

# Awareness<sup>®</sup>

Southern California's Guide to Conscious Living

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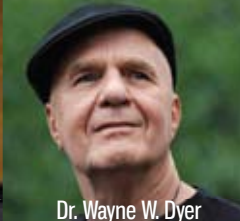
**PAM GROUT**  
**AUTHOR AND**  
**ABUNDANCE**  
**ALCHEMIST**

**PAM YELLEN**  
**SECRETS TO A**  
**FINANCIALLY**  
**STRESS-FREE LIFE**





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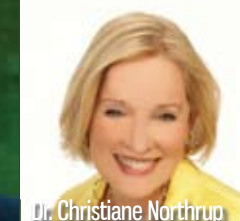
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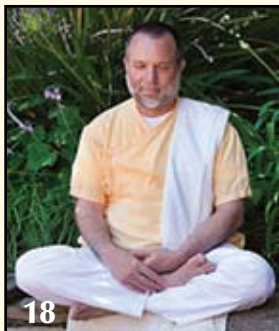
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*Author and Abundance  
Alchemist*

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Pam Grout

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# A Conversation with Author and Abundance Alchemist Pam Grout

By Donna Strong

Following on the heels of *E-Squared* and its off-the-charts success, Pam Grout's new book, *E-Cubed* is about to debut in a few weeks. In 2013, *E-Squared* became a New York Times best-selling sensation because of its ability to light up lots of people as they had fun creating favorable outcomes in their lives with easy energy experiments.

Both of Pam's books are a juicy call to wake up and make constructive use of the creative life force that we're all endowed with. It is the most wonderful use of physics to help us realize that we're going to have an impact on the world around us, so let's do it well and increase the positive reverb effect. With an infectious invitation to a new worldview, her books are the written equivalent of Pharrell Williams' viral song that has gone round the globe, attesting that "...happiness is the truth!"

Within the field of infinite potentiality, or FP as Pam calls it, there is endless energy available to experience many forms of abundance — love, joy, fulfillment, creativity, vitality, and money. Whether enjoying a serving of her *E-Squared* or *E-Cubed* offerings, we're all invited to a banquet of rich new realization — this creative consciousness known as FP offers a cornucopia that overflows for all.

Pam has made her living from writing and she makes it clear, she has great gratitude to be able to do what she loves. She is quite adept at the art of expression, so we can also be grateful for her practice, because it is now making much wit and wisdom available for our enjoyment.

**Awareness:** *In your new book E-Cubed you talk about how we mostly live by default, stuck in an apparent reality that effectively closes off growth and expansion in our lives. Yet de-*

*is not true. Somehow or another we got way off track on how we view this force so most of us, in fact, avoid it.*

*So it's kind of a conundrum that we've been in. Here's this*



Photo by Constance Whiston

***spite all of that, your book E-Squared has been amazingly successful — people are tremendously drawn to it and I am asking you to reflect on what it has addressed for people.***

**Pam:** Well, the book gives them a way to prove that consciousness is available to us 24/7. Not only is divine consciousness always available, but it loves us very deeply and has nothing but our best interests at heart. I think a lot of us have this idea that higher consciousness has a lot of rules, a lot of no-no's, and at the same time, it expects a lot from us. But that

fabulous force, this consciousness that's the most exciting thing in the entire universe and we're running away from it because we are afraid it's going to make us do something, or it doesn't like us, or it's going to punish us.

The other reason I think why people have liked the book so much is because it gives them something they can hold onto with their hands, proof they can see with their own two eyes. It's one thing they can actually prove. It's one thing to theorize about these principles, to take them on faith, but it's a more ex-

citing ball game when you see it happening in your own life, when you see how you affect the field — this big energetic force.

**Awareness:** *That makes sense. E-Cubed is very engaging!*

**Pam:** Another calling card of the book is how much fun it is. Usually when we think about science or spirituality, or any of the kinds of things I'm addressing in the book, we don't pair it up with fun. We have it paired up with the idea that this is serious and I need to follow these rules and do all this stuff. That's just the opposite approach that I take with this book, and I think that really appeals to people as well.

**Awareness:** *Tell us about your Worldview 2.0. It's like you're promoting an open source 'app' to make abundance in all of its forms available to everyone. Wow!*

**Pam:** Every morning when I get up I say "Something amazingly awesome is going to happen to me today!" When you declare that, and you get your thought momentum going in that direction, that's what's going to happen. I mean, I feel like everyday I'm out there scouting miracles and blessings.

So every day I say that, and I also have this power posse — we're five friends and we text each other blessings each day. The thing that's different from your typical gratitude list — because I've always been big on gratitude — is that with my group you have to find something new each day. So it really expands my awareness because I can't repeat a blessing from yesterday. So you just keep seeing new blessings and more bless-



ings and expanding. So it's really cool and it's so simple. It's two steps. What could be easier than that?

**Awareness:** *Talk to us about the field of infinite potentiality, as you call it the FP, and how we should develop a relationship with it.*

**Pam:** Okay, I call it the FP, some people call it God, the divine, the universe, it has a lot of different names but I like the field of infinite potentiality because it goes back to quantum physics.

In the quantum world, anything is possible. There's an infinite number of potentialities that could happen in the next minute but because we continue to look for what we've seen in the past, or what we expect based on the mental construct that we have created about the way the world works, we tend to see the same old thing over and over again. Truly, in the quantum field, the number of potential outcomes, the number of things that could happen are unlimited, and that is what I call the field of potentiality.

Quantum physicists have called it "the field" but it is a field of infinite potentiality that doesn't actually form into a concrete thing or into the material world until we start focusing upon it and putting attention upon it. Whatever you put your attention on starts gathering mass and comes into your sphere once you start focusing on it. So the field is just this big ball of love. That's not a very technical term, but it's really beyond words. It's this big unknown, unformed thing we tap into. In other words, we animate whatever we place our attention upon.

**Awareness:** *Well, following up on that, I wanted to mention a line from your book that I love, that there are "...massive amounts of intel{ligence} that could help steer our lives."*

**Pam:** Oh, yes. There is so much information for us. I mean, signs are constantly coming to us and we often don't see them. It's like when you know you're trying to remember your dreams

and you don't write them down right away you forget them.

It's the same way with experiences in our lives. A lot of things happen, a lot of signs of intelligence are coming from the universe, but unless we start paying attention and making that a priority — then we miss them.

It's just like those dreams; an hour later it's gone, poof, it's just completely gone. So a lot of great things are happening, but because we're looking for other things, we're looking for doom and gloom and limitation and lack; we're not seeing the positive signs — all the love and ideas constantly coming our way. So our big job is to just start paying attention.

**Awareness:** *I love that. Tell us about one of your favorite principles, "...that the world is abundant and strangely accommodating..."*

**Pam:** Oh, I love that one because it sort of says it all. If you really get that, then what more could you need? This inner love, this inner source that we have, this connection to the field is the most potent thing that we have but we're not really noticing it. In the particular experiment for this principle, one of the really important things is to take time each day and go "Wow, right now everything is just fine." What we really need to do is spend more time registering all the good that's happening and all the peacefulness, rather than noticing where there's a problem all the time. We're too busy looking at some little four-inch screen or the television or focusing on the headline news that says "Oh, no there's a mind-eating amoeba out there," or whatever the new thing might be.

**Awareness:** *Okay. Tell us about how you think we should be manifesting abundance in all its forms. You talk about opening up your channels in E-Cubed.*

**Pam:** Abundance is everywhere, but again, we're not noticing. We're so focused on lack, on what we don't have. Gratitude is one great way to start

(Continued on page 8)

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## Pam...

*(Continued from page 7)*

noticing all of the abundance. There are so many miracles that are happening all the time and we're not paying any attention to them.

So as you start realizing the great things, then you're in this flow of abundance. You're like, "Wow, things are really working out." When you start looking for that and thinking like that, then this is the reality that shows up — including financial abundance — because really, money is just a reflection of our beliefs. That's all money is.

***Awareness: You mentioned in one of your experiments as I recall, about developing more coherence between your own consciousness and the field; is that right?***

**Pam:** As you get into coherence — and again, that's a quantum physics term — if you're coherent with abundance, then that's what's going to play out in your life. Whatever plays out in your life is sort of the channel you're on, so to speak. You can't watch ABC if you're tuned into NBC. You do need to start tuning and becoming coherent with the reality that you are hoping to draw into your life.

***Awareness: Talk to us a little about neuroplasticity and about learning to rewire our pathways for the good.***

**Pam:** Well, I think we used to believe that we are born with this brain and it's set for life. Research is showing that's not true. Whatever neurons you're using, those synapses get fired together. You "fire wires" together as they say. So if you start being more positive and taking your focus off of the other thing, the old synapses will start breaking apart and you can form new connections.

So by consciously trying to be more positive and to think "The world is abundant, the world does have my back," you will start seeing that more and more. If you stay with it, it will change, because brain research

has been showing that it's very possible to change.

***Awareness: How about one of your examples, which I love, to refrain from complaining and learn to speak gratitude to the universe?***

**Pam:** Right. Did you ever hear about the guy, a minister, with the purple bracelets? He started a movement that he called a complaint-free world? He gave the purple bracelets to his congregation, and every time they complained or gossiped, they had to move the bracelet to the other arm. The idea was to go twenty-one days without complaining or whining. It turned out that it's a lot of harder to do than people think.

We are just so focused on what is not going right. That's what so many of our conversations revolve around. Rather than release our negativity, we tend to build big monuments to these particular thoughts by thinking them over and over again.

So again, it takes a while to retrain yourself to think in a more positive way and to refrain from focusing on the negatives. Start with your words. Quit complaining and saying negative things and eventually your thoughts will go in a more positive direction.

***Awareness: Would you talk about some of your experiments and how they have helped people to lead happier lives?***

**Pam:** Well, the thing that's been so amazing about this book, for me and for my own spiritual growth, is that I already knew these things worked in my life — but now, every day I open my email box and get more amazing stories.

So the miracles I'm hearing are across the board — improved health conditions to some bucket list thing that ends up coming true. This morning I received an email about an intention — and this might seem like a little thing — but the people were looking for a purple Mini Cooper. They were thinking, "There's no purple Mini Cooper," but they get in the car and go to the grocery store and there's a purple Mini



Cooper. Again, it's opening our awareness to the fact that there are signs out there, that there are messages that we're getting from the big FP.

So the point is we have a lot more power by focusing our consciousness than we even realize. So, anyway, what's been so fun about the book is just all the great stories because anytime you hear a story of something that happened to somebody else, you are like, "Wow, that can also happen for me." So while I already believe in these principles, they have just exploded my belief after all the stories I hear. So that has been really fun for me.

**Awareness:** *That's great, and it leads me into one of my other questions. Would you tell us how we can flip the dial to have more conviction about our lives being different?*

**Pam:** Particularly with *E-Squared*, the experiments are baby steps that lead people to feel, "Hey, that worked — I was able to see a purple Mini Cooper — so what else might be possible? I think we gain conviction and confidence when we see the principles working. That's why it's important to start with little baby steps so you get so excited

about it that you want to do it again tomorrow.

As your energy rises and you get more excited about it, more amazing things can happen. There really is no limit to what we can create and what the world can be, no limit whatsoever except what we place upon our imagination. There's no reason the world has to be the same tomorrow except that's what we expect and the mental constructs we've got set up. It could be quite different.

We could totally lay down all our arms, we could have no war, and that's a vision that I'm holding and imagining for the world to keep getting better and better.

**Awareness:** *I think one of the things that is so amazing about what you have tapped into is there is a sense that it's exponential, it's beyond anything we can imagine, and we're already invited to the party.*

**Pam:** 24/7 baby!

**Awareness:** *Tell us something about your way of seeing abundance. What has changed since E-Squared climbed up the charts last year?*

**Pam:** Well, certainly my financial picture has changed since *E-Squared*, but I felt abun-

dant even before that. I do think my financial picture is now out-picturing what I've been thinking and feeling for quite a while — I feel so fortunate that I've got a beautiful daughter and an abundance of friendships, that I can have a job that allows me to travel all over the world and meet amazing people. I've had abundance for a long time.

**Awareness:** *I think that's what your work is really pointing us to, the abundance of a fulfilling life and money can be a very nice part of it. Is there anything you'd like to touch on related to your new book coming out?*

**Pam:** Well, I'm really excited about it. I think I put in the book about how I took a stick and wrote on the beach "*E-Squared* will be a big international best-seller." Well, I'm actually going to a beach next week in Wilmington, so I need to find another stick!

Now that I'm doing speaking engagements and workshops, I am getting the opportunity to share with people in a whole

different way. I've always expressed myself with the written word, but it's fun to have this other avenue as well.

While a lot of these principles have been out for a long time, I'm in contact with a lot of people who are getting their first exposure to them. It really does feel good to hear from people who are changing their viewpoints. People have said to me, "You know I've never thought about this before."

I believe in the "hundredth monkey" kind of thing, when enough of us start looking for the good and start believing in the blessings, I think the whole world will flip. My goal is nothing less than changing the dominant paradigm. That's what I'm intending and that is what's going to happen.

**Published by Hay House, E-Cubed is available at: Amazon.com and BarnesandNoble.com**

**For more on Pam Grout's books and events, go to [pamgrout.com](http://pamgrout.com)**

**Donna Strong is a writer who loves to celebrate creativity. For more, see [www.donnastrong.com](http://www.donnastrong.com)**



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# Secrets to a Financially Stress-Free Life

## How Baby Boomers and Seniors Can Still Boost Retirement Savings

By Pamela Yellen



Many Baby Boomers are headed into retirement with inadequate savings. The reason is they have blindly followed conventional wisdom on investing and retirement planning advice.

Nearly half of boomers aren't expected to have enough money in retirement to cover even basic living expenses, like food and medical care, according to the Center for Retirement Research at Boston College. The same study points out that the typical pre-retiree's 401(k) and IRA will only provide \$575/month, and for most, it's likely to be their only source of retirement income other than Social Security.

Meanwhile, it seems that financial stress has become the new normal for most of us. In 2012, 19 percent of participants in one survey said they had an outstanding loan against their 401(k) plans, and many were using those funds to pay their mortgages, credit card debt, or other bills.

*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

Despite such statistics, it is still possible to live financially stress-free and retire with a substantial nest egg. It starts with understanding some time-tested keys for achieving peace of mind:

### SAVING VERSUS INVESTING

Many people don't understand the difference. To save means to place money you can not afford to lose in a vehicle that is safe and has guaranteed growth. You can be certain your money will be there when you need it. In contrast, to invest means to place money in a financial vehicle or an asset that has a certain amount of risk. You hope to make a gain, but it's not guaranteed. You might even lose your original investment money.

The only money you should invest is money you can afford to lose. Unfortunately, over the past 30 years or so, we've been seduced by Wall Street into believing we must risk our money in order to achieve growth of any significance. We take risks. And we do this with our emergency funds, our children's college fund, our retirement nest egg — the very money we absolutely cannot afford to lose.

### SAFE AND LIQUID RESERVES

Many people invest before they save. The result? Only half of workers and retirees say they could definitely come up with \$2,000 within thirty days to cover an unexpected expense. And two-thirds of employees say they would have trouble meeting their current financial obligations if their paycheck were delayed for one week! Without a sizeable liquid rainy day fund, you may be forced into selling or liquidating your nest egg assets prematurely — the investments you planned

on keeping over the long haul. When this happens, the timing is often terrible. You're at the mercy of current market conditions and forced to sell at the worst possible time. A key secret of living a financially stress-free life is to have a sizeable sum, ideally equal to two years household income, in safe and liquid cash reserves.

### HOW GRANDMA BUILT SAVINGS

One of the most powerful pieces of financial wisdom I've ever heard is what I call the 10/10/10 Savings Formula. People in the 1940s and 1950s commonly used this formula. They would set aside 10 percent of their gross income for short-term needs (vacations, gift-giving), 10 percent for anticipated mid-term needs and potential emergencies (a new car, replacement of major appliances, a new roof, and college tuition), and 10 percent for long-term retirement planning. Using this formula can allow you to avoid all conventional bank and credit card debt, and save tons in interest and fees. My husband and I have used it in our own lives for decades, and we've taught it to all our children and grandchildren.

### STILL TIME TO SAVE

Do you know what your retirement account will be worth on the day you plan to tap into it? Most people don't have a clue. But it doesn't have to be that way. More than 500,000 Americans are using a savings method I call Bank On Yourself to build real wealth, safely, and predictably. This method uses specially-designed, dividend-paying whole life policies that grow by a guaranteed and pre-set amount every year. Using this method, you can know

with certainty the minimum guaranteed value of your plan in any given year and on the day you retire.

There's also another type of dividend-paying whole life insurance policy designed for people between the ages of 60 and 85. It's still a dividend-paying whole life policy but you only pay a single one-time premium for it. I call it a Bank On Yourself for Seniors Plan.

As with a Bank On Yourself plan, both your principal and growth are locked in, so your policy will not go backwards when the markets crash. Such policies can enable you to withdraw 5-6% of the amount you put in every year for life, and still leave a legacy to your loved ones. And because you put in a lump sum, rather than making periodic premium payments, that money will go to work for you immediately.

If you're between the ages of 60 and 85, such a plan may be right for you. It gives you safety for your money, and a guaranteed growth — more than what you get with today's CDs, savings, or money market accounts, which have been losing value every year to inflation. These plans are also designed to perform better every year. And no skill, luck, or guesswork is required to make that happen.

*Financial security expert Pamela Yellen is author of the New York Times best-selling book, The Bank on Yourself Revolution: Fire Your Banker, Bypass Wall Street, and Take Control of Your Own Financial Future, and Editor-in-Chief of The Women's Financial Edge ([www.WomensFinancialEdge.com](http://www.WomensFinancialEdge.com)). Pamela investigated more than 450 financial strategies seeking an alternative to the risk and volatility of stocks and other investments, which led her to a time-tested, predictable method of growing wealth now used by more than 500,000 Americans. Visit: [www.BankOnYourself.com](http://www.BankOnYourself.com)*





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# Prosperity in Hinduism

## *How to Translate Ancient Wisdom to Transform Your Life Today!*

*By Anusha Wijeyakumar*

When we visualize prosperity in Hinduism, we automatically think of Goddess Lakshmi — the Hindu Goddess of wealth, love, prosperity and the embodiment of beauty. She is the wife of Vishnu who is the Preserver in the Hindu Trinity of Gods. Lakshmi is said to bring good luck and is believed to protect her devotees from all kinds of misery and money-related sorrows.

Prosperity can have many different meanings in different faiths and cultures. In Hindu philosophy, to be truly prosperous in life we must first look within ourselves. To have prosperity in one's life is not to have an abundance of material possessions, but to understand the true meaning of

life. Tapping into the power of you as an individual, and your inherent soul power that is always there but often never realized or utilized to its full extent, demonstrates prosperity in life.

Prosperity is to fully embrace your potential as a human being to fulfil your dreams and goals in life. It is to stop making excuses for why you have not followed your lifelong dreams or are always putting off your true purpose and what makes you happy. That mundane to-do list we all have to check off in order to survive in this world and paying the bills is not what makes us happy. We have to expand our levels of consciousness and understand that in the present moment any-

thing is possible and achievable. Thought is like fire, and if we channel it, we can use its power to fuel us and consume all the obstacles in our path to gain true contentment and prosperity in this life.

To be prosperous, understand that we must be attuned to the spiritual realm and its cosmic powers. By inviting the universe in to enrich our lives and souls with its unique color palette, we allow and trust that every stroke from its celestial brush will only add to the rich story of the pages of our lives. We find meaning, beauty and joy in all that we see and do. We also look upon our fortune as good or bad depending on the day with equanimity and realize that all is unfolding for our greater good, even though it may not seem like it at the time.

One might ask how do we start this transformational process of tapping into our soul and the universe? To tap into this mental power and channel it to assist you on your journey towards realizing your dreams, start simply and spend time alone in thought. Use meditation, an ancient tool that has been around for thousands of years as a way to listen to your inner voice. Spend at least 5-10 minutes every day in silence. Start by repeating a positive mantra that reaffirms your belief in yourself. For example reciting three simple sentences, such as *I accept myself, I am kind to myself, I love myself*, will help to fill your mind and heart with positive imagery and thoughts about yourself.

For the remainder of time practice deep breathing or in yogic terms, Ujjayi Pranayama, and count the breath in and out silently as this will help to focus your mind. Observe your




body rising and falling slowly with each deep inhale and exhale. This type of breathing helps to clear the chakras in the body, it clears out stale air and dislodges things that no longer serve us. If you commit to a daily meditation practice you will be surprised at the change you will feel in yourself, both mind and body!


In Hinduism we truly believe that the mind can and must be trained in order to resist the duality of life. Everyone can achieve their dreams in life if they truly believe they can. In the words of Sri Swami Satchidananda, the entire world is based on our thoughts and mental attitude. The entire world is our own projection. If we can fully grasp the meaning of this we can realize that true prosperity is within us and around us. We simply need to see it in all that we do, embrace it in all whom we meet, and welcome it with open loving arms into our lives. Prosperity will surely follow those who make this their life mantra.

*Anusha Wijeyakumar is a certified and dedicated Life Coach and founder of Shanti Within Holistic Life Coaching. She has many years' experience coaching people across the US, Canada and the UK. Anusha combines her Hindu upbringing and powerful spiritual background alongside her professional business experience, to create a tailored program of assisting her clients towards achieving their personal dreams and goals in life. Visit [www.shantiwithin.com](http://www.shantiwithin.com)*

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# The Path to Spiritual Prosperity

By *Tori Helf, MA*



Are you dreaming of becoming a healer or beginning a spiritually-based business? Are you terrified that you will not make it financially? Or have you already made the leap but you are struggling? If so, I understand. I have been in both places. It is fascinating how easily we can become discouraged financially when doing our Divine work, but I know you can turn it around!

I will be honest. I was terrified to leave my cushy corporate job. I made an amazing income and had benefits, but my soul was dying. I had been coaching and offering readings on the side for a few years but it wasn't enough anymore. I had faith that my angels would guide me and the Universe would support me. I took the leap and left my job. I landed on my face.

Yes, the fear of not "knowing" where the money would come from haunted me. I was being smacked in the face with very old money beliefs from my childhood poverty and they were more powerful than my guidance. Why you ask? Because my fear literally drowned out any messages I was receiving for my own business. And even more terrifying, this energy repels clients.

I did manifest some corporate coaching but this is NOT what I wanted to do! I enjoyed my clients but I wanted to be doing spiritual work. I had my Masters in Transpersonal Psy-

chology and Coaching, so why was I still doing THIS work? It was safe. As fate would have it, the Universe pushed me to follow my heart. At the end of my first year of being self-employed, ALL my corporate clients dropped me.

I was now down to a few private clients and my credit card. I had to face my fears of self-employment. I had to find my own value and know the value of doing spiritual work. Even after many years on the spiritual path, I went back to basics. Dealing with our issues around abundance is basic. We have to go back to the messages we received about money our whole life and release them.

I want to share with you the tools that helped me clear the old energies so I could attract more clients and begin turning my finances around. I invite you to use these exercises to get clear on what's holding you back as well as what you really want! If you aren't clear you cannot manifest what you desire. Begin with your belief systems. Challenge yourself and go deep!

Write down 100 or more beliefs you have about money and doing spiritual work. Just let it flow and if you get stuck sit with it, if nothing comes, walk away and go back to it later. Once these beliefs are written out go over them and see if you can find the "primary fears" or themes. Then honor them with gratitude. Fear is our subconscious mind's attempt

to keep us safe, so honor this wisdom.

After you honor your fears, begin to see why your fears are not true. Then, burn the list. Burn it ceremoniously and allow yourself to release these belief systems that no longer serve you. Now you can begin positive affirmations towards abundance. Create a vision board with the life you want to live and keep it somewhere you can easily see it each day. Also, visualize what you want DAILY in meditation.

The most important key to shifting your financial woes is to shift your energy. If your vibration is low, you won't attract what you want. Read books on financial abundance daily and keep your thoughts positive! Practice gratitude continuously. You are in the process of do-

ing the work you love and this is bliss. As your energy shifts you can make a business plan, because hope is not an actual plan.

The world needs your spiritual gifts. We need more teachers, healers, and guides to help change the course of our planet. It's your time! Do your inner work so you can love what you do, AND pay your bills. Honor your gifts and know that sharing them can change the world one client at a time. I am so grateful I made the journey successfully, because money doesn't make you happy but happy does make you money.

*Tori Helf, MA is a Coach, Intuitive, Heal Your Life Teacher, and Yoga Teacher in training working with people to change their lives one thought at a time through the use of modern psychology and spiritual practices to find true happiness and success. To learn more visit [www.torihelf.com](http://www.torihelf.com)*



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

— John Muir

# Educate Your Kids about the Value of Saving Money and Budgeting

By Mary Jo Rapini LPC, Licensed Professional Counselor

While most American adults are concerned about their personal finances, as well as the national debt, many teenagers seem to feel extremely optimistic about their finances, according to a recent poll by Junior Achievement USA, a non-profit organization dedicated to educating students about financial literacy, entrepreneurship and workforce readiness.

The reason that teens are so happy-go-lucky about their finances is because they expect their parents to take care of them until they are 27 years old. This is quite a change of attitude, compared to 20 years ago, when most kids couldn't wait to leave home and get out from under mom and dad's watchful eye.

The fact is that schools do not have time to teach the kids about saving money, budgeting, opening a savings account or any of the other issues related to finances. This education must come from parents because mom and dad are still the number one influence on how their children save money, budget and pay for expenses.

This article offers ways to help your children understand the value of a dollar, so that they will be more realistic about their future and their money — instead of depending on yours.

## DO

### Do begin teaching early

It all begins with a piggy bank — and expands into sav-

ings accounts, bonds and other types of investments. Begin when your child is a baby. No age is too young to begin teaching your child the importance of money and saving. Saving money for college or higher education begins with the first day of your child's life.

### Do educate kids about saving

Kids learn best when chores are rewarded with money, so use this opportunity to teach them that some of their money should be put into savings. Parents who talk to their kids about saving some money will raise kids who automatically have money saved.

### Do understand how many of today's teens view money

According to the Junior Achievement USA poll, teens expect to live with their parents longer because many of them are unsure about their ability to budget or use credit cards. Of the teens surveyed, 33 percent said they do not use a budget and 42 percent were not interested in learning to budget.

Although the majority of the kids polled thought students were borrowing too much to pay for college, only 9 percent of them were currently saving for college. And one third had not even talked to their parents about higher education.

### Do help your child appreciate a bargain

Teach your children to price shop and search for bargains. This can be taught by clipping coupons and checking prices from one store to another. It also helps your child re-evaluate how much they want something. Sometimes this alone will deter them from spending

money on a frill they do not really want or need.

## DON'T

### Do not pay an allowance without chores

No chores, no allowance. An allowance without work is similar to paying someone for vacation or for existing. Who does that in the real world? Why would you teach your child this lesson?

### Do not forget to model positive behavior

Set the example that you can not have everything you want. Explain to your child that you have to earn enough to buy the things you want. Living within your means and teaching your children to do the same is part of parenting. And lessons taught young correlate highly with adults who understand the importance of saving and budgeting.

### Do not give children everything they want

Many mothers and fathers parent with guilt — instead of using the discipline of teaching their children about money. If you give your children what they want, you are telling them that you don't think they can earn it. Confidence is built when we work toward a goal or desire, and our hard work pays off.

### Do not overlook the need to discuss college debt

Results from the Junior Achievement USA poll found that one third of teens had not even talked to their parents about higher education. This is quite problematic, especially since college costs and debt have reached an astronomically high number, and the average



young adult finishes college with at least a \$20,000 debt.

College debt is a huge problem in our country. Today's kids are taking out huge loans under the advisement of financial counselors. However, these kids will never be as prepared for what to expect in regards to their financial debt after college, as the kids being taught young by fiscally-responsible parents.

Keep in mind that your kids do not need the "stuff" money can buy half as much as they need the time you give teaching them how long it takes to save for that "stuff." It is vital for parents to educate their kids about the importance of beginning with a piggy bank and expanding into savings accounts, bonds and other types of investments. Additionally, saving and working for your money, shopping for bargains and not getting everything you desire will help kids grow into mature, money-savvy adults.

*Mary Jo Rapini, MEd, LPC, is a nationally-known psychotherapist, author, public/keynote speaker, and television and radio commentator. Growing up as the sixth of nine children, she learned at a young age that family, not things, is key to true happiness. She grew up knowing she had wealth beyond imagine because of her family. She shares this insight with others whenever and however she can. Learn more at [maryjorapini.com](http://maryjorapini.com) Tweet me: @maryjorapini.*

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

— Mahatma Gandhi



# 6th Interfaith World Peace Pilgrimage to Mount Baldy

*By Rev. Paul Nugent, Director of The Aetherius Society*

*"There is hope if the people of the light can come together and unite in some way. Go to the sacred places of the Earth to pray for peace, and have respect for the Earth which gives us our food, clothing, and shelter. We need to reactivate the energy of these sacred places. That is our work."*

— A Mayan elder

On Saturday September 6, hundreds of people from many different spiritual faiths will be

hiking Mount Baldy in the San Gabriel Mountains to take part in a spiritual pilgrimage dedicated to World Peace. The pilgrimage is open to everyone and is an opportunity for the people of southern California to come together in an open space and pray for peace.

Located 50 miles east of Los Angeles in the San Gabriel Mountains, Mount Baldy has been considered sacred by the Tongva and San Gabrieleno Native Americans for genera-

tions, and for the last 55 years members of The Aetherius Society and the organizers of the event, have been trekking up its slopes in the belief that Mount Baldy is one of nineteen mountains around the world containing uplifting spiritual energy for humanity to access at this pivotal time of global upheaval and transformation.

Pilgrims take a scenic ride on the 20-minute ski-lift from the parking lot at the end of Mount Baldy road to the res-

taurant area at about 7,600 ft. Each location will have a ceremony is held with leaders from a variety of faiths conducting an interfaith service. It is a wonderfully interactive experience allowing for mystical reflection, fellowship and the joyous feeling that comes from being of service to all mankind in the heart of nature.

**For more details, visit [www.worldpeacepilgrimage.com](http://www.worldpeacepilgrimage.com) or call The Aetherius Society at (323) 465-9652. There is no charge except the cost of the ski-lift. (Approx. \$15)**

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# Five Natural Ways to Beat Stress

By Dr. Juliet Tien (Dr. J)

Stress is part of life. When you learn how to manage stress effectively, you can propel yourself to the next level of success and life satisfaction. Following are five of the most effective ways of managing stress naturally based on my several decades of personal and professional experiences:

## 1) Go along with the flow.

You have heard the saying: "When you get lemons, make lemonade." If you believe in God, just trust that God (or the universe) has a better plan for you when you encounter challenging life situations. Be patient and have faith, things usually work out in their own way. When things get rough, remind yourself, "This too shall pass!" and when you look back, usually you are grateful that things happened for a good reason!

## 2) Nourish your body

Use an anti-yeast nutritional program to nourish your body and starve your little enemies within: yeasts and parasites. When an overgrowth of yeasts and parasites is controlled, the level of your stress and anxiety would also be greatly reduced. As I described in previous articles, an anti-yeast nutritional program contains no sugar, no dairy, no wheat, no yeasts, no alcohol, no caffeine, no nico-

tine and no chemicals (some of my clients call it "Dr. J's Eight Commandments"). This may be a tall order in the beginning, but once you get use to it, you will enjoy the savings on your grocery bills and most importantly, the health benefits!

Also, eat small and frequent meals to avoid hypoglycemia. The commonsense approach of proper hydration, exercise, rest and sleep also help you maintain equilibrium.

## 3) Quiet your mind

Daily meditation and deep breathing can do wonders to quiet the chattering in your mind. If you are too busy, or too lazy, or both, like most of my clients told me, just practice the 10-minute meditation I created for my clients. Call my office for a free copy of the meditation guide.

Prayers and affirmations are also helpful to center your mind. Here is my favorite prayer when I am stressed: *"Dear God, please take away those yucky feelings in my heart and replace them with love, peace, abundance, and happiness!"* Usually within 30 minutes, I will feel light and joyful despite the situation I was in. When you do affirmations, always use present tense and do it repeatedly. I am sure you've heard the expression: "Squeaky wheels

get greased first." It's not unusual for my clients to repeat the affirmations they created for their specific life situations 300 to 600 times a day to get quick results.

## 4) Herbal therapy

Some people have found herbal supplements like St. John's Wort, Valerian or Chamomile, bring them calming effects. My clients have found that our herbal detox formulas are very helpful to quiet down their little enemies in the body: yeasts and parasites, and thus reduce their stress and anxiety, and also help them sleep better at night. Hormonal regeneration formulas are also helpful in balancing your hormones and induce harmony and strength to handle life challenges.

## 5) Establish financial security

Most people experience financial stress regardless of the income level. Worrying about money has become a way of life. Prosperity is actually an inside job. It's not about working hard; it's about connecting with the Source to attract prosperity to you so that you will enjoy financial security for life!

If you follow the guidelines described above, you will enjoy peace and harmony on a daily basis. Whatever happens in your life, you will know that it's an opportunity to see how well you can manage stress effectively.

If you have a tendency to be reactive, or feel that you are victimized by circumstances, then you need to learn to remove pent-up negative emotions such as anger, fear, guilt, regret and resentment. These negative emotions are blocking you from feeling happy and peaceful. If you cannot do this on your own, you might want to seek professional help from a spiritually-oriented therapist to remove these deep-rooted



emotional issues. Until you're committed to doing some "dirty work" to uproot the real causes, whatever you do would be like "bandaging."

Dr. Juliet Tien (Dr. J) is a leading expert in treating female and male yeast and parasitic infections and their related illnesses such as immune deficiencies, auto-immune diseases, diabetes, and overweight conditions, etc. with a holistic approach encompassing anti-yeast nutrition, herbal therapy, and stress management. She is a former UCLA professor in Psychiatric/Mental Health Nursing, and a cable TV show Producer & Host: *The Holistic Approach to Health and Success*.

She is also the best-selling author of two classic books, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, and *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*, and is an international speaker in her specialty areas. She is also a former Managing Partner of Healthy & Tasty Vegetarian Restaurant in Westwood.

**For more information, please contact (800) 715-3053 or (213) 489-1712, 541 Spring St., # 209, Los Angeles, CA 90013. Website: [www.HealthyBody-HealthyMind-HealthyIncome.com](http://www.HealthyBody-HealthyMind-HealthyIncome.com). You are welcome to claim a free gift to attract prosperity by joining our community on the website. Also, like us on Facebook: [www.fb.com/likedrj](http://www.fb.com/likedrj) to enjoy daily (weekdays) inspirational, informative or entertaining posts.**

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## Happy 25th Anniversary!

By Maggie Bryan

Celebrating its 25th anniversary on September 28th, 2014, The Latest Thing is a store helping recovering addicts and alcoholics, as well as other members of society, grow one day at a time. It was first opened in 1989 by mother and daughter team Kimberly Funk

and MaryLou Williams, and has since grown into a store unlike any other. Kimberly, the owner, has a passion to help, and it shows in the store's unique atmosphere. Not only can you find what is needed to start or maintain the journey of recovery, but she has created an environment for growth in other areas of life, or just to have an experience every time you visit The Latest Thing.



Kimberly, the owner, has a passion to help, and it shows in the store's unique atmosphere. Not only can you find what is needed to start or maintain the journey of recovery, but she has created an environment for growth in other areas of life, or just to have an experience every time you visit The Latest Thing.

Recovery was the inspiration behind the store in 1989, and has been a constant throughout these 25 years. Books on recovery, jewelry, clothing, merchandise, anniversary gifts; it can all be found at the Latest Thing. The store carries items from many different fellowships, allowing people in all areas of recovery to come in and find something they want or need in sobriety.

Kimberly's patented birthday coins celebrate various years of recovery, and every time we sell one, every time someone receives one, it is a special experience. From the



essentials when first starting to recover, to gifts for someone on their birthday or just for you, you can be sure to find some-

thing at The Latest Thing.

For those not in recovery, or those who are looking for more of a spiritual experience, The Latest Thing has you covered. The metaphysical, meditation, and self-help are a large part of living, and is included in the store's vast array of merchandise. Incense, candles, crystals, stones, oracle cards and pendulums; The Latest Thing carries many tools to guide customers in spiri-



tual discovery and growth. Our meditation selection is growing nearly every day, and the response has been immediate. People can not only find a Zen within their sobriety, but in their spiritual lives as well.

The Latest Thing also employs spiritual advisors, giving everyone the opportunity to come in and receive readings. Phone readings, private parties, scheduled appointments and walk-ins are welcome. With more than 100 years' combined experience, our readers help many expand their spiritual direction and can bring a sense of serenity and understanding to the client.

On Sunday, September 28th, from 10-5, come help us celebrate our 25th anniversary and receive **25% off everything in the store**. Also, follow us on Instagram and receive **40% off** select items. It will be a fun time with refreshments, prizes and a good time to shop for the holidays.



Co-owners Kimberly Funk and MaryLou Williams

We are also on Twitter and Facebook. Stay in touch and receive special offers and news about our store.

When first opened in '89, The Latest Thing was one of about 2,000 recovery stores nationwide. Today, 25 years later, it is one of only about 200 that have survived. Its



excellence is shown in withstanding the times. We value our faithful customers, and look forward to celebrating our journey with you.



**The Latest Thing is located at 1576 Newport Blvd. in Costa Mesa. You can reach them at (949) 574-8900. Also visit: [www.LatestThing.com](http://www.LatestThing.com)**

*Maggie Bryan is Assistant Buyer and Customer Service Representative for The Latest Thing.*

All photos by Lauralee McKay.

# The Prayer Project — Reclaiming Our World

(excerpted from *The Prayer Project Book*)

By Paramahansa Jagadish

## WELCOME TO THE PRAYER PROJECT!

*The Prayer Project* is a project designed to do one simple thing: change the world through the power of prayer. That's it. You can change the world through the power of prayer in as little as 10 minutes a day.

The world is on the brink of change. No longer can we disregard our environment, our economy, our own futures and simply assume that everything will just work itself out. The world is affected with selfishness, greed and disregard for life. Different factions of terrorists and political leaders seek to control and dominate others. Oppressed people and those choosing a path toward spiritual growth are ready for a change. Peace is the message we all need to be meditating and praying on! Peace within ourselves and in the outer world — they work hand in hand.

This Prayer Project quest began when I thought about the state of the world today — in terms of war, injustice and environmental decline — and wondered how I could help spread the message of peace and an experience of divine joy that everyone could participate in. It's important that we find a way to become happy and inspired again, don't you think? And to protect and nurture our planet and its inhabitants.... Is there a way to do this, to create a feeling of hope and happiness every day and benefit others somehow?

What can one person do, when it often seems we are so isolated and alone?

I contemplated these questions and came up with an answer. What if I told you that we can transform the world in three minutes — three times a

day? That does not seem like a lot of time to invest, but that is truly all it takes to change your world — and the world around you.

You may be questioning how just one person can change the world in mere minutes a day. The beauty of this movement



is that it isn't just one person, but hundreds and thousands, or even millions of people praying for peace, joy and love all at the same time. That's right; together we really can change the world.

As we begin to take responsibility for our lives, a transformation occurs. We will inspire others to also take up the cause of wanting change and transformation. It is through individual transformation that each of us can do our part to bring more peace, joy, and love to the world.

Imagine changing the world — literally changing the vibration that exists in the air around us — merely by taking time out of your day to stop and... pray. Now imagine your neighbor joining you, your colleagues at work, in the dorm, in the park, at the bookstore — anywhere and everywhere you are.

Now imagine millions of people, in millions of homes,

offices, colleges and universities, parks, parking lots and places of worship joining you; imagine the power coursing through the universe, imagine the positive energy flowing from this simple, daily exercise!

What is this exercise? It is very simple: all you do is pray three times a day, for just three minutes a day!

- 6 a.m. or 6:30 a.m. or 7 a.m.
- 12 noon or 12:30 p.m. or 1 p.m.
- 6 p.m. or 6:30 p.m. or 7 p.m.

I call this my 3 x 3 System and it is at the heart of *The Prayer Project*. All I ask is that you pray in the morning, the middle of the day and in the evening and that, as you increase the amount of prayer in your life you spread the wealth and encourage others around you to do the same.

Speaking of spreading the wealth, you've just found your first prayer partner! That's right, I have made the commitment to do this with you. I will be there every day praying for three minutes, three times a day, and new prayers will be frequently posted at the [www.Project-Project.com](http://www.Project-Project.com) website.

## HOW TO PRAY FOR 9 MINUTES DAILY?

Do what I call concentrated prayers and wish-filled visualizations of compassion, joy, health and happiness filling the world and every being in it!

You can also choose established prayers and shift between faiths during the different times you pray. My book *The Prayer Project* has hundreds of such peace and healing prayers. This way, you can get a feel for how different faiths pray. Almost all of the prayers and contempla-

tions look toward some sort of higher power for their blessing of peace on earth. The language may be different and the way they ask might be new to you, but all of the prayers have been chosen for their *central theme of peace*.

You may speak your prayers aloud, you may recite them in your head (say, if you're stuck in an elevator at your lunchtime prayer session), you may use a device like a rosary or prayer beads to help you count for the three minutes, or even a timer or your wristwatch. Whatever way you choose is correct, as there is no right or wrong way to pray for peace.

Remember to "pray with your feet" as well as with your mouth or your mind. What do I mean by this? Prayer is a living thing, not just words on a printed page or hymns we share in a church. To truly change our world, our prayer must transform our lives as well as the lives of others. That means praying with your feet, by doing good deeds and moving the prayer chain forward!

I invite you to sign the *The Prayer Project* pledge on the website and become a Prayer Project Ambassador. Furthermore, you can submit prayers for the world on an accompanying web page so you can share them. Best of all, you can download the entire *Prayer Project Book* for free at [www.Prayer-Project.com](http://www.Prayer-Project.com)

**Paramahansa Jagadish is the leader behind *The Prayer Project* and the author of *The Prayer Project book*, featuring hundreds of universal, multicultural prayers. He is a world-renowned master healer, teacher and spiritual leader who guides people in discovering their own Stewardship of the Soul. With more than four-and-a-half decades of deep and concentrated spiritual practice rooted in Eastern Yogic, Tibetan Buddhist and Hawaiian traditions, he brings together both an Eastern and Western perspective. Visit: [www.StewardshipOfTheSoul.com](http://www.StewardshipOfTheSoul.com)**



# Time and Synchronicity in Our Daily Life

By Stephanie South

There is another time that is occurring alongside our day-to-day reality. This other time is the realm of our thoughts and dreams that plays out simultaneously to our physical life. This is the fourth dimension; the invisible realm of our imagination. In our dreams anything can happen and all things can happen simultaneously.

In contrast, the third dimension is the place of our physical and sensory experiences. Many people believe that this is the only dimension of reality. The Law of Time, as discovered by Dr. Jose Arguelles in 1989, shows us how the fourth dimension informs the third dimension.

In order to understand how this works in our daily life, Arguelles promoted a 13-Moon, 28-day calendar. The purpose of this calendar (which is actually a synchronometer, measure of synchronicity) is to help us to reorient our mind away from linear time into natural time. In natural time we remember that we live in a magical universe that is ever changing and creating itself anew. It is happening now — as you read these words.

In the linear time paradigm, we have been conditioned to operate habitually and unconsciously according to programs inherited from family and are influenced by friends, media, environment, education and geographical location. Who we think we are is actually a set of programs running in a predict-

able order according to different cues and stimuli that create particular responses. These patterns play out in self-reinforcing feedback loops. Many people believe that these pre-recorded feedback loops are who they are and what reality is.

## **How do we break out of these old conditioned patterns?**

The first step is to recognize that it's ALL ABOUT TIME. Next is to realize that the external world is only a particular hologram of reality. It is a collective dream. To penetrate the deeper levels of reality, we must train ourselves to perceive differently.

To change our perceptions of reality, we must first learn to think differently. Up to this point, we have only been operating with a small portion of our brain capacity. We are so preoccupied by the external world that we let outside circumstances decide for us what 'reality' is so we do not have to think. How do we break out of this loop?

By changing our relationship with time, we change our perception of ourselves and of our world. But what is time? Consider this:

Time is not quantity counted, but rather quality experienced.

Time is NOT what calendars and clocks make us think it is.

Time is fractal and holographic.

Time is not money; Time is Art.

Like gravity, time is an in-

visible principle, fundamental to the universe that affects space.

Time is the atmosphere of the mind.

Time is the universal factor of synchronization.

A correct understanding of time opens us to the realm of synchronicity. Synchronicity often reveals itself in increments — like stepping stones that if followed, leads to the unveiling of a larger picture. Once more of the picture is revealed then you further understand the significance of each of the synchronicities. In other words every synchronicity is leading you somewhere.

Synchronicities are guideposts, signs that we are "in synch" with the Cosmic Plan. It is like we are on a treasure hunt and the closer we come

to the treasure, the more the synchronicities increase. The 13-Moon calendar is a helpful tool to enter us into the synchronic order on a daily basis. By attuning our perceptions to the synchronic order, every person, place and thing in our life becomes saturated with meaning. Nothing is mundane. All is part of one interconnected fourth-dimensional geometrical mandala.

*Stephanie South is the author of Accessing Your Multidimensional Self: A Key to Cosmic History and Time, Synchronicity and Calendar Change: the Visionary Life and Work of Jose Arguelles. For nine years she worked with Arguelles on the Noosphere II project that resulted in the production of the seven-volume 'Cosmic History Chronicles' (2005-2011). She is creative director of the Foundation for the Law of Time: [www.lawoftime.org](http://www.lawoftime.org). Her blog is: [1320frequencyshift.wordpress.com](http://1320frequencyshift.wordpress.com)*

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# Carmel *by the Sea*

By Ann Nelson

As I grow older, I appreciate small quiet places filled with wonder and picturesque natural beauty more than ever before. My friend DJ and I decided to take a road trip up the California coast, heading north from her sister's house in L.A., through Santa Barbara and Big Sur to our destination of Carmel-by-the-Sea. Along the way we experienced jaw-dropping vistas, explored little towns tucked along the mountainside and delighted in the diverse wildlife and coastal landscape. That is without a doubt one of the most scenic drives in the world!

This seaside enclave, with a population of around 4,000, is set on the rocky shores of the Monterey Peninsula and a two-hour drive south of San Francisco. Known for its white sand beaches, expansive pine forests and storybook cottages, Carmel-by-the-Sea was first recognized as a religious center of Spanish California during

the 1770's when the Carmel Mission was founded.

Carmel gained popularity and fame in the early 20th-century as an art colony, luring writers, artists and photographers, including Jack London and Sinclair Lewis. The early founders strived to preserve the flavor and individuality of Carmel and, even today, locations are indicated by intersections; there are no street addresses. It is well known that Clint Eastwood was a former mayor and Doris Day, an animal activist, has been instrumental in promoting Carmel as a dog-friendly destination. In recent years there has been an infusion of world-class spas, wineries, restaurants and shops.

Carmel is filled with small boutique hotels and quiet inns. DJ and I wanted to stay in the heart of the city for our first night and chose the Tally Ho Inn. The inn has incredible ocean views, along with an authentic English countryside atmosphere. Our elegant suite came with a heated bath-



**Edgemere Cottages in Carmel. Photo by Ann Nelson.**

room floor, a fireplace and a huge jacuzzi tub. Dozens of restaurants are within an easy walking distance. We chose Al Fornaio restaurant for our dinner, since it was just across the street and were thrilled with the wide selection of authentic Italian dishes, along with great service.

After a complimentary full breakfast at Al Fornaio, we headed a few miles north to Monterey to visit the world-class Monterey Bay Aquarium. The aquarium represents over 600 species of plants and animals and welcomes over 1.8 million visitors a year. An enormous open-sea gallery exhibit continuously pumps in fresh ocean water from the Monterey Bay. As an animal lover, I am well aware of the aquarium's focus on education and conservation. Their conservation strategies are impressive. "Through our ocean conservation policy initiatives, the aquarium works to inspire action for conservation of the oceans — striving to empower individuals, influence policy and contribute to the protection of the oceans for future generations."

The aquarium has created a practical wallet-sized Seafood Watch Information Card. The card is easy to take with you on shopping trips to inform

you about endangered species of fish. It is divided into 3 easy-to-read columns: Best Choices (well managed, caught or farmed in environmentally responsible ways), Good Alternatives (some concerns with how they are caught or farmed in environmentally-responsible ways) and Avoid (overfished, or strong concerns with how they are caught or farmed). Visit [seafoodwatch.org](http://seafoodwatch.org) to download a free app.

The afternoon was spent with Fast Raft Ocean Safaris exploring the Monterey Bay National Marine Sanctuary, an outing that will be forever etched in my memory. Everyone has a front row seat for this thrilling ride, since the low-to-the-water raft only holds six passengers. Captain Kate Spencer, a naturalist and biologist with a contagious love and knowledge of the ocean, created a truly personal and exhilarating experience for everyone on board. She knew exactly where to go and answered all of our questions along the way. I viewed and learned more about marine animals on this trip than all my former trips combined and feel the additional cost of a small, personalized experience was worth every penny!

After a day of exploring the ocean, DJ and I arrived at Edgemere Cottages just before dusk



**Humpback whales lunge-feeding off Monterey Bay. Photo by Fast Raft/Don Baccus.**



and walked up the stone walkway to our quaint little house where we would be spending the next few nights. The B&B, built in the early 1920's and only a block away from the beach, turned out to be a perfect choice. We each had our own space, a private garden, a kitchenette and a fireplace. Warm homemade cookies were awaiting us when we arrived. The innkeepers, Gretchen and Doug, were gracious and informative and greeted us each morning with a scrumptious homemade breakfast and suggestions about how to spend our day.

We wanted to spend a few hours riding bikes in a beautiful place and headed up to Cannery Row to rent bikes at Bay Bikes. The helpful, well-informed staff marked maps with suggested trails and filled our water bottles before sending us off on our own. The morning was filled with adventure as we rode along a bike path hugging the cypress-fringed trails and expansive fields of wildflowers overlooking the coastline. This is without a doubt, one of the most beautiful places in the world to take a bike ride. In the afternoon we hiked along the well-marked trails of the rugged seacoast at Point Lobos State Reserve.

It is easy to see why Carmel is the recipient of a staggering number of prestigious awards. This place simply took my breath away. The city is rated #3 Best City for Romance in the World by Travel and Leisure,

*True abundance is not about gathering more things, it's about touching the place in us that is connected to the divine source of abundance, so that we know what we need in the moment will be provided.*

rated #6 Travel Destination in the U.S. by Conde Nast Traveler and #1 Place to Visit With Your Dog by DogFriendly.com. Each morning, as the early ocean fog slipped away, it felt as though I were wrapped inside a coat of protective calmness for the entire day.

#### CONTACT INFORMATION

**Tally Ho Inn:** Contact [www.tallyho-inn.com](http://www.tallyho-inn.com) or call (800) 652-2632

**Edgemere Cottages:** Contact [www.edgemerecottages.com](http://www.edgemerecottages.com) or call (831) 624-4501

**Fast Raft Eco-Tours:** Contact [www.fastraft.com](http://www.fastraft.com) or call (800) 979-3370

**Bay Bikes:** Contact [www.BAYBIKES.com](http://www.BAYBIKES.com) or call (831) 655-2453

**Monterey Bay Aquarium:** Contact [www.montereybayaquarium.org](http://www.montereybayaquarium.org) or call (800) 756-3737

**Carmel-by-the-Sea Visitors Center:** Contact [www.CarmelCalifornia.com](http://www.CarmelCalifornia.com) or call (800) 550-4333

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

## First Awakened World Film Festival October 27-30

*By Barbara Fields*

The first ever "Awakened World Film Festival Retreat" will be held in Santa Barbara. The unique feature of this film festival is that it presents an exciting line-up of cutting-edge films as well as interactive workshops that will guide participants from inspiration to transformative action in three streams: SPIRIT \* SOCIETY \* SELF.

"Film, at its best, touches, moves and inspires us to be our best selves. This festival expresses the voice of a spiritually-mature and socially-responsible movement that is committed to changing the world for the better," said Rev. Dr. Michael Beckwith, founder of Agape International and president of AGNT. "We intend to dazzle and entertain, but also to evoke an inner response that not only transforms the consciousness of attendees, but also inspires action."

Headlining are films pro-

duced by several Hollywood notables, including A Place at the Table by Oscar-winning Jeff Bridges, and The Hungry Ghosts, produced by Michael Imperioli of *The Sopranos* fame. The new-culture film, What the Bleep Do We Know? premiered in the Fall of 2004, a dynamic new catalyst for consciousness in media. Creator William Arntz will celebrate its worldwide anniversary with members of cast and crew at the Festival.

Attendees will enjoy gala evening presentations and select from a daily menu of films and workshops taking place at three downtown venues. After each film, a Q&A panel with filmmakers, actors, renowned teachers, directors or producers will take place followed by a workshop.

*Reservations are available for retreat-style economy lodging and discounts at Santa Barbara hotels. For more information, visit: [awakenedworldfilmfestival.com](http://awakenedworldfilmfestival.com)*

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OCTOBER IS BREAST CANCER AWARENESS MONTH...

# 6 Natural Steps to Maintain Breast Health

By Christine Dreher, CCN, CCH



As a natural, holistic Clinical Nutritionist and Herbalist practitioner, I feel that more attention needs to be focused on the modern-day causes of breast cancer and natural ways to prevent this disease from manifesting in the first place. There is a growing consensus of agreement that breast cancer, like many other cancers is truly a 'modern-day' epidemic, starting with the industrial revolution and escalating due to modern conveniences including fast foods, chemicals, xenoestrogens (by-product of industrial & chemical processing that has an unhealthy estrogen-like effect), pesticides, other toxins, H.R.T., and more.

It makes sense to me and hopefully to you that the answer for the explosion of cancers, including breast cancer is right in front of us, if we are willing to look at it. I agree with what Jon Barron says in his Alternative Cancer Therapies Natural Health Newsletter, Growth of Cancer article: *"The incidence of cancer has increased dramatically over the last century. We absolutely know that the dietary and lifestyle choices we make and our exposure to toxins affect our chances of getting cancer."* Likewise, we know that certain dietary choices, chlorinated water, radon gas in our homes, and exposure to numerous toxins and xenoestrogens in our environment significantly increase our risk of cancer.<sup>1</sup>

What do I recommend to my clients for breast cancer prevention? I believe this answer is multi-faceted, involving conscious healthy choices to sup-

port health and the prevention of breast cancer. I have included my top six preventative protocol steps for breast health.

## **#1 Choose Healthy Whole Foods (Organic, Pesticide Free, Non-GMO foods)**

By choosing whole foods free of pesticides and artificial ingredients, you're giving your body the proper fuel it recognizes for optimal nutrition. Many of the pesticides used in farming have been shown in studies to cause cell mutations and cancer. Also, use organic, whole-food nutritional supplements for optimal assimilation and nutritional support.

Eat your broccoli, brussel sprouts, cauliflower, kale, and cabbage. These cruciferous veggies are rich in indole-3 carbinol, offering a number of protections against breast cancer by supporting healthy breast tissue, including its detoxification and immune support effects. They are also abundant in sulforaphane, which is a powerful breast-cancer inhibitor. It's best to get at least four servings a week in your diet. One to two servings of broccoli or broccoli sprouts a day contains 27 to 54 mg of glucosinolates, which has been shown in studies to support healthy breast tissue.

## **#2 Cleanse & Detoxification to Release Accumulated Toxins**

In today's world, we are impacted by toxins and chemicals in our food, water, air supply and the chemicals in our body and hair care products. I believe cleansing and detoxification is now essential on a regular basis to prevent the accumulation of toxins. Regular cleansing and detoxification can prevent toxins from accu-

mulating, thereby reducing or preventing the occurrence of cellular mutations and potential disease.

## **#3 Pure Sources of Drinking and Bathing Water**

I recommend a very good home water filtration system that has been tested to show it removes chemicals and contaminants from your drinking water. The causes of water contamination are many, ranging from agricultural run-off to improper use of household chemicals and everything in between. Few of us realize the extent or impact of these low-level synthetic chemicals in the water we use. While the standard use in our society of more than 80,000 different synthetic chemicals has led to added convenience and productivity in our lives, these come at a tremendous price... drastic increases in degenerative disease, including cancer. According to Ralph Nader Research Institute, *"U.S. drinking water contains more than 2,100 toxic chemicals that can cause cancer."*

## **#4 Antioxidant Support to Prevent Oxidative Stress and Damage to our DNA**

Proper antioxidant support reduces free radicals, thereby reducing oxidative stress which is known to cause DNA damage. Studies suggest low antioxidant levels combined with high fat intake, can increase ROS production (reactive oxygen species).<sup>2</sup> Antioxidant protection is a necessary element in reducing the ill effects of chronic inflammation. Controlling inflammation will reduce oxidative stress in the body.

Pomegranate juice has the highest concentration of pu-

nicalagins and ellagitannins, which are bioactive polyphenols that have more antioxidant properties than any other commonly consumed juice.<sup>3</sup> According to Dr. Aaron Katz, *"Research has firmly established the antioxidant and anti-inflammatory effects of pomegranate. Additionally, pomegranate juice has been found to have apoptotic effects in lab studies, which means that it encourages the death of cancerous cells."*

Lycopene is another powerful antioxidant that reduces LDL oxidation. Lycopene has also shown in studies to prevent breast, ovarian, and cervical cancers. Tomatoes and watermelon are good sources of lycopene.

## **#5 Natural Hormone Balance to Support Normal Cell Growth**

Commercial meat and dairy generally has added hormones that do not break down with cooking. This can create estrogen dominance and a myriad of health issues. Alternatively, grass-fed, organic, wild, and free-range varieties of meat and dairy, do not have added hormones.

Xenoestrogens are derived from man-made chemicals and mimic estrogen, which can throw off not only the balance of estrogen, but all hormones and cause other diseases. Further research, in the book *Our Stolen Future* by authors Colburn, Dumanoski & Meyers have identified 51 families of hormone mimics including xenoestrogens, that can cause an alarming number of new health issues including breast, ovarian, uterine, prostate, and testicular cancer.



Plant and herbal compounds have an ability to block excess estrogen uptake by binding to estrogen receptor sites, helping to maintain a healthy hormone balance and healthy breast tissue. Plant lignans, which are phytoestrogens, can help balance proper estrogen levels by binding to the estrogen receptor cells, thereby blocking the xenoestrogens from attaching to the receptor cells. Therefore, the phyto-estrogen-like plant lignans protect against the negative effects of harmful synthetic estrogens in our environment and are protective against breast cancer. Plant lignans are phytochemicals found in grains, seeds, and legumes. In addition to adding plant lignans into your diet, I suggest supplementing with plant lignans derived from flax seeds in a natural supplement like Brevail. More information and articles on Brevail and plant lignans are on our website.

Natural progesterone (not to be confused with the synthetic

progestin) can also help with estrogen dominance and reduce breast cancer risks. Dr. Lee is the author of the books *What Your Doctor Will Not Tell You About Menopause* and *What Your Doctor Will Not Tell You About Pre-Menopause*. Both books explain the importance of natural progesterone for hormonal balance in our estrogen-dominated diets for health and for breast cancer prevention. I recommend and suggest that my clients use a natural progesterone cream called ProgestCare by Life-flo that we carry. It is made with natural progesterone rather than wild yam for better absorption and results that contain no added parabens or chemicals. More information and recommendations for hormone balance are on my website.

#### #6 - Immune Support — A Healthy Immune System Rids the Body of Damaged Cells

Keeping your immune system healthy is also important for breast health so your im-

mune system can dispose of damaged cells before they have a chance to multiply. Immune health can be protected and strengthened with immune modulators that balance immune function. My favorite immune modulators are medicinal mushroom. Also, probiotics and **cultured foods** help to keep the gastro intestinal tract healthy. The majority of immune cells are created in the G.I. tract. A healthy G.I. tract also helps to keep the immune system strong. More information on suggested medicinal mushrooms and probiotics are described on our website.

I do believe that vibrant health and well-being including breast health, is not only possible, but is our natural intended birth right. I also believe an end to the suffering from our modern-day diseases including breast cancer is possible. I feel this requires a 'whole-istic,' natural health approach.

We all need to consciously

choose to live in the healthiest way possible and to make choices that support a healthy planet for all, including for our future generations. I like what Thomas Edison has to say about our health *"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."*

1. Baseline of Health Foundation, Alternative Cancer Therapies, Natural Health Newsletter, Growth of Cancer, Jon Barron, 2-21-11, <http://www.jonbarron.org/alternative-cancer/historic-growth-rates-of-cancer>

2. AACN Clinical Issues, Advanced Practice in Acute & Critical Care, Nov 2002, Vol.13, Issue 4, pp 540-549

3. According to the Heber Cancer Letters of 2008

**Christine Dreher, CCN, CCH is a Nutritionist, Herbalist, author of The Cleanse Cookbook and President & Founder of Christine's Cleanse Corner, Inc., a nutritional company that specializes in nutritional & health education and Whole Food Vitamin Supplements. Christine is the Editor & Publisher of the free, online "Transform Your Health" Nutrition and Health E-Newsletter. She is also a Health/Nutritional Speaker and Teacher, and a Nutritional, Diet and Internal Cleanse Consultant. Visit [www.TransformYourHealth.com](http://www.TransformYourHealth.com) or call (760) 294-5275.**



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# Healing with Sound

By Michael Diamond

From India and California comes a groundbreaking new project called OMKARA. Just released is an album of chakra-balancing music called *OMKARA — But The Sound of Divine Love*. OMKARA represents more than just a musical recording. It is also an ongoing research project that works with sound in conjunction with medical facilities in India dealing with conditions such as cancer, cerebral palsy, autism, epilepsy, depression, mental retardation, pain relief, and more.

For thousands of years various cultures around the world have been aware of and have used the power of sound in their healing and spiritual practices. In modern times, science is catching up with these ancient teachings and providing the research to prove their validity. However, music and sound can also affect the energy systems of the body beyond the physical. While awareness of chakras, or energy centers in our body may be considered esoteric in the West, in India it is common knowledge. Each of the chakras, which balance the emotional, intellectual, physical and spiritual aspect

of being, can be related to certain sound frequencies and musical notes. Everything in this Universe has energy, vibrations, and sound, and we're connected with each other through vibrations.

Though many people from different countries are involved on various levels with this project, the director and visionary behind the endeavor is Rupam Sarmah. Originally from Assam, India, Rupam is currently living in California and is an engineer, film director, award-winning singer-songwriter, and producer who spent years researching ancient music and science, and the relationship of the body and mind. He is known for creating a Guinness World Record® by composing and directing a symphony entitled: *A Musical Journey for World Peace*, with 315 unique musical instruments from all over the world and over 500 performers on the stage! He has also written screenplays, numerous songs in various languages, and film scores for over 20 years.

It was actually his work in film that led to the creation of OMKARA. As Rupam explains: "I was doing research about my next film I am directing, where the theme is 'Possibility in Disability'. Music therapy is an integral part of this

film. While studying and meeting different people with physical and mental challenges, it gave me the inspiration to know more about them and how I can help them.

The album, recorded in both India and California, represents collaborations with top international artists, featuring GRAMMY winners Vishwa Mohan Bhatt, Laura Sullivan, Rocio Maron, and others. The CD was mixed and mastered by 4-time



Rupam Sarmah

GRAMMY winner Brian Vibberts who has worked with Michael Jackson, Aerosmith, Eric Clapton, and Elton John. With eight tracks and more than 105 minutes of music, the recording combines classical Indian ragas, Western music, and World music with deliberately-crafted frequencies. Instrumentation includes Mohan Veena (Indian slide guitar), piano, keyboards, viola, tabla, percussion, acoustic guitar, saxophone, flute, sarengi, dotara, tamboura, vocals and many other acoustic instruments. Each of the tracks represents one of the seven chakras. The eighth track, a new energy point named "Heaven Bridge" is composed with nine different creative frequencies that take listeners on a journey from birth to enlightenment. OMKARA literally means "Sound of God." Based on years of research, the music demonstrates the positive connection between musical notes, fundamental science, the creative frequencies of the universe, and chakra energy.

Not surprisingly, the music in general has a strong Indian influence, with Western and World music instruments tastefully woven into the mix. While

some chakra albums tend to be very meditative throughout, the music here blends meditative elements with earthy rhythms, some of which are quite upbeat and energizing.

Each chakra reflects its own distinctive sound. The music is incredibly deep and detailed. The level of musicianship is astounding — absolutely world class. The music on the album is extremely well recorded and produced, which

adds to the dimensionality of the listening experience. For those who want to go to the next level with it, the album is available in multiple versions — stereo, high-resolution, 5.1 surround sound, and special edition.

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For further information: [www.omkaradivinelove.com](http://www.omkaradivinelove.com)

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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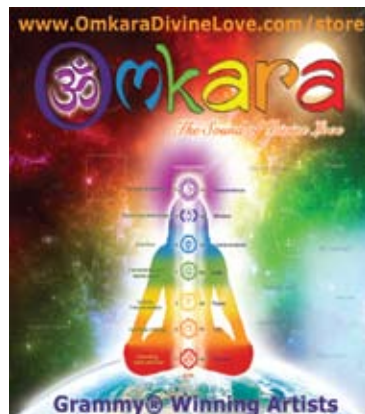
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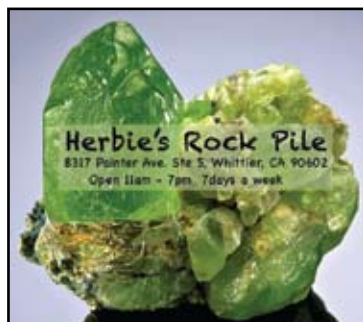
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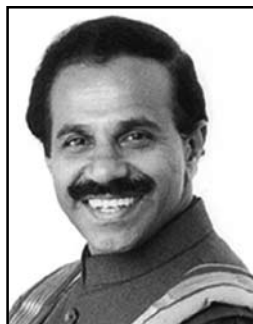
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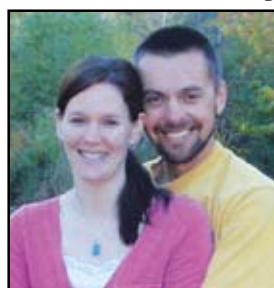
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# Ambient Alchemy Transmuting Sound into Gold

By Eve West Bessier

Michael Diamond has shone the spotlight on hundreds of talented recording artists over the past three decades as a new age music journalist and cur-



**Grammy nominated Steven Halpern and Michael Diamond**

rently as the music reviewer for Awareness Magazine. Now, the spotlight turns to him with this feature article on his new CD entitled, *Ambient Alchemy*. The album is a collaboration of Michael Diamond and Steven Halpern, GRAMMY-nominated new age music pioneer, composer, keyboardist, producer, and sound healer. The two artists have worked together on various recording projects over the years.

*Ambient Alchemy* lives up to its title as sound transmutes to gold and conjures a spellbinding listening experience, one that is even more deeply dimensional when heard through headphones. Musical elements morph and drift across spacious sonic landscapes. The mix is further enriched by the addition of world-class bassist Michael Manring, who is well known for his work on the famed Windham Hill label.

*Ambient Alchemy* highlights Halpern's distinctive artistry expressed on his iconic Rhodes electric piano, vari-

ous keyboards, and the otherworldly harmonic tones of crystal bowls. While Michael Diamond is best known as an ambient electric guitarist, he also plays synthesizers, and in fact does all his composing on them, adding his guitar tracks afterwards. He also plays guitar-synth to create flute sounds and atmospheric textures.

One of Michael's signature soaring guitar sounds is created using an accessory called an E-bow, a hand held electromagnetic device that emulates the sustain of a violin. Michael Manning also uses an E-bow on his fretless electric bass. Two of the tracks, "Isis Moon" and "Earth & Sky" include ethereal female vocals reminiscent of Enya. Steven and Michael combine their artistic energies on every track.

The album opens with the title song in which the three musicians evoke a mystical mood that showcases each one's unique individuality and their cohesion as an ensemble. On the next piece, "Molecules in Motion," percolating sequencers, layered keyboards, and dreamy guitar evoke a vibe that will appeal to fans of classic electronic music like Tangerine Dream and Kitaro. On "Isis Moon," heavenly synthscapes, celestial vocals, and crystalline harp arpeggios weave a spell that recalls the mesmerizing melodies of Andreas Vollenweider. The aquatic ambience heard on "Deep Diver," "Ancient Shores," "Atlantis Revisited," and "Rain Dream," is enhanced by sounds of nature.

Steven Halpern is very well known for his meditative healing music, but be ready to be surprised. The chemistry of this collaboration brings out a side of Halpern that you may never

have heard before, as the music explores diverse sonic terrain that ranges from deep space to deep sea, and beyond. Michael Diamond expresses that "working on the recording truly was an alchemical process that included creating new material, as well as building on each other's compositions with inspired contemporary re-mixes and the addition of new tracks." The lush soundscapes heard on the album's 14 songs are enchanting and magical.

Grammy-winning producer and Windham Hill Records founder Will Ackerman had this to say, "The collaboration of Michael Diamond and Steven Halpern in the creation of

*Ambient Alchemy* is a lovely one. The music is peaceful, but with enough edge and melody to keep the experience from being in any way static or less than engaging. The addition of the most talented fretless bassist on the planet, Michael Manning, to six of the pieces adds beautifully, taking this recording where very few are capable of going."

For further information visit: [www.michaeldiamondmusic.com](http://www.michaeldiamondmusic.com) and [www.stevenhalpern.com](http://www.stevenhalpern.com)

A music video sampler for *Ambient Alchemy* can be seen at: <http://youtu.be/1XY6meqGREG>

Eve West Bessier is a performing musician, published writer, music educator, and Poet Laureate of the City of Davis, CA. [www.evewestbessier.com](http://www.evewestbessier.com)

**"AMBIENT ALCHEMY transmutes sound to gold and conjures a spellbinding listening experience."**

— Awareness magazine (See review this issue)



**AMBIENT ALCHEMY**

**STEVEN HALPERN  
MICHAEL DIAMOND**

with special guest

**MICHAEL MANRING**



**STEVEN HALPERN**

Rhodes piano,  
keyboards,  
crystal bowls



**MICHAEL DIAMOND**

Guitar, guitar synth,  
keyboards



**MICHAEL MANRING**

Fretless electric bass

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# BOOK Reviews

By *Sonia von Matt Stoddard*



## BUILDING YOUR BUSINESS THE RIGHT-BRAIN WAY

*Sustainable Success for the Creative Entrepreneur*  
By Jennifer Lee

If you continue to find yourself yearning to start a business, but just not ready to deal with the number-crunching, marketing, planning and everything confusing and mundane that is involved, here we learn that it can be done in a practical, yet playful and maybe even fun process.

Use your powerful and creative right brain and start with identifying your core message and intent. Build on this foundation to cultivate connections, customers and community visibility. Define what success means for you. Optimize opportunities, including campaigns and communications. Read about how others have successfully been able to plant the seeds of a sustainable success and use the book to not only set the stage for yourself and others, but follow through with exercises and practices

to keep it all running smoothly and successfully.

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

## STARTING A SPIRITUAL BUSINESS

*Inspiration, Case Studies and Advice*

By Charlotte Anne Edwards

Are you someone who has wondered or dreamed about starting a spiritual-based business, like aromatherapy, hypnotherapy, Reiki, angelic, crystal, or any other "alternative" healing business? If you have a desire to heal others and the dedication, passion, and ambition to succeed, this book will help you with encouragement, as well as sound business advice that will give you the confidence to succeed.

Compiling real-life stories from "those already in the business," specific hints and tips are arranged in a logical fashion, such as identifying the realm and what you might need for that particular practice. In-

cluding a wide variety of disciplines, this is the inside scoop from those who've been there from the start and are running successful alternative-healing businesses.

*Published by O-Books, this book is available at your local bookstore or [www.o-books.com](http://www.o-books.com)*

## WILD CREATIVE

*Igniting Your Passion and Potential in Work Home, and Life*

By Tami Lynn Kent

You are inherently creative! Tap into your creative center and access the natural, sustaining energy that is inherently yours by following the energy meditations, stories and hands-on tools provided. By first understanding the framework of our souls, currency, creativity and edge, and building on this foundation, we can understand and expand this skeleton with power, spirit and joy, within a wild creative range.

After realization of your life flow, you can begin to channel it creatively and expand its reach. If you're looking for ways to reinvigorate your career path, achieve more balance in your life and work, find more inspiration or just want to re-focus your purpose, you will find many positive examples and solutions here.

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

## WALKING HOME

*A Pilgrimage from Humbled to Healed*

By Sonia Choquette

Regardless of our ability to handle life's lesser than positive events, like death and divorce, we are often dealt what often seems to be more than

we can individually handle. This is what happened to the author, a world-renowned intuitive guide and spiritual teacher. All she was hearing was, "Physician, heal thyself" in essence.

Her active response was to embark on a 820 km, grueling trail, known as the Camino Santiago, over the Pyrenees to northern Spain. She shares her daily encounters, including hunger, exhaustion, and pain. Along with the struggle, positive lessons are learned and acted upon. In the end, she shows us that we are able to leave behind unhappiness and pain and re-learn fundamental lessons of humility and compassion, through the process of sacrifice and self-abrogation to reconnection and a recovery of an inner sense of peace.

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

## WAR OF THE WHALES

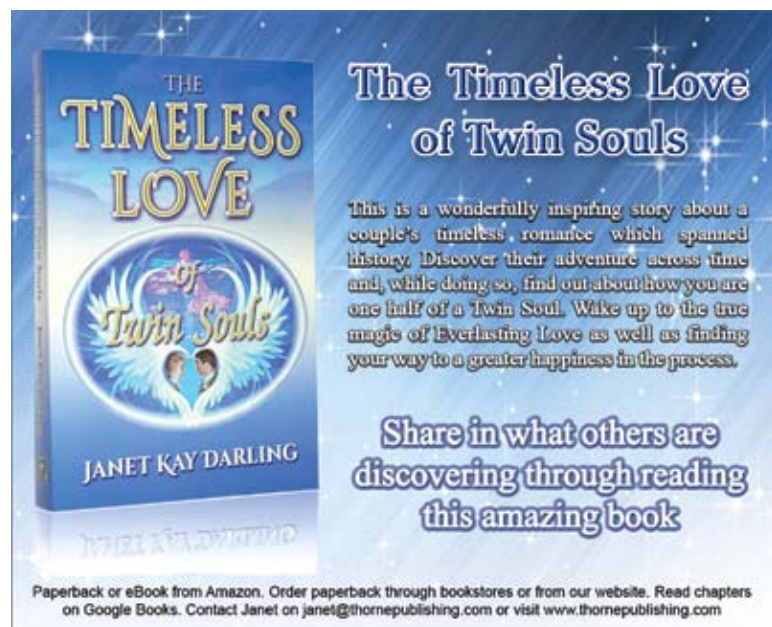
*A True Story*

By Joshua Horwitz

Sonar is the primary means the Navy has of targeting and tracking enemy submarines. While there is much secrecy and tension surrounding naval operations that is readily apparent, we are also aware that this military entity has within it many scientists, who over the years, have made the correlation between occurrences like whale strandings and have committed to the cause with personal resolve.

This is essentially the story of two men — an environmental attorney and a whale researcher who had worked with navy sound surveillance during the Vietnam War. They come upon evidence of a direct link between Navy sonar and mass whale strandings and decide to team up to challenge the Navy and tell the truth about acoustic warfare and its sometimes lethal impact on whales, leading to a legal court case.

*Published by Simon and Schuster, this book is available at your local bookstore or [www.simonandschuster.com](http://www.simonandschuster.com)*



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

— Thich Nhat Hanh



# KID'S Reviews

By Lyda Whiting

**JOHNNY GREEN AND THE LITTLE GREEN MAN**  
Written by Suzan Tyler  
Decker, illustrated by Julia Marie Floyd

One day after school, Johnny Green sat in a field. The grass was tall and soft. He fell asleep. Until a little green man woke him up! The little green man was lost and needed to get back to the recycling center. Since he didn't know where the recycling center was, Johnny put the man into his pocket and carried him home. But soon, the green man wasn't so little any more.

He ate everything in the trash that should have gone to the recycling center — plastic and glass bottles, cardboard, paper — and he grew and grew. When Johnny came home from school the next day, the green man filled up the whole house!

How Johnny gets in and out of this predicament is a delightful and creative story that children will love. And the whole family will learn to recycle more consciously — lest the little green man grows and grows on them too!

Highly recommended for ages 3 and up.

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

**IT'S NOT WHAT YOU'VE GOT! LESSONS FOR KIDS ON MONEY AND ABUNDANCE**

Written by Dr. Wayne W. Dyer with Kristina Tracy, illustrated by Stacy Heller Budnick

Some people think you are what you've got. But they really have nothing to do with you. All the great things about you are inside — love, compassion, creativity, humor. There's enough for everyone, and the great things in life will never run out. Abundance means more than money — it means all the riches of life, like love, laughter, and great friends. Those are the real treasures!

This book helps teach children that they are not defined by their possessions, that there is enough for all, and that they can create the life they want.

Another wonderful children's book from the world-famous author and speaker.

Recommended for ages 3 and up.

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

**KEEPING FIT FROM A TO Z**

By Stephanie Maze

A-bend like an Acrobat, Amasa el pan [knead the bread]. B-play Baseball, Bucea [snorkeling]. C-play Croquet, Corre en la pista [run on the track]. D-beat the Drums, Da un paseo al petro [walk the dog]. E-means Exercise! This bilingual picture book is full of high-energy photographs of kids of all ages and skill levels, all of them having fun and keeping fit. There are more activities and games, and tips for parents, at the back.

Ideal for non-readers, early readers, and even school age kids and their parents — this colorful book will have everyone up and moving before you can get to Z (walk like a Zombie, Zigzaguea en un campo de obstaculos [zig-zag on an obstacle course]).

Recommended for ages 3 and up.

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

**A SIMPLE IDEA TO EMPOWER KIDS**

Written by Kathleen Boucher, illustrated by Greenproject

Love is the greatest force on earth — and your heart is filled with love. You are special — you are unique. And you get to choose your thoughts, so choose to believe in yourself and your dreams.

Love, choice, and belief are powerful. This book explains the law of attraction, the steady presence of love, and the ability to choose, in simple words that children can easily grasp. The illustrations are friendly and colorful, and will appeal to young children.

A sweet book for bedtime, or anytime.

For ages 3 and up.

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

Another world is possible, she is on her way.

On a quiet day I can hear her breathing.

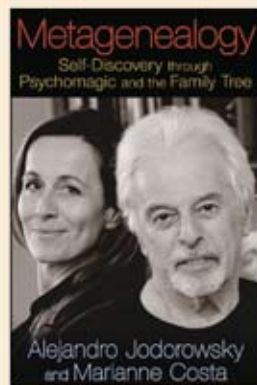
— Arundhati Roy

PLEASE  
RECYCLE



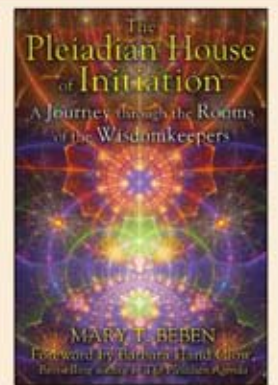
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# MUSIC & MEDIA Reviews

By Michael Diamond



## RICKY KEJ & WOUTER KELLERMAN

*Winds of Samsara*  
[www.windsofsamsara.com](http://www.windsofsamsara.com)

While producer Ricky Kej's life in India would seem to be worlds away from that of South African composer and flute virtuoso Wouter Kellerman, the two have found common ground musically on this ground-breaking recording that includes over 120 musicians from five continents — a veritable United Nations of instruments and languages. The album features a number of unique flute techniques and playing styles by Wouter that I've never heard before, as well as Ricky's tasteful keyboard and bass playing which adds solid support and textural interest to many of the songs. I greatly appreciated the sense of dynamics found in the music — its peaks and valleys, changes in energy, and the exquisite attention to the smallest details. *Winds of Samsara* is a production of truly epic proportions, and a perfect example of the ideals of peace and global harmony, providing a not-to-be missed musical experience.

## JEFF PEARCE

*With Evening Above*  
[www.jeffpearcemusic.com](http://www.jeffpearcemusic.com)

As mentioned in the album's liner notes: "all sounds on this recording are from the electric guitar." It's good that listeners are informed so as not to mistake some of the sounds for synthesizers and miss the distinctiveness of Jeff's fretboard wizardry. His slowly arpeggiated notes twinkle with crystalline chime like the stars themselves, followed by waves of echoed reflections that melt into a lush drifting soundscape. Lavish layers of long sustained chords create an orchestral ambience. Incidentally, Jeff did not use guitar-synths — just electric guitar with electronic effects. There can be little doubt that Jeff Pearce is one of the undisputed masters of ambient guitar. The range of tones and textures that he is able to coax out of his strings and circuitry is a tribute to his uniqueness. There are very few that I am aware of with the creativity, skills, and vision to traverse this rarified sonic terrain.

## KERANI

*Arctic Sunrise*  
[www.kerani.nl](http://www.kerani.nl)

I cannot say strongly enough how impressed I am with *Arctic Sunrise*, and the talents of its creator, Kerani. Her background as a film composer is evident in the ability to evoke such powerful imagery in the mind's eye. I was captivated right from the start by Kerani's Vangelis-like synth textures that so beautifully reflect the vast frozen expanse of the Arctic and the first rays of the long-awaited sun. While Kerani's foundation is as a pianist, it's interesting how she uses it sparingly, almost like a spice in a recipe to add a particular flavor, rather than it being the main course. Her feel for composition and arranging is stunning, as is her use of synthesizers for orchestration and ambient effect. Kerani also has an ear for when to bring in other musicians on acoustic instruments to accompany her. *Arctic Sunrise* is a masterpiece of sonic storytelling.

## BODHI

*Peace Is Now*  
[www.cdbaby.com/cd/bodhi12](http://www.cdbaby.com/cd/bodhi12)

If there was ever a timely moment for an album like *Peace Is Now*, this is one of them, with armed conflict erupting around the globe. Addressing this issue is long-time peace advocate and musician, Bodhi, who has, to date, recorded 14 albums of original music. The concept of *Peace Is Now* is one of the most unique and interesting that I've encountered in a while. Over the course of 12

tracks, the melody and chant of "peace is now" becomes a choral mantra that is channeled through a variety of musical styles such as folk, jazz, rock, reggae, gospel, and more. The album includes the artistic talents of 35 top musicians, including Bodhi on flute, guitar, keyboards, and vocals. *Peace*

*Is Now* is not only an enjoyable and uplifting listening experience, but is a powerful tool for bringing one into a peaceful state that can be shared with others.

## MATTHEW SCHOENING

*Narrow Path*  
[www.soloelectriccello.com](http://www.soloelectriccello.com)

Somehow, the idea of cello and high-tech electronic devices don't seem to go together, but solo electric cellist Matthew Schoening (pronounced Shay-ning) is right at home with this esoteric pairing. He uses his futuristic-looking electric cello through a looping device that allows him to play a part, record it in real time, and then play over that one layer at a time, including melodies, harmonies, bass lines, and percussive rhythms, building up a complex composition that sounds like a complete band. Songs on *Narrow Path* range from meditative to motivated, which are sure to get your toe tapping. The technique of looping has gained in popularity over the past few years, but Matthew Schoening takes it to another level, blending stellar musicianship with a command of technology that is awe-inspiring. I look forward to watching the growing and well-deserved success of this immensely accomplished instrumentalist.

*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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*The highest mission of music is to serve as a link between God and man.*

*The artist is the last champion of the individual mind and sensibility against an intrusive society.*

— John F. Kennedy





# Feng Shui Concepts

By Jenny T. Liu, M.A.

## Money Karma The Energy of Wealth

It is no coincidence that money is referred to as currency. In feng shui, water is synonymous to wealth. Like the water of the oceans, wealth energy circulates around the world. Bodies of water have created some of the world's most prosperous cities. The philosophy of feng shui guides us on how

little money is a problem and too much money is a problem. There are those who are not rich, but are happy and live well, and there are millionaires who have "everything," but complain of a suffering life. Clearly, money does not buy happiness.

Many people are addicted to money and wish to be wealthy beyond necessity. Equating money with success and happiness can have adverse effects. Like a drug, acquiring more and more money is necessary in an attempt to quell the addict's desire, and anything less leaves them feeling vulnerable. And just as a drug addict

will do anything for the next fix, wanting more and more wealth can cause people to lie, steal, cheat, or become heartless moneymaking machines. Ambition fueled by greed is highly stressful and attracts similar people into your life. This can result in competition, jealousy, exhaustion, serious ailments, family sacrifices, financial crisis, social ruin, or harm to the masses and future generations.

One of the highest forms of astrology, the *Zi Wei Dou Shu* Life Map, is often used to reveal your financial potential so that you have more awareness of your relationship with money. Understanding your relationship and karma with

money helps you know what to watch out for and how to set up realistic financial goals. If your Wealth Sector shows that your income is most stable when receiving a salary, then you know that starting your own business may be setting you up for disappointment. If your Life Map shows that your wealth potential is higher than what you are currently making, you might rethink your career and look for better wealth generating opportunities.

With information regarding your potential, you can avoid unexpected obstacles in your pursuit of wealth. Often clients ask why money is so elusive in their lives. They feel like there is a perpetual hole in their wallet through which money leaks out as soon as it is put in. A Life Map reading can show if there are past karma debts that need to be fulfilled in this life-

time. With knowledge of how to restore balance, the "wallet hole" is sealed and prosperity ensues.

Along with acquiring money for sustenance, another vital reason for creating wealth is to express yourself and contribute to the world. Use your Life Map as a guide to finding contentment and purpose with your wealth. Harness the energy of water with good feng shui and personal adjustments to attract abundance. Mastering the power of allowing personal prosperity creates a ripple effect of infinite prosperity in global proportions.

**Jenny Liu is a fourth-generation feng shui master, designer, author, and public speaker. Her mission is to empower people by encoding meaningful messages into their living spaces through seamlessly integrating feng shui into their homes and offices. For more information, please visit [www.Liu-fengshui.com](http://www.Liu-fengshui.com) or call Jenny at (626) 272-4901.**



**This Feng Shui Chi Art, "Karma Coin" contains mantras for releasing obstacles that block wealth.**

to create environmental and personal circumstances that garner wealth.

Just as it is impossible to grasp and hold onto water with your hands, chasing after wealth is self-defeating. Water is a life-giving force. Its power to transform is derived from its ability to flow and change from phase to phase. Money is not meant to be hoarded; like stagnant water, money that is not circulating can make you sick. Money is meant to be a flowing energy of creation.

You have an ability to attract or repel money depending on your feng shui and your karma. Often, people do not realize this and thus struggle in their relationship with money. Too

**ANGELA AND RACHAEL WANT TO GET SEA TURTLES OFF THE HOOK. DO YOU?**

Angela Kinsey and Rachael Harris are in love with... sea turtles. But, they're in real trouble and need our help. Over 1.4 billion fishing hooks and other gear catch hundreds of thousands of sea turtles every year. Go to [Oceana.org](http://Oceana.org) and sign up to help Angela and Rachael get sea turtles off the hook.

[www.oceana.org/turtlesoffthehook](http://www.oceana.org/turtlesoffthehook)

Angela Kinsey and Rachael Harris swim with sea turtles in Quintana Roo, Mexico. Photo by Bill Green

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# NEVER "Old?"

By Jesse Anson Dawn

## Tips for Keeping Mind & Body Young

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

Presently answering the question:

"Dear Jesse, After reading about your fascinating visits with some of the oldest people on Earth, the worldwide journey described in chapter 3 of your latest book, **The New Era of Consciousness**, I feel com-

**pelled to ask you this: since completing that masterpiece, have you discovered any new, amazingly age-defying people that you can share via your Awareness column?"**

Dear Reader,

Let us not forget that the road inward (toward one's Inner-Source) travels as far and deep as the road outward))). And it's people who take the time to learn ways of perpetuating spirit-linked rejuvenation, they are the ((self-renewing pioneers))) who I feel most inspired to write about.

For example, recently I've been studying the phenomenal vitality of my wife's father, the 72-year-["old"] Filipino, Jose Binunag, an amazingly energetic man who resides with us, along with his sweetly vibrant wife (for over 50 years), Honoria.

Yes indeed, every day I give thanks for Jose and Honoria, mainly because they have turned our 1-acre garden into a fruit and vegetable, astoundingly fast-growing paradise. But not only that, Jose has the ability to do what I'm not brave enough to even try: and that is to climb (scarily tall) coconut and papaya trees, whereby he expertly gathers their vitamin-enriched fruits, and then kindly shares them with his grateful family.

However, along with the vital need for physical exercise and a wholesome diet, as my columns and books clearly emphasize, there is the truly rejuvenating effect of ((creative activity)).

And to further verify that, I'm again studying the youthfully vibrant longevity of famous

artists such as Pablo Picasso, Georgia O'Keeffe, Willem de Kooning and Marc Chagall, all of whom painted well into their 90's, Chagall still doing it at 97, and O'Keeffe steadily painting at 98.

And how can we omit the amazing Grandma Moses, a woman who, at the age of 81, put together the first exhibition of her paintings, and from there on her fame skyrocketed, whereby at the age of 101, she had become the most well-known American artist of all time. And even when she had lived more than a century, she still appeared at worldwide exhibitions of her paintings, events that drew thousands of people, as far and wide, they came to see not only her charming works of art, but also her stunningly ageless vitality.

However, it is important to realize that, not only famous artists evoke the important link between creativity and longevity, but that connection also prevails throughout every strata of society.

For example, there is my wife's grandmother, Sixta, a Filipina who, even at the age of 109, she was steadily creative, busily weaving various kinds of hats and baskets (made from palm tree leaves), most of which she painted with beautiful designs. And even at the age of 109, those who knew her say that without fail, every day she had the energy to sell her creations at outdoor markets, along with singing about them, attracting customers by chanting little verses that said basically this:

"My hats last a **very** long time, while they shade you from the **hot** sunshine, and when it rains, they keep you dry, so come look at my **hats**, and please **don't** pass me by!"

Thus by combining her weaving and painting with daily singing sessions, she developed what came to be called "Sixta's System of Vibrant Longevity." And although the [Old Era], strictly drugs and surgery-based medical industry would

probably call Sixta's System "unscientific," I believe that, due to the amazing agelessness that she became known for, she was a **TRUE** champion of (sustained well being)))

And as to Sixta's effect on me, after hearing her relatives talk about the healthy effects of her steady creativity, I've been inspired to continue my urge to paint landscapes, an especially enjoyable therapy amid the mountain-surrounded, tropical area that I call home.

Yes indeed, ((**painting**)) a picture is 1000 times more ((spiritually penetrating)) than just looking at a photograph. And ((**reading**)) truly helpful nonfiction books is 1000 times more beneficial than [TV-pushed illiteracy and violence], which is why schools continue to use books as learning tools.

Therefore, to transcend the {{saddening swamp}} of "mainstream"-ignorance-based programming, along with reading (mind-expanding-books))), making art and singing, writing what I call Positive Thoughts Poetry has a nicely uplifting effect. And as a (hopefully memorable) example of that, this lyrical verse is from my song-poem that hereby signifies this:

**EVERYONE IS CREATIVE** regardless of age or "race"—  
And to re-create **ourselves** is truly a saving grace—  
And as for **my** "race"—  
mine is the **HUMAN** family—  
a realm that helps me increase the peace by creating **UNITY**—  
But the **ultimate** creation is of course **HAPPINESS**—  
wherein we find **peace of mind**  
that duly keeps us **BLESSED**)))

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

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# REFLEXIONS REFLEXIONS

By Robert Ross, CHZT



## Bonds Away . . . Ka-boom!

*"I used to think that if there were reincarnation, I wanted to come back as the president or the pope or a .400 baseball hitter. But now I want to come back as the bond market. You can intimidate everybody."*

— James Carville,  
Democratic Strategist

Fantasizing intimidation is one thing, but in the end, reality always trumps dreams. In the case of the bond market, this 'intimidation' James Carville is musing over is about to give way to something a bit more serious . . . reality.

Bonds are I.O.U.'s. In order to pay its bills, the U.S. and many countries issue I.O.U.'s called bonds. Some I.O.U.'s are for one year, others for 10, 20, or 30 years. In today's world, borrowing is a way of life. How much a country borrows can be telling though. Is the country living within its means; the amount of debt easily manageable if hard times were to arrive? Will the debt be used for productive purposes? For example, building dams, producing electricity at reasonable rates can be a productive use of debt, versus debt for war, interest payments on the liability itself, or social welfare programs.

Calvin Coolidge, our 30th president, understood debt: "There is no dignity quite so impressive, and no independence quite so important, as living within your means."

So, how does the U.S. stack up relative to other nations when it comes to borrowing

money? Or, in Coolidge's words: measure-up in 'independence' and 'dignity?' The U.S.'s debt is a staggering 17.5 trillion dollars, garnering the distinct honor of being the world's largest debtor nation, with Britain in second place at 10 trillion. Singapore, on the other hand, has no financial liabilities — no I.O.U.'s. They spend only what they generate in taxes.

A trillion is difficult for the mind to grasp, the amount defies imagination. For example, a trillion seconds will bring one back 30 thousand years before the Roman Empire. A trillion days takes us back before the universe began.

The evening news will often bandy about enormous figures: millions, billions, trillions when focusing on the budget. They are numbers: numbers we have become numb to. Nightly news over, the dollar amounts disappear from memory, time for one's favorite show.

Can this titanic debt continue indefinitely? In the *Road Runner* cartoon series, Wile E. Coyote is seen darting about at breakneck speed chasing after a bird, giving little thought to anything other than catching the fowl. In his mad dash, Wile ends up running off the side of a cliff. Of course, there isn't any firm ground beneath. In mid-air, Wile scrambles in the direction of the cliff's ledge, pushing air with his feet. Too late, we hear a loud ka-boom sound as the coyote hits the pavement below. 'Darting' about as a nation, giving little thought to our budget, we give

aid to corrupt regimes throughout the world, bail out bloated and unethical banks and save bankrupt corporations, appearing ever-so generous. This lavish aid is available because we, as a nation, are living way beyond our means.

For the past dozen or so years we have spent approximately one trillion dollars more than we have in yearly revenue; one trillion more than we generate in taxes each year. Imagine a neighbor living in the fanciest house, having big parties for the neighborhood, handing out hundred dollar bills at Halloween to trick-or-treaters, and buying their own kids new cars for Christmas. "Boy, are these guys wealthy and generous" might be one's thought. Now imagine discovering the neighbor is doing all of this on a credit card which will never be paid back. "Boy, are these guys corrupt or ignorant," one might think. As a good neighbor, you smile, wave, say good morning, but behind closed doors, instruct your children: "stay away from the neighbors, they're in big trouble." The U.S., like the foolish neighbors and Wile E. Coyote, stepped off a monetary cliff, only to find we're being held up by thin air — very thin air. The Ka-boom sound is not far behind.

### STAY AWAY FROM THE NEIGHBORS . . .

The U.S. will never pay back its 17.5 trillion dollar liability. Never! It will continue to grow. In a perfect world we would, like Singapore, spend what we take in in taxes, living responsibly. However, our future commitments: military incursions throughout the world, and social welfare, necessitate we budget irresponsibly, living way beyond our means. We do pay interest on these financial obligations though, of under a half-trillion dollars a year to those institutions, countries, and individuals who own government I.O.U.'s. Next year, we'll increase the debt in order to pay the interest. Sound confusing? Ask your Congress persons to explain this smoke and mirrors trick, and watch them squirm attempting to answer.

After the market crash of 2008, the Federal Reserve forced interest rates down to unnaturally low levels, allowing the government and homeowners to borrow at rates which would not occur if free-market forces were in play. This low interest rate allowed the U.S. government to borrow even more money; after all, the money was cheap. We got out of the financial crisis

(Continued on page 38)

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# REFLEXIONS REFLEXION2

(Continued from page 37)

by borrowing money. What a deal!

So, in the last 6 years we added an additional 8 trillion to the deficit, all to keep up the illusion that the U.S. is still the wealthiest neighbor on the street.

The Bretton Woods Agreement was established in the aftermath of WWII. All business transactions — country to country — would be conducted in dollars. The U.S. dollar was the official “reserve currency,” held for trade purposes. A country that held dollars, in theory held the equivalent in gold, since the dollar was backed by gold. Transactions were on the up-an’-up until 1971 when Nixon took us off the gold standard. The U.S. dollar would henceforth be backed by nothing.

Slowly, ever so slowly, the ascent up the debt mountain began. Debt, a mere four-hundred billion in 1971, by 1981 was nine-hundred billion, then a trillion, two, three, four, steeper and steeper up the mountain as we paid our bills using the national credit card. Today, not surprisingly, many countries are beginning to

‘stay away from the neighbors,’ ignoring the Bretton Woods Agreement. The BRICS countries (Brazil, Russia, India, China and South Africa) are trading among themselves using their own currency arrangements rather than the U.S. dollar. Russia and China recently signed a huge trade agreement using their own currencies. It looks like the neighborhood is beginning to wise-up.

## CARVILLE'S INTIMIDATION

James Carville's desire to ‘reincarnate as the bond market’ in order to bully nations and corporations is not too far-fetched. Bond prices go down (and interest rates up) when there is inflation or uncertainty in the markets.

In a free market, the bond market is a reflection of the future. A lot of future uncertainties equal higher interest rates. However, at this time, the U.S. has historic low interest rates, not seen since the inception of the nation. Through market manipulation and additional debt we have managed to fool laws of economics by keeping these rates down even though the future of the U.S. economically and geopolitically is quite murky. All it will take for higher interest rates will be for bond holders to get skittish about America's I.O.U.'s and start selling. The 400 billion we pay a year in interest becomes 500, 600, 700 billion and up.

‘There is no dignity quite so impressive, and no independence quite so important, as living within your means.’

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

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*Voices of Hope*  
By Audrey Hope

## MOVED INTO PROSPERITY

I want the kind of prosperity  
that comes from the light,  
the fire, the chaos, the  
jungle,

The battle — survived!  
Like caterpillar into butterfly,  
Like ashes into phoenix,  
I move into something  
else, after going through  
something.

I come out, inside stronger.

People ask me, *how am I?*  
I reply — I'm growing —  
brighter.

I now live in a frequency of  
depth.

With hand on my chest  
I gasp with (Rumi's words):  
*The gold that glows in your  
chest when you love.*

Finally a rich destination, an  
arrival — to the heart.

I have to thank the people who  
broke me apart,  
The events that made me  
bend,  
The times of darkness.  
Cracking up, put me back  
together — better.

There is treasure in the ruins,  
Jewels in the pain.  
Falling from cave to  
mountaintop,  
I look up and within,

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

I find a place beyond life and  
death.

This is the invisible wealth of  
which I speak.

I am not tricked by the rocky  
road.  
I am not fooled by the hurting.  
We are not to get lost by the  
process.

Instead, to know the higher  
scope,  
Burns up the past, changes  
the movie, seals the new  
story...  
To make the future of queens/  
kings.

There is hope for us all!

No matter where we came  
from,  
Where we have been,  
What we have done.  
The soul burns eternal.  
The sacred heart beats.

This is the land of forever  
gold.  
Built with the magic  
wordwand — Now!  
God is not a window, but a  
place.  
Time to move in!

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# Musings

By Mystic Trish<sup>®</sup>

## Prosperity 2014

*Oh Mercy, Mercy Me. Things ain't what they used to be. What about this overcrowded land? How much more abuse from man can she stand.*

— Marvin Gaye,  
Mercy Mercy Me 1971

California Gov. Jerry Brown linked the state's extreme drought and wildfires to climate change earlier this year, saying that though the state was trying to deal with nature as best they can, humanity was on a collision course with nature due to climate change.

We are all waiting for a big El Nino to come this winter but it may not materialize. Or at least may not be as strong as hoped for. How many of us are working our magic, visualizing, praying for rain right now?

What kind of harvest are we going to celebrate?

Will we have massive fires where we used to have fruit groves and strawberry fields? There is even talk of plowing under vineyards. Now I am whining!

Mother Earth is starting to get back at us.

With fruit and nut groves being plowed under.

With farms not being allowed enough water for our fruits and vegetables. We are now pumping so much ground water out of the earth that it is starting to sink.

The drought has also forced the state of California to ship millions of young Chinook sal-

mon by truck to the Pacific Ocean. The juvenile salmon do not have enough water in the rivers to get back out to sea, so the state is putting them in tanker trucks and driving them to the sea and releasing them. In hopes that when they are ready to spawn there will be enough water for them to get back to their spawning ground. Wondering if they will know which stream they need to return too. How crazy is that? We are trucking fish to water and it's a good thing.

What have we done to ourselves?

It is not the first time humanity has faced cataclysmic drought conditions. Greece, Egypt and Mesopotamia, during the Bronze Age, all suffered from long-term drought. Drought that destroyed their cultures. I'm sure they thought they had displeased some God and did what they could to appease them. They did not understand that it was do to natural cycles. We have ourselves to blame for most of what's going on, not an angry god, just ourselves.

Even Pope Frances has stated that destroying the envi-

ronment is a Sin, "A Sin."

He told a massive crowd in Rome earlier this year "if we destroy Creation, Creation will destroy us."

The pope's message is part of a rich history of Catholic activism to protect South American rainforests. Sister Dorothy Stang, a Catholic nun spent more than 40 years advocating against the deforestation of the Amazon rainforest and calling attention to the plight of the region's indigenous people. Tragically, because her activism was so effective Stang was murdered by hired assassins while walking to a meeting with parishioners in February 2005. When asked if she had a weapon, she pulled out her Bible and extended blessings to the two gunmen before they shot her six times, killing her. Sadly paper can't stop bullets.

When I pause and go deep and look forward to the future I am saddened because I see the destruction that is already there and we don't even know the ramifications of all we've done so far.

In my personal life I am trying to save my large tree. It is dominating the neighborhood. It is my tree of life. My Yggdrasil, She is an Ash with four trunks, each one in one of the four cardinal directions. She has a circle of ferns growing around her where my cat often sleeps, well hidden from the world. She has so many birds nesting in her. We have watched multi-generations of crows and hummingbird fam-

ilies raise its young. She often has hawks and falcons hunting from her top branches. Eastern squirrels scamper up and down when they feel brave enough to face the crows and the cat. Owls silently swoop around her at night.

Late at night the raccoons come out and scamper up and down her large trunks. You can see many faces in her bark smiling down at you. Eyes that watch the world and the cycle of life go 'round and 'round season after season.

Unfortunately the aquifer, ground water that has sustained her has dried up and she is showing signs of distress from the drought. So I put a soaker hose around her base and I slowly water her once a week. I'm not using the soaker hose for my vegetable garden this year. I didn't feel it was right to be growing pounds of tomatoes and ten-foot sunflowers with so little rain. I will gladly sacrifice my lawn and gardens for my beautiful tree. Trees absorb CO2 for their entire lives and the bigger they grow the more they clean the air for us. It is more important to save the trees then the lawn. We must make difficult choices at this time.

Life as we know it is changing and we must change with it. Save the trees.

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

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## Are Your Pets Making You Prosperous?

By Allen and Linda Anderson

Our pets' simple acts of kindness and consideration show us every day how to become prosperous by sharing our home with animals. Our cat Cuddles lives up to her name and cuddles next to Linda at night. She's very considerate not to wake up Linda until morning, when Cuddles decides it's time for her breakfast. We use a spray bottle, filled with warm water, to give our yellow cockatiel Sunshine his morning bath. He helpfully raises his wings and puts his head down for a good spray of his head feathers. Our dog Leaf often shows us that our prosperity is measured in love, not money.

Although we mainly do our writing at home, if we need to meet with a client, Linda carefully puts on her makeup to prepare. Sensing that we're about to leave the house, Leaf is eager to kiss Linda's face with his long, pink tongue. So Linda says, "Leaf, don't kiss off all my makeup." And she 'turns away so he can't reach her cheeks. It appears that Leaf got the message. As Linda was

ready to leave the house one day, she bent down to kiss him on his head. In turn, he very carefully kissed her only on the tip of her nose. With great discipline, he put his tongue back in his mouth and refrained from plastering her face with any more doggie kisses.

What if you were present for each precious moment in your life? We have watched Leaf, a formerly abused rescue dog, grow into a well-adjusted and loving individual. Does it get more prosperous than that?

Being present to life's precious moments with your pets and letting go of all the distractions allows for a whole range of prosperity that includes emotional, physical, mental, and spiritual growth. Watch the daily concerns and fears dissipate as pets replace them with love.

### BELLA MIA AND HOW SHE CHOSE US

Dr. Anna Maria Gardner is a holistic veterinarian practicing in Washington State, [www.petsynergy.com](http://www.petsynergy.com). She wrote to us about loving pets from childhood and always wanting to have a horse. "I lived and dreamed of horses every waking and sleeping moment. Like a lot of horse-crazy, or as we say in the UK, pony-mad girls, all I ever wanted was a horse of my own. My parents told me if I saved up until I could afford a horse, they would help me with a place to keep one. So I worked and saved, bred guinea-pigs, delivered newspapers, babysat, and earned whatever I could until at age sixteen I got my first horse. It was all I had ever dreamed of and more.

Later in life, Dr. Gardner dreamed of bringing the kind of prosperity she experienced as a child to her daughter Celeste. She says, "Motherhood had been wonderful, but there was still a gap in my heart, waiting to be filled with another horse. Someone I knew told me that there was a horse waiting to come into my life. I felt my childhood dreams rekindle and started to dream of horses once more.

"Celeste was seven and a half and had a great rapport with animals, especially cats, but I wanted her to experience horses too. Celeste loves all animals, and they are very drawn to her as well. She has been with me on house calls, and people are amazed that their shy and nervous animals invariably come out to greet her.

"We planned to get a horse when we came back from a trip to England in the spring. One day I thought we would check out some horses at a local rescue. I happened to read my morning horoscope. It said this would be a day about large animals and was ruled by the planet Venus, who is all about beauty."

Prior to their trip, Dr. Gardner and Celeste visited a stable that rescues horses. They saw a couple of sweet horses. Then the owner said, "I have to show you Bella Mia."

Dr. Gardner writes, "Bella Mia was a young Arabian, then six, and had yet to be ridden. I hadn't really planned on having a young, untrained horse, but Bella Mia took one look at my daughter and wouldn't leave her side. I knew we had been chosen by her, and she



was a sweet gentle soul, so we went home to think about it. Bella Mia also had a club foot, which did not seem to be an issue, but we were really not quite ready for the practicalities of a horse.

"When we got home we looked up her pedigree to find out that although her breeding is unknown, she is a pure-bred Arabian who ended up in a rescue situation. When I looked at her lineage I saw her mother was called Venus, and Bella Mia means "my beauty" in Italian. Then I noticed that her grandfather was named Aza Destiny — strong Destiny. So of course, Bella Mia became our horse, and we took her home a month later after returning from our trip.

Bella Mia is the sweetest, most gentle horse. She is doing well with my daughter and me, and we are riding on trails now. One day a person with multiple sclerosis came to the barn, and Bella Mia was so sweet and empathic towards her that she surprised the barn owner with her kindness. She has proved to be a beautiful soul. The bond between Celeste and Bella Mia is strong. We are blessed to have been chosen by a very special little mare. And what a gift from Venus she has proven to be.

How are pets making you prosperous?

*Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals. [www.angelanimals.net](http://www.angelanimals.net). Their newest book is *Animal Stars: Behind the Scenes with Your Favorite Animal Actors* ([www.animalactorsbook.com](http://www.animalactorsbook.com)).*

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our children  
a living planet



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**SUNDAYS. "Money Bowl Manifesting Circle"** the **Second Sunday** of every month from 5-7pm, cost is \$25. Lead by Victoria Tresor of A Better Brain A Better Body. Limited space, so call for reservations (818) 954-0510. Many clients in Hollywood from actors to producers are using Victoria's "Money Bowl" so find the secret how to "See It — Say It — Experience It" for yourself! Testimonials coming soon to [www.abetterbrainabetterbody.com](http://www.abetterbrainabetterbody.com)

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**THURSDAYS in September & October. SACRED HISTORY.** 7:30 to 9pm, Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

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## SEPTEMBER

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**SEPTEMBER 10 — 9/11 MEMORIAL CHARITY GOLF TOURNAMENT.** Proceeds going to Strength in Support to serve veterans with mental health services and recovery. [www.strengthinsupport.org](http://www.strengthinsupport.org)

**SEPTEMBER 13 — IASD SOCIAL DREAMING CONFERENCE.** 9am-6pm, Marymount California University, Rancho Palos Verdes. Join Barbara Schiffman (Akashic Records & Dreams) plus 11 other dream-therapy experts to expand your personal or professional dreamwork. CEUs available. Info: Barbara Schiffman (818) 415-3479 or <http://www.asdreams.org/regionals/2014-southern-california>

**SEPTEMBER 21 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS.** Sunday, 12:30-2pm,

Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

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## OCTOBER

**OCTOBER 14 — REIKI HEALING CIRCLE.** Tuesday 7-8:30pm, love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**OCTOBER 14 — DEEKSHA ONE-NESS BLESSINGS.** Tues. 7-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**OCTOBER 19 — CHANTING & KIRTAN FOR PEACE SPIRIT SOUL AND FRIENDS.** Sunday, 12:30-2pm, Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. [www.embracehumanity.com](http://www.embracehumanity.com)

**OCTOBER 24-26 — I CAN DO IT Mind-Body-Soul Retreat.** Discover your greatest gift, a happier, healthier and more authentic you! Caroline Myss, Wayne Dyer, Doreen Virtue, Gregg Braden. Pasadena Civic Auditorium. (800) 654-5126 or visit: [www.hayhouse.com/events](http://www.hayhouse.com/events)

**OCTOBER 27-30 — AWAKENED WORLD INT'L. FILM FESTIVAL RETREAT.** Santa Barbara. Exciting lineup of cutting-edge films and interactive workshops. [www.awakenedworldfilmfestival.com](http://www.awakenedworldfilmfestival.com)

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## NOVEMBER

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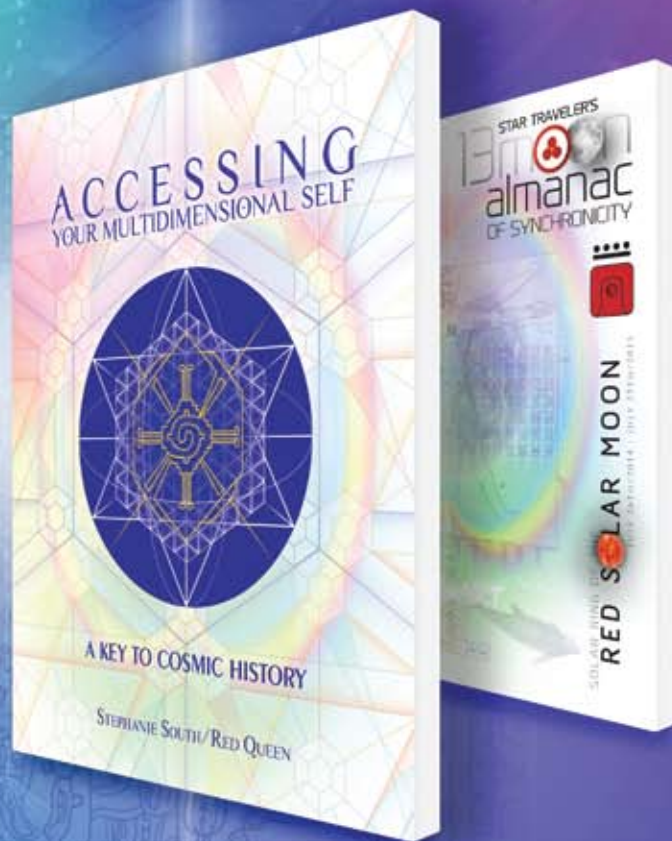
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