

# Awareness<sup>®</sup>

Southern California's Guide to Conscious Living

NOVEMBER / DECEMBER 2012

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**ALLEN & LEAF**  
**MIRACLES OF LOVE**

**LORNA BYRNE**  
**A MESSAGE OF HOPE FROM THE ANGELS**

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# Awareness®

Southern California's Guide to Conscious Living

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# Allen Anderson and Leaf

## Miracles of Love

By Donna Strong

**W**ith the release of *A Dog Named Leaf*, due out this month, Allen and his writer wife Linda have now co-authored a prolific number of books — 15 to be exact. Linda and Allen formed the Angel Animal Network in 1996 to share stories about the love bonds people share with their animal family members.

With half-a-million books in print, Allen and Linda are leading the charge as gifted guides to demonstrate the powerfully transformative effect that animals have. Their work clearly resonates with an expanding audience of people who are awakening to the spiritual gifts that creature companions bring into our lives.

One of the most notable areas of their prolific expression has been to bring attention to rescue situations. Their book *Rescued: Saving Animals from Disaster*, was an exceptional response following the catastrophe wrought by Hurricane Katrina. In 2007, it won the American Society of Journalists and Authors (ASJA) Outstanding Book Award. This book also brings to light a burgeoning social movement involving millions of Americans quietly performing acts of heroism each day on behalf of animals.

*A Dog Named Leaf* is a remarkable story that continues the theme of rescues. Allen's writing is able to draw the reader into some peak moments of challenge and choice in the life of both Leaf and himself as a family. It is a rare glimpse into the deep workings of spirit through our animal human love bonds. It is one of the best examples of how we need one another to heal and that the commitment to love through all things brings forth the magic of miracles.

**Awareness: My first question for you; Leaf came into your life shortly after you had lost one of your canine loves. In looking back, how did you come to accept the opportunity to allow a new promise of love?**

**Allen:** Well, the main problem

So that was the one thing we decided to do. It was kind of risky because we would have to open our hearts again and give 100 percent, as we have to when it comes to our loved animal companions. That's just part of life.

**Awareness: That's beautiful-**



Photo by Kristy Walker

was that our Taylor was the most beautiful lab and we just had a most lovely time with her. She was filled with love. My heart felt empty, and nothing seemed to be alive.

Both Linda and I got to the point where we wanted to take a risk and see if we might adopt another dog, to see if that would help fill the void left by Taylor. I'm sure you understand how empty life can be when someone you love leaves. It's just one of those devastating things in life.

**ly said. Tell us a about some of the surprises of stored trauma. Having settled in with our rescued kitty named Lady, we do know what can happen when an animal that has been traumatized comes to a new home.**

**Allen:** Well, we were not quite sure what had happened because Leaf had been abandoned, but from what we could tell, there seemed to be quite a bit of history in the first year of his life. When he came home, we soon discovered he had a

multitude of issues; an inability to trust or just relax. If we left the room, he would just howl. You could feel the pain in his heart like he was being left one more time. He was really going through a very, very hard time.

He just wasn't able to sleep through the night, so I would need to take him out periodically. We were living in the Twin Cities and it was getting colder and colder. Through all this, I needed to be extremely gentle and kind because I had a feeling that he had been through a lot.

When Leaf would come back in, he would resume howling because he was upset. This was weeks after we adopted him. I would go to the room where I usually do my writing, get in my chair and I would have him up on my chest. In the process of doing this, I began to do the HU chant. I like to do it to help me relax, and have a better understanding of myself as a spiritual being.

I did that for him and it was such a very pleasant experience — you could just feel the healing sound taking over and the fear dissipating — he would be more relaxed, knowing he had someone, even in the middle of the night. What he needed was to just be comforted as a little puppy, and not have any worries. Leaf would relax to the sound of HU and go off to sleep.

**Awareness: I love that. I'm going to try chanting with our cats. I also wanted to ask, amidst many of the trials of the new beginning, you were also quite perceptive about his fine qualities, such as seeing his extraordinary ability to empathize and his indomitable spirit. Would you tell us a story about one of the key moments of bonding with your new canine buddy?**

**Allen:** Well, there are quite

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# Allen & Leaf...

*(Continued from page 5)*

a few. One that was especially touching to me illustrates how Leaf and I were a team — we were there for someone for the right reasons and just enjoyed being able to give a service.

One day we were at a local pet supply store that had chew bones and toys at floor level. Leaf just loved to go around and sniff all the smells and beep the toys to see which ones made the noise that he liked most — like a kid in a candy shop, he was just having a blast.

This day, a little of boy about 9 or 10 came over and said to me, "Can I pet your dog?" I replied, "Yes, but he's really excited; he may not stand still for long." Leaf came over and the child petted him and then he ran back to his toy search; he was going to find the perfect toy, knowing I would purchase it for him.

Then the boy said, "You know, my dog died last night." I was thinking to myself, "What should I say? I wanted to say something to acknowledge that it hurt, because sometimes men and boys think they are too soft when things hurt. So I said, "It must hurt a lot." When I said that, out of the corner of my eye I could see Leaf perk up.

The young boy said, "Yes, it does." Finally, someone had acknowledged that it was very painful to lose his old dog from cancer. I could tell that it meant a lot to him. Apparently they had a long time together because the dog had been with him all the boy's life.

So Leaf came back — this time he walked back over with purpose, sat down in front of the boy and the boy was able to pet him for maybe five minutes or more. You could tell — as the little boy was petting Leaf — he was feeling better. You could see a spark in his eye returning; and maybe there was a little healing taking place because of Leaf helping him by just being there for him, listen-

ing as he talked about his dog. So I thought, you know, it's really beautiful that Leaf and I work together as a team, maybe even as spiritual partners, helping another human being go through challenges. I just felt so proud of Leaf at that moment because he was there for the boy.

**Awareness: He has great compassion, doesn't he?**

**Allen:** He sure does. Leaf has a lot of empathy and compassion and he can read people and understand. He sees things from a dog's perspective, and he certainly acts on it.

**Awareness: Allen, would you tell us about the major healing crisis you went through and how it led you to deepen your relationship with life? I also wanted to ask you about your comment that we're 'all connected with the light that guides us through our journeys.'**

**Allen:** I have found, especially after going through my own crisis — that I look at every single living being — both people and animals — as a divine spark of God. I see something special inside of each individual that's far beyond the normal day-to-day go-to-work pay-the-bills. I'm amazed at how much we simply ignore the divine aspect of ourselves because of the daily rush of all the things we have to do each day just to survive sometimes.

The experience with Leaf helped me to grow. Because of that, I've been able to communicate and be with people and animals in a way that allows there to be appreciation and love instead of all the miserable gyrations that we tend to go through sometimes because of insecurity. Of course we have to be practical people, but we also have to acknowledge there's more to life and more to what we can be to each other. So this journey with Leaf has allowed me to appreciate even more of the divine nature in each of us.

**Awareness: Wonderfully said. I have to say; I can really feel your experience with Leaf both in your writing and in how you're sharing now.**

**Allen:** It's kind of interesting with this idea of communication, I just know what Leaf is



thinking and he just knows what I'm thinking. We have a bond that's so deep and complete, it's almost like animals can be our spiritual brothers in life.

I remember this one time, we were walking around the sidewalk right there and he was grumpy. This lady came by and she tried to pet him but he didn't like her. He was just kind of grumpy and gave a little growl. We got in the car and as I was driving him to the dog park later in that day and I said, "Leaf, I want you to do one thing for me. I want you to be nice to somebody today. If you want people to like you; you're can't be grumpy towards people; you have to be nice."

He looked at me out of the corner of his eye and then he looked out the window and he looked at me again and gave a big yawn. I kind of got the message that he was saying, "Well, okay, I'll try, I guess."

So we went into a little dog park with a fenced-in area, where it's safe for Leaf to play. I begin to watch an older man throw-

ing a tennis ball for his little dog to go chase. It was kind of hot, and I could see that the guy was having a hard time walking. The ground wasn't exactly level; it was kind of a mishmash of grass and dirt and rocks.

His dog didn't really like to chase the tennis ball, so the man walked down and got it and slowly walked back to the bench and sat down and threw the ball again. The dog looked at the ball and didn't move.

Leaf was watching the whole thing and he ran down to get the tennis ball. Instead of doing what he normally does — run back with the ball to me, he walked back to where the man was sitting and dropped the ball at his feet while looking over at me.

The man bent down and grabbed the ball and petted Leaf on the top of his head. The man looked over at me and said, "Your dog is so nice." Leaf had a look on his face as if he to say, "See?" [Chuckles.] I was thinking that is a perfect example of our communication.

I thought I was being ignored, but I had asked him to show one time that he could be nice, and he did!

**Awareness: (Chuckles.) I love that story! Would you talk about the angel animals you've known and Leaf as beings that give us opportunities to realize our own divine spark as we develop relationships and bonds of love with them?**

**Allen:** Well, according to Gallup and Newsweek, almost half the people in this country have had spiritual and mystical experiences. If you add to that the people who are close to their pets, that number would go up because our companions just bring this aspect into life.

The one thing that is important for people to understand is that life is not just about people; it's also about animals — especially in today's society where pets have truly become family members. We are all part of the divine. There are agreements we have to live together in this lifetime and grow spiritually together, teaching one another

things that we may not have been able learn if we were just with people.

I'm kind of just getting into the possibilities. If you're observing and growing spiritually and becoming a more loving human being, or a more trusting, loving dog, I think it makes the world a little bit better, like at the supply store with the young boy. By helping him, we worked together as spiritual partners.

Through the Angel Animals Network we share stories about the spiritual benefits of the human-animal bond and our spiritual relationship in connection. Since we've been doing this there have been thousands and thousands of stories, both in our books and in our newsletter, or social media. We want people to understand that there's more to life than just the human bond between people, even though that's extremely important. Why close the door to relationships with other forms of life?

**Awareness: I agree. It's another pathway of the divine.**

(Continued on page 8)



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# Allen & Leaf...

(Continued from page 7)

Have you noticed in the time that you and Linda have been working with the Angel Animals Network whether more humans are waking up to the intelligence in our creature companions?

**Allen:** You know, you can't help but wake up to if you have pets as family members. This is the first time in history that we really have that as part of our makeup in this country and other Western countries, where pets have truly become members of the family.

I was speaking to a lady yesterday and she was talking about her cocker spaniel and how it's her baby and there's so much unconditional love that she's learned, so much about patience and just being gentle with people and animals because of her dog. This woman is a tough person in her work, but because of her connection with her animal companion as her family mem-

ber, she's becoming a more loving human being. This is one example of how we become fuller, more complete human beings because of the animals.

The people who share their stories talk about the special connection they have with their dogs or cats, their birds, their fish, even iguanas and rodents and ferrets — everybody talks about their relationships. Because we are so far removed from nature, the only connection we really have with animals is the pet that's sitting at your feet or meowing on the table, or knocking off a writing pen. This connection goes beyond the normal day-to-day things that we humans tend to worry about, such as how to get to work on time and doing all the things that we have to do for survival.

**Awareness:** *That's really great. You mentioned in the book how you realized that you and Linda were a 'golden team.' Can you tell me what that means?*

**Allen:** Yeah. As a golden team, we wanted to bring more light and love into this world.

Our kids are grown, and we decided we wanted to do something other than just work the rest of our lives and pay bills. We wanted to do something that would give back to the world. So we decided (this was in '96) we would like to be a golden team and share stories.

We love animals, so we decided to share stories about how humans were becoming better people because of the divine qualities, like unconditional love or empathy or courage that they were learning from their animals.

Well, then we came up with this brilliant idea, "Why don't we call it 'Angel Animals?'" so we did — and we started the whole process of collecting stories. It all started with our first book, *Angel Animals: Exploring Our Spiritual Connection with Animals*. From that point forward it's been an ongoing project. It's amazing the number of people who tell us our stories have helped them better understand their relationship with their own animal companion, and how they can better appre-

ciate aspects of the divine that their animals show them daily. It could be anything from just being there for them when they're down or being with them without any kind of judgment. It's beautiful.

**Awareness:** *That's great! My last question for you is, what has been one of the best miracles that has come from your love with Leaf?*

**Allen:** The best miracle that came through my love with Leaf is that I became more loving. I have more gratitude. I now go through life enjoying the moment and appreciating both my life and those around me. I'm very glad to still be here and I realize there is a lot more to life than just working and always being worried about stuff. There's a lot more that I appreciate when I get up in the morning, or when I talk to another person. Leaf taught me to live in the present.

For more, visit: [www.adognamedleaf.com](http://www.adognamedleaf.com) or [www.angelanimals.net](http://www.angelanimals.net). See Book Review on page 40.

Donna Strong is a writer and nanny to four angel cats. Visit: [www.donnastrong.com](http://www.donnastrong.com)



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# A Message Of Hope from the Angels

## An Interview with Lorna Byrne

By Randy Peyser

**L**orna Byrne is the author of *A Message of Hope from the Angels*, an international best seller and #1 best seller in the U.K. Since childhood, Lorna has seen angels as clearly as we see people. She lives in rural Ireland, but is in the U.S. for the release of the American edition of her book.

As a lover of “all things angel,” in my interview with Lorna, I was surprised to learn so many new things about angels and how they help us that I’d never heard of before. In *A Message of Hope from the Angels*, Lorna shares what it’s like to walk through life with an angel at her side. She also shares what the angels want us to know about the issues we face on a regular basis, including topics such as: finding love, dealing with loneliness, stress, prosperity, and more.

*A Message of Hope from the Angels* also reminds us that we all have a role to play in the spiritual evolution of humanity. For the American edition of *A Message of Hope from the Angels*, Lorna has written a new chapter in which she shares the angel’s perspective about how America is the “gateway to mankind’s future.” She discusses the global spiritual evolution that will occur as Americans of different faiths pray together to help spread peace across the world. [www.LornaByrne.com](http://www.LornaByrne.com)

**Randy Peyser: What do the angels look like?**

**Lorna Byrne:** Sometimes they have a male or female appearance or a human appearance, although angels are neither male nor female; they just do that for us. They are so beautiful.

I see the Guardian Angels behind every single human being — whether that person is good or bad. It doesn’t matter what

religion they are. The Guardian Angel is always about three steps behind a person. Your Guardian Angel never leaves you, so you are never alone. It loves you unconditionally.

I saw one just the other day

helping people, it’s always an expression of calmness, peace and love. I’ve never seen an angel express anger or hate. The only time I saw an angel give an expression of sadness or tears in the eyes had to do with my

there is anything in particular you want to be helped with, you can mention that. Ask and never think that you are asking for too much. You can never ask for too much.

**Randy: Several years ago I called on my “Collections Angels” to collect anything that was owed to me by anyone in the universe. That same day, two women contacted me and made good on debts they’d owed me for years. I made up the idea of “Collections Angel,” but it worked.**

**Lorna:** Remember... your Guardian Angel never allows any other angel around you that is not of help to you. An angel just can’t walk in and come around you. It has to get permission from your Guardian Angel. Your Guardian Angel knew exactly what kind of angel you needed to make that happen, and of course, for the other people to listen. So thank their Guardian Angels as well. Your Guardian Angel plays a huge part in your life to sort things out, but the other people have to listen. You have to listen, too.

**Randy: How do we hear when our Guardian Angel is communicating with us?**

**Lorna:** Your Guardian Angel would never ask you to do anything wrong. More than likely, well before you even asked for the Collections Angels, you can be sure your Guardian Angel was already working on it. So were other people’s Guardian Angels speaking to them and giving them reminders. They could have been going through papers and saw your name, or the thought of your name just came into their minds, and they actually listened to that and responded.

**Randy: What do the Angels want for us?**

(Continued on page 10)



Photo by Jason Clark

behind an elderly lady walking down a lane. Her Guardian Angel was like a giant behind her. He was dressed in green and amber colors. His clothing seemed to drape over him, yet gave him a masculine appearance. His arms were stretched out as though he was wrapped around her. He had beautiful wings. They were like feathers. But sometimes angels’ wings don’t look like feathers at all; they look more like a silk that moves gently.

**Randy: What is the feeling you get from angels generally?**

**Lorna:** When I see the angels

mother. The angel’s tear touched my mother to put a message into her to show great compassion and love for her. Your Guardian Angel never gives up on you. To me, that is such unbelievable, unconditional love. No matter what we are doing wrong, we are perfect to our guardian angels.

**Randy: How can we best interact with our angels?**

**Lorna:** When you wake up, say: “My Guardian Angel, please help me.” Your Guardian Angel knows all of your problems and what is going on in your life. If

# Lorna...

(Continued from page 9)

**Lorna:** They want for us not to give up. They want us to grow spiritually and to believe. They want us to know that we are not alone. We are not just flesh and blood. We are not going to die and rot in the ground. We have a soul, so we live forever. They want us to know that we are so beautiful and so special.

I have been shown different futures for the world, depending on the choices man makes. I always want the most beautiful future to come about. One of them is where the body and soul becomes one, where everyone physically sees their Guardian Angels, where a mother can be going off to do something, and as she leaves, she turns to her child's Guardian Angel and says, "Take care of Annie there. Know I'll be back shortly."

**Randy:** *Do the Angels have names?*

**Lorna:** One of the most common names is "My Guardian Angel." They will give you a name if you ask, but you have to listen and feel the signs. Sometimes we don't actually hear the names. They'll start leaving little signs. A child might come along and hand you a flower, or it could

be a song you keep on hearing, or a name you keep on hearing in a song that sticks in your mind. You could have a dream of your Guardian Angel and you hear the name in the dream.

When you were a little child, you knew your Guardian Angel's name. Children of all ages come to my book signings. I ask them if they know their Guardian Angel's name. Nine times out of ten, they do. When children get older, they forget that name because they are afraid of being laughed at.

Try to remember when you were a child. What was special to you? It could have been a butterfly or some toy you loved more than anything else. Whatever name you called it could have been your Guardian Angel's name.

**Randy:** *Do we have a team of angels who work with us?*

**Lorna:** At times. Most of the time, I see the Guardian Angel with that person. Sometimes I see what I call, "Teacher Angels." They always hold a symbol, like a ruler, a pen or a book. Sometimes, they'll tap a ruler on someone's head to pay attention and do their study, and not let their minds wander off.

**Randy:** *What is the angel's view of death or going beyond the veil?*

**Lorna:** I'm not afraid of death because many times I've been in heaven already. I've watched the Guardian Angels with someone who is dying or who is going to die in a few weeks or a few months. The Guardian Angel puts its hands into your body and takes hold of your soul, and over a period of time, moves forward with your soul, lifting your soul from your human body.

There is no reason to fear death because at the moment of death you are full of so much peace. You will see your Guardian Angel and other angels, and those that you love. There is no reason to fear death; it is actually very beautiful. But we think differently. When someone is very ill and they have already "died" but medicine is keeping their body functioning, many times I have seen Guardian Angels standing beside the bed with the soul. They are holding onto the soul, and are both standing there and watching their loved ones.

I've even watched little babies who are dying, and their Guardian Angels just lift them. They take the baby's soul. It's so beautiful to see. I can't actually put human words into it. They take such gentleness and care. That unconditional love is be-

yond any love we know. It's beyond our comprehension.

**Randy:** *You write about how angels will play cupid and tie a golden thread around couples to help them learn to love. Can angels help you find your soulmate?*

**Lorna:** Your soulmate is a soul you met in heaven before you were conceived. It's a soul that you spoke with for a brief moment. Your soulmate might not even be born yet. If your soulmate is here, the chance of you actually meeting is rare. It does happen, but it could be a Downs Syndrome child, or a man or woman of ninety.

People make a mistake just looking for a soulmate. They should actually look for romantic love. Joe, my husband, was the man I was meant to marry. I had four beautiful children, but he was not my soulmate. That didn't mean I didn't love him dearly.

I see angels that I call, "Angels of Love." They carry a golden thread on them. Sometimes it will be on different parts of the body. I watch them wrap it around people. Sometimes they will wrap it around their waists or sometimes it is actually looped right around both people to try to get them together a little bit more. At times, I will see an Angel of Love standing between a couple who are getting separated or divorced. They are trying to bring some peace.

Romantic love is important to each of us because it is a love we need. There are so many other types of love, but I think this is one of the most important types of love because we all feel that we need to love just one person.

**Randy:** *Is the thread you see an energetic thread or does it look like a physical cord?*

**Lorna:** It looks like a physical thread. It is tied around someone and it goes from one person to the other. Sometimes the thread seems very long, but it never drags on the ground. The atmosphere seems to support it.

**Randy:** *It must delight you to see what you see.*

**Lorna:** It does. It's fascinating. When I see the Angels of Love

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at work and one partner is not responding or not giving love a chance, especially when a couple is meant to be together, that's a sad thing. When I see this, I always say a prayer that that person will see the good in the other person that they weren't seeing so that their love can grow.

**Randy: Can a Guardian Angel help with financial problems?**

**Lorna:** Yes, but you have to ask, listen and respond. At this time in the world, there is so much stress and confusion. Many people are struggling. We need hope to give us the courage and strength that we need to create a wonderful and better future for ourselves and our families — and for the whole world.

Hope gives us back dignity and strength. At the moment, you may be stressed and think things are impossible, but if you allow hope to come into your life, it will help you to see what can become possible.

Ask your Guardian Angel to have angels around that will

help you to release the stress. For example, I saw a man rushing for a train. I also saw an angel facing him and walking towards him, trying to slow him down. The angel's hand was up in front of him. The man didn't need to rush. He had plenty of time to walk slowly, relax and breathe the fresh air, but he was so stressed.

**Randy: You wrote a chapter in A Message of Hope from the Angels called, "A Message of Hope for America" in which you say America is the "gateway to mankind's future and will lead the spiritual evolution of the world." What is that about?**

**Lorna:** After 9-11, from that day on, Americans have worn their hearts on their sleeves. 9-11 helped people become more open, more loving, more caring, more understanding. America is the only country I know of that has its own American Guardian Angel for the whole country.

People from all around the world are being brought to America. You are a special race; you are the new race and you

are chosen. The future is in the hands of America. It is important to be American. Every nationality is in America and you have to become one race. You are that gateway.

**Randy: Final thoughts?**

**Lorna:** Remember that everyone has a Guardian Angel, regardless of religion or whether they are good or bad. God is giving you a Guardian Angel as a gift. Start to acknowledge your Guardian Angel and ask for the help that you need in your life. Then, as time passes, allow yourself to see how things unfold.

Never give up, because the angels hope. The last time I was in New York, I was in a building twenty-four floors up, watching the hustle and bustle of the people below in Times Square. I saw loads of Guardian Angels with all the people. Then I was told to look up. I looked up across the skyline of buildings and there I saw the Angel of Hope. He is like an enormous flame. He carries a torch in his hand and the torch always reminds me of the Olym-

pic torch, but it's a billion times brighter. There he was, walking through the streets of New York. That's what he does. He walks in front of us and turns back with the torch in his hands encouraging us to keep coming and not to give up. I see him every time I go to America now. In fact, I've seen so many beautiful futures and the Angels want to guide us towards them. He is doing his best to keep that hope burning.

**For more information on Lorna Byrne's appearances in the U.S., visit [www.LornaByrne.com](http://www.LornaByrne.com)**

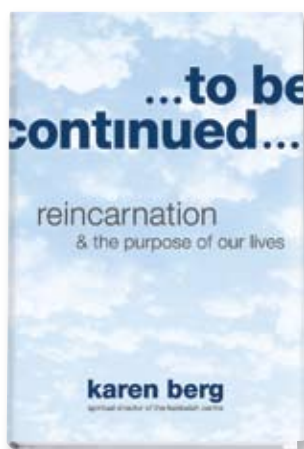
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Never doubt that a small group of thoughtful committed people can change the world. Indeed, it is the only thing that ever has.

— Margaret Mead

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# Where Angels Fly...

## a fresh look at the phenomenon

By Ulrike



In my research about angels I've come across some pretty incredible places, one of them a small store in Ventura called 'Things from Heaven.' This place is amazingly spiritual and has seen many miracles. The prayer notes posted all over the store are a living testament.

"We did not intend to open an angel store," says owner Keith Richardson, "We had something between a thrift store and an antique store in mind back in 1995 when we opened. Back then my wife Francesca began having re-occurring dreams about seeing angels in the sky looking down upon her.

One night she had a different dream. A friend, who had died the year before in a car accident, came to her with a golden bound book. When he opened it to show Francesca its contents, Francesca found that the book was about angels and how they relate to the lives of people."

Another recorded miracle to emerge from the store is wood carver Bill Jeralds, who after a near-death experience, lost his long-term and short-term memory. He received a gift from heaven — the ability to carve without prior experience. Miraculously, after being given a scroll-saw by a friend, he started to pro-

duce the most beautiful angels out of mere plywood.

In 2009, Bishop Donald Jolly Gabriel from Orange County, California became so impressed with Bill's art that he commissioned one for his friend Pope Benedict XVI. Bill became the first artist in the history of Ventura County to have a piece of art in the Vatican.

The word 'angel' means 'messenger' in Hebrew and Greek, and you might say that angels come in many forms. It could be a mysterious stranger being there at the right time, or a courageous animal protecting you from harm — and most of all human beings who selflessly assist others.

Angels can come to us in dreams, in tough times when we cry for help, or when we gratefully count our blessings. However and whenever they appear, they bring both comfort and life-affirming hope. Interestingly enough, ninety percent of Americans say they pray for their health, their families, and for their prosperity.

**However, today, I want to talk about a different meaning of the phenomenon called 'angels.'**

Have you ever thought of angels, not as some heavenly messengers totally out of reach for a mortal being, but as the embodiment of your own good and right thoughts?

When you think of angels as your good and right thoughts, you will realize that you can substitute the word 'angel' with 'my own right thought' and see that it's one and the same. Let me give you some examples. As they say 'the proof is in the pudding'...

Angels, we are told, are messengers from God, coming down

from the heavens. If you understand God correctly, and know that this God is the Universal All-Power, Intelligence, Wisdom, now and forever — then you, being his child, must also be part of this All-power. You, having glimpsed at the Truth, will now understand that your own right thought is part of, and stems from, this supremacy. So yes, angels, or your right thoughts, come from God or the Almighty.

New Thought, sometimes known as Higher Thought, promotes the ideas that "Infinite Intelligence" or "God" is everywhere. It also states that only Spirit is real and your Soul is divine. Additionally, divine thought (your angel-thought) is a force for good, sickness originates in the mind, and "right thinking" has a healing effect.

Your purpose in life is to make a difference with your words of encouragement, your deeds, and the application of your wisdom. You are an angel using your 'right and good thoughts' to help others. You can think happy, positive thoughts and you can think thoughts that make you feel joyous, and you can apply those thoughts to the people around you. You can learn to think about all the good in the world, and focus on this good only. All of those right and good thoughts are infectious and will bring happiness to you and your loved ones, as well as all humanity.

**What is heaven?**

Heaven is a harmonious state of mind, and of course this harmonious state produces good, right, calm, loving and charitable thoughts. So again, yes, the angels or right thoughts come from heaven, your harmonious state of mind. Those angel-thoughts protect and lead you,

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and help you through the rough times. Those uplifting thoughts give you hope and courage. You certainly can call on them anytime you need guidance, as they are within. Isn't your right thought a God-sent message?

Do you ever listen to yourself and know intuitively what is right and wrong? Do you think that you are a victim of circumstances, or do you fully realize that you hold the power to shape your life in your own hands?

The concept of heavenly angels, being exceptional beings, coming down from the heavens to aid and protect you, has been all over the world in one way or another. Religious teachings calling the angels 'messengers of God' in some mysterious way are outdated. This surely is a material belief in a material world, and there is nothing mysterious about right thinking. However, our world is not material — it is mental.

The teaching about 'angels' needs another look; let's see it in a different light. We know that misinterpretation of the ancient writings in any religion is so common, that we constantly must be careful what we believe to be true. Let your heart guide you, but let true reason rule.

Everything in this Universe is mental, always has been and always will be. So the angels are spiritual visions, produced by our own sense perception as needed. To say it in a few simple words: look at this phenomenon and realize that the heavenly messenger is you for you, and from within — always.

Giving thanks to the blessings you have received and for the blessings that are coming your way today and every day; and saying 'thank you' to the Universe with sincere appreciation puts you instantly into a positive frame of mind. Gratefulness will catapult you to a higher frequency and will trigger loving thoughts naturally. Those are your true angels.

Born in Salzburg, Austria, ULRIKE began a career in Entertainment Events in 1992 at a major Hollywood Studio, a position that would span nearly 20 years in the world of motion pictures and television. During this period, she continued her studies, teaching and writing about her passion, her metaphysical findings. With her series "Modern Thought Theories," and her book "...because you can!" she is reaching out to students en masse who are searching for more meaningful understanding in their lives.

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# My Kitchen Angel

By Meadow Linn

I was the weird kid in elementary school whose lunch bag had brown rice and vegetables instead of pizza. I took my own tofu ice cream to birthday parties and drank water instead of soda. When other kids were watching music videos on MTV, I was more likely looking for fairies in the garden or learning to cook a new dish. My childhood was wonderful, but it was not typical by any stretch of the imagination.

One of the advantages, however, of growing up “weird” is that it allows for the possibility of magic. While walking in an urban park with my mom when I was a young child, I was transfixed by something I’d seen on a nearby bench.

Although my mom couldn’t see what I’d seen, she allowed me anyway to run through the grass to get a closer look. Sitting on the bench, I found what I’d been looking for. It was an angel. A real one. Since I was a little girl and the veil between this world and the Divine was still thin, I was able to meet my angel, even though the other people in the park couldn’t see him.

From where I was standing, slightly behind a tree, I could see the angel was intently focused on something. My angel was... eating! Typically, religious iconography doesn’t depict angels doing worldly things like enjoying a meal, and I’ve never heard stories of angel encounters involving food, but this angel was most certainly having an afternoon snack.

As I have been passionate about food and cooking my entire life, it seems fitting that the one time I’ve seen an angelic being, he was eating.

Unfortunately, as I got older, not only did I lose the ability to see angels, but I also stopped believing in their existence. I spent many years trying to fit in and be “normal” and as a result, I lost the openness that allowed me to see the angel in the first place. Instead, I shopped at the

Gap, wore polo shirts and penny loafers, and eschewed anything that didn’t seem to fit with the “norm.” Confessing that my family was weird and owning our differences seemed like a surefire route to non-acceptance at school, so I became like everyone else and even began to question if I really had seen an angel.

The one thing that has remained constant throughout my entire life, however, is my love of food. I wonder if the angel eating in the park was somehow a harbinger of what was to come.

When I was 18 years old, I began catering my mom’s summer workshops and retreats and have been doing so ever since. There’s quite a bit of thought, skill, and even luck that go into providing healthy and delicious multi-course meals, three times a day, for up to 14 days in a row to a large number of people.

Over the years, I’ve weathered a few mishaps in the kitchen, but mostly I’ve been extremely lucky. To explain my good fortune and seeming dumb luck, a few years ago, half-jokingly I started to say that I had a Kitchen Angel guiding me. At first it seemed just like one of those things you say, but then I remembered the angel I’d seen as a child. I realized that I did, indeed, have a Kitchen Angel.

My angel guides my hand and gently nudges me toward the correct amount of seasonings, the best cooking temperatures, and the most delicious flavor combinations. I’ve discovered that he seems to be most present when I’m cooking for groups, as though he knows that whatever happens when I’m cooking at home will be okay, but I really need his divine guidance when I have large numbers of people counting on me to provide them with sustenance.

A few months ago I had an experience that cemented my belief in my Kitchen Angel. The menu I’d planned for that eve-

ning was extremely ambitious. I’d planned a five-course authentic Vietnamese meal for 25 people and had only two hours to do it. Perhaps a bit crazy, but I was just so excited and inspired by the sweet, salty, and fresh flavors



Denise and Meadow Linn

of Southeast Asia that I wanted to share as many dishes as possible with the guests at our retreat. With only 30 minutes until the group would be arriving for dinner, I was still washing rice, peeling winter squash for a curry, and grating vegetables for a salad.

Generally, I work better and feel more inspired when my workspace is tidy, but the kitchen was a mess. There were piles of food and stacks of dishes everywhere. As the heat began to rise in the kitchen, and I was beginning to feel increasingly frazzled, I remembered my Kitchen Angel. Although I’d never done this before, I decided to consciously ask for his help. Within minutes of requesting assistance and expressing gratitude for all the other times he had quietly aided me, the most remarkable thing happened.

Time stood still.

I continued to chop, slice, and stir, but the clock stopped moving. Even now as I write this, I’m thinking this sounds absurd, but that’s what happened. What had been heaps of raw vegetables just moments before was now simmering on the stove in

a delicious coconut curry, and the rice was happily steaming in the rice maker. Only after I was able to return a bit of order to the kitchen did the clock once again start ticking. The meal wasn’t yet finished, but it was starting to look like I might actually be able to pull it off. With just 10 minutes before the dinner bell and still work to be done, a number of workshop participants showed up and offered to help. With their assistance, we were able to get everything completed and on the table on time... and the meal was delicious.

It felt as though my Kitchen Angel was present in his divine form, but also I think he may have had a hand in the arrival of the human kitchen angels as well. It was such a joy (and a great help) to have the seminar participants volunteer to help during those final crucial minutes. Although part of me remains skeptical and wonders whether a clock can really stop moving, there’s another part of me — the same part that saw my angel as a child — that knows that magic and divinity are everywhere when we take time to open our hearts and walk in gratitude for all the magic that surrounds us every day.

If you are interested in inviting a Kitchen Angel into your life and into your cooking space, you can read about how to do this in my new book that I co-authored with my mom, Denise Linn, international healer and past-life expert. Visit: ([www.TheMysticCookbook.com](http://www.TheMysticCookbook.com)) and sign up for our newsletter to receive a free download of a meditation to meet your Kitchen Angel.

**Meadow Linn believes the life of your dreams is only a meal away. The more you savor the seemingly small moments each day, the more you savor your life. She is the co-author of *The Mystic Cookbook* (Hay House, November 2012) and creator of *Savor the Day*, a delicious blog filled with personal stories, beautiful photos, & scrumptious recipes. To find out more, visit [www.meadowlinn.com](http://www.meadowlinn.com)**



# Angel Food

## Words That Put Wings on Our Hearts

By Laurel Airica



Through years of foraging in the dictionary, I have discovered and digested some power-packed verbal morsels that have helped sustain me through the rigors of my personal heroes' journey. I am offering small tastes to you here of some delicious food-for-thought in hopes of inspiring your own further foraging in the *other* Good Book — at this most sacred time of year in this most mysterious year in our history.

The first of these words is **purusha**, which may be familiar to practitioners of Hindu philosophy. It refers to our unique, undying essence, which has neither beginning nor end. Strangely, however, the sound of this word — as you shall soon see and hear — has highly intriguing repercussions.

Consider next the word **theocracy**. No doubt it sounds familiar to you — but chances are you're thinking of **theocracy** — in which Church and State dictate united and governmental policy is said to be divinely guided:

The alternate **theocrasy** — spelled with an S and not a C — is not in every dictionary, which is, itself, a commentary.

For **theocrasy** means union of the personal soul with God above.

So, what need have we for admonitions — taboos, decrees and prohibitions — when All our guaranteed admission to the Promised Land, by Definition?

This brings us to the curious word **parousia**, which sounds so much like **purusha**. When written with a lowercase 'p' it means "the presence in anything of the idea after which it was formed." In other words — as is regularly affirmed at the Agape International Spiritual Center — "I come from a divine and

perfect idea held in the mind of God." This perfect idea is your **parousia** — even if you have no idea what it is.

Just as the complete instructions for a Giant Sequoia are spelled-out in code in its pin-head-sized seed, so our **parousia** — the divine blueprint for our fully-realized Self — is also present within us. The question then becomes, 'How do we activate the unfoldment of this seed-potential?'

Some seeds are timed in Nature to sprout only after two cycles of frost and thaw. Others require a forest fire to break free from their shells and begin to germinate.

Similarly, it is often not until we are up against seemingly insurmountable odds that our latent potential has the requisite impetus to actualize — like a kernel of corn that undergoes an irreversible metamorphosis at just the temperature.

Just such a challenge now faces the whole human race as our personal and global issues — along with the planet, itself

— heat up to unprecedented degrees. Under this heat and pressure, more people than ever before are embarking on a healing journey in search of greater wholeness.

That's where the word **theodicy** comes in. I've seen it defined as "a vindication of the goodness of God in relation to the existence of evil."

Personally, I believe **theodicy** is the purpose of the **odyssey** that we all undertake from birth: to transform loss, hardship and suffering into wisdom, compassion and transcendent joy — thereby proving that who we are as Spirit-in-the-Flesh is greater than anything that can afflict us humanly. It is the people who succeed in becoming Victors of truly dire Circumstances who have the power to inspire us through the ages.

One of the many trials we must all undergo in the odyssey of **theodicy** is the challenge to stay kind and conscious in the face of great insult and hardships. That's why I am so very

fond of the word **eudemonism**. It sounds so satisfyingly diabolical while actually meaning quite the opposite.

**Eudemonics** is an ethical doctrine that is based on the fact that happiness is the by-product of right action. It's like the ancient saying, 'Virtue is its own reward.' However, it rings far truer for me than that uninspiring cliché, which belongs side-by-side with the Golden Rule — something everyone knows but too few practice by-heart.

With the recent discovery of 'mirror neurons,' we now have new reason to act **eudemonically**: Science has proven that by giving joy to others we induce it in ourselves. Of course, it also works the other way around.

Based on this evidence I'd like to propose a 'Platinum Rule' to inspire enlightened self-inter-

(Continued on page 16)

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# Angel...

(Continued from page 15)

est: *We do unto ourselves as we do unto others. It cannot be otherwise.* Perhaps that's why Service sounds like Serve-Us.

This brings us now to **entelechy**, pronounced in-tell-a-key. It means the actualization of our essential potential (**parousia**) — which is our deepest reason for being and thus our greatest source of joy.

Many people believe our primary purpose relates to our potential to give and receive selfless Love (hence, the utility of understanding **eudemonics** and how the love we share with others replenishes our own hearts). Our secondary purpose may involve an actual gift, interest or talent that we are impelled to share in the world.

**Entelechy** also means the inner impulse that urges us toward Self-Actualization. And surely the impulse to transcend — from the terrestrial to the celestial — is at least as strong in humans as it is in caterpillars.

This brings us back around to **Parousia**. When capitalized, its meaning changes from "the presence in anything of the idea after which it was formed" to Advent — also known as the Second Coming.

So, what if the long-awaited Second Coming isn't really about one extraordinary Super-Hero coming to save us from ourselves — for a second time? What if it's actually about our individual and collective awakening to our eternal essence

(**purusha**); our conscious connection with our Source (**theocracy**); our journey of victory over adversity (**theodicy**) — ultimately leading to the actualization (**entelechy**) of our essential potential (**parousia**)?

What if it also requires that we act in ways to benefit others and simultaneously lift our own spirits (**eudemonism**)? Wouldn't that be enough to totally transform the world overnight for the better?

We human beings are actually **omnificent** creatures. Though few of us have ever heard this word before, we all possess — "unlimited powers of creation." Some may dismiss this as wild and wishful imaginings. But we have already amply demonstrated that we possess full destructive power. So the opposite must be equally true.

In John 14:12, Christ is quoted as saying to us: 'Greater things than these shall ye do.' Wouldn't we all have to 'Come To' (**Parousia**) in order to prove this to be true, achieve our **entelechy**, and make the most enlightened use of our unlimited creative powers?

**This is It! Now is the Time to Begin to Be-You-To-Full!**

**Laurel will be speaking at the TED-X Malibu on Dec. 2nd. See calendar for details.**

*Distinguished English Linguist Laurel Airica (www.laurelairica.com) is a writer-poet who dances with words through her WordMagic performances, presentations and seminars, while also offering her editing and Intuitive Empowerment Counseling services to clients worldwide.*

# Sacred Journey of the Heart

By Jill Mangino

*Featuring Indigenous Elders, Scientists and Spiritual Luminaries including Gregg Braden, Dr. Joe Dispenza, Sarah McLean, Dr. Deb Rozman of Heartmath®, Cynthia James, and more.*

An inspiring, new documentary investigates the healing power of the heart and proposes that we are in the midst of creating the biggest shift in consciousness of all times — a shift towards heart-centered living. *Sacred Journey of the Heart* combines modern science with ancient wisdom traditions to illuminate the powerful connection we share with each other and the earth, and offers profound insights and tools for transforming your life. This empowering film will be available on DVD, November 11th.

Led by filmmaker Ronna Prince, a life coach and inspirational speaker, *Sacred Journey of the Heart* features today's leading experts, researchers, physicians, tribal elders and more including: NYT bestselling author Gregg Braden, Dr. Deborah Rozman of Institute of HeartMath®; author and meditation teacher Sarah McLean; spiritual teacher Sunny Dawn Johnston; Cynthia James; Uqualla, of the Havasupai tribe in northern Arizona; Larry Running Turtle Salazar of the Cherokee Tribe in SW Texas; Colin Tipping, founder of The Radical Forgiveness Institute®; spiritual teacher and author Mary Manin Morrissey (who also narrates the film) and more.

"This film started out as a promise I made to myself as a

child — someday I would be heard and someday I would heal my heart. I suffered prolonged abuse as a child and my own life-long journey has brought me to profound heart-based healing that I share in the film," reveals Prince, the film's producer, visionary and writer, who was inspired to make the film in order to explore the connection between the mind and the heart.

This enlightening documentary provides a wealth of tools, information and most of all, inspiration to invite you deeper into your own journey of heart connection to yourself and the interconnected world around you. According to the latest science highlighted in the film, the heart is the single organ that not only creates a unified field among all people but also creates a harmonic field with the earth itself.

"In producing the film, I connected with many cutting-edge researchers who were exploring this paradigm shift from head to heart from a number of different angles," says Prince. "With Sedona-based director Skip Thomas, we were led fortuitously back to ancient wisdom traditions of the native peoples from all over the world. Their message is enduring, inspiring and most of all, confirms — *the heart is where the action is!*"

For more information, visit: [www.sacredjourneyoftheheart.com](http://www.sacredjourneyoftheheart.com)

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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

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# Life Is A Never-ending Celebration

By Dr. Felicia Stoler

We celebrate just about everything. Birthdays, anniversaries, vacations, even the end of a work week – with food and drink. It only seems like there are more opportunities to stray from your diet between November and January; in reality there is almost always something going on that can challenge your willpower.

**Here's some good news: your healthy eating habits don't have to go down the drain just because you are getting together with friends and family.**

I'm a big advocate of "everything in moderation," so the first thing I'll tell you is that having a good time and eating healthfully are not polar opposites. You can do both! Here are my favorite ideas for taking good care of yourself and your family nutritionally without feeling deprived.

## TIPS FOR CELEBRATIONS AWAY FROM HOME

Be extra kind to your body before temptation strikes. If you know you're going to lose control over your eating habits at a big event, then eat differently during the week or two leading up to it. Go easy on your fat intake, and increase your daily amount of fruits and vegetables.

Try not to starve yourself all day before going to a party or a meal at someone else's home. When you are extremely hungry, you'll either eat whatever is in front of you the minute you walk in the door, or you'll overeat without making the best food choices. You're better off munching on a handful of nuts or a small piece of cheese before you leave your home.

Offer to bring a side dish. That way you will know there will be at least one thing to eat that's a bit on the healthy side. I made fruit kabobs for my son's Halloween party, and the kids went crazy for them. Just thread fresh melon balls onto wooden skewers. Then flip over half of

the empty melon shell, and stick the skewers into it for a festive presentation. If you're short on time, buy the pre-cut melon and stick the skewers in a Styrofoam ball from the craft store or invert a colander. When fruit is presented in an enticing way, people want to eat it.

Grab a plate and fill it up. Grazing a buffet table makes it difficult to keep track of what you're eating. Instead, plate your food all at once. A good rule of thumb is to divide your plate into quarters: fill 1/4 of it with protein, 1/4 with starchy carbohydrates, and 1/2 with vegetables.

Alternate cocktails. Drink a full glass of water or club soda between alcoholic beverages. Alcohol is dehydrating and it packs a lot of calories. Did you know it is closer in calories to fat than anything else?

Help yourself to a brownie and the apple pie. I'm always cutting things in small amounts so that I only take a little. If that won't work (cutting fruit pies into tiny slivers is next to impossible), try having a teaspoon or fork full of everything. Or share a dessert with a friend. Usually just a small taste of something will satisfy your sweet tooth and make you feel like you didn't have to compromise.

## TIPS FOR HOSTING A HEALTHIER GATHERING

I find it funny when people tell me they think healthy food tastes bad. It tastes great when you know how to do it.

Look for ways to make healthier versions of traditional recipes. I roast my turkey with dried fruit, apple cider, onions and shelled chestnuts. When the turkey is done, I strain the fat from the broth and puree it using a hand blender. It is a delicious low-fat alternative to homemade or store-bought gravy. By the way, in these economic times it's good to stretch your food. So save the turkey carcass, and combine it with vegetables and

rice for wonderful soup.

Serve low-fat cheeses. Most taste so good that your guests won't realize it's a healthier version. For instance, I've never had anyone detect when I've used fat-free feta in a recipe.

Play "hide the flax." I am always tossing ground flax seed into foods. One of my favorite tips is to use it as a thickener for tomato sauce or soup.

Serve a lot of side dishes. That's a great way to load up on vegetables or grain-based foods. Along with a main course of poultry or fish, I prepare a lot of side dishes with beans, lentils and multiple grains. For flavor and color, toss in some cranberries. Be careful about adding nuts, as some people have severe allergies to them.

Cut the fat by going Greek. Greek yogurt is a wonderful substitute for sour cream. Try it in your favorite onion dip. Or, I like to mix it with a low sodium packaged taco mix then add my own salt to taste. For a creative salmon garnish, cut lemons in half and scoop out the pulp. Fill the lemon cups with a blend of strained Greek yogurt, lemon juice and dill.

Secretly serve breakfast for dessert. Ground high-fiber cereal makes a delicious and nutritious pie crust for cheesecake.

## AFTER THE PARTY IS OVER

None of us are perfect, and there will be times when you over-indulge. The tendency is to feel badly and restrict your calorie intake the next day. Don't do it!

If you go from a high-calorie day to a low-calorie day, your body will think it's starving and your metabolism will slow down. Even worse, the next time you have a high-calorie day, your body will try to store those extra calories as fat.

The best thing to do after you've eaten too much the day before is to cleanse your body by eating lots of fruits and vegetables, and by drinking plenty of fluids.

*Dr. Felicia D. Stoler is a registered dietician, exercise physiologist and expert consultant in nutrition and healthful living. She was the host for the reality show, Honey We're Killing the Kids on TLC. She is the author of Living Skinny in Fat Genes™: The Healthy Way to Lose Weight and Feel Great (Pegasus 2011). She specializes in integrating behavior modification to influence positive health outcomes.*

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# Dealing with 2012 Fears

By Christopher Nyerges

When I was in Guatemala last winter, one of our impromptu teachers was a man who operated a jade store and Mayan museum. He explained the creation myth to us from the Popul Vuh, and then began to speak about the Long Count of the Mayan calendar.

"But it seems like a lot of people really want the world to end!" he said, as we all laughed. He went on to explain — as my group heard over and over that there are no predictions from the Mayans about the "end of the world" or doom and gloom. Some poor journalists must have thought they heard "end of the world" when it was only "the end of one calendar cycle."

"Yes, anything could happen," he continues, "but it's good to stick to facts. The Maya don't say anything about the end of the world. In fact, they have dates listed for several thousand years from now. If they thought the world was coming to an end, why did they use those dates?"

Our teacher, Miguel Angel Vergara, speaks after the laughter dies down. The December 21, 2012 date completes the 13th

Baktun of the Long Count calendar, a 5,125 year long period of time. To the Maya, 13 was the number of completion, transformation, spiritual advancement. So why do so many think of it as a "bad luck" number, Vergara asks us.

He offers an answer. Perhaps it is because we know spiritual transformation is hard work, and it means leaving behind our bad habits and vices. Perhaps they do not want to evolve, he said. To those people, 13 is thought of as "unlucky" because they do not want to give up all the things that hold back their evolution.

Vergara then asked us to list our fears about the 2012 date — either our own fears or fears we have heard others voice.

The list was predictable, and he wrote them on his white board.

- The Unknown.
- Death.
- Suffering and pain.
- Family.
- Losing things.

Vergara then addressed these "fears" one by one.

Yes, the unknown is a mys-

tery, he told us. He paused, and then emphasized to us that the past is the past, and is over. The future is the unknown. It is only the present that is our real gift. Therefore, we need to simply fo-



**Miguel Angel Vergara, right, speaks with the owner of a Guatemalan jade store and museum.**

cus on the present, and not let our minds run away in the past or the future.

Death. Yes, we will all die. We will. And so? Accept it, and then live your life fully.

Suffering and pain. Again, Vergara said, yes, life is full of suffering and pain. That's life. It has nothing to do with 2012.

Concern for our families. Vergara smiled and said, "They will survive without us." He acknowledged that everyone is concerned about their families and this is natural. But we need not have an imbalanced worry about whether or not someone else might or might not survive a situation. Just carry on with living your life.

Lastly, he addressed the notion of losing things. We will lose things, he said. That's life. Whether in a catastrophe or in an ordinary life, we lose things. Vergara paused and said loudly, "Think! You (all of us) have ALL that you need. You have cars, money, homes, and you still suffer. What are you fearing? You are all like millionaires [sometimes he would say billionaires] compared to most of the people in the rest of the world.

"We buy what we need at the supermarket," Vergara told us.

"We have lost our inner warrior. We are weak and we are comfortable. We don't want to fight.

"We need to change our thinking and become fighters again. Nothing is ever for sure.

"When I used to visit a friend, we'd go outside and pick oranges from the tree. Today, the children are busy texting and they don't even want to go into the kitchen."

So what should we do, asked Vergara. What is the best formula to recover this part of ourselves?

He offered many solutions. He de-

scribed ceremonies that we could perform to reconnect with the earth, and our divinity. He said Love, Real Love, is a part of our solution. Vergara added that "Ninety-nine percent of the time we fail to solve our problems because we don't knock on the door of divinity. We think our ego will solve our problems. We know all the things of the outside world, but we don't know our Self. Our first task is to Know Thy Self."

He emphasized the need to avoid fear, and go forward with our purpose in life. He explained that most people in the poorer and lesser-developed parts of the world aren't worried about "the end of the world" or various 2012 predictions... Why? They are working hard, every day, for basic survival.

"All these 2012 fears," said Vergara, "are phantoms created by the media. Don't be driven by fear. Always keep in mind that the main purpose of life is Self-Realization."

*Nyerges is the author of How To Survive Anywhere, Extreme Simplicity, and other books. He does a weekly podcast at Preparedness Radio Network, and has led outdoor classes since 1974. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com)*

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# Brightening Earth's Aura

## Chief Golden Light Eagle

Article and photo by Alan C. Blackburn

**"My mission is to help people brighten their auras, so that we can brighten the aura of our Mother Earth."**

— Chief Golden Light Eagle

In 1969 at the young age of 16, Wambdi Izanzan Zizi Itancan, Chief Golden Light Eagle, called an official assembly at his Catholic Boarding School, St. Paul's Indian Mission. Standing before abusive priests, nuns, and other Indian children, he thanked the nuns and priests... and relieved them from duty.

"You can all go now. We understand what you are bringing and we have had enough. Please leave." Rather than abandoning their posts, the head priests expelled the young Chief.

Leaving the boarding school allowed the future Chief freedom to explore his family's ancient ceremonial ways: the way of the Canupa (the Sacred Pipe), and the Sundance ways. Now, 40 years later, he is one of seven Sundance Chiefs of the Yankton Sioux, a hereditary chief of his family the Black Spotted Horse Tiospia, and a Wicahpi Itancan, Star Chief.

In 1995 two Star People from Orion took Chief through the wall of the room where he and his son were staying at a retreat center in Savory, Wyoming. Next to a stream by the house, the Star People revealed a long metal bar with star sym-

through the wall real fast, to my bed. All my son remembers is a purple light ship flying away." After a year and a half of Inipi (traditional sweat lodge) ceremonies, Chief released spiritual interpretations of the 22 star symbols to the world.

In June, 1996, Chief hosted the first Star Knowledge Conference in Wagner, South Dakota. More than 1,000 attended: representatives of several military and intelligence agencies; UFO investigators; medicine men and women; healers and light workers. The government had been seeking the meaning of the symbols since the mid-forties, for these were the same symbols present on metal bars found entangled in the 1947 UFO crash wreckage in Roswell, NM.

The incident in Roswell was the most famous of eighteen light ships that had crashed in 1947, all of which were recovered by the military. The array of crafts held ten different star races, languages, and technologies. Somewhere in each craft was the same set of 11 symbols. When the symbols were turned 90 degrees they had a whole set of different meanings. Together they formed the 11 Universal (feminine) and 11 Spiritual (masculine) Laws of Creator.

"In the year and a half that we did (traditional Inipi) ceremonies to interpret the sym-

by Chief on his video camera each night after sweat lodge. The messages were then transcribed into print and became the Maka Wicahpi Wicohan — The Universal and Spiritual Laws of Creator.

After the unprecedented release of this sacred informa-

messages from the whales, the eagles, the bear, the water, and trees that elaborate on every symbol.

Also for each symbol are messages from members of the Star Nations of Light and from the Kapipila, the Angelic Nations of the Ascended Mastery realms.



Chief Golden Light Eagle of the Ihanktowan Oyate.

tion in 1996 the Smithsonian Institute quickly inducted the Maka Wicahpi Wicohan into its Native American Museum as a Sacred Bundle. After the Edgar Casey Library put the book onto its shelf as the only Native American work, the Library of Congress wanted ownership of it.

The proffered contract was too restrictive, however, and Chief chose to self-publish to preserve the work's integrity.

About this, Chief observes, "The Spirit says, as is."

The messages in the Maka Wicahpi Wicohan are used with the symbols for personal transformation. Each symbol is accompanied by a Law from Creator, such as the Universal Law of Free Will and the Spiritual Freedom of Man. There are

Indigenous medicine people know Angels intimately. Archangel Michael is known by some as Blue Hand who is turning the guard over to the Angels Jophiel and Uriel.

The masculine age of Pisces is ending and the feminine Age of the Coyote (or Aquarius) has begun. "We have to adjust our energies accordingly," the Chief says, "this is the age of the woman and the men had better figure it out." Chief Golden Light Eagle shares the most closely-held oral traditions, ceremonies, and songs with the people of the four directions, black, white, yellow and red. Many traditional Lakota, Nakota, and Dakota altars are not open to everyone.

(Continued on page 20)

***Be your own master, be your own healer, be your own guru, be everything you see in others. Only you know what is good for you, do it.***

— Chief Golden Light Eagle

bols on it. They were explaining the symbol's meanings to Chief when his son awakened and saw them through the window. "They brought me back

bols, I met seventy Spirits. There were Light Beings from the Earth Nations, Star Nations and Ascended Realms." Every message was channeled

# Chief...

(Continued from page 19)

"It's not about one, it's about oneness," Chief says. "If you know prophesy, you know it's time to get together and share."

The people need to get together and learn the old ceremonies of the land. The women have songs and medicines to honor their extremely powerful moon time ceremonies. The men need to go to the hill and fast. Then they can get to know their Spirit guides so they can help the people.

The Sundance is where mir-

acles happen. The phones and cameras are turned off for the four-day ceremony. While the Sundancers dance with no food or water for the full four days, the singers sing traditional songs on the big drum while the high-pitch shrill of eagle bone whistles blast in rhythm to the drum beat.

This is where fatal cancers go into complete remission. Lifelong emotional trauma is completely forgiven. Each day of the four-day ceremony represents the next season to come. If you stay happy and dance strong for the people, you will have a beautiful year. The elders enjoy sitting back and watching

this reality unfold for everyone each year.

"The Sacred Pipe and the Seven Sacred Ceremonies were brought to the people around 15,000 years ago by a very sacred star woman from the Pleiades called the White Buffalo Calf Woman. The Sundance is a star dance, for the sun is our closest star. All traditional knowledge is star knowledge."

Chief Golden Light Eagle's teachings are based on personal mastery. **"Be your own master, be your own healer, be your own guru, be everything you see in others. Only you know what is good for you, do it."**

Chief Golden Light Eagle has integrated ceremonial Chiefs and medicine people into a group of Light workers, healers and wisdom keepers. Known by some as the "Star Family," the group gathers at least twice a year to share knowledge with the public at Star Knowledge Conferences. Chief travels Turtle Island continuously moving as the Spirit guides and the people's call.

The next gathering will be north of Phoenix, Arizona on December 10-13, 2012, at the beautiful Carefree Resort. At the 12:12:12 Star Knowledge Conference, Chief will host fifty notable speakers including Hunbatz Men, the runner for the Mayan Elders, and President Eisenhower's great granddaughter, Laura Eisenhower, who is continuing her grandfather's mission to expose and dissolve the military industrial complex.

To learn more about Chief Golden Light Eagle and the next StarKnowledge Conference, visit: [StarKnowledgeConference.com](http://StarKnowledgeConference.com)

**"It's not about thinking anymore, it's about knowing."**

— Chief Golden Light Eagle

**Mitakuye Oyasin.  
We are all related.**

*Alan C. Blackburn has been practicing traditional Lakota Ceremony for the past decade, and is the Producer/Creator of Star Knowledge TV on YouTube. Go to [www.starknowledgeconference.com](http://www.starknowledgeconference.com) for links to his video library.*



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## ROFL Opens on Melrose Avenue

By Diana James

Melrose Avenue has just gotten a little more exciting with the addition of the Republic of Laughter Café, and it is already building a following! The ROFL café features celeb chef Govind Armstrong's artfully-designed and conscientiously-sourced fare.



A sumptuous yet light Californian mélange of tastes are perfectly executed by ROFL's Chef de Cuisine and Armstrong's longtime associate, Jacob Wildman. Former manager of revered Olio Pizzeria and designer of the Urbano

pizza menu, Joshua Moser, complements the team as sous chef.

What are the guests are obsessing over? Arguably the best short-rib grilled cheese sandwich in Los Angeles. Braised more than 12 hours, the ribs are pulled then steeped in his inimitable red wine and onion marmalade sauce before being delicately blanketed by creamy Bel Paese, which oozes from the Panini press. Oprah is a fan. Enough said.

The food alone is something to remember, but the concept is just as unique. The café is founded in the empirical research of Dr. Masaro Emoto revealing the power of positive words. This is an experience like nothing else.

**The ROFL Cafe is located at 7661 Melrose Avenue, LA 90046, open daily 7 a.m. to 10 p.m. (323) 951-1536. Visit: [www.roflcafe.com](http://www.roflcafe.com)**



# Ariel at a Crossroads

An Excerpt from *How to Have A Match Made in Heaven:  
A Transformational Approach to Dating, Relating and Marriage*

By Ariel and Shya Kane

It was a Friday afternoon and Shya and I were driving into New York City to begin one of our Transformational weekend seminars. As is our practice, we allowed ourselves plenty of travel time in case the traffic was heavy. But on this particular day there was an accident on the road that made the trip significantly longer than usual.

Originally we had intended to drive by the hotel, check in, then continue on to the workshop location, park the car near the venue and have a quick dinner before the course. But as we were driving into the Lincoln Tunnel, which runs under the Hudson River between New Jersey and New York, it was much later than we had anticipated. It was time to reevaluate our plans.

Shya was of the opinion that we could get it all done. I thought it was safer to skip the hotel and check in after the evening session. The only problem with my idea was that when we had checked in late in the past, often the only rooms left were the noisy ones by the ice machine or the elevator. There had even been an instance when the hotel had overbooked and had absolutely no rooms left when we arrived. They sent us to a different hotel, which made for a very late evening.

Even so, I was still concerned about the traffic. Going across town in Manhattan on a Friday evening can sometimes be a very slow process. We know this from experience. I thought it safest to go directly to the parking lot near the course. In fact, I was fairly sure that would be the best way to go. As we approached the end of the tunnel, we reached a crossroads — literally and figuratively. If we went to the seminar venue, we needed to turn right. If we went to them hotel first, we needed to turn left. I was concerned about

our timing and so my vote was to go downtown to the seminar when Shya said to me again, "Ariel, we can get it all done. Let's go by the hotel."

"Okay," I said.

In that moment I realized I was at my own personal crossroads, too. It would have been easy to go along with Shya's plan but quietly, privately, secretly hold onto my own idea. I recognized as we made the left to head to the hotel, it would be almost natural to watch for Shya's plan to fail. I could easily have surreptitiously looked to be right. If we turned down a block that had a traffic backup or if we missed a light and had to sit for an extra moment or two at a red light, my original idea would have proved to be the superior one.

If I didn't truly surrender to Shya's point of view, I would be mentally rooting for a delay in order to prove that my perspective was right after all. Shya would have to lose in order for me to win. But I would lose also since I'd have to be late for our seminar in order to be right. I turned the "alive" way, going in the direction our car was traveling rather than mentally being against it. It meant that if for some unforeseen reason we didn't have time for dinner before work, it would have been my plan, my choice, and I wouldn't be victimized by the circumstances.

As I surrendered to going to the hotel first as though it was my idea, I intended this to be an excellent choice, and I noticed how a sense of calm settled in. I was able to enjoy the ride. I placed a hand on Shya's leg and felt his warmth through the fabric of his pants. I watched people hurrying to their destinations. I could see lane openings ahead on my side of the car that couldn't be seen from the driver's seat and I acted as a co-pilot, partnering Shya in getting to our

destination. I felt my shoulders and face relax. I was instantaneously in sync with Shya, the traffic, my environment and of course, my life.

It was a simple event, yet profound. I could see how in the basic enculturation process, we are taught to either fight or give in, but rarely how to partner. Both fighting and giving in are about being right. If I did not wholeheartedly choose to do what I was actually doing (i.e., going to the hotel first), then I would be a victim of my life in general and of Shya in specific.

Shya and I are rather practiced at surrendering to each other. When one of us has a strong opinion for (or against) something, the other generally defers as if we were the originator of the action, not the follower. And yet, even though this has been our style of operating for many years, I had never before so clearly seen the choice, the crossroads, where one road led to tension and separation and the other led to intimacy.

Shya was accurate, by the way. Or perhaps it is more true to say we were accurate. We did have enough time to go to the hotel first and get it all done. We checked in, got a lovely room,



drove downtown, enjoyed a bite to eat and arrived at the seminar relaxed and refreshed. All it took was going down the Alive road rather than the Right one. And guess what? If we had guessed incorrectly and hadn't had time for dinner, we would have enjoyed getting hungry and having our meal later.

**From November 7-17, 2012, the Kanes will be on a West Coast Book Tour, making appearances in Mountain View and San Francisco, CA, Portland, OR, Seattle and Bellingham, WA. For details about these events, visit [www.MatchMadeInHeavenBook.com](http://www.MatchMadeInHeavenBook.com)**

*Since 1987, internationally-acclaimed authors, seminar leaders & business consultants Ariel and Shya Kane have taught individuals, couples and organizations across the globe how to live in the moment and unwire the knee-jerk behaviors that get in the way of living life with ease. Together for 30 years and counting, people still ask Ariel and Shya if they are on their honeymoon. How to Have A Match Made in Heaven: A Transformational Approach to Dating, Relating and Marriage is available everywhere books are sold.*

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

*Please see her article in this issue.*

# 5 Ways to Keep Up with the Planetary Shift

By Deborah Rozman

Many people sense a planetary shift is going on. There is global economic instability, climate change, increased solar activity, unusual magnetic field changes and more frequent occurrences of both extreme weather and geological events. On December 21, 2012, there will be the great alignment of Earth with the center of the Milky Way, which happens just once every 25,000 years. The date also marks the end of the Mayan calendar. Some fear the end of the world as we know it, while others perceive a shift into higher consciousness is unfolding — that a more heart-based world is being born while Old World structures are falling apart.

Most people don't know exactly what's going on, but know that something is indeed going on. Many of us also sense a shift internally and perceive that time is accelerating, finding it difficult to keep up at times. We're constantly bombarded by an ever-increasing number of choices. Emotions peak and ebb to extremes in the span of hours, even minutes. Uncertainty seems to be on the rise about our personal direction as well as that of the world.

Amid the stress and chaos, there is increasing awareness of our global interconnectivity. A momentum is building among those who want to come together to make a difference, give back to society and take care of each other and our planet. Social networking is bringing people together, and there is both an energetic spark in the air and a growing sense of hope that something new will emerge.

Scientific research shows that these flickers of hope are qualities of the heart and spirit. The heart feelings of emotional well-being, care and compassion are enhanced by:

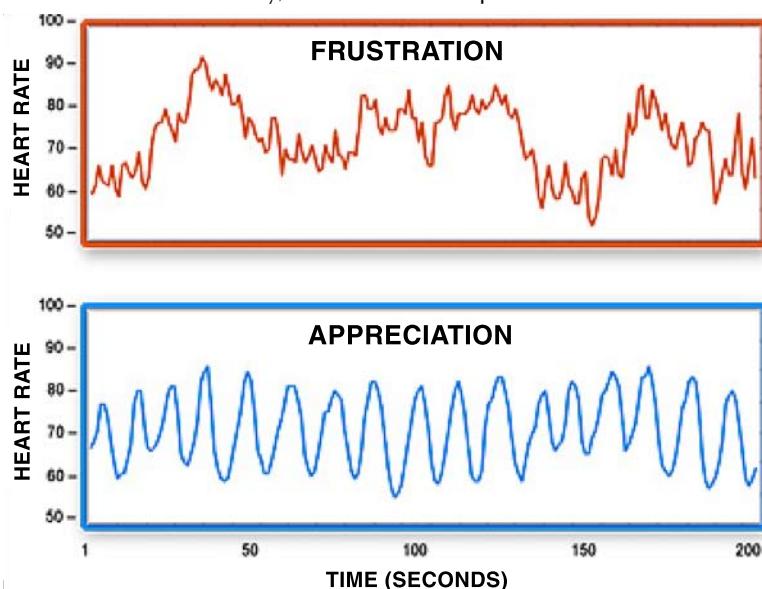
- Spiritual practices like meditation and prayer that connect

us to something greater than ourselves.

- Heart connection with others — close friendships within and outside the family.
- Gathering with others frequently for uplifting purposes such as church, social causes, etc.

We call the actions that help nurture us emotionally, men-

**Incoherence:** When a person feels stress, overwhelm, anxiety, uncertainty or fear, the heart sends chaotic and incoherent signals to the brain-mind, triggering more stressful responses. The higher cortical functions are inhibited — meaning the heart and brain are out of alignment — so solutions to personal or world problems are elusive.



tally, physically and spiritually "aspects of heart-based living." As the planetary shift continues and people experience greater stress, overstimulation, overload and stress-induced physical and mental health problems, the imperative to shift toward heart-based living increases.

As life's pace continues to accelerate, we'll be presented with even more choices and possibly have less time to make them. The good news is that when we approach our choices with sincere heart intent, it's easier to access the intuition and energy required to shift quickly into the most beneficial mental and emotional states. We have a choice to ride the waves of change or be caught in the undertow.

Nearly two decades of HeartMath research on stress reduction and emotional well-being have addressed the areas of:

Collectively, these negative emotions are registered in the heart and brain's electromagnetic fields, generating a global stress and incoherence wave that goes out to those around us and around the globe. Stress and incoherence are intensified by instant mass media reports, spreading news about natural disasters, social upheaval, economic turmoil and more.

**Coherence:** When you feel genuine hope, care and compassion, your heart is sending harmonious and coherent signals to the brain-mind, replacing feelings of separation with a sense of connection. The heart and brain are aligned and in sync. The higher cortical functions are enhanced, facilitating objective, sober assessment and intuitive perception. You perceive more wholeness, and

solutions to problems are more apparent.

Positive emotions such as hope, care, compassion and appreciation can generate a collective global coherence wave that sends an electromagnetic field out to those around us and across the globe. Increasing heart alignment and focusing on heart-based living have the potential to create a global coherence wave that facilitates new solutions for the world's problems.

More than ever people need to understand the physiology of coherence that underlies heart-based principles and the science behind global coherence. Scientific researchers have come together to make people more aware of the potentials of consciously creating a collective coherence wave. The Institute of HeartMath, along with a prestigious scientific advisory board, launched the Global Coherence Initiative to unite people from around the world in heart-focused coherent care and compassion and to measure those effects.

Learn more about global coherence and the Global Coherence Initiative at [www.glcoherence.org](http://www.glcoherence.org)

## FIVE WAYS TO KEEP UP WITH THE PLANETARY SHIFT

**No. 1:** Practice genuine appreciation and care for everything in your life, especially anything you may take for granted. Increasing heartfelt positive emotions like appreciation and care helps you move through difficult times with greater ease, security and grace. When you're not aligned with your heart, the textures and richness of life can quickly diminish.

Intentionally generating positive feelings such as appreciation, care or compassion increases physiological coherence and adds greater texture and richness to our lives. Sunsets appear



more beautiful, spring days feel fresher, and even food seems to taste better.

**No. 2:** Practice care, not 'overcare,' for yourself and others. We are all going through the planetary shift together. Ask yourself "Is my care producing or reducing stress?" Be aware of how you feel about an issue at hand, place your focus in the heart area and breathe in a positive feeling or attitude to create more coherence. Be objective, as if the issue or problem belongs to someone else. Relax in

an issue or situation can create stress, negative emotions or incoherence, so it is important for your care to be balanced.

**No. 3:** Watch out for negative projections — the down slant. Negative projections actually are negative thoughts and feelings about you, someone else or the future. For example, say you're planning to meet someone with whom you have a hard time communicating. Instead of projecting judgment or anxiety, generate appreciation, care and calm. You will enter the meeting

membership on the Global Coherence website and it is free and provides a wide range of services for its members which include the Global Care Room. It's a great way to contribute your heart's care to our global family.

**No. 5:** Join GCI for a unique retreat program in December 2012 consisting of meditations, personal and global energetics courses, and plenty of relaxation and recreation at the TAO Resort and Wellness Center in the Riviera Maya region of Mexico. The Heart of Transformation: Acti-

vate Your Heart's Intelligence program will take place Dec. 5-9 and registration is open to the public. Visit [www.bit.ly/heart-of-trans](http://www.bit.ly/heart-of-trans) formation to get more details.

**Deborah Rozman, Ph.D., is President and CEO of HeartMath. She has been deeply committed to awareness development and personal growth for 40 years. Deborah is co-author with Doc Childre of the Transforming book series which include: Transforming Anger, Transforming Stress, Transforming Anxiety, Transforming Depression and Stopping Emotional Eating and maintains a blog on Care2.com and the Huffington Post.**

*What if you could measure collective human emotion around the world? What would it tell us and could it affect the planet, the weather or influence human behavior? These are questions that the Global Coherence Initiative, based in central California, is researching through a sophisticated magnetic frequency sensor network anchored in various locations around the world.*

Early data collected from a separate global random number generator (RNG) network revealed interesting results during two events that triggered shock waves of emotion rippling across the planet. The first was the terrorist attacks of September 11, 2001, and the second event was during the 2009 Barack Obama presidential inauguration. During these two events, the generators, which are engineered to continually produce random sequences of numbers, produced patterns of numbers that were more ordered than they should be.

According to Roger Nelson, a Global Coherence Initiative (GCI) Scientific Advisory Board member who heads up the network of random number generators, "Quantum event-based random number generators (RNGs) produce completely unpredictable sequences of zeroes and ones. But when a great event synchronizes the feelings of millions of people, our network of RNGs becomes subtly structured. The probability is less than one in a billion that the effect is due to chance."

The GCI Research team says the data might indicate a phenomenon of collective human consciousness. GCI will help examine the degree to which there could be an energetic resonance between the earth's magnetic field and the rhythms of human heart and brain, and study the influence of the earth's field on patterns of human collective behavior.

With the 2012 U.S. presidential elections on the horizon and plenty of mass human emotion charging up, one can't help but wonder if our collective human emotions will show any new data.

You can read more about these global events and the data described above at [www.heartmath.org/templates/ihm/e-newsletter/article/2009/march-april/gci-world-stage-2009.php](http://www.heartmath.org/templates/ihm/e-newsletter/article/2009/march-april/gci-world-stage-2009.php)

the heart area and become neutral about the issue, allowing your heart intelligence to offer new perspectives and possibilities.

You can increase the potency of your care and intentions and the effectiveness of your choices and actions. Listening to what your heart prompts you to do can make your caring more effective. Excessive care, or overcare, related to

with a more balanced and intuitive perspective.

**No. 4:** Come together with kindred hearts — The Global Coherence Initiative ([glocoherence.org](http://glocoherence.org)) has a Global Care Room where people can come from around the world to gather on-line in a synchronous Heart Coherence Session that is available three times a day, or you can visit any time that is convenient. You can create a

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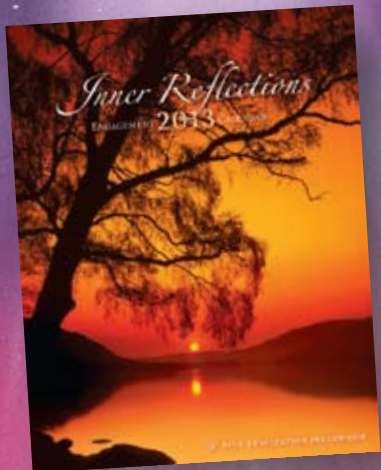
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# The Rainbow Bridge Offers Tools to Build a Better Future

By Brent N. Hunter

Author of *The Rainbow Bridge: Bridge to Inner Peace and to World Peace*

I have continually longed for peace, the kind within and the kind that radiates into our families, our communities, our states, our nations and our world. People today seem to be more divided than ever before. The concept of unity is understood and practiced by some, and we need that number to grow more rapidly to offset the challenging times we live in now.

*The Rainbow Bridge: Bridge to Inner Peace and to World Peace* was conceived because I was going through my own trying times more than a dozen years ago. I was experiencing many challenges while running an Internet business at the height of the dot com era and I decided to keep notes to help me make it through those rough waters. The result was the creation of *The Rainbow Bridge*.

*The Rainbow Bridge* is a book and a movement. At the core are 60 universal principles that represent the common ground between the world's wisdom traditions. These simple easy-to-understand universal principles offer the framework for co-creating the peace-filled world we dream of and that we need to survive.

In addition to the universal principles in this book, it features 14 unique and special meditations to help foster inner peace no matter what your level in meditation may be. *The Rainbow Bridge* World Peace Meditation was featured in the inspiring Peacelink event last fall in Los Angeles.

*The Rainbow Bridge* is a multi-faceted bridge that can help lead us to inner peace, which is obviously important to everyone; everyone wants to live in peace and happiness. As we gain inner peace in our own lives, we

can experience greater peace and harmony in our families. As our families experience greater peace, so too do our communities. And as our communities experience greater peace, so do our states and nations.

Naturally, as states and nations experience greater peace and harmony, the world experiences greater peace as well. Therefore, reaching inner peace as individuals has significant implications for everyone around us. The saying "peace begins with me" is a profound truth, despite the apparent simplicity.

As we travel across *The Rainbow Bridge* together, with the collective intention of creating a positive sustainable future that works for the greatest number of people in the world, we are traveling across a bridge in time together. We travel together from our present moment to a time in the future, whether that time is 10 seconds from now or 10 years from now.

The common ground under our feet is the common ground found in the world's major religions, and this common ground is the universal principles illuminated in *The Rainbow Bridge*. The book is therefore a bridge to the future: our future of peace, harmony, unity and prosperity.

*"We have the opportunity to build a Rainbow Bridge into the Golden Age. But to do this, we must do it together with all the colors of the rainbow, with all the peoples, all the beings of the world. We who are alive on Earth today are the Rainbow Warriors who face the challenge of building this bridge."*

— Brooke Medicine Eagle  
Daughter of the Rainbow,  
Crow & Lakota medicine woman

The concept of a bridge in time or a bridge to the future is

extremely powerful. Since *The Rainbow Bridge* is deliberately global including and honoring all people from all walks of life in all corners of the globe, *it* is by definition strong enough and wide enough for all people in the world to travel across.

As we move forward together as world citizens, on any common activity such as setting up sister and brother cities worldwide, planting trees, building bridges of understanding, envisioning a future we wish to create, helping to create the new global operating system, establishing an International Magna Carta, or collaborating in many ways to co-create a positive future, we need to do so in a coordinated, harmonious and a unified fashion.

It is for these reasons that *this* is also a bridge from me to we and it is a bridge between many to One. It is a bridge to heart-based unity consciousness, Oneness, harmony and peace, both inner and outer.

*"This would be a time when all the esoteric teachings of the world's traditions will be revealed, so there will be no secrets, no reason to fear each other, or to be in conflict. This is certainly what is happening now. Many are Rainbow Walkers... they are walking across The Rainbow Bridge to a new time."*

— Oh Shinnah  
Medicine woman from Tineh  
(Apache), Mohawk & Scottish origin

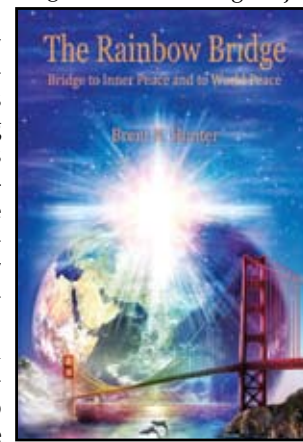
I can't remember an election in our country that has been so heatedly divided. We have many important issues to work through, not only in the U.S.,

but throughout the world, as the global citizens we are. This is the time to bridge the gap between parties . . . to act towards and see ourselves as interconnected parts of the UNITED States in a UNITED world.

The major parties must be willing to join and walk on the bridge together to make changes necessary to usher in a new, more conscious world so that we don't self-destruct and ruin life on the entire planet. People in our government and all governments must be willing to reach across the aisle and across the oceans to build bridges consciously and deliberately with the intention of unification.

Just like humans come together in major crises we must do that now to avert more war, more unnecessary loss of life and mass destruction of life on our precious planet. By stepping onto *The Rainbow Bridge*, we can all help co-create a positive, peaceful and sustainable future for everyone.

**Brent N. Hunter is a visionary author, entrepreneur and seasoned information technology executive. Considered the "grandfather of social networking," Hunter conceived and ran the first globally-conscious social network in 1994 called The Park which he operated for seven years, building it to 700,000 members. He is currently active on more than 30 social media sites and has more than 368,000 Twitter followers. Visit: [www.therainbowbridge.org](http://www.therainbowbridge.org)**



Awareness readers can download a FREE copy of this e-book at: <http://free-ebook.therainbowbridge.org/>



# Are We Heading Towards Extinction or Conscious Evolution?

By Barbara Marx Hubbard

We are being presented with the greatest opportunity that humanity has ever consciously faced together: the effort to co-create a planetary shift in time to avert global catastrophe by helping humanity to cross the gap from "Here" — our current breakdowns — to "There" — our future of infinite possibility.

Why is this invitation so urgent? Because our current condition of over-growth in our finite Earth system is simply not sustainable.

We will either evolve toward a more sustainable, compassionate, and creative global system, or face the real possibility of devolution and destruction of our life support system and of much of life on Earth — within our own or our children's lifetime!

This dangerous reality is motivating us to enter into what I call *the first age of conscious evolution* — that is, evolution by choice and not by chance. What is being required of us is to learn to co-evolve with nature and co-create with Spirit.

Why do I believe the timing is so urgent? Why now?

For the first time in our conscious history we're being given the opportunity to guide and ease our transition to the next stage of evolution. This situation is new for humanity, for we are the first Earth species to consciously face evolution or extinction.

This condition is new for humanity, but it is *not* novel for the universe. Evolution operates by "punctuated equilibrium," long periods of slow change, punctuated by apparent sudden jumps. For billions of years, nature has evolved through creative leaps, progressing from energy into matter, to planets, to primitive life, to animal life, to human life. When we look back to our 13.7 billion-year history, we can see nature's lessons as recurrent patterns:

- Crises almost always precede transformation.
- Problems are evolutionary drivers.
- Nature takes jumps through greater synergy and cooperation within and among species. (These lessons are a great wake-up call for the maturation of humanity.)

When a system reaches a "chaos point," it tries to right itself by going backward to the old; this is why we see reactive movements everywhere now. An evolving system must seek out new structures and systems toward a new configuration — or face rapid decline. According to system theorists, small positive *fluctuations* in a sea of social chaos can jump the system to a higher order.

The opportunity being offered to us is to co-create positive innovations and new ways of being, behaving and living as a new humanity. The *new* good news is, we are now *intentionally* co-creating humanity's Great Shift to the age of conscious evolution. Now it's our turn in evolutionary history to co-create a new society, a new humanity, a new Earth.

December 21, 2012, is identified by Mayan prophecy as the end of a long cosmic cycle. Therefore, December 22, 2012, has been selected to be our planetary "due date," the new *Day One* for the next era of evolution.

A profound awareness of an impending planetary shift came to me in 1966 as a *deep personal revelation*, when I knew nothing about the Mayan calendar or other prophecies. This event was a flash of expanded reality that I call the Planetary Birth Experience. At that moment my inner knowing understood these words in my heart: *Our crisis is a Birth.*

I saw that what all the great avatars and mystics of humanity

have told us is true: We are one; we are whole; we are good; and we are being born as a Universal Humanity within a universe of immeasurable intelligence, energy, and dimension. In this vision, I saw that we are a product of universal evolution, from the flaring forth after the Big Bang to the historical present, and I was guided to go tell the story of our birth. The amazing part is that everything I experienced in that epiphany so many years ago is now happening in real time!

Adapted from *Birth 2012 and Beyond: Humanity's Great Shift Toward the Age of Conscious Evolution* By Barbara Marx Hubbard, reprinted with permission of Shift Books ©2012.



A world-renowned visionary futurist, evolutionary educator and inspiring speaker, Barbara Marx Hubbard is the author of six acclaimed books that communicate the new worldview of conscious evolution. She is the co-founder and chair of the Foundation for Conscious Evolution. Barbara is currently co-producing, with The Shift Network, a global multi-media event entitled, "Birth 2012: Co-Creating a Planetary Shift in Time" on December 22, 2012 which aims to unify 100 million people worldwide in coherence and social synergy to birth a new "evolved" era and "universal humanity." Visit: [www.birthing2012.com](http://www.birthing2012.com)

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# Depletion, Disease and Drought

## An Ecologist's Take on This Year's Election

By Steven Apfelbaum

It appears as if this year's election will be business as usual, focusing on the political trench warfare we Americans have experienced — and come to expect — in the past several election cycles. Election-year white-washing, glossing over substantive issues, creating personas based upon crowd appeal, charm, and pseudo-brilliance — it all continues on without real resolution. But if there ever was a time to focus on meaningful, open dialogue, it is now.

We have not had an open conversation or leadership on almost anything but healthcare, thanks to the well-intentioned leadership of President Obama. (And this single stride in the right direction appears poised to be stripped by reversionary

thinking.) Leadership during this last presidential and congressional term didn't address many equally as important issues — including energy and climate policy as well as soils and water resource issues. Unfortunately, not taking action is essentially making a decision to do nothing.

Failing to plan for food security, human health and safety, how we will adapt to drought and water supply shortages, is as certain to contribute to our political and economic upheaval as it has in many other countries and many other eras. Historically, three environmental factors have had the potential to take down entire civilizations:

**Soil nutrient depletion:** According to the USDA, soil organic

matter, which in part helps soils hold nutrients and provides part of the soil's water-holding capacity, has been depleted by almost seventy percent in some places.

**Prolonged, severe drought and weather:** Summer 2012 has been the hottest in our recorded history. The lower 48 states have faced moderate to severe drought, and the severe tornado, storm and hurricane season is just beginning.

**Epidemic disease:** Over 40 million U.S. citizens live in poverty, making daily tradeoffs between paying the mortgage and buying food. Nutritious, healthful food is seldom an option under such circumstances.

These three triggers often hit in a sequence or go hand-in-hand, usually starting with soil depletion, which causes already nutrient-poor crops to be further susceptible to drought impacts. Crop failure means poor nutrition, weakening populations while increasing vulnerability to disease.

The remedies are **vital**, yet, unfortunately, so poorly understood or addressed in political forums:

**Addressing Soils Nutrient Depletion** — Rebuilding healthy soil is easily and quickly accomplished and is needed to compensate for years of heavy uses of Anhydrous ammonia fertilizer (which provides temporary nitrogen for crops) while it further degrades soils and contributes to declining organic matter, erosion susceptibility and contributes to essential soil nutrients washing from the land, polluting our rivers, lakes, estuaries and oceans.

**Addressing drought** — An investment in re-growing soil is a hedge against drought, disease and famine. The relationship is straightforward — more sponge-like soil organic matter, holds more nutrients and water.

Drought packs less of a punch if soils are healthy. Every farmer and gardener knows how to improve and re-grow soil organic matter. The 60,000 gallons of water held in the soil sponge for every 1% increase in soil organic matter replenishes potable ground water, water in lakes, rivers, and ultimately assures us that our tap continues running with clear, clean, healthy water.

**Addressing epidemic diseases** — As for disease, our citizens are less vulnerable if they consume healthful, nutritious food. Our resistance to disease hinges on our disease susceptibility as well as our ability to arrest and treat illness, which depends on accessible health care and affordable treatment — which many people in the U.S. and across the globe lack.

Maybe the near-miss of Hurricane Isaac, which cast grey skies over the Republican convention, is a not-so-subtle reminder to take the environment seriously. The seeds of contempt and discontent are in place. Leadership foibles and indecision are exacerbated by severe drought. Higher food prices and failing soil systems are now aligned to test our mustard. While working to remedy these problems offers the potential to create new and meaningful jobs for our citizens, address a legacy of deferred repairs and improvements to our land, and nurture a culture of collaboration and understanding in our society.

*Steven Apfelbaum, M.S., is the founder and principal ecologist at Applied Ecological Services (AES), the country's leading ecological restoration consulting firm. In addition to his work at AES, Apfelbaum is the co-author of the Restoring Ecological Health to Your Land series, which shows readers how to restore property to its natural state, and author of Nature's Second Chance, a 30-year account of the restoration of his family's dairy farm near Juda, Wisconsin. For more information, please visit: [www.appliedeco.com](http://www.appliedeco.com)*



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# Redefining the Peace Movement

By James O'Dea

We are witnessing a tidal shift in consciousness. Some see it as a great planetary awakening of awareness accompanied by an extended capacity for empathy and collaboration. The burgeoning networks of people who share these new values, along with the accelerating global communications environment, are creating an unprecedented planetary resonance. We are collectively beginning to shed the skin of humanity's dysfunctional consciousness.

**Here are key transformations defining the new peace movement:**

**We are moving from** being locked into outrage at war and violence, or being defined as a protest movement, to creating a culture of peace from the ground up and from the inside out.

**We are moving from** the reactive condemnation of others arising out of a presumed superior moral position, to engaging in dialogue, listening, and drawing on nonviolent communication strategies.

**We are moving from** labeling those who disagree with us as the enemy to recognizing the inherent flaw in creating enmity as a peace strategy. In this way our work attempts to dissolve polarizing behaviors.

**We are moving from** a consciousness that is problem centered to one that is solution centered. This has a radical impact on how we organize. We are informed by our vision, and our approach is not always defined by the tactics or stance of the opposition.

**We are moving from** piecemeal, feel-good, quick-fix inter-

ventions, to whole-system maps and systemic transformation.

**We are moving from** a reliance on ideological frameworks to integral approaches that are the embodied manifestations of peace at the individual and collective levels.

**We are moving from** activism that leads to burnout and relationship breakdowns to one in which working for the cause of peace requires self-care and time for quality relationships.

**We are moving from** the battleground of proving who is right and who is wrong to understanding worldview transformation and exploring who the wounded are and how they can find healing.

**We are moving from** an obsession with punishment to the search for truth, reconciliation, and restorative justice.

**We are moving from** demanding rights to assuming our responsibility to create environments that promote rights and social justice.

**We are moving from** merely critiquing the absence of humanity in others to honing our own capacity for compassionate action, deep empathy, and authentic forgiveness.

This is the sounding note from inside the heart of peace itself. It says, "Choose me. Cultivate my ways."

Feel the pleasure of love, laughter, and service to others. Feel peace as the presence of conscious and compassionate awareness. Step boldly to incarnate your belief in the power of peace to transform indifference and hostility. Never allow meanness any foothold over you where instead there

can be an ample generosity toward others.

Keep your conscience keenly attentive to the subtlest calls to live in attunement with your own evolving moral imagination. The world is full of moral dilemmas, so listen with confidence to the voice of your higher self, but always be willing to reconsider the validity of your position. Know that you have been asked to walk the path of essence, always drawing deeper from your own essential qualities and allowing them the freest expression — even when cold reason would suppress them. Work ceaselessly to connect the disconnected.

It is impossible to say whether you will be scorned or rejected or even if you will be cut down, but know that the winds of peace will carry your work into future generations and you will be part of what turns humanity toward its true destiny.

Any action that begins in the core of your being is one that unites with the Source of All Being. Look for that igniting point midway between taking yourself too seriously and being too casual about your gifts; it is here that peace arises and asks you to dance with it. Whether your first gesture is to still the mind, pulse a drum, raise your voice, or cross the threshold of an old fear or enmity, celebrate your choice to leave passivity



and disbelief behind.

Keep faith with your vision even if people scorn you for being an idealist. Make sure your vision is big enough for the time we live in and that your execution of the vision comes from a place of humility. Learn to celebrate your vision even in the midst of great suffering, for your vision is an answer to the suffering you see. Peace is the healer of wounds.

For as much as you cultivate peace in all of its dimensions, it will cultivate you *beyond all recognition*.

©2012 James O'Dea. Excerpted from *Cultivating Peace: Becoming a 21st Century Peace Ambassador*. (Shift Books) [www.cultivatingpeace.net](http://www.cultivatingpeace.net)

**James O'Dea is a renowned figure in international social healing who has conducted healing and reconciliation dialogues for twenty years. He was director of Amnesty International's Washington, DC, office for over ten years. His work as co-director of the Social Healing Project led him to Rwanda, Israel/Palestine, and Northern Ireland. James is also on the extended faculty of the Institute of Noetic Sciences and is its immediate past president. He is also a member of the Advisory Board for the Peace Alliance.**

*It isn't enough to talk about peace.*

*One must believe in it.*

*And it isn't enough to believe in it.*

*One must work at it.*

— Eleanor Roosevelt

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# Colds & Flu Season

By Alex Strande, MS, Ph.D.

"I have picked up a bug," is the standard explanation for why a person is feeling off-color and has the sniffles or a dose of the flu. We are all "catching" disease-associated germs all the time, but most of us are not sick. Why? The popular conception that our immune system protects us is only part of the answer. There is much more to the cause of illness than merely lack of immunity. And what causes our immune systems to fail in the first place?

There is abundant evidence that the primary cause of colds and flu is the condition of our bodies: an accumulation of toxic waste products and chemicals, and an immune system that is denied the necessary nutrients and energy for it to function properly, along with being depressed by the effects of stress and man-made chemicals. Micro-organisms are merely secondary agents of disease, with a substantial body of evidence indicating that they are utterly impotent in a genuinely healthy person.

Although new strains of viruses are often more virulent than the old and our immune systems less prepared for them, when our bodies are ready for a "cleansing" of toxemia, the germs already in our bodies will most likely "get us" before the germs from anywhere else.

It is more difficult to catch the cold virus than most people think, according to the University of California Wellness, newsletter, March 1992. In one experiment it took 200 hours of exposure to transmit the cold virus from one person to another. Even then, only half of those susceptible to a particular virus actually caught that virus in a family setting.

Robert Ornstein and David Sobel in their book, *The Healing Brain*, point out that even when we come into contact with a contagious germ, a large majority of people do not become infected with the germ and further, even in those who do become infected the majority do not get sick.

In his book, *Man Adapting*,

Professor Rene Dubos of the prestigious Rockefeller Medical Center in New York states that throughout nature, peaceful co-existence with pathogenic germs is the rule rather than the exception. Even father of the germ theory, Louis Pasteur admitted on his deathbed that he had been wrong about germs and said, "The germ is nothing, the soil (internal environment of the body) is everything."

So, if we do not catch colds from other people, why do colds or flu appear to be going around at certain times? The answer is probably a combination of the following: Firstly, in cold weather, we tend to stay indoors and have less activity; we shut the windows, producing stale air, and eat more cooked, starchy food that increase toxemia. (It comes to mind that during the last 20-30 years with high-rise buildings being built with windows that one cannot open, the workplace for a lot of people is a much less healthy one).

Secondly, people tend to be more depressed in cold, gloomy weather. Thirdly, when news bulletins announce that a particularly nasty virus is around this winter, many people get sick simply because they believe they will, the well-known placebo effect in reverse. Have you ever heard somebody say: "I catch at least two colds every winter." They are already programmed for it.



It is very difficult to beat the efficiency of liquid herbal extracts if the intention is to conquer the cold or flu fast. I have frequently seen people being able to shake off such infection within a few hours if they start taking liquid herbal extracts as soon as the first symptoms appear. Depending on the symptoms presented, most selected extracts to fight the common cold or flu include elecampane, white horehound, pleurisy root, boneset, echinacea, red clover, golden seal, eyebright, myrrh and elderberry, just to mention a few.

After recovery, when there is post nasal drip, cough or allergies, the preferred botanicals are such as astragalus, baptisia, wild cherry bark, mullein, ribwort, grindelia, clivers, bayberry, depending on the post-viral presentation. To fight a flu effectively it may also be helpful to increase consumption of water, reduce solid foods, rest, keep warm and take garlic and vitamin C.

The cold and flu are nature's most common and safest outlets for build-up of toxins, and warrant being allowed to run their natural courses. They are self-limiting and, if properly treated as outlined above, will leave us healthier and feeling revitalized, as though we have had a spring — cleaning — and we have!

So do not worry too much about cold and flu germs you are catching periodically. They may be doing you no harm after all.

Alex Strande, MS, Ph.D., is a Naturopath and a Microbiologist. His office is at 3017 Clairemont Dr., San Diego, CA 92117 and he can be contacted for questions and appointments at (619) 607-4211. He does face-to-face consultations. Visit [www.simplyhealingclinic.com](http://www.simplyhealingclinic.com)

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# The Herbal Treatment of Sleep Apnea

By Steven Frank

Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of an estimated 25 million Americans on a regular basis. Since Sleep Apnea can disturb sleep without completely awakening the subject, there are likely millions more undiagnosed sufferers. Along with irritability and constant tiredness, there are very serious health consequences of prolonged sleep deprivation.

Presently, the condition is treated with weight-loss, smoking cessation, CPAP machines or surgery. Yet, none of these address the actual cause of the problem. Being over-weight, smoking, or sleeping on one's back does not cause this problem.

## CAUSE OF THE CONDITION

When we begin to fall asleep, we go from Stage one (drowsiness) into Stage two where muscular activity is inhibited (blocked). It is called "reduction of muscle tonus." This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams. It is accomplished by suppressing the flow of signals from the brain along the spinal cord.

Unfortunately, as we age, the boundaries of the nerves' signals to muscles become blurred and the inhibition of skeletal muscles causes unintentional reduction in the signal to the diaphragm muscle. The next problem is that the muscles of the soft palate in your mouth become weaker. This allows the soft palate to sag. Keep in mind though, this is the same soft palate you have during the day and it doesn't cause you problems while you are awake.

Additionally, nerves reaching the diaphragm emanate from the spinal column at C3, C4 and C5, they then combine to form the phrenic nerve. Unfortunately, a large amount of the tension that develops in our shoulders throughout the day is residual

and does not dissipate when the subject enters Stage two sleep. This restricts nervous flow to the diaphragm as well.

The result of all of this is that upon entering Stage two sleep, the muscle tonus holding the soft palate out of the airway is reduced. This allows the soft palate to sag into the airway. While this is happening, the same inhibition of muscle tonus is *unintentionally* attenuating (reducing) the signals to the diaphragm on an already obstructed communication channel. Our breathing becomes shallower and shallower due to insufficient signal strength to the diaphragmatic muscles. In sleep apnea sufferers, breathing will stop completely.

When the carbon dioxide level gets high enough, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally **sucks** the sagging-soft palate into the airway. This obstructs the flow and causes a loud "SNORT" disturbing sleep or awakening the subject.

Upon awakening or returning to Stage 1 sleep, the reduction of muscle tonus for entry into stage two sleep *is released* and respiration begins again in a somewhat normal manner. Then the cycle repeats again.

## THE SOLUTION

The problem is *caused* by the reduction in signal from your brain that reaches your diaphragm. This produces insufficient breathing amplitude from your diaphragm. Because your *breathing is insufficient* (or stopped), you take a rapid inhalation and this sucks the soft palate into the airway with a snort; disturbing your sleep.

The appropriate intervention

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

Some foods like wheat products and cheese should not be eaten near bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the

administration of a few common herbs.

Lobellia acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, will actually *increase* the level of respiration sufficiently so as to avert the dangerous drop in respiration intensity that occurs upon muscular inhibition. It will maintain **deep steady breathing** through the Stage 2 sleep period.

This directly addresses the cause of the problem.

Thyme has traditionally been used to enhance pleural (lung) activity. It actually **improves the ability of the lungs** to exchange CO2 for oxygen and makes an excellent contribution to maintaining sufficient blood oxygenation. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This bouquet of herbs enhances respiration, relaxes the muscles that restrict nervous flow and increases drowsiness. It represents a holistic natural solution to sleep apnea. It is non-habit forming and no preconditioning is required. What's more, it addresses the cause of the problem without drugs, machines or surgery.

**Steven Frank is a natural products designer and herbalist with Nature's Rite, LLC. Visit: [www.MyNaturesRite.com](http://www.MyNaturesRite.com). He has been researching improvements in natural healthcare for more than a decade and has numerous patents in areas of antiseptics and herbal products. He can be reached at [stevef@naturesriteremedies.com](mailto:stevef@naturesriteremedies.com)**



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# Holistic Treatment for Leaky Gut Syndrome (Part 1)

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

## What is Leaky Gut Syndrome?

According to Wikipedia, **leaky gut syndrome** is a proposed condition of a damaged bowel lining. The term is used by some holistic health or alternative medicine practitioners, but is not a recognized diagnosis. It is hypothesized that leaky gut syndrome is caused by increased permeability of the gut walls resulting from toxins, poor diet, parasites, infection, or medication.

The *leaky gut* then allows substances such as toxins, microbes, undigested food, waste, or larger than normal macromolecules to leak through an abnormally permeable gut wall. Proponents propose that these out-of-place substances affect the body directly or initiate an immune reaction.

## Symptoms of Leaky Gut Syndrome:

According to my clinical experience, **leaky gut syndrome** is a cluster of symptoms caused by the digestive tract inflammation. They include: bloating,

diarrhea, stomach pain, extreme fatigue, mind fog, poor digestion and absorption, arthritis-like aches and pain, sleeping disorder, etc. The symptoms mimic several diagnoses such as fibromyalgia, Lyme disease, Crohn's disease, Chronic Fatigue Syndrome, irritated Bowel Syndrome (IBS), ulcerative colitis, yeast and parasitic infections, etc.

For many sufferers, it's just a relief to finally put a name to the symptoms; however, it does not change the fact that their suffering continues. So, it's important to know the possible causes of these symptoms and the holistic treatment for them.

## Possible causes of Leaky Gut Syndrome:

### Yeast and parasitic infections:

Yeasts and parasites use their vampire-like hooks to hook onto the mucous membranes and if they develop colonies in the gastric-intestinal tract (GI Tract), then stomach ulcer or leaky guts can be a result. Not only do they suck the nutrient from the host,

but also create lining damages on the walls of the Gastric-intestinal Tract.

### Poor dietary habit:

The Standard American Diet (SAD) is loaded with sugar, dairy, wheat, yeasts, caffeine, alcohol, and chemicals. The SAD feeds the yeasts and parasites and worsens the symptoms.

### Psychological stress:

Carrying negative emotions such as anger, resentment, fear, regret, and guilt, is like driving a car with the hand-break on. It causes wear and tear of the car (your immune system). When your immunity is weak, all kinds of invaders such as bacteria, viruses, yeasts and parasites can defeat you and cause all kinds of illnesses. What is eating you psychologically is also eating you physically!

### Liberal use of antibiotics and other potent drugs:

The western medical establishment uses antibiotics as a "catch-all" magic bullet for all infections without consideration of strengthening the immunity. Cortisone is another popularly-used drug to inhibit the inflammation process. In fact, excessive use of antibiotics and cortisone destroys the immunity, because the potent drugs kill both the good and bad bacteria floras in your intestines. The "bad guys" such as harmful yeasts take no time to come back; while the "good guys" take a long time to rebuild.



Yeasts are airborne, and are "omnipresent." They can re-enter your weak body anywhere, anytime. Thus, an imbalance is created. A vicious circle ensues. To make the situation even more complicated, when yeasts are present, parasites also thrive because of their symbiotic relationships. As I have explained in previous articles, when yeasts ferment, they create a chemical substance called "propyl alcohol" and that substance feeds parasites. To return the favor, parasites use their body surface as a platform for yeasts to grow and expand.

When people developed leaky gut syndrome, they usually encountered all the factors I described above. Leaky gut syndrome can be repaired if you employ a holistic approach, and are patient with yourself, and with your life!

In the next article, I will discuss the holistic treatment to repair the leaky guts and regain your health. Stay tuned.

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

For further information, contact the Academy of Vibrant Health, 541 So. Spring St., Ste. 209, Los Angeles, CA 90013, call (800) 715-3053 or (818) 472-2213, or e-mail [drj@drjsbest.com](mailto:drj@drjsbest.com). Visit: [www.drjsbest.com](http://www.drjsbest.com). Become our Facebook fan: [www.fb.com/drjsbest](http://www.fb.com/drjsbest) to read updated articles regularly on alternative, holistic treatment for various health issues. Skype: [academyofvibranthealth](https://www.skype.com/partners/academyofvibranthealth).

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# Vacation for a Day

*Rekindle your spirit, pamper your body and escape to a Spa*

**By Ann Nelson**

Are you ready for relaxation and revitalization, but can only get away for a few hours, or a day? Consider escaping to a nearby spa to replenish your energy. Chances are, no matter where you live, there is a spa near you. No overnight expenses, no restaurant bills, no hassles at the airport. Check out the web and do a little bit of homework. Then, sit back, relax and let the day take you away. You deserve to enjoy a few hours of pure bliss.

Following is a list of Southern California spa ideas, including brief descriptions, prices and specials. If your treatment is scheduled for one hour, you might want to check and see if you can spend the entire day enjoying the other amenities offered at the spa. Don't just go for an hour, go for the day!

## LOS ANGELES

### The Spa at the Beverly Wilshire

About the Spa: The spa is designed around a curved water wall embracing a majestic amethyst crystal geode. The intention of this design is to create total relaxation for the body and soul.

Treatment: "Classic Swedish Massage" at Beverly Wilshire — Includes a 60-minute spa massage, use of the pool, and use of the newly-designed fitness center.

Cost: \$175.00 Complimentary parking for the day is included.

Treatment: "Biomeditation Therapy" is a unique and energetic hands-on treatment, designed to detoxify and balance every cell in your body. Unlimited time in the Aromatherapy Crystal Steam Room, Experience Shower, Ice Fountain, fitness center, pool, and Tranquility Lounge are included in the price.

Cost: \$175.00

Contact: (310) 275-5200, or [www.fourseasons.com/beverlywilshire](http://www.fourseasons.com/beverlywilshire)

### Olympic Day Spa

About the spa: Treatments offered here are natural and pure. "We believe in harnessing the natural human energy and transferring this "QUI" (energy) to you through our authentic eastern treatments."

Treatment: The Goddess Signature Darphin Body Treatment — This two-hour treatment includes a full body Korean Scrub to exfoliate the skin, and an aromatic seaweed body shampoo. This is followed by an aromatherapy massage and an oil scalp massage. The treatment continues with a face massage and a mask to tighten the pores. This is followed with an aromatherapy hair shampoo and rinse. Lastly, a body emulsion is applied to hydrate and moisturize your skin.

Cost: \$130.00

Contact: (323) 857-0666, or [www.olympicspala.com](http://www.olympicspala.com)

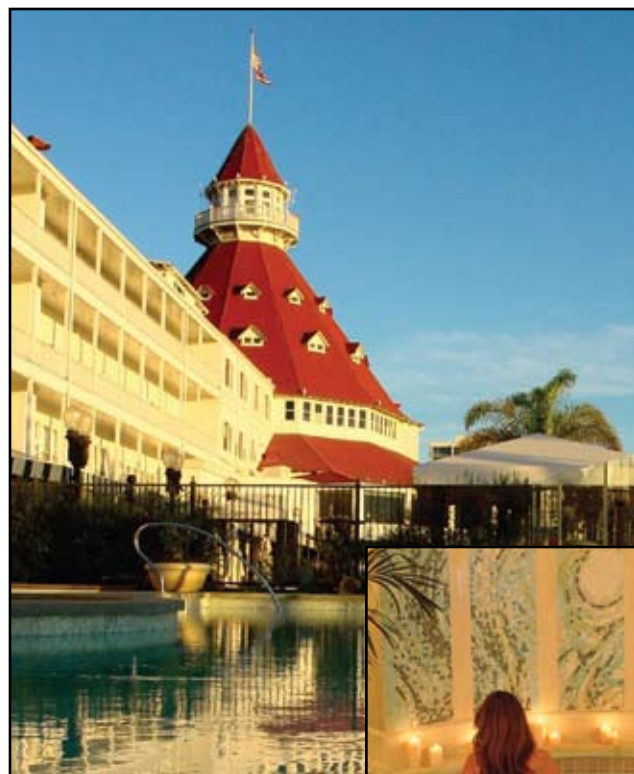
### Spa Xanadu

About the Spa: Voted "Top Ten Spa in L.A." by Spa Living Magazine.

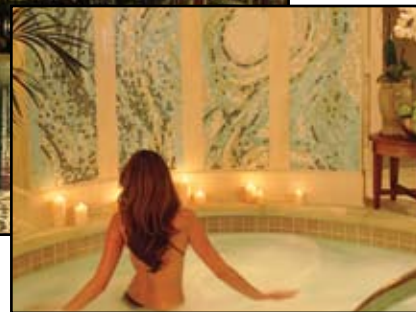
Treatment: Xanadu offers an endless list of treatment options, including all types of massages, foot reflexology, acupressure, cellulite treatments and much more. The "Xanadu Oasis Package" is designed to enrich your spa day with the ancient wisdom and herbal healing tradition of the Far East.

Cost: \$170 for a 2-hour treatment. Twelve passes for use of the spa facilities are available for \$200. An optional lunch may be purchased for \$20.

Contact: (626) 821-0687, or [www.spaxanadu.com](http://www.spaxanadu.com)



**The Spa at Hotel Del Coronado**  
*Photos courtesy of the hotel*



## LAGUNA BEACH

### The Spa at Laguna Cliffs

About the Spa: The ocean-side setting serves as the inspiration behind the nature-based holistic approach treatments. A state-of-the-art fitness center and numerous exercise classes are offered at the spa.

Treatment: "The Signature Orange Massage" is custom tailored to spotlight the talents of your therapist. The soothing scents of Orange Blossoms fill the air to make this experience extra special.

Cost: 50 minutes \$145 or 80 minutes \$195.

Contact: (949) 487-7576, or [www.lagunacliffspa.com](http://www.lagunacliffspa.com)

### Athena Day Spa

About the Spa: Customized treatments and therapeutic massages are offered at this beach front spa.

Treatment: Hot Stone Therapy Melt Away

Cost: \$120 for 60-minutes, or \$190 for 90-minutes.

You may add on any of the spa therapies below to the services of your choice:

Aromatherapy Foot Paraffin \$20, Aromatherapy Hand

Paraffin \$20, Healing Scalp Treatment \$40

Contact: (949) 376-7918, or [www.athenadayspa.net](http://www.athenadayspa.net)

### Marciena Day Med Spa & Retreat

About the Spa: All tailored programs have been specifically created for the body, skin and state of mind.

Treatment: The two hour and twenty-five minute "Relax & Renew Treatment" begins with exfoliating your body with a fruit, chocolate and sugar scrub and enjoying a warm shower. This is followed with time in the Aromatherapy steam room, and a Swedish massage. **A special price of \$193.00 is offered for a limited time to readers of Awareness Magazine.**

Cost: \$255 (normal price)

Contact: (949) 497-5414, or [www.lagunabeachspa.us](http://www.lagunabeachspa.us)

## SAN DIEGO

### The Spa at the Rancho Bernardo Inn

About the Spa: Experience your treatments in an outdoor garden oasis in a temperature-

*(Continued on page 32)*

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## Vacation...

(Continued from page 31)

controlled treatment casita. Conde Nast Traveler recognized the inn as "the number one resort spa in the United States" in its April 2008 issue. After a treatment, guests can cool off in a 2,500-square foot Aragon Pool and Hydro Spa, surrounded by trees and cabanas.

Treatment: Spa and Lunch Treatment — Includes a 50-minute massage or facial, a hand treatment, use of the spa pool and fitness center. Includes a delicious, healthy spa lunch.

Cost: \$150.00 (Monday to

Thursday), \$165.00 (Friday and Saturday)

Contact: (800) 935-2392, or visit [www.ranchobernardoinn.com](http://www.ranchobernardoinn.com)

### The Spa at the Hotel Del Coronado

About the Spa: Guests unwind at the Spa's expansive private terrace with a fire pit and vanishing-edge pool overlooking the Windsor Lawn and the Pacific Ocean. Travel + Leisure magazine recently named the Spa at The Del "one of the Top 20 Hotel Spas in the world". Yoga, meditation classes and Pilates are also available at the outdoor relaxation terrace.

Treatment: \$109.00 Wednesdays — Includes a massage, facial, exfoliation or wrap. Enjoy the oceanside outdoor terrace and vanishing-edge pool for the rest of the day.

Cost: \$109.00

Contact: (619) 435-6611, or visit [www.hoteldel.com](http://www.hoteldel.com)

### Spa Velia

About the Spa: This spa is a

member of The Green Spa Network ([greenspanetwork.org](http://greenspanetwork.org)), a non-profit organization that is working to promote the health of our planet. Green spas eliminate toxins in their skin care products and in their spa's environment. Spa Velia has received the Top 100 Spas in America for 2012 spAWARE.

Treatment: The Thai Body Therapy is the combination of sports and Thai massage. The treatment combines pressure point stimulation, yogic stretching, and muscle compressions. Energy, flexibility and circulation are generally enhanced as a result of this therapy.

Cost: \$140 for the 80-minute treatment. A \$20.00 gift is presently offered to new clients through the spa website.

Contact: (619) 235-0000, or visit [www.spavelia.com](http://www.spavelia.com)

Spa specials are updated on a regular basis, and may not be offered at the time of this printing. Please contact spa directly for up-to-date information.

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

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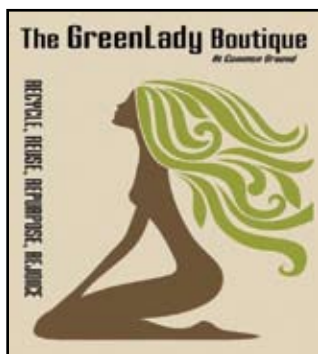
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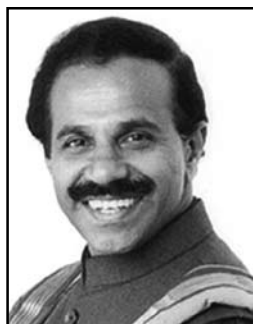
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# MUSIC Reviews

By Michael Diamond



## PETER STERLING

*Patterns Of Reflection*  
www.harpmagic.com

If there is any instrument that has an instantly uplifting effect and the ability to evoke a celestial vibe, it is the harp. For harpist Peter Sterling, it is a perfect vehicle to express his artistic and spiritual vision. In his words, "the harp has a unique ability to reflect in sound the harmonic structure of the cosmos." The music on his latest release, *Patterns Of Reflection*, originated as a series of flowing solo harp improvisations to which he later added accompaniment, both his own and from a number of guest musicians, including William Aura and Bruce Becvar. In addition to the electric harp Peter also contributes keyboards, native flute and vocals. Traces of new age, jazz, classical, and world music find their way into the mix.

One thing that stands out to me throughout the album is the way there can be a lot going on with intricate interweaving of instruments, yet they are so masterfully blended as to allow the music to still feel spacious. The CD is exquisite in its alchemy of instrumental interaction, revealing an interesting integration of improvisation and orchestration. *Patterns Of Reflection* provides a rich listening experience that is both relaxing and revitalizing.

## JILL HALEY

*Zion and Bryce Canyon Soundscapes*  
www.jillhaley.com

Having reviewed numerous albums that listed Jill Haley as a session musician, it's a treat to see and hear a CD under her own name showcasing the full range of her considerable musical talents. Although Jill is an accomplished pianist, as evidenced by her work on this CD, she is most known for her choice of instruments that are not as much heard

in this genre of music — namely the English horn and the oboe. For her own new release, she adds the sound of David Cullen on guitar and bass, cellist Graham Cullen, and Dana Cullen on French horn. The piano is the foundation for most of the compositions with embellishments by string and wind instruments. The warm woody timbre of the oboe provides a perfect accompaniment that glides gracefully over the piano arrangements. Both her oboe and English horn had a wonderful warmth and softness.

Inside the glossy eco-package is a beautiful full-color 12-page booklet with photos of the places in the park that inspired the song titles. Jill has done a magnificent job of capturing the spirit and evoking both the feel and natural beauty of these precious National Park lands in her instrumental "soundscapes."

## PAUL ELLIS

*I Am Here*  
www.spottedpeccary.com

Ancient and modern come together on "I Am Here," as veteran musician/ composer Paul Ellis creates an electronic music portrait inspired by the mysterious rock carvings of the Chinook Tribe of Native Americans who lived in the Columbia River Gorge 15,000 years ago. Just as they left their mark etched in stone, so Paul Ellis paints in sound from a palate that includes synthesizers, sequencers, guitar, bass, and voice.

The album's three long-form compositions have a spellbind-

ing quality that is constantly evolving, and draws favorable comparison to the electronic music artistry of Tangerine Dream, Ash Ra, Craig Padilla, Patrick O'Hearn, and Jean Michel Jarre. Pulsing sequencers provide forward momentum over a soundscape of lush keyboard orchestration, classic analog synthesizer tones, atmospheric textures, and otherworldly effects. While his previous release on the Spotted Peccary label drew rave critical reviews, Paul calls this new album: "my finest sequencer work to date." Fans of electronic music as well as those seeking an enchanting and entrancing listening experience will not want to miss this latest release by one of the premier artists of the genre on his timeless tribute to the continuity and kinship of life on earth.

## HEIDI BREYER

*Beyond The Turning*  
www.heidibreyer.com

This new release by pianist Heidi Breyer is one I've been looking forward to. As outstanding as her previous one was, her latest recording takes it to the next level both musically and technically with outstanding production by Grammy-winning producer Corin Nelsen. While Heidi's music may generally fall into the acoustic new age category, there are elements of classical, jazz, and folk, as

well as some unexpected ones, such as a duet between grand piano and Santana-influenced electric guitar on the opening track.

Another Grammy winner, cellist Eugene Friesen, who is well known as a member of The Paul Winter Consort is among the featured guest musicians. Heidi's influences range from the classical masters such as Bach and Chopin to the earthy folk music of Janis Ian. The album is mostly instrumental, yet Heidi's lovely vocals also grace the recording along with solo piano "passages" that are interspersed throughout the album. Insight into the inspiration for the title "Beyond The Turning" can be found in Heidi's reflection that "the concept of the road is so important, precisely because you don't know what lies beyond the turning, and the only way to find out is to travel it."

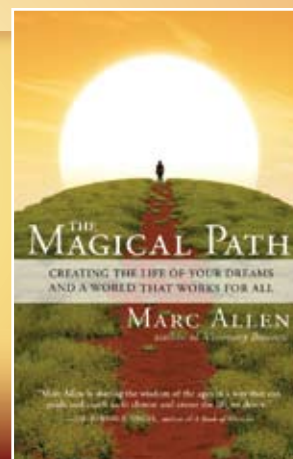
## LUNA BLANCA

*El Dorado*  
www.lunablancamusic.com

*El Dorado* is the title of the fifth, and most recent release by the German nouveau-flamenco group Luna Blanca. The very mention of the name El Dorado conjures images of trekking through steamy South American jungles in the search for gold. Yet according to founder

(Continued to page 41)

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— Leopold Stokowski

# BOOK Reviews

By **Sonia von Matt Stoddard**



## HEARING THE ANGELS SING

*A True Story of Angelic Assistance (Includes Music CD)*  
By Peter Sterling

Musicians are often guided by unseen forces. Spiritual awakening, and the journey the author makes in the company of angels, is shared within the pages of this book. Blessed with the sounds of heaven, he was guided to share this music with humanity. The travels through parallel realities and multiple dimensions are shared, so that illuminated realities of higher planes and dimensions can come more clearly into your focus. He soars through prismatic, radiant refractions of beams, and shares with us his truly amazing experience with the patterns, textures and colors of our universe. The visual message is transmitted through inspired sound.

This is the story of how one man becomes the emissary for angels through music. He shares the details of his life, mystical and shamanic journeys as well as his struggle with ego and misguided authorities. Included is his musical CD which trans-

mits the peace, love and healing he transmits from his service to the angels.

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

## A DOG NAMED LEAF

*The Hero from Heaven Who Saved My Life*  
By Allen Anderson  
with Linda Anderson

A few months after adopting a jet-black cocker spaniel from the shelter, the author is diagnosed with an aneurysm that is on the verge of rupture. Named by the owners who abandoned him, Harley was quickly renamed after growling at a motorcycle, on his way to his new home. They noticed that he seemed to love swirling leaves, so the dog was named Leaf and quickly became part of the family.

Throughout the book, the authors ask whether dogs make people better and the answer is a resounding yes! While the author battles with medical issues, the relationship with the new animal in the house also goes through its phases of time,

patience, and learning how to trust and adjust to new events and surroundings.

This book explores the dynamic of the relationship between human and dog and how each can help the other to not only understand their world, but to make better sense of events and decisions in order to observe life from a mutually beneficial and healing perspective.

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

## CONFESSIONS OF A REBEL ANGEL

*The Wisdom of the Watchers and the Destiny of Planet Earth*  
By Timothy Wyllie

As a result a war outside of our worldly universe, known as the Lucifer Rebellion, our planet has been quarantined and isolated. We have lost touch with our rightful place within the universe. Writing through the author, a rebel angel named Georgia, who arrived to earth 500,000 years ago as part of the first angelic expedition, details the roots of humanity and explains the connections between dimensions of intelligent life and how beauty and creativity are vehicles for angelic inspiration.

Georgia's story intertwines with the experiences of the author, paralleling observations within both worlds. When the deeper threads of life are under-

stood in a different light, they take on a new level of importance. Here, we travel through both, with an emphasis on evidentiary thinking, where nothing is dismissed as irrational or impossible.

By harnessing the wisdom of these other dimensions and other-beings, learning their truths and failings and by reconnecting with these entities, we are in a position to take full advantage of the possibilities to come from better understanding the wondrous destiny of our world.

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

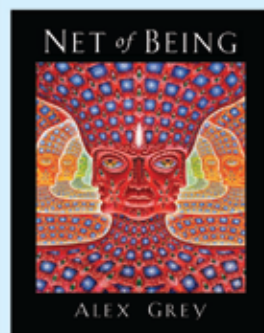
## INVOKING THE ARCHANGELS

*A Nine-Step Process to Heal our Body, Mind, and Soul*  
By Sunny Dawn Johnston

Regardless of what goes on in your life, the angelic realm is very real and present at all times. It is your choice whether you listen or not. The stories in this book are based on several years and thousands of client experiences with the world of the angels. The author has created a nine-step process that uses the energy of seven Archangels to heal your heart from the inside out.

First identified is the exact nature, or as much as can be understood and shared, about our spiritual helpers. Next is a four-step process of connecting with them, by asking them to answer your call, allowing them to be received, believing in them and receiving their guidance. We are then introduced to each of these Archangels so that we can begin the healing process through awareness, contemplation, commitment, action and maintenance. Areas discussed are addiction, career, health and relationships, followed by a series of guided meditations and actual client stories demonstrating the process.

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



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Net of Being, from apparel and jewelry to tattoos and music videos.

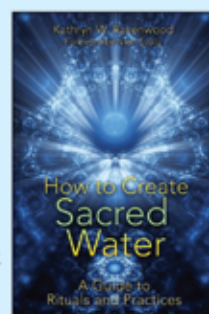
\$40.00, hardcover, 208 pages, 10 1/2 x 13 1/2  
Full-color throughout, ISBN 978-1-59477-384-6

## How to Create Sacred Water

A Guide to Rituals and Practices  
KATHRYN W. RAVENWOOD  
Foreword by Nicki Scully

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## TO BE CONTINUED

*Reincarnation and the Purpose of Our Lives*  
By Karen Berg

When we experience this world without an understanding of reincarnation, life may often appear to be unfair. Living with full knowledge of reincarnation and karma will enable us to become more keenly aware of the significance of our actions, and we will no longer feel like victims at the whim of a chaotic world.

Based on the concept of reincarnation as a guide, this book will help you discover your purpose in life from a kabbalistic perspective. Learn how to actively participate and contribute to your soul's discovery journey. First, you find the basis of the grand puzzle and will learn about the dynamics of reincarnation. Next, you will find why the individual pieces of your life and its challenges are an essential part of the process.

Finally, you can pull this all together by applying the fundamental and practical tools provided, based in ancient kabbalistic wisdom. Included are discussions about angels, astrology and learning to recognize some physical manifestations within ourselves, as evidence of our individual past lives.

**Published by The Kabbalah Centre International, this book is available at your local bookstore or [www.kabbalah.com](http://www.kabbalah.com)**

## THE HEART OF MONEY

*A Couple's Guide to Creating True Financial Intimacy*  
By Deborah L. Price

It is a well-established fact that money issues are the number one stressor in people's lives and a source of major anxiety, as well as divorce, even in good financial times. This book helps couples get the money issues out into the open, so they can shift their collective money paradigm. Get past the ignorance, fear and uncertainty of money and become a team that works toward shared goals.

If the strategies and exercises here are applied early in a relationship, you can understand money patterns and behaviors and tackle them before they chip away at trust. Every individual has a money "pattern" but as a couple it is important to identify, from at least eight money types, what dynamic is within your personality. This understanding will help you change your "type" if necessary, and will result in an improved dynamic in your relationship.

Exercises, from charts to visualization techniques, help you both to create a language of financial intimacy, overcome challenges and negotiate conflicts. When applying the strategies set forth, you are on your way to co-creating a rich and financially-empowered relationship.

**Published by New World Library, this book is available at your local bookstore or [www.newworldlibrary.com](http://www.newworldlibrary.com)**

# MUSIC Reviews

(Continued from page 39)

and bandleader, guitarist Richard Hecks, it is also "a symbol of everyone's search in life for love, wealth, accomplishment and happiness." Along with pianist Helmut Graebe, who co-writes the music with Hecks, as well as a host of other talented musicians, they have created a stunning collection of festive songs that will appeal to listeners in both the new age and world music genres.

According to Hecks: "I am excited about how this new flamenco sound deeply touches listeners from all age groups, all different ethnic backgrounds and all countries around the world. It is a universal musical language that can be appreciated by anyone." Its recent placing in the top 10 of the ZMR charts is a testament to its popularity.

Comparisons to fellow German flamenco guitarist Ottmar Liebert are inevitable yet provide an accurate point of reference. *El Dorado* provides a lively and passionate listening experience that evokes exotic lands and epic adventures.

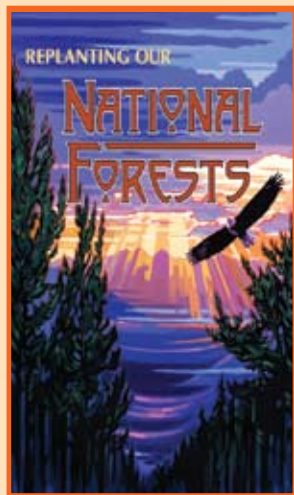
**Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CD's including two with new-age music pioneer Steven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

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—**Marc Bekoff, author of The Emotional Lives of Animals**



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# KID'S Reviews

By Lyda Whiting

**SUPER GIFTS FOR  
THE HOLIDAYS!!!**

## IF I HAD AS MANY GRANDCHILDREN AS YOU...

Written by Lori Stewart,  
illustrated by Pamela Anzalotti

What can a grandparent do with a whole gaggle of grandchildren? Build a whole sandcastle city. Make costumes and have a wildlife parade. Soar around the world in a hot air balloon. Fly a magical horse to the stars. Sing and dance all around. Join a flash mob. Laze in the grass watching clouds.

This lively imaginative book is full of whimsy and joy. The story celebrates the extraordinary and the everyday in a joyful way. It encourages exploration and discovery, while supporting sharing and caring. Grandparents can use the suggestions to make special memories with their grandchildren, and teach them about the world and themselves.

The warm-hearted verse inspires creativity and imagination

in children and grandparents alike. Bright and varied photographs enliven the pages, while showing that most of the suggestions in this book are possible for every family. Recommended for ages 3 and up, and for grandparents too.

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

## TODAY I AM A PRINCESS!

Written by Jill Cikins,  
illustrated by Rosalie Peng

Every girl knows she is a princess, and that life is filled with possibility and wonder. Each day offers a new adventure inspired by the planets, the moon, and the sun, which each offer special gifts. Sunday, ruled by the sun that nurtures new life, is a great day to create something new. On Wednesday, Mercury offers the gift of learning and writing.

This book follows one girl through a week of adventures

and learning, with the planets offering guidance and help along the way. The full-page illustrations are colorful and charming. Girls will be inspired to live each day to their full potential.

As described in this book, the principles of the planetary influences on the days of the week come from Naam Yoga, a spiritual science developed by yogi and Kabbalah master Dr. Joseph Michael Levy.

For ages 4 and up.

**Published by Naampedia, LLC, this book is available at your local bookstore.**

## CHILDREN'S SPIRIT ANIMAL CARDS

Written by Dr. Steven Farmer  
with Jesseca Camacho,  
illustrated by Pamela Anzalotti

The turtle counsels you to take your time. The lizard suggests that you spend some time dreaming. The horse encourages you to trust your feelings. This set of animal spirit cards is a lovely tool for children to connect with the gentle spiritual guidance of totem animals. Each card has a simple message and an evocative image of the animal in its natural environment. There is also a booklet with card layouts, an expanded message for each card, and suggestions for activities to integrate the message into every day life. A guide for parents is included.

The images on the cards are colorful and appealing, and provide a focus for meditation on the qualities and wisdom of each

creature. The paintings are realistic and yet evocative of each animal's magical essence.

Children will be enchanted by the images on these cards. Parents and children can help each other reflect on the messages from the animals and feel their connection to the beauty and spirit of the natural world.

Recommended for ages 6 and up.

**Published by Satiama, this card set is available at your local bookstore.**

## PENGOLOO AND ZIMBOS!

Games created by Thierry Denoual

These two eco-friendly fun games would be a great addition to a family or classroom game collection. Beautifully crafted of wood and painted in bright colors, they are appealing to the touch and to the eye, and will stimulate children's tactile and visual senses.

In Pengoloo, two to four players set out on a South Pole "eggspedition." Twelve penguins each conceal a brightly-colored egg. The players collect a penguin when its egg matches the color on the dice. The first player with six penguins on their own ice flow wins.

Zimbos! a fun stacking game for two to four players. Players try to stack animals, clowns, and balancing bars without collapsing the pyramid. The player who stacks the tenth elephant on top of the pyramid without making the pyramid fall wins.

These games teach fine motor control, memory, color recognition, and early counting. But most importantly, the games are simple, silly fun that will appeal to young children. They only takes five to fifteen minutes to play, so they fit a young child's attention span.

Pengoloo is recommended for ages 4 and up. Zimbos! is recommended for ages 3 and up.

**Distributed by Blue Orange Games, these games are available at your local toy store.**



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# Feng Shui Concepts

By Jenny T. Liu, M.A.

## 2013 Global 9 Star Forecast

The Lunar New Year of the Water Snake starts February 10, 2013 and marks the ninth year of Period 8, which spans from 2004-2023. As we approach the new year, it is once again time to consult the Nine Star Chart for awareness of the fluctuating cycles that affect us. With this information, we can make better-informed decisions that are crucial to our sustainability. Following is an overview of how the Nine Star energies affect our world in 2013. Please refer to the maps for general areas affected by particular stars.

### Overview: Center - 1, 9, 5

The volatile energy of Star 5 combined with water Star 1 and fire Star 9 in the center can bring disasters related to water and fire, such as heavy rains, flooding, and high temperatures or burning to center regions on the globe. There may also be possible threats of warfare or terrorism. Sickness related to the brain, heart, and sex can bring mentally unstable males who are prone to violating activities. Economy continues to be up and down. The center areas of countries, states, cities, and homes will experience this energy to different degrees. Anything negative or unstable located in center areas can activate the violating tendencies of Star 5.

Star 9 relates to middle-aged females, marketing, marriage, and pregnancy. Star 1 relates to middle-aged males, technology, alternative fields, and sex. This combination brings more power to females, a continued rise in technology, more internet sex and dating, and an increase in late marriages and pregnancies.

### South - 6, 5, 9

Fire Star 9 brings out exceptional middle-aged female lead-

ers, celebrities, and role models in marketing, intuitive arts, beauty, and the restaurant business. However, when Star 6, which relates to the patriarch and big



GLOBAL 9 STAR

business, comes together with violating Star 5, it indicates that government leaders work with, or are supported by, questionable groups. Stars 6 and 5 can also bring hail, unexpected cold, transportation accidents, fire, explosions, earthquakes, and higher temperatures to the south.

### Southwest - 4, 3, 2

Star 2 represents the energy of Mother Earth, the matron, agriculture, livestock, and birth. Star 2 is out of cycle, so depletion, disease, or theft can arise. Wood Stars 3 and 4 represent wind and the dispersion of information, scholarship, and accounting matters. Since these stars are also out of cycle, there may be scams, fraudulent licensing programs and questionable news and audits in southwest regions. Earthquakes, hurricanes, dust storms, crop damage, or animal disease may occur.

### West - 8, 7, 7

Star 7 is a fiery energy of weaponry, temptation, entertainment, intuitive fields, communication, and trends. The stars in the west bring business boon to western regions. Movies, sex, alternative therapies, psychics, tattoo artists, and communication technologies continue to thrive in the U.S., but also in conjunction

with China, as Star 8 is associated with northeast regions. Star 7 is also a burning energy that can bring fighting, arms deals, and political bullying, as well as high temperatures, shootings, oil spills, and sex scandals.

### Northwest - 9, 8, 6

Star 6 is the energy of male leaders, law, commerce, wholesale, and big business — especially as it relates to transportation and metal industries like auto, defense, appliances, and computers. Businesses in these related fields boom — especially in northwest regions. These areas also enjoy progress in real estate, mining, stock, and gold. Star 6 with Stars 9 and 8 can bring unusual weather patterns of unexpected hail, snow, and cold fronts, as well as unusual heat or fire.

### East - 3, 2, 3

Star 3 energies represent the east, administration, lawyers, teachers, and clerks. Out-of-cycle Stars 3 and 2 bring financial or legal issues and paperwork problems. China and Washington DC deal with corruption, financial tangles, credit problems and audits. Conflicts arise between males and females, civilians and lawmakers. Double Star 3 and earth Star 2 can bring hurricanes and wind storms that damage agriculture or livestock.

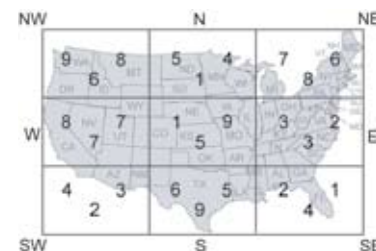
### Southeast - 2, 1, 4

Stars 4, 1, and 2 can bring high winds, dust storms, hurricanes, toxins, and heavy rainfall or flooding to the southeast regions. This can potentially damage buildings and crops in these areas. Still, Star 4 also indicates scholarship, learning, and following of trends. This can bring increased tourism and more outsourcing supplied by southeast regions. Stars 2 and 1 indicate that piracy and prostitution continue to be a problem as well as internet crimes. Mudslides, avalanches, and water pollution are possibilities.

### Northeast - 7, 6, 8

Star 8 signals booming wealth and achievement — especially among youth — however, it is tempered by Stars 7 and 6, which

bring conflict and competition among males and females, or the executive and defense branches of government. Communication, understanding, and compromise overcome obstacles of competition and differences. Star 8 indicates that



USA 9 STAR

real estate should do well in northeast regions in 2013. There may be transportation accidents, explosions, or unusual snow storms.

### North - 5, 4, 1

Water Star 1 is associated with the internet, sex, creativity, cunning, and trade. Star 1 combined with the violating Star 5 and wood Star 4 can bring violations such as bank or credit card fraud or embezzlement. E-commerce encounters increasing scams, hackers, virus, and privacy issues. Star 4 is a wind energy that can bring hurricanes and flooding. Stars 5 and 1 also indicate water pollution or sexual predators in the north.

The northeast, south, west, and northwest regions are more positive. Decisions that involve travel or investments in the east, southeast, southwest, and north regions should be made with discretion. Visit [Liu-fengshui.com](http://Liu-fengshui.com) for 2013 seminars!

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

To know that even one life has breathed easier because you have lived, that is to have succeeded.

— Ralph Waldo Emerson



# NEVER "Old?"

By Jesse Anson Dawn

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

## Presently answering the question:

"Dear Jesse, at one of your seminars, you described the process of activating what you call our sixth and seventh senses. Can your next Awareness column tell us more about that?"

Dear Readers,

My teachings about our extra-sensory abilities began way back in 1982, when it became part of the procedure that I call Massage-and-Talk Therapy. At that time, while living in the Los Angeles area, I established an on-call service that involved giving people therapeutic massages, during which I would explain various ways to tap-into mind's-body-powered, ((sensory-induced)) methods of curing oneself of ailments.

And as was mentioned in my **Rejuvenator's Bible**, one of my massage-clients (in 1983) was the famous movie director John Huston, a man who was then suffering from a severe case of emphysema.

But despite the fact that **three doctors** told Mr. Houston that he had only a "few months" to live, perhaps my ((self-healing-arousing)) massage helped him, because soon after urging him to merge his mind with his body, he evoked a so-called "miraculous recovery," whereby he lived four more years. And they were **vibrant** years, during which he wrote and directed more good movies.

True story! And also a good example of the ((illness-subduing)) benefits of not {jumping-to-conclusions}, a habit that, far too often, is part of the "standard procedure" of medical practices.

Although the way I see it, so-called "miraculous recoveries" go far beyond what biological teachings have come to call "our basic five senses" — the abilities of seeing, hearing, touching, smelling and tasting. And yet I strongly emphasize the importance of what I perceive as our **Sixth Sense** — a truly significant blessing that I call **The Sense of Focused Healing**. And of course, without that essential empowerment, diseases can quickly overtake us, especially if we remain uneducated about ways to effectively arouse our self-repairing, regenerative systems.

Also, we deeply depend on what could be called our **Sev-**

**enth Sense** — the vital skill that directs all physical actions, without which, doing something as common as driving a car would be too dangerous, because even a brief loss of controlling a vehicle could cause fatal injuries. But thankfully, we have a ((muscle-movement-commanding)) sense that can control the speed of motorized "horsepower" with ((brainpower)), and so I call our (safe-guarding) seventh sense — **The Sense of Continual Body-Management**.

Thus by comprehending the ((speed-of-light)) energy of the ["officially" unnamed] sixth and seventh senses, perhaps we can develop a level of consciousness that, if vividly perceived, can uplift our sensory awareness into newly expanded capabilities.

And with that significant aim in mind, I often wonder why (fourth-dimensional-healing-energy) courses aren't taught in medical schools, whereby physicians could, quite helpfully, receive a diploma that requires learning about methods of ((brain-energized)), self-curing.

All of which is a [long overlooked] need that reminds me of a former holder of many highly honored medical degrees, Dr. Stuart Berger, author of the runaway best-seller — "**Forever Young**" — an "anti-aging" book published when he was only 40 years old. But sadly, probably because his methods were mainly [chemical-formula-based] and not ((mind-powered/sensory-oriented)), Dr. Berger never made it to age 41, because a few months after "**Forever Young**" was launched, he passed on from an apparent "heart attack."

Although whatever caused his

early demise, Dr. Berger was one of the many examples pointed out in a fascinating article written by the **Nobel Prize** nominee, Dr. Joel Wallach — a startling piece titled: "**Learn Why the Average Life Span of a M.D. is Only 58 years.**"

Dr. Wallach, world renowned expert in the field of human longevity, is an intrepid opponent of "customary" (but consistently ineffective) medical practices. And according to Dr. Wallach's extensive research, the main reason why commonly futile procedures keep getting used, is largely because they are firmly established in what he calls "the locked-box of outdated medical credentials." Ah yes, "essential credentials" via [Old Era], unsharpened pencils (that have lost their point) — but amid the healing realm, medical degrees have little or nothing to do with what could be recognized as our **Eighth Sense** — a truly benevolent ability that I've recently come to call:

## THE SENSE OF COMPASSION

Quite unfortunately, ways to develop deeper levels of sympathy are not part of the conventional medical school teachings, but it's a way of thinking usually evoked by people gifted with a remarkable concern for the well being of humanity. For example, much of this planet has heard about the warmhearted wisdom of the South African, people-liberator Nelson Mandela, the ((busily-alive-and-well-at-94+)), true humanitarian who was quoted as saying this:

"If we learn to activate the resonating harmony that shines from our souls, we can overcome the hatred-based disease of racism, whereby we realize that all races are equal in the eyes of God the Creator."

Thus by communicating his world-famous sense of compassion, Nelson Mandela represents the rare talent of linking consciousness and truth unforgettably together, a truly special person who, again, has helped to renew our faith in the spoken and written word.

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



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# REFLEXIONS BELFEXIONWZ

By Robert Ross



## on Jack LaLanne... the Angel of Fitness

*"I've known Jack LaLanne for nearly 40 years now. I've worked out with him, I drank his high-protein drinks and had dinner with him one night when he got into an argument with his friend Rudy Vallee. He was so worked up, he cooled off by getting into a handstand on the dining room table and doing a series of handstand pushups. He is the real deal and the best advocate for good health and fitness this country has ever had."*

— Regis Philbin

Real deal... fanatic... showman... the Godfather of Fitness, call him what you want, Jack LaLanne was one of a kind, leaving his mark on the nation in ways that are just now being fully appreciated.

At age 95 (in 2009), Jack wrote his last book, completing the final chapter of his life. The book: *Live Young Forever, 12 Steps to Optimum Health, Fitness & Longevity*, was a compilation of lessons learned after a life of healthy living and exercise. At the time of the writing he was still working out in the gym two hours a day, seven days a week. He was still a proponent for healthy eating. And, he was still an advocate for positive thinking. A year later, at age 96, Jack passed away.

Jack LaLanne is gone, but his legacy is to be found everywhere. Every time one steps into a fancy gym, or turns on the TV to an exercise program, it is a reminder that Jack LaLanne started these concepts. "Jumping jacks," an exercise I remember from junior high school, was also popularized by Jack LaLanne on his morn-

ing T.V. show. Protein shakes, vitamins, nutritional supplements — it was Jack LaLanne who brought these into public consciousness.

When I first heard about Jack LaLanne's death, I was saddened, reflecting back to the days — the 60's — when I had worked my way through college as a fitness coach — of sorts — at Jack LaLanne's European Health Spa in Woodland Hills, California. At the time, Jack LaLanne was a household word. He was on T.V. daily with his exercise show. He was doing feats of strength, like completing 1,000 pushups and 1,000 chin-ups in a little over an hour. And, if memory serves me, one could buy a loaf of Jack LaLanne's whole grain bread in the local super market.

After classes at California State University, Northridge, I would head out to the Woodland Hills "Spa" to do my three or four-hour stint as a workout coach. And, my mom, who lived a few blocks away from the Woodland Hills spa, was a member in good standing. Did I say that Jack LaLanne was a household word?

Growing up, Jack was the classic scrawny kid, unhealthy, low self-esteem... the whole nine yards, until he attended a lecture by Paul Bragg — the fitness guru of the times. According to Jack, "*Paul Bragg completely saved my life.*" Jack had found a vehicle for his inborn passion, commitment and determination. From that day on, Jack's life was an adventure of learning what works and what doesn't in the world of health and fitness.

His latest book talks about

these adventures, including one story where he read of an African tribe, the Masai. They were taller and stronger than neighboring tribes. Apparently they drank raw animal blood. Tall? Strong? Animal blood?

Jack spent the next six weeks going to the local slaughter house in the morning, getting a quart of animal blood and drinking it. He was on a mission after all, to learn by trial and error. One day he got a large blood clot caught in his throat from the animal blood, and that brought an end to that lesson.

In 1951 Jack started his morning T.V. workout shows. This turned out to be a 34-year stretch that ended in 1985. Those who lived through the Kennedy assassination can tell you to the minute where they were when they heard the news. Something that has also stayed with this writer through the years was watching the Jack LaLanne show in the days following the assassination.

The nation was in mourning, Jack acknowledged the tragedy and stressed the need to keep exercising. As I recall, it was as though he was counseling the nation: *we can get through this — stay focused on what needs to be done in your life, stay positive, and keep exercising.* In the end, we did get through it . . . and many, including myself, did end up using exercise as a coping strategy through life's ups and downs.

Jack was as unique as they come. A showman, yes, but a showman with a message worth listening to.

What can we take from this messenger — this angel of fitness — who affected so many lives? Does daily rigorous exercise equal longevity? Maybe. Does exercise affect the quality of life? Without a doubt. Jack's

(Oneness Consciousness) is the only solution to all problems faced by man today; economically, socially and spiritually.

— Sri Bhagavan

mother lived to be 94. She was petite and demure — not an exercise buff — as the photo shows in his latest book. I suspect Jack inherited her genes and would have lived a relatively long life if he took reasonable care of himself. But he didn't take reasonable care of himself. He chose to be an example of how life could be.

As a result, he did extraordinary things. At age 70, handcuffed and shackled, he swam a mile towing seventy boats with seventy people on board. One of many feats. He wrote books on health and fitness. He flew around the country giving lectures on the benefits of exercise and nutrition, including, at age 95 appearing on various national T.V. shows, promoting his new book. And his list of awards and acknowledgments? They would fill a livingroom wall.

The older I get the more Jack's message of health and fitness resonates with me. The crossroad faces us daily . . . slow down, rest, take it easy, or live a dynamic life, filled with exercise, healthy living and our own version of feats of strength. Not much of a choice.

Call Jack what you want, fanatic, showman, driven; I call him an angel of fitness, sent here to show us how life could be with some effort... some determination. As Jack would say: *"It's not what you do some of the time that counts, it's what you do all of the time that counts."*

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



AWARENESS



# Musings

By Mystic Trish®

## It's the End of the World as We Know It, or Is It?

*"Wandering in the winter light  
The wicked and the sane  
Bear witness to salvation  
And life starts over again."*

— Linda Ronstadt

So is it the end of the world, as we know it? Here we are again at the turning of the year. What a year this has been. What an ending or beginning it is supposed to be. As we approach the magical day of 12/21/2012 I can't help but wonder what it all means.

As we line up with the center of our Milky Way galaxy are you ready for whatever is coming, even if it is a peaceful and silent night? Actually we have been lining up with the center of the galaxy for years now if certain astronomical calculations are correct. We have been traversing this part of the rift since 1980 and will continue to do so for a few more years.

So, why all the excitement? At the center of our Milky Way galaxy is a massive black hole that the ancient Maya referred to as the Sun behind the Sun. The Maya were aware of the precession of equinoxes; they would have known that the Earth could be viewed within this rift that contains the black hole at its center during this Winter Solstice. Please remember that the Mayans were astronomically keeping a calendar. Keeping a record of time according to the movement of the sun and the planets. It is a calendar with a beginning and an end date. They did not predict the world is going to end; just that particular counting of days would end.

We also just found out that the black hole we are lining up with on the Winter Solstice has been making a little noise out there in deep space. Or should I say it's sending out faint radio

waves. I would say it is waking up but I believe it's been awake the whole time and we are just getting sophisticated enough to find its energy signature.

So here we are at the end of the long-count calendar wondering if something exciting is actually going to happen. We are going through massive changes in this world and will continue to. It has always been that way from the beginning of time. It does not mean it is the end of time or life on this Earth.

When you Google apocalypse, tribulations, Armageddon or Ragnarok you will find that the end-time predictions have been around for as long as human kind and organized religion have existed. And if it is the end of the world, what are you going to do about it?

I want to share a funny story with you about a possible date for the second coming of Christ. In Leeds, England in 1806 a hen began laying eggs on which the phrase "Christ is coming" was written. Eventually it was discovered to be a hoax. The hoaxster had written on the eggs in a corrosive ink so as to etch the eggs, and reinserted the eggs back into the hen. I felt sorry for the hen.

If you follow the Pagan Wheel of the Year and the precession of the equinoxes, we are in the dark time of the year waiting for the Sun to return to us at Yule — otherwise known as winter solstice. Metaphorically the dark black hole at the center of our galaxy certainly is a good representation of this. For Pagans this is a time of rebirth... a time for renewal.

If you are worried about the end of the world perhaps you should pray for a little salvation from whatever is sending us signals from the Super Black Hole

at the center of our Milky Way. After all it is said that there are no atheists in foxholes, whatever God/des you pray too. I plan on getting up and greeting a brand new day on 12, 22, 2012.

In keeping with this musing here is a channeling.

*Hestia Mother of the night who  
gave birth to all the Gods.*

*She stands before the darkness  
of the womb from which all  
things generate.*

*Blackness of the Abyss, Daath,  
Infinite Space,*

*Source of the stars and other  
heavenly bodies.*

*She preceded all things.*

*Even the Heavenly Father stood  
in awe of the Primal Blacked  
winged night that first laid the*

*Silver Egg of the Cosmos in the  
womb of darkness.*

*From the egg hatched the  
double sexed Eros who gave  
motion to the universe.*

*Night is a triple Goddess, her  
other two personas being  
Order and Justice.*

*The third jewel in the tree of life.  
The pillar Boaz, black and  
female*

*Understanding, Severity and  
Glory are her strengths®*

I wish everyone a Cool Yule  
and a Blessed New Year!

**Trisha Howe is a born intuitive  
who started psychic training at age 15.  
She has over 30 years' experience in  
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or at (949) 493-0705.**



## Voices of Hope

By Audrey Hope

## MIRACLE MATH or THE EARNED MIRACLE

*One plus one equals three,  
Source/God, you and me.*

This holy math  
Is in everything I am,  
In all that I do—  
The lucky formula for home,  
The square root of power,  
The equation of peace.

Once you could add in the  
question:  
Should I look higher up to  
God?  
Or stay down on the ground  
with my vices?  
Perhaps then you could afford  
to wait,  
Forget about subtracting karma,  
And enjoy the market.

But now the world has no  
balance.  
The old forms don't work,  
The red slip is delivered—  
Choose,  
And well,  
And now  
Or?

You don't need books or  
teachers  
For front door truth—  
We have to do the invisible  
math—  
*One plus one equals three,  
Source/God, you and me.*

The new account is the earned  
miracle...  
Not what I receive  
But what I can give,  
Not my outer trophies,  
But my inner strength,  
Not money in the bank,  
But light in my soul.

I must deserve my miracle and  
this is how:  
1. Place my hand passionately  
on my heart  
2. Decree I can change  
3. Investigate and stop my  
weaknesses  
4. Breathe in the god force  
5. Say the mathematical prayer  
of becoming—  
OH LORD, GIVE ME ABUNDANCE  
THAT YOU COUNT!

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



## The Miracles of Angel Animals

By Allen and Linda Anderson

Are you seeing changes in how people view animals? Is there growing awareness that animals are spiritual partners in people's lives?

Many years have passed since 1996 when we had a life-changing discussion as we walked around Lake Harriet with our yellow Labrador retriever Taylor. We decided that day to give back to life as a "golden team" by sharing stories about the spiritual bond and the miracles that happen between people and animals.

We called our new vocation Angel Animals Network. Soon, we collected hundreds of stories and started publishing a newsletter, established a website, and wrote our first book. What an amazing journey it has been!

We tried to be realistic about how long it would take to make a dent in the world's consciousness with our messages that animals are souls with their own spiritual identities. Our goal was to help people recognize the spiritual qualities animals demonstrate, such as unconditional love, courage, and joy.

Through the power of inspiring stories we hoped to help people be grateful for animals as precious gifts. Uplifting stories, we believed, would change attitudes, as has happened with Aesop's fables and Jesus's parables. We believed that stories would touch people's hearts as nothing else could. When they are told in songs, poetry, books, articles, stage plays, films, or visual arts, stories cause people to stop, reflect, and try new courses of action.

We estimated that it would take many years to get a firm footing for the Angel Animals Network. Now, fifteen books and countless newsletters, blogs, articles, and media interviews later, we continue to focus our

time, effort, resources, and most of all, persistence in reaching the goals.

We don't know if attitudes toward animals will change drastically in our lifetimes. But we and our earth-and animal-loving brothers and sisters, will eventually raise consciousness, even if only a little. The next generations will continue and succeed with projects that many pioneers from our generation have begun.

### LEAF A SPIRITUAL HERO DOG

We recently wrote *A Dog Named Leaf*, a memoir of hope and inspiration that chronicles the mutual journey of the healing Allen experienced after we adopted a traumatized cocker spaniel from an animal shelter. The book conveys an important spiritual message: When anyone recognizes and accepts the gifts of Angel Animals, miracles can occur.

*(Excerpt from A Dog Named Leaf: The Hero from Heaven Who Saved My Life by Allen Anderson with Linda Anderson, Reprinted with permission. All rights reserved.)*

During my healing process Leaf became my channel for viewing and living in the strange postsurgery world where my body could no longer be trusted to do what was necessary. After I was cleared to drive again, I took Leaf to the dog park, so both of us could relax.

With my frontal lobe (that controls emotions) still not in total functioning mode after brain surgery, other drivers agitated me. I now understood how a person could be overtaken by road rage. To my embarrassment, I found myself yelling, with the windows closed, at a driver who lingered at a stoplight.

It irritated me that drivers crossed lanes too closely in front

of my car, chattered on their cell phones, or indulged in other poor driving habits. Ordinarily I wouldn't have been fazed much and just made sure I got out of their way.

In our car CD player we keep a recording of around five thousand people chanting the mantra "HU." For me, it is an incredibly soothing sound. The voices of all these chanters fluctuate and harmonize into a magnificent, unrehearsed symphony of high vibrational sound.

When I am driving, I often push the button on the car stereo system and listen to the uplifting song waft through the speakers. With Leaf in the car, I doubly enjoy the chant, sensing that it also soothes and comforts him.

On this day, Leaf watched me from the front seat as my anger erupted at other drivers. I was like someone with Tourette's syndrome, unable to censor my negative mind talk. After watching me lose it when a bus that stopped frequently in front of my car, Leaf reached his paw over to the CD player. Out of six buttons on the stereo radio, he firmly pressed the one that allowed the CD to play.

The timing, position of his paw, his selection of buttons, and the CD that happened to be in the stereo could have all been coincidental. I didn't care. I needed it. Consciously or not, I knew Leaf was being God's messenger for me.

His act of compassion had its desired effect. I calmed down and let the chant heal my troubled, aching heart and mind. Gratitude welled up in me. My dog had figured out how to supply exactly what I needed to dissolve a passion of the mind I couldn't control at that time.

I looked over at him. As if nothing had happened, as if he



did this sort of thing every day, his attention returned to the traffic. His curious eyes darted back and forth, as he watched cars whiz by.

Who was this dog? . . . If I couldn't register an oncoming vehicle, would he lean over and steer the car out of the way for me too? . . .

I knew that life had turned our relationship to its flip side. Leaf was rescuing and trying to heal me. This little black cocker spaniel, abandoned and thrown out like someone's trash, had become nothing less than a spiritual giant in my life.

**Angels do come in many life forms.**

*Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connections between people and animals. See more about their new book, A Dog Named Leaf at [www.adognamedleaf.com](http://www.adognamedleaf.com) Read Book Review on page 40.*



# Green Holiday Vacations

By Sara Widness

Greenloons, which guides travelers to sustainable vacations, outlines a few of many benefits of pursuing a green holiday path. These range from the lingering flavors of exotic foods to memories of meaningful interactions with locals and living simply in eco-chic dwellings.

"We vet our trips before we send clients out the door, anticipating they will take joy from knowing their visits are helping people in far-flung places care for their own families," says Irene Lane, Greenloons founder. "A green journey provides a thoughtful platform on which even youngsters can experience new cultures."

Lane promises the following sustainable vacations will resonate long after suitcases have been unpacked back home:

Costa Rica Highlights Wonders supports small entrepreneurs in a country that has sustainability in its DNA. National parks, pristine beaches, rainforests and active volcanoes combine with restful nights surrounded by heritage and culture. (7 days, from \$1,200 per person including accommodations in locally-owned inns, most meals and activities)

Amalfi Coast Local Living immerses visitors into the local customs of hilltop towns surrounded by lemon groves and vineyards overlooking miles

of Mediterranean-kissed cliffs. Guests can explore the ruins of Pompeii in the morning, hike the coastline in Valle delle Ferriere National Park, Mount Tre Calli, and the ancient towns of Positano and Praiano in the afternoons, and tuck into bed at a 16<sup>th</sup> century monastery at sundown. (8 days, \$1,499 per person including accommodations in a small locally-owned guesthouse, 6 home-cooked dinners using local organic produce, cooking experiences, 7 breakfasts and 1 lunch)

The Rainforest Voluntourism Program supports social or environmental initiatives in the Peruvian Amazon rainforest. These programs combine such experiences as wildlife viewing with a couple of days volunteering in construction of communal facilities such as water filtration systems and elementary school playgrounds. (5 days, \$2,307 per person including accommodations, meals, river transportation, and transfer from and to the airport of Puerto Maldonado)

For departure dates and details contact Greenloons (703) 752-6270 or by email at [info@greenloons.com](mailto:info@greenloons.com)

Greenloons is dedicated to inspiring people to think differently, be different and travel differently to ensure a more sustainable planet. Visit: [greenlooms.com](http://greenlooms.com)

# CALENDAR of Events

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

## ONGOING

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

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

**CONFUSED BY LIFE? — Bewildered? Abandon the wreckage & heartache.** Find lasting security with VERNON HOWARD's life-saving principles. Classes: Fridays 8pm, Sundays, 10am, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30pm, Neighborhood Church, Pasadena. \$3 donation. (714) 899-9300. [www.anewlife.org](http://www.anewlife.org)

## NOVEMBER

**November 3, 10, 17 & 24 — Get Write with Yourself! Creative Writing & Thinking Classes.** Saturdays from 4:00 to 5:30 p.m. Build your Imagination, Integrate your Logical Left with your Creative Right Brain, Improve Focus & Memory as we Ascend to Higher Frequencies. Turn up your IV-Inner Voice for better decisions. We work and play with creative principles/archetypes/muses. Have you been on pause? It's time to push the Play button. Back to your Heart-

Centered self. \$30 per class. (949) 488-0844. <http://Magical-MuseCoach.com>

**November 3 — Past Life Regression Workshop 'Healing the Present from the Past'** with Dr. Heather Friedman Rivera. Saturday, 11am-12:30pm [www.plrinstitute.org](http://www.plrinstitute.org), \$15 per person. Common Ground, 14051 Newport Ave, Tustin, CA 92780. (714) 573-2540. [www.embracehumanity.com](http://www.embracehumanity.com)

**November 7 — Clearsight's CREATE YOUR PROSPEROUS LIFE NOW.** Wednesday 7-10pm, \$65, to register: <http://www.clearsightaura.com/spiritual-prosperity> Instructor: Judy Nelson. Increase your understanding of the spiritual energy of prosperity, and gain techniques to unleash your creative power and focus it to build your personal prosperity for a more fulfilling life. Please visit [clearsightaura.com](http://clearsightaura.com) for more information or email us at [clearsightaura@gmail.com](mailto:clearsightaura@gmail.com)

**November 12 — How to Forgive Your Ex Teleclass Series** with Lori Rubenstein and Eileen Barker, two Attorney-Mediators and Forgiveness Teachers. Write [lorirubenstein@gmail.com](mailto:lorirubenstein@gmail.com) for your invitation.

**November 13 — Reiki Healing Circle.** Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 [www.embracehumanity.com](http://www.embracehumanity.com)

**November 14 — Clearsight's ENERGETIC MEDICINE 1.** Wednesday 7-10pm, \$65. To register: <http://www.clearsightaura.com/energetic-medicine-1>. Instructor: Judy Nelson. Learn the fundamentals of how to clean the body's electromagnetic energy field (aura) and en-



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**November 14 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm, \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 [www.embracehumanity.com](http://www.embracehumanity.com)

**November 17 — UFOs AND THE GATHERING OF THE FORCES OF LIGHT.** Hear evidence that UFOs are real and learn where they're from and why they're here now in ever-increasing numbers. Free presentation, 3:00pm, at the Santa Monica Main Library, Martin Luther King Auditorium, 601 Santa Monica Boulevard, Santa Monica 90405. [www.share-in-international-la.org](http://www.share-in-international-la.org)

**November 27 — Reiki Healing Circle.** Tuesday, 7-8:30pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 [www.embracehumanity.com](http://www.embracehumanity.com)

**November 28 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm, \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 [www.embracehumanity.com](http://www.embracehumanity.com)

## DECEMBER

**December 1, 8 & 15 — Get Write with Yourself! Creative Writing & Thinking Classes.** Saturdays from 4:00 to 5:30 p.m. Build your Imagination, Integrate your Logical Left with your Creative Right Brain, Improve Focus & Memory as we Ascend to Higher Frequencies. Turn up your IV-Inner Voice-for better decisions. We work and play with creative principles/archetypes/muses. Have you been on pause? It's time to push the Play button. Back to your Heart-Centered self. \$30 per class. (949) 488-0844. <http://MagicalMuseCoach.com>

**December 2 — WordMagic: Using the Word for the World's**

**ReCreation!** Join Alphabet Alchemist Laurel Airica at TED-X Malibu ([tedxmalibu.com](http://tedxmalibu.com)) and learn how we can elevate the amperage on the English Language in support of our conscious evolution and ascension. Sunday.

**December 5-9 — Join the Institute of HeartMath and its Global Coherence Initiative for a special retreat.** *The Heart of Transformation: Activate Your Heart's Intelligence*, a program that will open and energize your heart — with heart meditations, personal and global energetics courses, and plenty of relaxation and recreation at the TAO Resort and Wellness Center in the Riviera Maya region of Mexico. Registration is open to the public for a nominal fee of \$1,495 before Sept. 30 and \$1,695 if registering after. Details and registration at <http://bit.ly/gci-event>

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

**December 12 — Spiritualist Gathering with Kathleen Vance.** Wednesday, 7-8:30pm, \$10 donation. Common Ground,

14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 [www.embracehumanity.com](http://www.embracehumanity.com)

**December 12 — Celebrate 12-12-12.** Joshua Tree with Isabella Stoloff, Shaman & Deborah Shea, Channel. 12/12-12/15, \$848.00. Lodging, meals, ceremonies included. [www.ochealingcenter.com](http://www.ochealingcenter.com) or [www.lemurianlight.org](http://www.lemurianlight.org)

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

## JANUARY

**January 9 & 16 — Mindfulness-Based Stress Reduction Program (MBSR).** An 8-week program. FREE Introductory evening on January 9, program begins on January 16. This result-oriented program empowers you how to work with your own stress, pain and illness and help you to move to greater levels of health and well-being. [www.pamperyou.com](http://www.pamperyou.com) (858) 457-0191, ext 14.

## Green Festival Returns to Los Angeles

Green Festival, the nation's largest and most trusted environmental consumer event makes its return to Los Angeles on November 17-18 at the Los Angeles Convention Center.

The event will host eco-innovators, over 100 renowned speakers including hip-hop mogul Russell Simmons, celebrated Ashtanga teacher Shiva Rea, *Food Revolution* author John Robbins and Ed Begley Jr.; artists, community leaders, green business experts, and socially-responsible exhibitors including bilingual programming.

Green Festival is widely recognized as the largest marketplace of conscious businesses as well as a great place to find the latest in sustainable products and Fair Trade gifts perfect for holiday shopping.

The Los Angeles Convention Center is located at 1201 South

Figueroa Street, Los Angeles, CA 90015.

Tickets are \$10 for a one-day pass and \$20 for a full-weekend pass when purchased online at [www.greenfestivals.org](http://www.greenfestivals.org), or \$15 and \$25 at the door.

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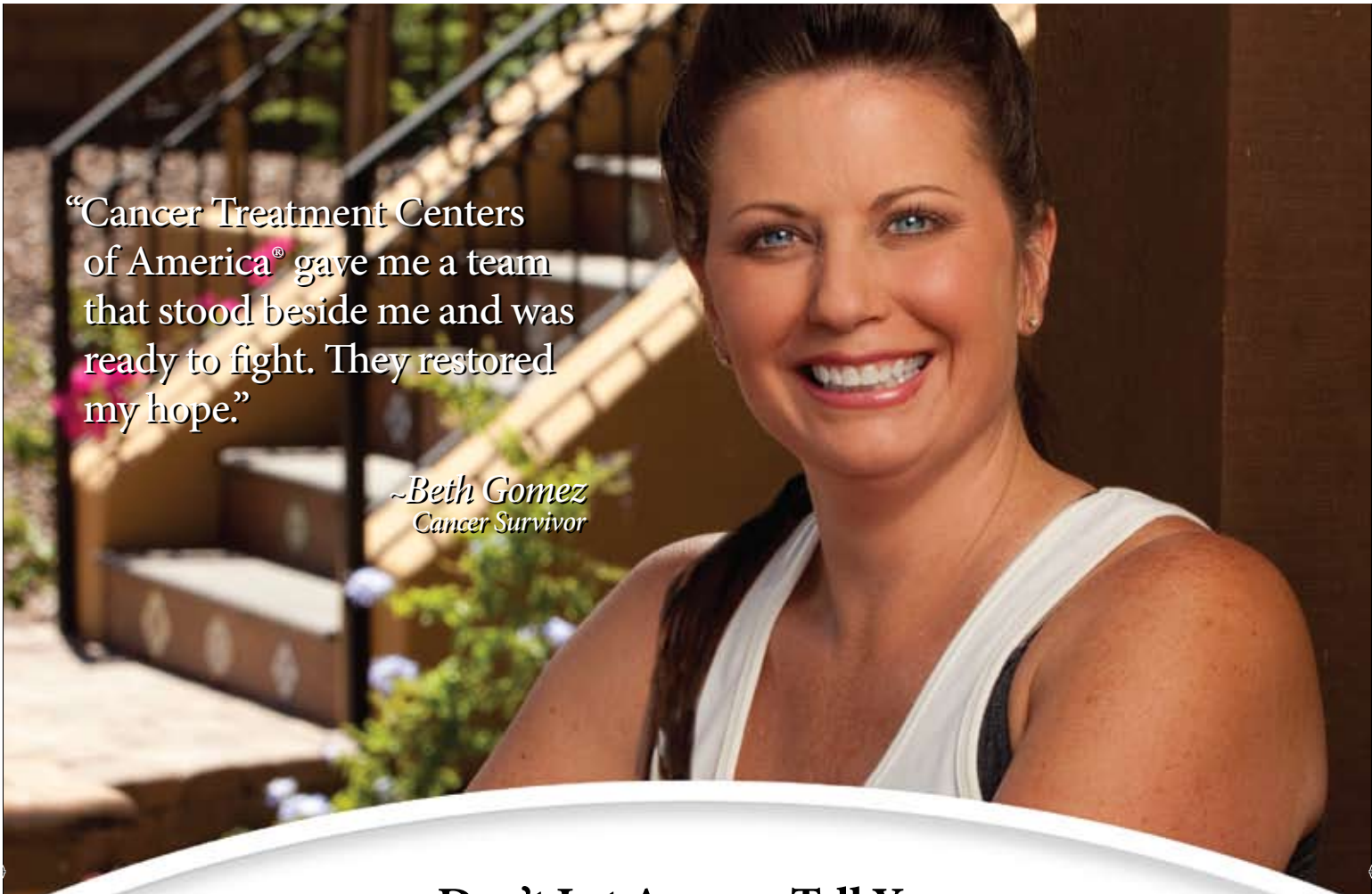
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