hear a word anyone said and, as a consequence, my visits would consist of raising my voice to the highest level possible, which would leave me hoarse and physically drained.

One afternoon after making tea and settling down to attempt to communicate, Leslie started by labeling himself "a silly old fool" and then related an incident I will never forget. As the story goes, Leslie flew to Grand Bahama Island to spend the weekend with his son Derek. When it was time to leave, Derek took Leslie back to the airport, checked him in, and said goodbye.

In the departure area, Leslie was unable to fully hear an announcement. Rather than making inquiries, Leslie followed a group of people moving toward the gate and, relying on a steward to correctly check his ticket, he boarded the plane. However, much to his embarrassment and dismay, Leslie later realized the plane was touching

down in Miami, rather than New Providence.

At different times in my life, I have been each character in this story, deaf to what others have been trying to tell me, unable to articulate my needs, and woefully inattentive and distracted. The source of these common issues begins in childhood. When we are born

into families where those closest to us are not "present," we become accustomed to being unacknowledged, and in turn we do not know how to be attentive to those around us.

As a consequence, we find it difficult to be ourselves and impossible to express our needs authentically. The pain of feeling unheard and by extension "unseen" runs very deep in our psyche. It represents lost aspects that we keep trying to find.

In support of our search and unspoken desires, we project our needs onto everyone around us, thinking they should intuitively "know" what we want, which is particularly problematic in personal relationships and is high

on the list of why so many marriages fail.

By contrast, when we are in alignment with our truth, those needs dissolve. Instead we can be present and attentive and without even having to say anything, our *state* does the work. Then we naturally invite others to be themselves and have the courage to access their own authentic voice.

We are inextricably woven together. I reflect you. You reflect me. When we understand this, we can be watchful about where we are, in response to where our attention is and engage in self-inquiry. We can ask:

- Am I honoring all aspects of my life?
- If not, what is out of balance?
- Am I giving everyone in my world the gift of attention?
- If not, why am I distracted?
- Is there something or someone calling out for validation?

When we have the courage to be present and attentive, we are inviting healing into our lives

and into the world at large. In this way, we can be vigilant and ready to enlighten ourselves to the consciousness of unity, no matter how it appears.

Whether it manifests as disharmony in a relationship or discontent at school or work, we can learn to accept *what is* and honor and love it all. Ultimately, everything and everyone is here to reflect where we are *in or out* of balance and to bring us back to the truth that at the core of who we are, we are one.

In this way, when you honor and validate your life and your world, you honor and validate me. And the reverse is true. When I commit to being present and attentive, I am living with the awareness of unity consciousness, which ensures I am living as an embodiment of freedom, *and so are you.*

Julie Hoyle is a spiritual teacher, author and transpersonal hypnotherapist who lives on Grand Bahama Island. Her life-changing spiritual awakening is detailed in her best-selling book, An Awakened Life: A Journey of Transformation and she works internationally offering spiritual counseling, soul purpose readings and online courses at: www.truealignment.org



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Five Essential Steps to Healthy and Fast Weight Loss — (Part 1)

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

Once upon a time, I was called “little pig” because I was only five feet tall, and I was 50 pounds overweight! In addition to being overweight, I also suffered a cluster of health issues such as mind fog, chronic fatigue, depression, sugar craving, arthritis-like aches and pains (fibromyalgia), eczema, athlete’s foot, etc. At that time, nobody knew what I had. When I look back, I realize what I had was a severe case of yeast and parasitic infection!

It took me a total of six years to figure out how to lose those stubborn 50 pounds, and became physically and mentally fit. In this three-part article, I will condense my life-long journey into five simple steps for you to achieve healthy and fast weight loss in just a few weeks.

Step 1: Understanding the cause(s) of overweight condition:

Major causes of being overweight include poor dietary habits, yeast and parasitic infections, thyroid dysfunction, psychological stress and spiritual imbalance.

(1) Poor Dietary Habits:

As stated in my book, *Healthy & Tasty: Dr. J’s Anti-Yeast Cooking*, an average American eats 120 pounds of sugar per year. From birth to age 70, on the average, an American eats eight cows, nine pigs and 15,000 eggs.

A well-balanced diet should

contain less than 20% fat, less than 20% protein and more than 40% complex carbohydrates. Excess intake of fat, protein and sugar can turn into over-storage of fat. Americans also tend to overeat or not to eat at regular hours. Some skip breakfasts and others have big meals right before bedtime. Irregular hours and portions can confuse your biological clock and jeopardize your metabolic function.

(2) Yeast and Parasitic Infections:

Yeast and parasitic infections are misdiagnosed and improperly treated by most medical professionals. In addition to all the symptoms from head to toe such as foggy mind, allergies, Attention Deficit Disorder (ADD), chronic fatigue syndrome (CFS), low energy, immune deficiency, arthritis-like aches and pains (fibromyalgia), skin rash, vaginal yeast infections, male yeast infections, anal itch, fungal nails, depression, anxiety, loss of sexual interest, etc, an overweight condition can also persist.

Yeasts and parasites can creep into any part of your body, especially sites which are weak to begin with. For instance, if your thyroid gland is weak, then opportunistic yeasts and parasites can particularly affect your met-

abolic function and cause further deterioration. If yeast and parasitic infections are not treated,

the weight problem will persist. Some clients complained to me that they gained weight even if they just drank water! Even though they may not have been as innocent as they portrayed themselves to be, there is

some degree of reality in their complaint. The fact is that it is very difficult for them to lose weight, no matter how hard they try.

(3) Hypothyroidism:

Severe hypothyroidism manifests symptoms such as obesity, constipation, dry skin, cold intolerance, hair loss, puffy face and mental retardation. Contributing factors include congenital and environmental. The latter includes poor eating habits. Constant excessive consumption of sugar causes overwork and exhaustion of the thyroid gland. On top of that, untreated yeast and parasitic infections will further weaken the thyroid function.

(4) Psychological Stress:

Some people thrive on chaos. They tend to manage to be in constant crises. Because they are used to a dysfunctional behavioral pattern, they feel anxious or uncomfortable if their lives are peaceful. Somehow they have to create a situation in which their frantic behavior can be justified.

People who are not able to manage stress effectively tend to indulge themselves in emotional eating. Food is a symbol of love and comfort across cultures, especially for those who associate food with parental approval, love and attention.

(5) Spiritual Imbalance:

As I stated in my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, “Many overweight people suffer from spiritual imbalance because they carry a great deal of ‘unfinished business’ on their shoulders. In most cases, they crave approval from their parents. Some are angry and hurt because they were abused sexually, mentally or physically during their childhood.”

The predominant emotions are anger, resentment, grief and regret. Some even feel sorry for themselves and feel their negative feelings are well justified. Usually they are unclear about the purpose of their existences. They tend to “live to eat,” instead of “eat to live.”

Understanding the causes for your overweight condition will help you focus on the issues you need to work through. Usually there is a combination of causes. Therefore, if you want to achieve a long-lasting result in weight loss, you need to employ a holistic approach to balance your body, mind and spirit.

In the next article, I will discuss how you can develop a Weight Loss Meal Plan and use a Chinese herbal therapy to cleanse yeasts and parasites and boost your metabolism. Stay tuned!

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

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The Miracle of Focus Self-Ascension in Action!

By Sri Ram Kaa and Kira Raa

Why do some people seem to have all the luck while others seem to flounder?

What is the magic that allows one person to succeed while another fails?

That magic is the gift of the Miracle of Focus!

For the past several months the Ascended Masters, the Archangelic realm and even the Mayan Elders have been sharing the same important information:

When we focus our attention and energy, miracles happen!

Our world offers us so many varieties of information that the ability to focus has become challenged. Even the length of this article will affect your ability to focus upon the message being presented!

It's a fact that the human attention span is now about 9 seconds! Additionally, frequent visits to the internet for "surfing" will reduce that attention span. It is fascinating to note that the attention span of a goldfish is also 9 seconds!

In a fast-paced, 24-hour news cycle environment, many are being conditioned to no longer focus on one thing for any duration. Did you ever wonder why?

The reality is that when you stop focusing and allow distraction to be your focus, abundance disappears. And for the moments that you do capture abundance, it is soon lost as the cycle of non-focus will interrupt it. Over and over again.

Abundance is much more than financial. Abundance is your soul's nature. You are naturally abundant. It is only within the world of illusionary density that we believe abundance has a singular manifest form.

Your abundant nature is manifesting with every action... every day... every moment!

Abundance takes orders from your focus and therefore gets

exercised regularly. However, when you become abundant in the ability to create distracted energies, your life experience actually deteriorates.

You might already be familiar with that person who can tell you everything about everything; and usually with great authority. Yet, they are most often living in a less than optimal environment and carry their fair share of complaints alongside their vast wealth of perceived knowledge.

Or, perhaps the person who is able to lecture you on their well-researched knowledge of every spiritual concept "on the market." They are the same ones that will forward you the latest email that everyone is "talking about" as the absolute best thing... until the next day or the next email.

While at times fascinating, what these energies are saying at their core is simply this: I am distracted and unable to focus.

When the universe receives the message of distracted focus, then it complies by abundantly offering you the life experience of distraction and lack! This is the cycle that constantly seeks without richly experiencing. It is the energy that keeps you trapped.

What if you allowed yourself to fully focus on just one way of being?

What would happen if you honestly focused upon the mastery of a way of living that supported you abundantly?

What if you allowed it to actually be simple?

The truth is that when we say "YES" to one way of living, we send a signal to the universe

that says I AM READY... and the universe responds. Instantaneously and Abundantly!

To live with sincere focus doesn't mean to live with the

judgment that only one way is the right way. Nor does it mean that you become unavailable to growth.

What it does mean is that you have a clear direction. This clear direction is anchored as your daily journey without the need for distraction. Focus offers you the spiritual tenacity to continue the journey even when the moment may seem challenging.

Focus is the gift of mastery through the presence of awareness.

Perhaps it is simply waking up each morning and beginning the day with the Mantra of Self-Ascension. Reading a daily meditation, and then taking in that first deep soothing breath. Imagine your day when it begins with the clarity of focus that says to the universe, I AM here, I AM ready, I AM open, Guide Me!

Focus does not need to seek answers from another or discover the latest email buzz. Focus allows us the spaciousness and the soft smile of knowing all is in divine order. It is trust that the abundant nature of our soul is expanding with unconditional love and universal support.

As we all delve deeper into the expansionary energy of 2012,

When we restore peace within ourselves, we have a chance to restore peace with others.

—Thich Nhat Hanh



focus has come to the forefront. Whatever you focus upon will expand, and in ways that it has not ever expanded before!

You are being called to make the greatest decision of all!

What is it that I choose to focus upon?

The experience of your life will reveal itself based upon your answer to that question. And, we are witnessing miracle after miracle of those who have chosen to focus upon Self-Ascension.

The power of focus and the gifts of Self-Ascension are available to you right now. If you choose to take the plunge and focus, then you might just be delighted at the miracles ready to manifest in your life... this very moment.

Every moment we share the beauty of our focus we strengthen our resolve to universal abundance and harmony. Now it is your turn!

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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

Please see her article in this issue.



Discover Art & Culture in San Antonio

Article & Photos by Ann Nelson

San Antonio is a colorful city with a distinct personality and a festive flair! It is well known that Mark Twain classified less than a handful of U.S. cities as “unique.” According to Mark Twain, these “unique” cities included Boston, New Orleans, San Francisco and San Antonio.

Colorful photographs highlighting hundreds of lively umbrellas dotting the river walk have intrigued me for as long as I can remember. When I had an opportunity to visit San Antonio, I jumped at the chance in less than thirty seconds. I love water, walking, culture, art and history. After a few days of exploring and looking into the nooks and crannies, I found the soul of this city is truly built on the foundation of its history. Artifacts found in the region indicate there were people living here 11,000 years ago.

The river walk, in itself, was even more impressive than I had imagined.

Thirty-five bridges cross along the river and they are all different. Cobblestone and flagstone paths border both sides of the river that winds twenty feet below the streets of downtown. The walk here is engulfed in nature with a path encompassed in giant cypress, palm trees, and tropical plants filled with color.

Brightly-painted boats offer tours along the scenic waterway, creating a true urban masterpiece in the heart of the busi-

ness district. Many different aspects of history and culture are woven into this captivating and easy-going city. This is reflected in many of the cafes, restaurants, shops and historic hotels that surround the river front.

A \$384 million river walk expansion and restoration project is presently in progress and will lengthen the walk from 8 to 15 miles. In addition to enhancing the hiking, biking and paddling aspects of this destination, the project will reintroduce native plants, enhance aquatic habitat and reconnect cultural and historical features of the river.

My home base in San Antonio was Hotel Havana. Built in 1914, this hotel was oozing with character, charm and the elegance of the old world. I spent mornings sitting on the deck of the Ocho Lounge sipping my coffee and enjoying the endless parade of the fabric of nature and people along the river. The hotel reflects the Latin influence of the Caribbean and is listed in the National Register of Historic Places.

The Alamo is often referred to as the soul of San Antonio and is certainly a standout in our national history. The 1836 battle became permanently etched in history when 189 Texans, including the infamous Davy Crockett, fought for independence from Mexico, turning The Alamo into a fortress and holding off some 4,000 troops for 13 days. An old mission church now serves as a shrine to those who died here. The three-acre site deeply touch-



Hotel Havana

es the emotions of all who visit, including mine.

San Antonio's culinary scene is said to rival those of much larger sophisticated, cosmopolitan cities. The Culinary Institute of America, located on the river walk, has made its mark here with exciting competitions that include The Iron Chef-style Paella Challenge. Attending this event gave us an exciting chance to talk with culinary masters from all over the country, including Bravo's Top Chef Texas contestants.

Some of my favorite San Antonio restaurants were Mi Tierra and TreTrattoria. One night we had dinner on a floating barge while cruising down the San Antonio River at the river walk. A trip on the river barge is a must! There is not a better way to experience the colorful and open heart this city offers.

The art scene in this town is huge and just as vibrant and flamboyant as the colorful umbrellas that line the river walk. The cultural diversity is reflected in this creative patchwork of art that is inspired by the city. San Antonio was listed in the May 2011 issue of American Style Magazine as one of America's top 25 cities for art.

Art is everywhere, from La Villita Historic Arts Village on the south bank of the San Antonio River, to the SoFlo (South Flores) Art District just south of downtown and San Antonio's West Side featuring Mexican-American art with large-scale murals by well-known artists David Blancas, Mike Roman and many others.

The spirit and energy of San Antonio offers a perfect opportunity for artists to learn, exhibit and interact. Artpace San Anto-

nio is an example of what is going on here. Artpace focuses on the artistic process and in reality is a laboratory for the creation and advancement of international contemporary art. International Artist-in-Residence program and exhibition programs are offered throughout the year.

Taking the river barge to visit The San Antonio Museum of Art was a perfect way to spend an afternoon. The museum, housed in the historic 1884 Lone Star Brewery, is home to 25,000 pieces of art and antiques representing 5,000 years of history from cultures around the world.

Culture and art are everywhere in San Antonio. During my stay, I went to a live International Aerosol Graffiti Festival. Artists from around the country were creating large-scale murals on the expansive outer walls of the Backstage Live building. The excitement and commitment they were showing through their art came through even during a rainy afternoon.

The Historic Market Square-El Mercado is the largest Mexican market in the U.S. and sells everything from arts and crafts to roasted corn. The 96-year-old 20-acre Pearl Brewery site was one of my favorite places to visit and saved from the wrecking-ball by a community that

deeply cares about preserving its culture. Today the property is home to Pearl Farmers Market, fabulous restaurants, live-work lofts and The Culinary Institute of America.

Luminaria Arts Come to Light is a one-night event that brings together and showcases artists from architecture, dance, media arts, literary arts, theatre and street performers. All this takes place outdoors at HemisFair Park and features nine performance stages, three galleries and over 20 site-specific installations.

San Antonio is a city with a huge heart and home to many people who have cared enough to preserve its history and culture. It is an inspiring place to visit and a city that I definitely want to come back to.

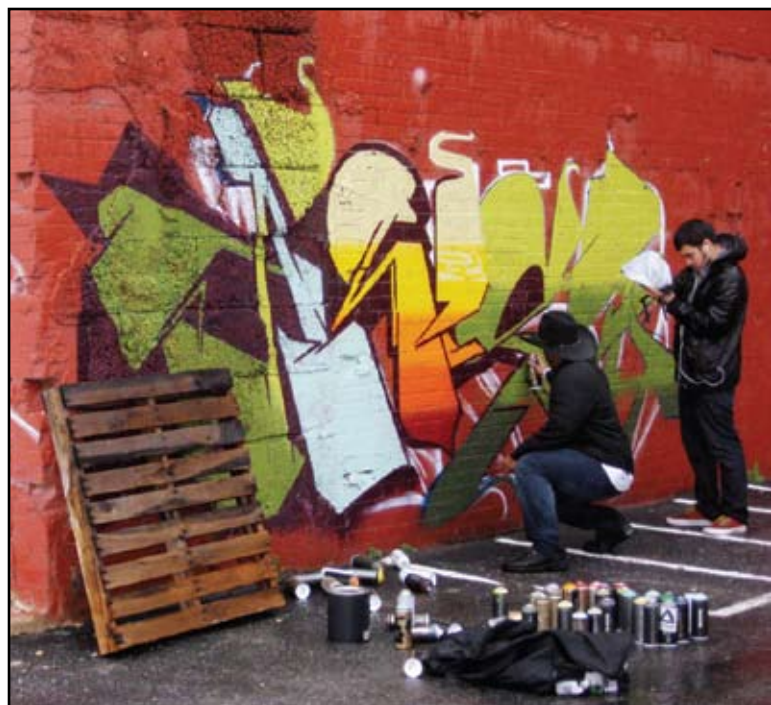
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Ann Nelson is a freelance writer residing in San Diego, CA.



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Open the Aloha Portal June 5th with the Elders

By Chet Snow

This year 2012 is unlike any other. Great cosmic changes are afoot. Indigenous peoples around the world, including the Mayans, predicted these times in awe and wonder as they foresaw our solar system's alignment with the Galactic Center's "Womb of the Mother" and the **Venus Transit**.

We are on the cusp of a Great Shift of Ages or passage from one "World" to another and, especially in this season of rebirth, what we think, say and do will have major consequences across what the Pleiadians, channeled by *Bringers of the Dawn* author, Barbara Marciniak, call "the Lines of Time." This unique cosmic event will not return for at least 26,000 years.

Everyone reading this has volunteered to be alive at this powerful moment to reinforce the Forces of Light, cooperating together to birth a New Era for all humanity. I believe the fast-approaching May 20-June 6 "cosmic window," punctuated by the Venus Transit when the Sun, Venus, and Earth line up with the Galactic Center's womb, is the most important moment of 2012. By December 21, the die will be cast and we will be moving forward into the next "World" we have created by our thoughts and actions.

In 1989 I sub-titled my book, *Mass Dreams of the Future: "Apocalypse or Global Spiritual Awakening? The Choice is Ours."* NOW is the Time to Choose. What we do at this crucial time will ripple across the Ages — imagine its impact! When what the channeled, time-traveling Pleiadians call this "Nanosecond" (1987-2012) is over and we look back on our lives, will we be proud to have acted in love and cooperation, regardless of personal cost?

As always, whenever the stakes are high, the Universe offers us choices. That's the blessing of this realm. Please choose wisely! My wife Kallista and I earnestly urge all Light-workers to join us at the **Aloha Wisdom Gathering of the Elders** in Kona, Hawaii, June 2-6, during the Venus Transit.

Grandmothers Agnes Pilgrim, Flordemayo and Mona Polacca, representing the *Council of 13 Indigenous Grandmothers*, along with Hawaiian *kupuna* Auntie Pua Mahoe, other Pacific Elders and ancient crystal skull **Synergy** will spend 4 amazing days, culminating in Sacred Ceremonies during the Venus Transit.

The Transit will be 100% visible in Hawaii for six hours on June 5, setting our intention to create a positive, sustainable fu-

ture for the next 7 generations. These wise Elders, donating their time and sharing their sacred teachings as never before, need your participation and support.

We urge all Light-workers to join us and the Elders in Hawaii in June — **it's that important**. See www.4dwisdom.org/aloha.html for details.

Learn more about this critical time from Auntie Pua and me on youtube: <http://www.youtube.com/watch?v=EdiAV4IURO0>

Cannot come to Hawaii?

Join the **Global Circle of Light 2012** — people who will support the Elders & Venus Transit Ceremonies in Hawaii and participate locally during Venus' 6+ hour transit, when solar and galactic energies must pass thru Venus to reach Earth.

Everyone who joins this effort is asked first to give a tax-deductible donation to the *Four Directions Wisdom Society, Inc.*, a 501(c)(3) recognized nonprofit, which is sponsoring the **Aloha Wisdom Gathering**. We request at least \$25. If possible, please give more generously; these are critical times. Money is Energy (Chi) and if we all give even a small amount to support the Elders' Ceremonies in Hawaii, our Chi will multiply their work, opening what Hawaiians call "**The Aloha Portal**."

All funds raised beyond *Aloha Wisdom Gathering* expenses will be donated to the Elders, or used to create events to help preserve and share Native Wisdom Teachings for the Future. This event is not about personal profit but about Responsibility, Respect and Paying Forward. Serious work is intended and will occur in Hawaii.

Go to www.4dwisdom.org/donate.html to donate via Pay Pal or mail a check to P.O. Box 1404, Sedona, AZ 86339. All donations of \$25+ will get a letter from the Society for your 2012 USA Income tax return. Then, invite your friends to support the Elders in Hawaii and plan a local Venus Transit Ceremony with the intention of choosing a Positive Sustainable Future for the next 7 Generations and beyond. With the Elders, we will coordinate timing with you by e-mail before June 5. E-mail: cbsnow@npgcable.com. Like our Facebookpage: www.facebook.com/4DWisdom#!/AlohaWisdomGathering2012

Thank you. *Mahalo* for supporting these wise Elders at this time of choice for humanity.

Together, we can become what the Hopi call the "**Ones we are waiting for**."

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- Spirituality & 12-Step Recovery Celebration with Father Leo Booth: Sunday, May 27 ~ 7 pm

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Our May intensive will be May 19-20, "Connecting the Golden Thread of Ancient to Now." The evening "The Call of the Ancient Ones" is May 18. The intensive will be in Lander, WY. Call for more information.

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Interpersonal Conflict: A Bridge from Separation to Union

By Ken Dvoren, LMFT

When we view the conflicts in our life and the world, we see anger, fear, distrust, attack, counterattack, emotional and physical injury, even death. No wonder we avoid it at all costs. But avoiding conflict has its own price. By refusing to take risks, we stagnate in superficial and inauthentic relationships.

What are our choices besides avoidance? If we do not feel equipped to deal with conflict, we may deny our own needs and accommodate the other person. Our self-esteem will suffer, and we may become quietly resentful. This resentment often emerges as passive/aggressive behavior, which undermines the viability of our relationship.

If we believe in ourselves and our abilities, we may have the confidence to compete when conflict arises. We may even win the competition, but often at the expense of the other person and the harmony of the relationship.

As we mature, and see the folly of avoidance, accommodation, and competition, we may choose to compromise when managing conflict. We attempt to be fair and are willing to give something in order to get something. While this can be modestly effective, we experience little joy in the giving as it is only the return on our investment that has value for us. Subtle resentments can easily attach themselves to such gifts.

We may eventually consider collaboration. Collaboration is neither passive (accommodation) nor aggressive (competition). It differs from compromise in that when collaborating, each person views the other's needs and interests as not only equally important but also worth knowing, understanding, and appreciating.

Possible outcomes are contemplated not from a separate place but from a shared space. Both parties know that neither

can win unless they both win. So why don't we collaborate? Because it takes time, patience, and communication skills that we were never taught. If we apply ourselves, we can learn to express ourselves assertively without the frustration and anger that can escalate the conflict.

We can take responsibility for our own feelings instead of blaming the other and experiencing ourselves as a victim. We can learn the underrated act of empathetic listening, so that we can listen without defending, judging, personalizing, or rescuing.

When we take the daring step of temporarily putting our own needs aside to really listen to the other, a remarkable event occurs. We transcend our separate boundaries, and our identities become unified instead of divided. We are now allies instead of adversaries, and attack the problem instead of each other. We recognize the shared

values, needs and interests that lie beneath the positions that had previously divided us. From this new perspective, giving and receiving are indistinguishable, and we realize in meeting the needs of the other we will be simultaneously meeting our own.

Conflict can separate, frustrate, confuse, antagonize and alienate us. Or it can be a bridge, that does appear shaky and tenuous at first, but that can ultimately be traversed with skill, integrity and dignity. Conflict is actually the ideal opportunity to heal the wounds of our relationships, and transform them and ourselves in the process.

Ken Dvoren is a Marriage and Family Therapist in Santa Monica. His gift is to be with you in such a profound way that you are welcomed to be with yourself, and finally, Be Yourself. Embracing difficulties instead of avoiding them heals a fundamental sense of separation, so you enter relationships already whole, seeking companionship, not completion. Contact him at (310) 396-8280 or through his website: JourneyToOneSelf.com

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MUSIC Reviews

By Michael Diamond



STEVEN HALPERN

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In a career spanning over 35 years, ambient music pioneer Steven Halpern is still going strong with his latest CD, *Deep Theta* which debuted on the Billboard new age chart at number 9. This is no small achievement, being the first album of its kind to place in the top ten of the prestigious Billboard chart.

The sub-title *High Coherence Soundscapes for Meditation and Healing*, alludes to the fact that the focus is to help entrain the brain waves of the listener into the 'theta zone,' which is the second slowest wave pattern, characterized by deep and blissful relaxation. Utilizing his trademarked *Aural-Sync* technology, the music is further enhanced with subtle sound waves in the theta range.

Deep Theta can also be enjoyed purely as a recording of exquisitely beautiful music, with the classic dreamy sound that many people have come to associate with him from his many recordings. One of the distinguishing features of Steven's music is the way non-linear time, space, and silence, are integral parts of the music. *Deep Theta* is a unique meditative journey that blends science and sound to set the tone for deep relaxation and well-being.

DARLENE KOLDENHOVEN

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While you may or may not immediately recognize Darlene Koldenhoven by name, you may have heard her voice as the featured soprano soloist on *Yanni — Live At The Acropolis*, which has been seen by over 1.5 billion viewers on PBS, or perhaps in her role as the tambourine-waving choir nun and real-life vocal coach/choir director for the films *Sister Act* and *Sister Act II* with Whoopie Goldberg. Other possibilities include The Academy Awards and three American Idol specials.

The major artists she has performed or recorded with include: Barbara Streisand, Celine Dion, Rod Stewart, Neil Young, Ramsey Lewis, The Chicago Symphony Orchestra, London's Royal Philharmonic, and my favorite, Pink Floyd on their "Momentary Lapse Of Reason" recording, for which she received a Platinum Album.

Given the extraordinary range of her musical resume, it is hardly surprising that this album showcases that diversity, encompassing classical, opera, pop, rock, world music, and more. Accompanied by a host of world-class musicians, Darlene Koldenhoven shines not only as a virtuoso vocalist, but also as a composer, arranger, orchestrator, and instrumentalist. *Solitary Treasures* is a masterpiece by one of the most truly remarkable vocal talents I have heard in quite a while.

MICHAEL BRANT DEMARIA

Bindu

www.ontos.org

Bindu, the fourth CD in Michael Brant DeMaria's *Healing Sound Project* marks a subtle yet intriguing directional shift musically. While his previous releases have reflected an earthy connection with the natural world, this

album explores our inner nature with a more introspective ambience, though not surprising for someone with 30 years as a practitioner and teacher of meditation. And speaking of previous releases, Michael's *Gaia* CD was not only nominated for a Grammy in 2011, it made it to the final round for Best Album in the New Age category.

Bindu begins on a rhythmic note, while track 2, "Journey Within," lives up to its name as we enter an ambient soundscape of spacious electronica, choirs, and echoed bells. From this point on until much later in the album, we are journeying through musical dimensions where sonic textures and atmospheres take precedent over rhythms, reminding me of the kind of music often heard on Hearts Of Space or Echoes radio programs, and often taking on the feel of a shamanic journey.

As psychologist, author, and speaker, Michael has a keen sense of music's healing effect, which is elegantly embodied in his latest release, as it is in all his music.

VARIOUS ARTISTS

Sounds from The Circle IV

<http://newagemusik.ning.com/>

The New Age Music Circle is an online community with over 1200 recording artists and fans. For four years in a row, they have put out a compilation of member's recordings and made it available to press and radio programmers on a 40 song MP3 disc as well as to the public as an iTunes playlist from which they can download individual tracks.

The compilation is the work of new age music pioneer, Suzanne Doucet who is also the creator and organizing force behind the community. Also contributing to this project is Beth Ann Hilton, a well-known LA music publicist.

The music on the compilation is quite diverse and covers many New Age sub-genres including meditation, nature, solo piano, vocals, electronic space music, chill, and more. There are too many tracks to go into detail here but suffice it to say that there is some absolutely wonderful music that will appeal to

a wide range of tastes.

One great thing about it being available as iTunes downloads is that the listener can preview any track individually and decide which ones they would like to purchase for 99 cents each. A link to the playlist can be found at: <http://newagemusik.ning.com/>.

TIM WHITE AND JOE PAULINO

inhale slowly

www.inhaleslowly.com

With a title like *inhale slowly*, it wouldn't be unreasonable to expect an album of serenely spacious music that is perfect for relaxation, meditation, yoga, tai chi, or massage. And that is exactly what it is — an hour and eight minute oasis of calm that is available 24 hours a day.

The creative source of these tranquil tracks is Tim White, on bamboo flute, guitar, sitar, and esraj, and Joe Paulino who plays piano and synthesizers. The music was originally created as an accompaniment for guided imagery projects, after which, according to Joe, "we re-arranged our compositions as pure instrumentals, freeing them to speak their own truths."

This album consists of five lavishly lengthy soundscapes — three in the 17-minute range and two are approximately 9 minutes each. These expansive excursions provide lots of breathing room, so to speak, for cultivating deep inner states. For me, the sound of the sitar evokes a mystical air, and it was interesting to hear it in a setting that was more freeform than the highly-structured context of traditional Indian music.

These two musicians have a wonderfully supportive rapport and the interplay of the various instruments offers a nice blend of multi-cultural influences atmospheric ambience.

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

By Sonia von Matt Stoddard



WISHES FULFILLED

Mastering the Art of Manifesting
By Dr. Wayne W. Dyer

Change the concept of your higher and highest self by establishing the basis for what this author calls *Wishes Fulfilled*. Through five "Foundations" beginning with first recognizing your higher, all-loving, all-embracing source of self, we progress to consider a much higher, or highest self that is attainable.

This is often a "self" that is not something you would think about claiming, but you can work on it every day, and it will make itself known. Learn how to become an active part of building yourself to the next level.

We begin by engaging our imagination, to live in the present and enjoy each supreme reality that is the here and now. You can expand that innate inner magnificence that may automatically manifest, without consciously trying to analyze your spirituality. Moving on to recognizing the intentions of choice, like the pursuit of self-healing or happiness, we can allow our subconscious mind to sort these things out while we sleep!

The final chapter brings it all together with seven questions to contemplate and explore, that will assist you in achieving that immensity which your soul is seeking.

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

LETTERS TO ZERKY

A Father's Legacy to a Lost Son and a Road Trip Around the World
By Bill Raney and JoAnne Walker Raney

Few of us have had the opportunity to travel throughout Europe without specific time-restraints of a vacation or job

assignment. The authors took every opportunity to record each and every event in such detail and drama, so that we feel like we are traveling right along with them.

From Germany to Switzerland to Iran, Nepal and India (to name a few) and back again, the heart of 1960s Europe is here for us to witness. In an era before global terror alerts and increased travel restrictions, the travelers can easily pass from town to town, country to country, virtually uninhibited.

Connections are made with local families and children, with many touching human-interest situations chronicling travel across Europe with the intention of providing a true and living testament to history, exotic places and an era gone by.

Written in sections where letters come from the destination, you will be immediately drawn into a beautifully-described landscape, as illustrated in detail and find yourself immersed by the vibrant cultures of other worlds and lands.

Published by Nickelodeon Press, book is available at your local bookstore or www.LettersToZerky.com

THE SOULMATE EXPERIENCE

A Practical Guide to Creating Extraordinary Relationships
By Mali Apple and Joe Dunn

A relationship with a soulmate comes around more often than you might imagine. The challenge is to first be open to recognizing that person and being available and able to attract them into your life.

Whether you are looking for a partner, or already have one, this book contains tools you need to create and then nurture a relationship that is fully connected and continues to thrive. Transform individual experiences into those that can be shared with your partner and that will enable you to transcend today's experience.

The first part of this book deals with our personal transformation: changing our attitudes about our minds and bodies, and reducing the "baggage" we often hold onto. You can then work on making it easier to manifest a meaningful relationship.

The second part deals with cultivating those key elements that have been identified. Keeping our relationships, experiences and expectations alive, we are in a position to eventually transform the negatives

into positives that can be built upon yet again.

Published by A Higher Possibility, this book is available at your local bookstore or at www.TheSoulmateExperience.com

SOUL TO SOUL PARENTING

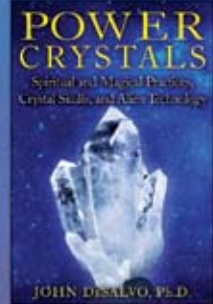
A Guide to Raising a Spiritually Conscious Family
By Annie Burnside, M.Ed.

Looking for some solid, proven tools to help you become the spiritual expert of your family? Learn how to lead your children to discover an authentic and divinely inspired universal connectedness in life. The conscious connection with one's true self cultivates authentic relationships and experiences for the entire family unit.

The author shares her experiences and practical advice based upon what has worked for her family. She believes that a spiritual shift is now occurring and it's more important than ever to take advantage of this opportunity to steer one's family toward a more enlightened path.

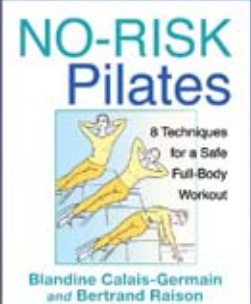
Conscious parenting invites expression without force. Encouraging children to ask questions will help to increase their spiritual perceptions and will perhaps help them to channel energy into soul nurturers themselves, and to their future


(Continued on page 32)



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BOOK Reviews

(Continued from page 31)

families. Each chapter includes section for contemplation and practice, such as family discussions, recognizing spiritual signs, engaging in family rituals, role-play and utilizing tools such as meditation, conscious breath, and music to enable the family to create their own dynamic.

Published by Wyatt-MacKenzie Publishing, Inc., this book is available at your local bookstore or www.wyattmackenzie.com

LOVE HAS WINGS

Free Yourself from Limiting Beliefs and Fall in Love with Life
By Isha Judd

Many of the limitations associated with finding a love to fall into have to do with our existing beliefs. In fact, they are so far ingrained in our being, that they are accepted as basic reality. Identifying and freeing ourselves from that foundation, especially when it is based on negativity, will provide us with the keys necessary to attain love, joy, peace and self-acceptance, without significant sacrifice.

Things are more fantastic-

ally wonderful than we ever dreamed! To start, we should take a proactive stance with a goal toward creating abundance and stop worrying about what is not going well.

In order to get to the next level, we need a mind makeover, where empty is the new full and our focus is on joy, staying in the present, finding our inner playful child and letting go and listening to what is in our hearts.

Illusions can destroy or tenable us to a powerful level of happiness and empowerment. With the tools we learn about, we can get there.

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

TEACH ME HOW TO LOVE (INCLUDES A 17-SONG CD)

A True Story that Touches Hearts and Helps with the Laundry

By Scott Kalechstein Grace

Who would imagine that selling laundry bags on a street corner in New York would lead to a

love lesson? Sometimes life has a pleasant way of presenting us with some of its best moments. It's up to us to recognize those, learn from them and find joy in their very existence.

Learning to follow your heart and trust your intuition, is a first step to finding what it is in life that motivates you and allows you to communicate and share your findings. The second step, after finding your voice, would be to express yourself in words as well as in song, after first eliminating any negative preconceptions.

The author shares with us his practical and often humorous stories of simple revelation, within our everyday lives. His stories are inspiring and thought-provoking. It is his hope that you "catch the flame" and "pass the torch" of your passion for love and life onto others so that they can also experience love in their own unique way.

Self-published by the author, this book is available at your local bookstore or www.scottsongs.com



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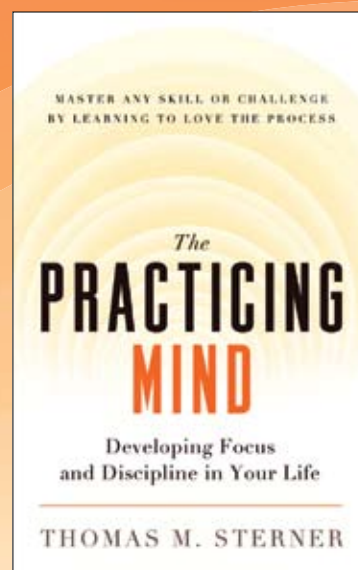
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—MICHAEL J. GELB,
coauthor of *Brain Power*

"Where does great performance really come from? Thomas Sterner knows — and he sees how profound the answer is."

—GEOFF COLVIN,
author of *Talent Is Overrated*



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also available as an ebook

KID'S Reviews

By Lyda Whiting

NOW I KNOW...

Written and illustrated by Sally Devorgine

Esme was only interested in herself. She didn't care much about anyone else, not her little sister, not her teacher, not the other kids at school. Then one night, her grandmother had a long talk with Esme. She talked to Esme about her mother, who loved Esme even when she was selfish. She talked to her about the many people who worked to build Esme's school.

She talked to her about all the people who worked in different ways so that there would be food on the shelves at the grocery store. Esme realized her life was connected to hundreds of other people. And now she could see how important they all were.

With full-page illustrations and a funny approach, this book invites children to think about how our lives are connected and enriched by other people. Based on the teachings of Geshe Langri Thangpa, a Buddhist master who lived almost a thousand years ago, this book brings ancient wisdom to children in a fun and modern way. For ages 4 and up.

Published by Chocolate Sauce, this card set is available at your local bookstore.

THE LITTLE LOTUS LEARNS ABOUT WELLNESS

Written and illustrated by Maryellen Murphy Ruggiero

The Little Lotus is not sure what "wellness" means. She has a lot of questions, and her wise mother patiently explains how she can take good care of herself. She can take care of herself physically by eating nutritious foods, exercising, and playing. She can take care of herself by spending time with friends and family, and talking about her feelings with them. She can take care of herself by learning and reading, and by using her imagination and creativity.

This book gently introduces children to the different things they can do to help themselves stay healthy in every way. Unlike other books on health, this one encourages children to include all aspects of self-care — spiritual, emotional, and mental — in their daily routine. The humorous and simple illustrations of Little Lotus will appeal to children while making the ideas concrete.

This book will empower children by showing them what they can do for themselves, and starting them on a path of taking excellent care of their whole being. For ages 3 to 7.

Published by Hip Healthy and Holistic, this book is available at your local bookstore.

ADVENTURES OF LITTLE HERBERT IN MUSHROOMLAND

Written and illustrated by Natasha Guruleva

Herbert wanted to be good at baseball, but he just couldn't hit the ball. The other kids made fun of him, and he felt alone and miserable. Then one day when he was practicing alone, he suddenly fell to the ground fast asleep. An evil wizard had put him under a spell.

When Herbert woke up, he was only a few inches tall, and a small mushroom named Bolly was talking to him. Herbert finds friendship and acceptance in Mushroomland. But soon, Herbert had to help his new friends save their home from the army of alien worms. Will all his battling practice help him defeat their leader, the Giant Slug?

This unusual book explores friendship and community by examining the world from ground level. It encourages children to see and appreciate the details of the natural world around us. The photographic illustrations are pictures taken by the author of the plush mushroom dolls and the intricate nature sets she creates. For ages 5 and up.

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

FLAGGIN' THE DRAGON

Written and illustrated by Grandma Light & AuthorHouse

Flaggin' the dragon was tired from his tail dragging. He set off to find a wagon to keep it off the ground. He asked Blue Jay, Gray Squirrel and Chipper the Chipmunk, but none of them even knew what a wagon was. How could Flaggin' ever stop

his tail from dragging?

Merry Mushroom suggests he find the wise golden fairy in the forest. But when he asks the way, Merry says he has to follow his heart. Flaggin' searches a long time but gets so tired that he falls asleep. In a dream, the Golden Fairy comes to him and tells the dragon that the solution is not a wagon after all. Flaggin' needs to remember something important — he can fly!

This book is about a journey of self-discovery and finding the answers within. The surprise ending and the rhyming text will make children laugh with delight. With simple full-page illustrations and a silly approach, this book encourages them to think beyond the obvious, and be creative and bold. For ages 2-5.

Published by AuthorHouse UK Ltd., this book is available at Common Ground Spiritual Center bookstore in Tustin, CA and on Amazon.com

OOPS!

We made an error in last issue's review of *One Simple Thing*. Email address is paula. onesimplething@gmail.com Her book is also available at amazon.com

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Invocation for Enlightened Love (In Light, In Love)

Dear God, Goddess, Masters, Archangels, Angels, Fairies, Elementals and my own personal Love Guides, I now ask for divine love to come into my life, sourced from a higher power with a higher mission to help the world enter this auspicious golden age on earth.

I know the universe has been serious with alchemical lessons for our power. The road as a light worker has been long and challenging. But great work requires a warrior spirit and now I see...

The law of attraction is truly for us, the "law of mastership" and what is needed for transformation of the soul, is brought to our door. Relationships too are a mirror to show me, me, and to burn purifying fire. Three questions now propel my heart to grow — What patterns, themes and characters keep repeating in my life?; Can I become what I want in another?; Am I ready for sacred love?

I promise to be brave in the journey to face myself truly. I commit to live in integrity.

I vow to be my best self. I surrender to guidance to remove all blocks and to open all doors of synchronicity.

In the light of the most high, I now invoke Pink Light from the Temple of Venus to fill every part of my body and soul. I breathe in this radiant pink light and feel the magic begin to circulate pink figure eights up and down my spine. I treasure the blessing.

I now create a sacred triangle to connect my heart to the heart of my twin flame and back up to source. A current of pink electrical light joins us, and sets our heart aglow. We are imbued with pink and diamond light and it is noted in the heavens and earth. Thank you universe for being my divine matchmaker at this time of twin flame joining. It is worth the wait. And so it is and so mote it be. 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 amazon.com

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People vs. The State of Illusion®

By Austin Vickers

I began my career as a trial lawyer and was always fascinated by the distinct aura and excitement in the courtroom. You eagerly wait for the judge to enter the room, at which point he or she takes their seat on an elevated stand. In the courtroom, the judge is God, and has all the power to make decisions that can literally affect every part of a person's life.

In the trial of life, we get to play the role of judge. Life presents a variety of ideas and options, from which we all must make judgments. Thus, the role of judgment as choice is necessary to the manifestation of our individual experience.

When judgments shifts, however, from an internal experience of choice to an external experience utilized to elevate ourselves above others, it becomes a tool of the ego, designed to help us feel more powerful by imagining others as less so.

As a tool of the ego, our judgments can quickly become unconscious, shifting from choices to regurgitations of predetermined thoughts that have been projected onto us by our families or culture. Living this way, we begin doing things we think we "should do," rather than using judgment as choice to fulfill the longings of our souls. Such judgments soon end up imprisoning us in a state of illusion and discontent.

However, hidden within the prison walls that restrain us are keys to their destruction. Like is often the case, I think nature can shed light on how to escape our prisons and deconstruct the state of illusion that many of us live within.

To the human eye, the spider web, although intricate in complexity, looks unremarkable in color. However, the strands of a spider's web actually exhibit extraordinary colors. They are not perceptible to us because

we can't perceive the frequencies of ultraviolet light they reflect.

These extraordinary colors are perceptible, however, to an insect like a fly, because their eyes are much more sensitive to ultraviolet light than our own. This is why an insect will fly into the web. The spider's web, one can conclude, was created more for the experience of spiders and insects, than for ours.

Likewise, a person or thing that may appear to someone else as colorless, to us may appear as an irresistible array of vivid colors to which we are wildly attracted. The reason for the difference in this perception, is not because of some implicit value in the person or thing being experienced, but rather because our individual souls each require a different experience.

Many of us, however, use such differences in attractions and perceptions as a tool of the ego, rather than as a defining tool of the soul. Applying our own judgments to the choices made by others allows us to unconsciously elevate ourselves and feel an illusionary sense of power. In doing so, however, we ignore the fact that the attractions and choices of others, despite how we might judge them, are necessary for their soul's experience, and not our own.

An important step towards deconstructing the prison walls of illusion is pursuing courageously your own attractions through judgment experienced as choice, rather than allowing judgment to become an external experience used to acquire inauthentic power.

When you can do so, place yourself squarely on the path to personal transformation.

Austin Vickers, a former trial lawyer, is a professional speaker, and the writer and producer of People v. The State of Illusion, a powerful new film on the science and power of imagination, is distributed by Samuel Goldwyn Films, opening in cities across the country. For more information, visit: www.TheStateOfIllusion.com To learn more about Austin Vickers, visit: www.austinvickers.com

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REFLEXIONS BELFLEXIONZ

By Robert Ross



on Aqua Aerobics

Discovering the Healing Power of Water

In the mid-19th century there was a popular revival of the “water cure” in Europe and the United States. Water was “in” . . . as a therapeutic tool. Popularized by books from noted physicians, spas and water retreats sprang up throughout the land. It was at this time that the term water cure was used synonymously with hydrotherapy. Hydrotherapy evolved into the word hydrotherapy.

When Mark Twain toured Europe and discovered that a bath of spring water at Aix-les-Bains soothed his rheumatism, he described the experience as “*so enjoyable that if I hadn’t had a disease I would have borrowed one just to have a pretext for going on.*”

Doc Holliday of Wyatt Earp fame, spent his last days in Glenwood Springs, Colorado, taking the waters (therapeutic hot springs) in an attempt to cure his tuberculosis.

The therapeutic use of water in the mid-19th century was merely a revival of a belief that dates back to ancient Egyptian, Greek and Roman civilizations. In fact, Hippocrates (370 BC) — known as the father of medicine — prescribed bathing in spring water for sickness.

Today we associate taking the waters or hydrotherapy with fancy spas, mineral baths, hot springs, whirlpool baths, or perhaps the sacred healing waters of places like Lourdes, in France.

But, there are other — less expensive — ways to “take the waters,” without going to fancy spas, or sacred sites. Some of these beneficial water treatments are as close as your neighborhood gym or pool.

VOICES FROM MY ARTICULATIO GENUS

Recently my arthritis starting speaking to me . . . as in, the knees were complaining after sitting in the car or at the desk for extended periods. And jarring movements to the joints brought an “ouch!” response. When I went to the doctor, I was given the usual for this type of malady . . . some pills and a steroid shot (Cortisone).

After time, the shot wore off and the pills were of little use. It was time to do some research. I ordered two books from Amazon: *Heal Your Knees* by Robert Klapper, M.D. & Linda Huey and *The Knee Crises Handbook* by Brian Halper, M.D.

After reading through both books, it became obvious that taking pills and getting steroid shots would at best, forestall the degeneration of the cartilage in my knees, and at worst — in the case of steroid shots — possibly hasten the degenerative process. ***Oh, the joy of modern medicine!***

Both books and multiple web sites stressed the need for exercise (low impact — to the affected areas) as a means of stopping and perhaps even reversing the degenerative process.

The body has a miraculous ability to heal itself, but it just needs a medium to foster this process, and a green light. The medium was going to be water. The green light was, in this case, deciding to “take the waters” at my local gym.

TAKING THE WATER

Water . . . yes, plain ol’ water would be the answer. Water, a pool, a bathing suit, and a class

called Aqua Aerobics, or Aqua Fit, or Aqua something . . .

Aqua aerobics is an exercise class which takes place in a pool (*duh* . . .). It can be designed specifically for people with arthritic conditions, or designed for the general population. The classes are usually an hour, with a warm-up period at the beginning and stretches at the end.

Unlike classic aerobics classes you might see while strolling past the gym, aqua aerobics is designed to give the same value, conditioning, calorie burning, etc. in a much safer — to the body — environment. This form of water exercise offers some unexpected extras . . . which I’ll share a little later in the article.

I had my first aqua aerobics experience about six months ago. I was looking for something to help with my new aches and pains. Aware that the classes are usually 95% women, I must admit I was a bit skittish about the whole idea. One day I mustered up the courage and “took the plunge” so to speak. Six months later and 25 lbs. lighter, I’m definitely happy I did. The weight loss alone has been a gift (and mitigated the stress on my joints).

My class is a cross section of people, 95% women, ranging in age from late thirties to one woman who is in her late eighties. I’m one of three or four males who attend regularly. The class meets three days a week — Monday, Wednesday and Friday. About 30 to 35 people show up for each class. Most come to exercise, but there are some who are there to socialize with a little exercise on the side.

There are the obvious benefits to exercising in water, like very little stress on the joints due to the water’s buoyancy. But, if you compare calories burned for a thirty-minute workout, the water wins, hands down. For example, for a thirty-minute period, land walking burns 135 calories, where deep water walking burns 264 calories. Jogging on land burns 240 calories, deep water jogging burns 340.

Water exercise is commonly advocated for people with the following conditions: arthritis, back pain, joint problems, MS,

cardiac patients, soft-tissue injury, and obesity.

So, after six months, how are my knees doing? With the aqua aerobics and some specifically-designed strength training exercises (from the books I ordered), my knees have improved significantly. In the meantime, I’m enjoying my classes, so much so, that I usually stay after and swim laps, walk, and move about in the pool. It’s during this alone time that I get a glimpse of . . . a sense of . . . “other” aspects of water.

DEITIES AND MERMAIDS

Throughout written history, water has evoked the spiritual . . . the mythological — including water deities, spirits, and mermaids. From ritual baths to sacred rivers, water can speak to us on many levels. Is it the sensuality of water, wrapping us in a gelatin-like cocoon, that touches our spiritual being?

Or, does the immersion in water bring us back to the first nine months of our life, surrounded by the warmth and safety of amniotic fluid? Or . . . can water evoke something deeper — more primal, if we just open ourselves up to it?

Water can be a passageway of discovery . . . the senses awakening, the intuition blossoming, playfulness rediscovered . . . it’s all there, in the pool, in the ocean, in water . . . it’s all there.

Writer’s note: If you have any concerns, check with your doctor before embarking on any exercise program.

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

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Feng Shui Concepts

By Jenny T. Liu, M.A.

Find, Ignite and Kindle Your Love

As a feng shui master, I encounter many clients with similar issues regarding their love life, so rest assured you are not alone if you have problems in love! Finding the right person, unrequited love, financial imbalances, and temptation are issues that come up all the time. In hindsight, people often realize they looked for love in the wrong place at the wrong time and for the wrong reasons.

There are many types of relationship issues and just as many ways to solve them. You can talk things out with your partner or seek a counselor's advice; however, until you understand who you are first, you cannot expect others to help solve the problem.

Ultimately, your happiness in a relationship comes down to your perception of yourself and life. Using the principles of feng shui, you have the ability to transform your perceptions and reinforce your love.

An effective way to begin transforming your perceptions is determining whether your feng shui supports or challenges you and your relationship. This can be done with the help

of your birth chart. From ancient all the way up to modern times, astrological natal charts have been used to accurately and objectively provide awareness of who we are and our life purpose.

One of the highest forms of astrology is known as the *Zi Wei Do Shu*, which reveals the type of love relationships that may come into your life. Every relationship stems from a karmic bond between two people. The strength of the karmic bond often determines the intensity and endurance of the relationship.

The *Zi Wei Do Shu* can identify karmic bonds, allowing you to know which relationships to focus on and which to let go or avoid. Knowing the strength and timing of your karmic bonds can help you make adjustments in your perception and attract a compatible partner.

In some circumstances, your birth chart will reveal that the reason for a failed or challenging relationship is because a love relationship is not where you should be placing your energy and time at the moment. Your energy for positive love could be when you are

in your 20's, 30's, 40's, 50's, or older. This knowledge allows you to reprioritize your efforts during dry spells or gain closure in a bad relationship.

Your environment is often overlooked as something that can impact your relationship. Sometimes, it is not you but the feng shui of your home that creates obstacles. If your feng shui is incompatible to you or has weak energy for attracting or maintaining love relationships, adjustments need to be made. Your *Zi Wei Do Shu* birth chart can show you the compatible orientations, colors, elements, numerology, and symbols to incorporate into your life to balance and enhance your love relationship.

Aside from understanding yourself and your feng shui, focused meditation is a highly-effective way to strengthen the bond between two people. Through disciplined practice with visualization, mantra charms, mantra chanting, and mudras, you can use your mind power to send subconscious messages to your love partner.

Be aware that the effectiveness is based on your level of mind power and the karmic bond between you and your partner. Even the most powerful meditations are limited in power if there is no karmic bond between the two of you. Once you enter marriage, your love must often expand beyond the other person as you marry into their family and perhaps grow your own. Your love may be tested and challenged by those around you.

To counteract or prevent

challenges, special mantras and mudras can be practiced every morning to enhance the peace and love between all family members. There are also mantras that increase eloquence so that when you speak, your intentions are clear and appealing to others. Strengthening the bond between husband and wife is of utmost importance.

Focus on coming together without conflicts and power struggles. Learn to be humble with each other, appreciate one another's unique energy, and cultivate forgiveness. Make effort to communicate using your spouse's language of love and pay attention to what they respond to and understand.

Sometimes the best expression comes through action rather than words. When it is difficult to verbalize your thoughts or needs to your spouse, or they don't seem to hear, use meditation and mantras to send your message and avoid arguments.

Reinforce your love bond with your spouse during intimacy by sending them subconscious confirmations and messages of your love. Align your chakras together and chant a love mantra while sending your message and visualizing your combined aura growing strong.

Continue this throughout your marriage and your love will deepen and strengthen day by day and year by year. Negative attitudes and emotions will release and naturally transform into mutually fulfilled and balanced love

Master Jenny Liu holds a Bachelors Degree in Environmental Design from UC Berkeley and a Masters Degree in Architecture from UCLA. She is an expert in Feng Shui who shares her knowledge through consultations, seminars, periodicals, and the internet. For more information, see Liu-Fengshui.com



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Musings

By Mystic Trish®

Frequencies & Secret Analogies or the Age of Aquarius

"Secret analogies tie together the remotest parts of Nature, as the atmosphere of a summer morning is filled with innumerable gossamer threads running in every direction, revealed by the beams of the rising sun."

— Emerson

Oh, such lovely prose from days gone by. Have you ever sat in a garden in the early morning and watched as the sun creates prisms of color that dance on all those interconnecting webs that have been spun the night before. Each thread-connecting leaf to blade of grass to flower petal.

I believe some of those gossamer threads of connection are not only made by little insects or fey feet, they are also made by human kind in the form of electrical noise and frequency, which some of us are just starting to perceive.

The Earth herself is covered with these gossamer threads of electrical connection. Not only the electro-magnetic field that is generated by the earth but all the human-generated frequencies we put out.

Now we are all interconnected with electrical frequency as well. When was the last time you just sat and did something that did not rely on some form of electrical power? Ties most of us cannot see or are even aware of hold us all together — so many connections are now electrical in nature.

All those gossamer threads of connection like giant spider webs interconnecting across the planet. Even when we cannot see them we are aware of them. Every time a phone rings or we click a mouse for directions there is another gossamer thread of relationship. All of the planes flying across the skies or submarines under the oceans, all the satellites beam-

ing constant information up and down to and from the planet are all electrical frequencies. Is this a version of telepathy we are seeing? When was it was predicted that human kind would some day know all things simultaneously?

Think of all the cameras that are watching you all the time or Google or Amazon searches you do and how someone now knows your shopping preferences and can predict what kind of music or books you would like next. All of the Facebook comments and information that is exchanged adds to the relationships we are having with each other all the time.

We forget that all our stories are everyone's stories now. As soon as the information is on the Internet, it is part of the world's narrative. We are all connected and maybe not in ways we want to be. Anonymity comes at a cost now.

Rescue and security people

can track where you are with the gps chip in your cell phone. If I were lost in a remote canyon I wouldn't mind someone being able to find me by my cell phone. How many times do you think you have your picture taken in a day? Who's looking at your house? You should really keep the yard tidier!

Can you imagine what the world would look like if all the lines of electronic communication were visible to the human eye? We would be in a constant kaleidoscope of color. What if we could hear all of that electrical noise all the time, what would the world sound like? Do you wonder why so many people now have tinnitus? Maybe this is why.

You can't just sweep away the electronic frequency problems: all the microwave ovens, blue tooth devices, cell towers, cordless phones, and wireless game controllers. All of these things do cause broad radio frequency spectrum emissions that we walk and drive and sleep through. The electrical noise is always with us. These are artificial sources.

There are also natural sources such as solar storms and lightning storms. An electro-magnetic field is generated by our heart and by the outer core of the earth herself. So our heart keeps us connected to the Earth herself because we are generating

an electrical pulse that resonates with the earth. This is another electrical connection that we are not aware of or are paying attention to.

I believe this is what gives animals the awareness to run when there is an earthquake. They feel or hear the change in that electrical field, like humans do when they are standing near an open current or in an electrical storm and their hair stands up on end.

How is this changing us as a species? How is it changing our world? It is hard to justify the brutality of war and oppression of our fellow human beings when you can see the pain it causes within moments of the occurrence. Or not be concerned about some natural disaster and feel the need to help when we can see it happening live. These connections we all have are neither good nor bad. They just are a fact of life now.

Aquarius rules all things electrical and the glyph for Aquarius looks like a drawing of a resistor on a circuit board schematic. This is the Aquarian wave of electrical energy and humanitarian connection rising. Are you ready?

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Call (949) 493-0705 or email Mystic trish@cox.net

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NEVER "Old!"

By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 67), 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, in one of your books, I read about the increasingly frequent occurrence of medical errors, a dilemma that has become the fifth leading cause of death in the United States. Can your Awareness column tell us more about that?"

Dear Readers,

Beyond anything else, our most effective protection against medical procedure mistakes is, first of all, learning about how and why they happen.

However, not only are the errors involved with conventional medical practices alarmingly on the rise, but so are the prices be-

ing charged for them, whereby the present-day healthcare system is riding a sky-rocketing inflation rate of **12 percent** a year. And that runaway rocket just keeps on flying higher and higher, increasingly out of control.

But of course, when a disease or injury is threatening your life, if you're rich enough, money is no object, all while it's a serious, panic-causing crisis for people of middle and lower class incomes.

Thus being educated about [habitually overlooked], increasingly problematic aspects of the medical industry has become vitally important, especially when it involves the vast significance of:

FREQUENTLY INACCURATE MEDICAL TESTS

According to a very informative book called **"Medicine On Trial,"** upon getting a medical "check-up," the routine number of tests given to a (potential patient) is fifteen or more. But stud-

ies revealed in **"Medicine On Trial"** say these tests are only **"65 percent accurate,"** and so even if someone is quite healthy, they have **"one chance in three of being subjected to totally unneeded treatments."**

Salesmen call this profit-making technique "creating a customer."

But to duly protect yourself from an incorrect diagnosis, keep in mind that it is only **ONE doctor's point of view**, a notion that, without fail, should be backed up by another physician's **EVER CRUCIAL second opinion.**

However, situations often arise whereby, getting a second opinion is not a doable option, especially when it comes to the most commonly overdone surgery of all, the steadily on-the-rise:

UNNECESSARY CESAREANS

According to well documented statistics, since 2008, the frequency of cesarean operations has **doubled**, whereby they have come to account for more than **20 percent** of the baby deliveries in the U.S.

And as to why there has been a steadily increasing amount of cesarean-induced deliveries, extensive research reveals this rather disturbing fact:

More often than ever before, these operations are done as a convenience for baby-delivering doctors, whereby they don't have to be up all night, waiting around for a normal delivery. And along with that, cesarean surgery not only quickens the birthing procedure, it also quadruples the doctor's fee.

But of course, not all physicians are impatient greed-heads, and yet unfortunately, many of them are. And so we should be ever on the alert for those who just want to cut and run, especially if we realize that most of these practitioners operate within a system that, more and more, lacks the oversight needed to keep them properly under control.

Yet another surgical procedure that is alarmingly on the rise,

If you want to change the world, BE that change.

— Mahatma Gandhi

is the breast-removal operation called "mastectomies," an increasingly common treatment for breast cancer, a disease that in the U.S., now causes over 40,000 fatalities a year.

And as to why this form of cancer has become so epidemic, according to a very revealing book called **"Dressed to Kill,"** the authors, medical researchers, Sydney Singer and Soma Grismaijer, after studying over 4,500 women (in five cities across the U.S.) duly expose this startling information:

"Because of the suppression of (crucial to the body's immunity system) lymphocyte circulation, THREE OUT OF FOUR WOMEN who, quite repeatedly, wore their bras 24 hours a day, eventually developed breast cancer."

All of which is a dilemma linked to what is finally becoming a well known fact: the main circulator of ((bloodstream-cleansing)) lymphocytes are lymph nodes, vital organs located at the outer edges of the breasts: **the very same place where [tight-fitting] bras steadily block ((lymphocyte circulation)).**

As I again refer to the (perhaps life-saving) book **"Dressed to Kill,"** in which the following, quite significant statistics are revealed:

"1 out of 7 women who wore bras 10 to 12 hours a day developed breast cancer. But among the women who wore their bras 5 to 6 hours day, only 1 out 152 of them got breast cancer."

Therefore, due to the truth of these well-researched facts, all of you brassiere-wearing women out there, **PLEASE** ((protect yourselves)) from lymph-node obstruction, simply by regularly loosening your bra (or taking it off when at home, where there's probably no need wear it).

Thus hopefully, more and more people are realizing the importance of what the [Old Era] medical industry calls the "P-word" — **PREVENTION** — the irreplaceable factor that, quite clearly, should be a crucial part of everyone's education.

"Youthman Messenger" Jesse will answer any questions (about real rejuvenation and ((protection-energy)) by emailing him at jesseisforreal@yahoo.com



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The Complexities of Animal Relationships

By Allen and Linda Anderson



We have often wondered what our cat Cuddles thinks of our loving, protective relationship with our rescued cocker spaniel Leaf. Sometimes, she looks at us quizzically when we praise Leaf for behaviors that come second nature to her.

We give Leaf positive reinforcement when he goes to the back door and squeals to be let out to relieve himself. "Oh, Leaf, good boy. You told us you have to go." Cuddles watches us with an expression of amazement on her face. Her world of fastidious kitty litter use and personal cleanliness, with a ritual of fur licking, is beyond a dog's world of housetraining.

Belly rubs - After watching Leaf roll over on his back to beg for a tummy rub, Cuddles tried the maneuver to see what all the fuss was about. She found having us pet her belly to be of absolutely no interest or pleasure.

Leaf's bed - Cuddles sprawls out on Leaf's bed at night and manages to keep him off of it until she moves away. Is this a power struggle or is Cuddles trying to find out if she prefers Leaf's bed to hers? Actually her favorite bed is ours. She sleeps curled up against Linda for most of the night.

Leaf's water bowl - Cuddles rarely drinks out of her bowl. She makes Leaf sit and wait until she finishes using his bowl before he can get a drink.

Leaf's chew toys - Cuddles never understood this concept of chewing on a toy. She watches Leaf with an expression that says, "How disgusting!"

Chasing a ball - After observing Allen bounce a ball for Leaf across the hallway, Cuddles tried

to chase it a couple of times. "How boring," she said and wandered off to lick her paws. Leaf and Cuddles have a relationship that allows them to live peaceably (mostly) with each other even though it's obvious that they're both baffled by their differences.

WHO DECIDES WHAT THE RELATIONSHIP WILL BECOME?

Humans tend to think they're the only ones in charge of forming relationships with animals. But when someone lets an animal exercise creativity and free will, that respect can pay off greatly in the formation of a relationship that benefits both of them.

Christine O'Connor sent us the story below about her relationship with her dog Sadie. Christine works in education as a teacher and college advisor in Colorado. A big believer in the healing power of animals, she volunteers for Canine Companions for Independence. Her story beautifully portrays that when people allow an animal to have a say in what kind of relationship to have with a person, miracles can occur.

Christine writes:

In December 1997 I suddenly decided I wanted another golden retriever. Our family's first one passed away six months prior, and I had just graduated from college. Soon, I met four-month-old Sadie who greeted me with one giant jump for hello. Truthfully, I was a bit naive to the responsibility of being a dog mom, but we learned together and enjoyed our evening walks on the trails around our town.

Sadie was three years old when I began to realize how smart and intuitive she was. I herniated a disk in my back that summer, which left me temporarily partially paralyzed. After three days in the hospital, I was allowed to go home with a walker. Some walking ability had come back, but I could not put any pressure on my knee or I would fall over.

Observing my walking patterns, Sadie would automatically adjust to whatever pace I was exhibiting. She never needed to be told to slow down. After my surgery and through a long recovery, Sadie was my ever-faithful companion.

Part of my physical therapy was to walk on the local high school track. At first a half-mile was excruciating, as my feet would go numb and hurt. I often walked with Sadie off leash, as it was easier. She would hover close, never letting me leave her sight.

When I started to get tired, she would take the lead and continually turn her head toward me in a swaying motion. She would look at me and then at the stopping point. Her eyes had an encouraging tone to them and I knew she was telling me I could do it.

Sadie always smiled and wagged her tail when my task was completed. She would also lick my legs in a massaging way when they hurt. Sadie knew they were bothering me and that her licks made my legs feel better.

Slowly life became normal again, as I healed and returned to work. However, one day my back went out. In an effort to stretch and relieve the pain, I laid down on our living room

floor where I became stuck. Unable to push off a table or other furniture to stand up and minus my cell phone, I sat, trying to decide what to do.

That is when my unofficial helper dog appeared. Sadie had already determined that she was going to be my "table." In her doggie language she communicated we were going to work through this together. Who knows how long I would have been there had she not volunteered her help?

I enjoyed our life together. Sadie did many things that made me wonder about her hidden intelligence. Sadly, I lost her over a year ago to a brain tumor. It's our evening walks I miss the most.

What have animals taught you about letting relationships form naturally and respectfully in ways that benefit everyone?

Allen and Linda Anderson are authors of a series of books about the spiritual connection between people and animals. They have designed a writing course to help others learn from their fifteen years of publication. Visit www.allenandlindaanderson.com to check out Woof, Meow, Write, Publish: Writing about and Animals for Love and Money. Subscribe to the Andersons' free, online newsletter at www.angelanimals.net and follow them on Facebook and Twitter @angelanimals.

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

CALENDAR of Events

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

ONGOING

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

STRENGTHEN YOUR AURA: Exercise & Meditation. Fortify your body, focus your mind, free your spirit. West Covina www.REIKIwellbeing.ORG

Sunday Celebration Service, 10:30am. **Spiritual Support Group** 2nd & 4th Wednesdays 7:00 - 8:00pm. Experience Meditations, Inspirational Uplifting & Guidance. Teaching of the Inner Christ, 1775 Bellflower Blvd, Long Beach 90815. (562) 498-9211. teachingoftheinnerchrist.com

TAKE CHARGE OF LIFE! Burdened by regrets over the past? Want to command your own life; Conquer problems; End anxiety. Change your destiny; change your life with Vernon Howard's powerful truths. Classes: Fridays 8pm, Sundays, 10am, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30PM, Neighborhood Church, Pasadena. \$3 donation. (714) 899-9300. www.anewlife.org

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MAY

May 5-6 — Shamanic Sound Healing Retreat at the Integratron, Landers, CA. Join Master Sound Healer and Shamanic Practitioner, Phyllis Douglass and guest artist, Scott Shepherd for ceremonial drum circles an evening spiritual journey within the alchemy of the pure and sacred sounds of Himalayan Singing Bowls, Gongs, Voice and More! Investment: \$125/person. More info and registration www.soundbodyarts.com

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

May 9 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 9 — Young Adults Book Study - Gen Y. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 9 — UFOs and their Spiritual Mission. Hear evidence that UFOs are real and learn where they are from and why they are here now in ever-increasing numbers. Free presentation, 7:00pm, at The Living Temple, 15061 Goldenwest Street, Huntington Beach 92647. Info: (714) 891-5117.

May 11 — UFOs and their Spiritual Mission. Hear evidence that UFOs are real and learn where they are from and why they are here now in ever-increasing numbers. Free presentation, 7:30pm, at The Gateway, 2503 S. Barrington Avenue, West LA 90064. Info: (818) 785-6300.

May 11-13 — Shakti Fest 2012. A music festival celebrating devotion through chanting, yoga, workshops, meditation and community! Held in the magical high desert of Joshua Tree California, join over 50 kirtan performers, 28 yoga teachers, and leading healers for four days of devotion and community. Also Check out our fall Bhakti Fest in September! for more information visit www.BhaktiFest.com

May 17 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMLcollege.org

May 17-20 Intro to Biodynamic Craniosacral - Breath of Life. www.LifeShapes.org Continuing Education - Nurses, Acupuncturists, NCBTMB. (951) 677-0652, lifeshape@aol.com

May 18-20 — Learn Integrated Energy Therapy® in Sedona, AZ. Learn how to help facilitate self healing at the physical, emotional, mental and spiritual levels using light touch acupressure and nine healing angels. Similar to Reiki. Learn the Basic, Intermediate and Advanced levels in this intensive. www.sedonaheartwalk.com for more information.

May 19 — Women's Journey Conference, UCI Irvine. A powerful day of education, empowerment and celebration. Featuring Marianne Williamson. Free self-esteem program for girls ages 8-18. Register at womensjourneyconference.com or call (877) 657-8464.

May 22 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 23 — Young Adults Book Study - Gen Y. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 23 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

May 23 — Venice - 2012 & the Shift — The Power of Ceremony with Author Jack Allis. Wednesday 7-9pm. Mystic Journey Book-

store, 1319 Abbot Kinney Blvd. Admission \$10. Learn how to take spiritual action through ceremony. For more information, go to www.mysticjourneybookstore.com or www.jackallis.com

May 24-28 — Lightning in a Bottle Festival. Memorial Day weekend. Musicians, artists, yogis, and creative forces will collide at The Do LaB's mind-bending 7th annual Lightning in a Bottle Festival, an annual celebration of the community's spirit and a deep commitment to preserve the environment and its resources. Tickets are available at <http://lightninginabottle.org/buy-tickets/>. For more information, visit <http://lightninginabottle.org>

May 25 — San Diego - 2012 & the Shift — The Power of Ceremony with Author Jack Allis. Friday 7-9pm. Controversial Bookstore, 3063 University Avenue. Admission \$10. Learn how to take spiritual action through ceremony. For more information, go to www.controversialbookstore.com or www.jackallis.com

May 30 — Huntington Beach — 2012 & the Shift — The Power of Ceremony with Author Jack Allis. Wednesday 7-9 PM. The Living Temple, 15061 Goldenwest Street. Admission \$10. Learn how to take spiritual action through ceremony. For more information, go to www.thelivingtemple.com or www.jackallis.com

JUNE

June 2 — Prosperity 2012®. A "timely update" on prosperity and manifestation, from a place of joyful, conscious and peace centered living! Join us for a fun and empowering 1 day seminar at the beautiful Double Tree Hotel in Claremont. Saturday 8:45am-4pm. \$95.00 Pre-registration, \$115.00 at the door. (951) 990-5483 or Email: Info@thelighthousefoundation.org

June 2 — Thousand Oaks — 2012 & the Shift — The Power of Ceremony with Author Jack Allis. Saturday 2-4pm. The Hummingbird & the Honey Bee, 1414 E. Thousand Oaks Blvd., #103. Admission \$10. Learn how to take spiritual action through ceremony. For more information, go to www.humminghoney.com or www.jackallis.com

June 2-6 — Aloha Wisdom Gathering. Join the Elders in four days of discussion teachings and sacred ceremonies in Hawaii. Open the Aloha Portal at the Venus Transit. For information, visit: www.4dwisdom.org or call (928) 204-1962.

June 6-13 — Amma visits the Bay area. Free programs, MA Center, Castro Valley, CA. Visit: amma.org or call (510) 537-9417.

June 9-10 — WEINTAHWAH — Angelic Codes for Healing and Transfiguration. June 9 / Level 1, June 10 / Level 2, 11am – 5pm in Glendora. Engage with powerful Angelic frequencies transmitted through Radiant Light and Symbolology. Receive Transmissions/Manual/Certificate. Elevate consciousness, heal self and others, and enhance other modalities. Investment: \$250 / 1 day or \$450 / Both. More info and registration www.soundbodyarts.com

June 11-13 Amma Retreat in Bay area. Registration and fee required. Visit: amma.org or call (510) 537-9417.

June 11-17 — 6th Annual Conference, "All About the Fourth Dimension," presented by Dr. Joseph Costa, Chairman/CEO and the World Healer Institute. Mission Valley Resort in San Diego, CA. We are bringing presenters who actively communicate with the "Other Side" to share their knowledge. This is an exciting time due to the new world earth changes and human body changes happening on earth today. For more information, contact World Healer Institute at (858) 467-6974 or info@worldhealerinstitute.org

June 12 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 13— Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 13 — Young Adults Book Study - Gen Y. Wednesday, 7 to 8:30 pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 14 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you

really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMCollege.org

June 15-19 — Amma visits Los Angeles. Free Programs. Visit: amma.org or call (510) 537-9417.

June 17-19 — Amma Retreat in Los Angeles. Registration and fee required. Visit: amma.org or call (510) 537-9417.

June 22-24 — Akashic Records Practitioner Certification Training with Barbara Schiffman, ARCT. Learn to read the Akashic Records for yourself and others with Linda Howe's Pathway Prayer Process. Expand your Soul's evolution and learn powerful Past Life healing processes. Burbank, \$325. (818) 415-3479, www.YourLifeandSoul.com

June 23-24—Learn Integrated Energy Therapy® in Mt. Shasta! Offering the Basic and Intermediate levels, learn this light touch acupressure that is similar to Reiki. www.sedonaheartwalk.com for more information.

June 26 — Reiki Healing Circle. Tuesday, 7 to 8:30pm. Love Offering. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 27— Spiritualist Gathering with Kathleen Vance. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

June 27-30 Biodynamic Beginnings - Being with Babies and Moms. Continuing Education-Nurses, Acupuncturists, NCBT-MB. www.LifeShapes.org, (951) 677-0652, lifeshape@aol.com

June 27 — Young Adults Book Study - Gen Y. Wednesday, 7 to 8:30 pm. \$10 donation. Common Ground. 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540. www.embracehumanity.com

JULY

July 7-10 — Qi Revolution. Massive Qigong Event in Los Angeles. High-powered Breathing Techniques, Qigong Energy Movement Exercises, Naturopathic Food-Healing, Taoist Yoga & Pranayama. 4-Days of Training only \$99. QiRevolution.com

WorldFest Scheduled for May 20

By Andrea Gullo

The WorldFest Earth Day Festival will be held on Sunday, May 20 from 10:30 a.m. to 7:00 p.m., at the beautiful outdoor setting of Woodley Park, located at 6350 Woodley Ave., Lake Balboa, California 91406. We will welcome our attendees to a magnificent day filled with entertainment, education and enlightenment.

The combination of great music, empowering speakers, environmental, humanitarian and animal welfare non-profits, kids' activities and a delicious food court make for an earth-friendly experience that is sure to be inspiring and enjoyable for all.

Now in its 11th year, WorldFest has established itself as LA's premiere solar-powered family-friendly "green" event. With more than 100 exhibitors, a global vegan food court, entertainment areas for children, and an eclectic blend of live music and engaging speaker line-up, WorldFest promises a day of entertainment and inspiration.

Stars from television, film, music and sports will be joined by healthy living experts and culinary maestros to bring issues near and dear to their hearts to a broad audience, and to inspire festival-goers to embrace compassionate living.

This year, the festival's main stage will host NBA Champion and health advocate John Salley, award-winning cartoonist and stand-up comedian, Dan Piraro, musical greats The Divine Crime, Con Brio and Wooster, Writer-director Ted Braun, comedienne

and MADtv actress Debra Wilson, former Bay Watch actress and activist Alexandra Paul, award-winning Director and author Josh Tickell, and many other inspiring speakers and exciting entertainment.

"We're lucky to have so many talented, passionate voices take the stage at WorldFest this year," says event Co-producer and Entertainment Director Billy Hulting. "They have each got something inspiring to share, and they are amazing examples of how we can all make a difference."

Towards Freedom sponsors span the green spectrum and include the Humane Society of the United States, Mike the Printer, Lake Balboa Neighborhood Council, and Lagunitas Brewing Company. Check out our website at www.WorldFestEvents.com for a current list of celebrities, sponsors, musicians, speakers and more.

Time is running out but we still can accommodate sponsors, exhibitors, volunteers and meet-up groups. If you would like to be a part of WorldFest, contact us at info@worldfestevents.com

Towards Freedom is a 501 (3)c non-profit dedicated to educating, inspiring, and supporting people on their quests to live more compassionately. For more information on WorldFest 2012, visit www.worldfestevents.com

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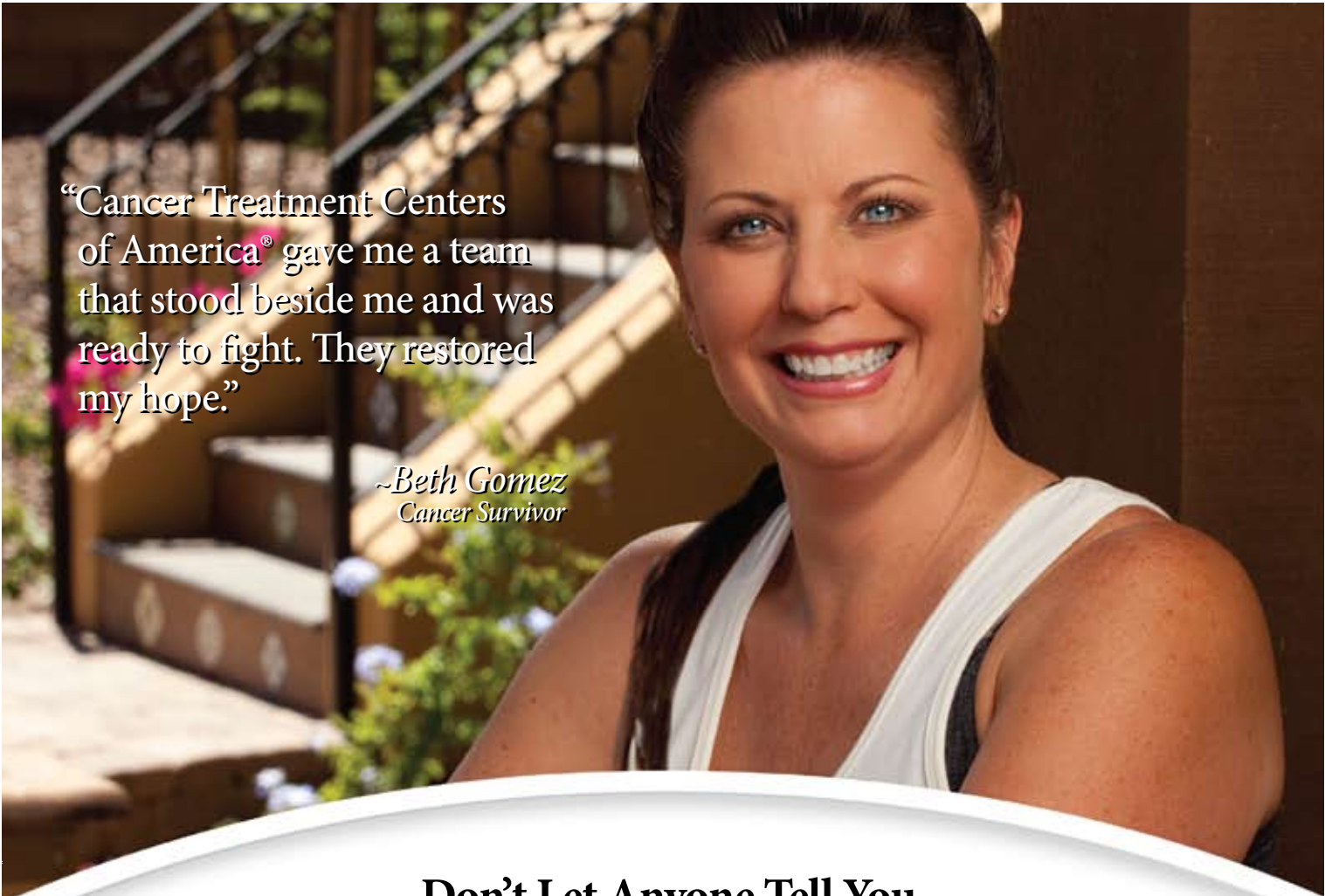
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