

Awareness

Southern California's Guide to Conscious Living

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VOLUME 19, NO.5

A close-up portrait of a middle-aged man with short brown hair, smiling broadly. He is wearing a dark blue suit jacket over a light blue button-down shirt. The background is a blurred outdoor setting with green foliage and a wooden fence.

RANDY GARN

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PRO\$PER NOW!

An Interview with Randy Garn

By Randy Peyser

In today's economy, millions of Americans are redefining prosperity as people "re-boot, reinvent, and retool" their lives at unprecedented levels. In *Prosper: Create the Life You Really Want* (Berrett-Koehler), authors, Randy Garn and Ethan Willis, deliver a tactical guide to help people understand the true nature of prosperity and actually become more prosperous.

Prosper has hit #3 on the New York Times list, #2 on Amazon and #1 on USA Today. Inspired by twelve years of research and 75,000 global case studies, Garn and Willis have created six proven practices for finding real and lasting prosperity that is aligned with one's happiness.

To take a free, fun survey and see where you fall on the Prosperity scale, please visit www.ProspBook.com. Randy Garn encourages you to also invite your friends to do a "360 assessment" of you as part of the survey, which may give you a better understanding of how others see you in regards to your prosperity.

Randy Peyser: There are many different formulas for prosperity. Why has *Prosper* become such a standout?

Randy Garn: *Prosper* is a very tactical guide about creating prosperity. It's not woo-woo. **Our formula for prosperity is: Money + Happiness (enjoying what you do) + Sustainability = Prosperity.**

A lot of people see prosperity as happiness. For us, that's just being happy. Less people said prosperity was wealth, which was very interesting. But the piece that was really interesting in our research was the sustainability piece. Prosperity means "to grow, to maintain, and to increase;" not to go through what

we call the "boom-crash" syndrome, where individuals have a lot of success, but then crash, or have some success, then go back down.

Randy Peyser: To quote the



old joke from Maine: "How do we get there from here?"

Randy Garn: (laughs). There are six practices we describe in *Prosper* that help people gain true prosperity. The first practice is to "Locate your Polaris Point." This is your own personal North Star. It's your vision future. It's what you aspire to become, to achieve, to contribute, and to create in your life. It's unique to you, and it's a vision point that you are not going to get off of.

When you set it, you will work hard to achieve it. You will also decide what you will and won't do. But the minute you

get off that Polaris Point, you lose track. You have to always bring yourself back to your Polaris Point. You've got to focus completely on that true North Star that is uniquely yours. Ev-

then don't let anybody stop you from doing that.

Randy Peyser: Once you've established your Polaris Point, what's next?

Randy Garn: Once you have your catalyst for what you want to do, you want to "Live in the Prosperity Zone." This is where your passion and profits are aligned. When your earnings align with your Polaris Point, you are living in your Prosperity Zone.

Randy Peyser: Can a person have more than one zone or are they all related?

Randy Garn: They are all related. It's really about what you want to do and become. If you are not earning income doing what you love, then you are not in the zone. If you are not bouncing out of bed every day saying, "I absolutely love what I do 100%," or "I am able to earn the income, or potentially earn the type of income I want," then you are not in the Prosperity Zone. When your Polaris Point and your earnings are in alignment and in balance, that's where you can have sustainable prosperity.

Our formula is Money + Happiness + Sustainability = Prosperity. This happens when you are in the Prosperity Zone. You're making money. You're happy, and you can do it over long periods of time because you enjoy it.

As soon as you tell yourself, "I hate this," or you question why you're doing what you're doing, you are out of the zone. You will not be able to contribute greatness and significance in life if you are out of that Prosperity Zone.

Randy Peyser: Suppose you are in your zone but the rest of the world seems to be on sum-

everybody on this earth has unique talents, skills and abilities. It's the hardest thing to do to locate your Polaris Point, but you need to spend time doing it.

Randy Peyser: Why is it so hard?

Randy Garn: Because it's deep. It's the thing that is you. Most people wander around not knowing what they want to do, looking for answers, looking for somebody to help them. Once you dig deep inside yourself and set those boundaries and guidelines, and you know what your vision and future are, and what you are going to accomplish,

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Garn...

(Continued from page 5)

mer vacation? For example, for some people, sales are slower in summer than in September when everyone gets back into gear.

Randy Garn: (Laughs). Good point. As long as you love what you do and are aware of these cycles, there are so many things to do internationally. As long as you are earning an income, and with technology, there are ways to multiply that.

Randy Peyser: *Once you're in your Prosperity Zone, what's next?*

Randy Garn: The third practice is what we call "Earning from your Core." For example, one lady was a NASA scientist. She made great money but was unhappy. Her real passion was ballroom dance. She decided to create a website on the side and sell dance shoes. She loved it and it drove her. She started earning so much money she

quit her job at NASA and started doing that full time. One of the contracts she got was with the "Dancing with the Stars" company. That was what her passion was, so she earned from her core.

In yet another example, we worked with a phenomenal cake maker who loved what she did, but never charged anybody for it. She had to make her passion sustainable by charging for her wedding cakes. She had to create a sustainable economic engine around her passion. When you earn from your core, your passions and your profits mix. That's where you find out the things you love that can actually generate revenue for you.

To earn from your core, you must also spend time building a business model around what you love. For example, many of your readers may have healing or consulting services that they absolutely love providing, but they're not making money with them. They need to spend time building an economic model and a business model around what they love.

Randy Peyser: *In the case of the NASA scientist, she just didn't go and invent a dance studio, she thought of a product that people would value and buy. So she expanded her ideas for products and services that she might offer beyond the one thing that most people would do, which would be to create a dance studio. Perhaps by thinking in expanded ways, many people could create a new income generator for themselves that they're not even aware of yet.*

Randy Garn: You could be right on. When you generate a product or service or system around what you do and why you are different, that can be a product you are actually able to sell, along with other things, then really diversify that.

For example, I have a friend who loves fly fishing. He is now one of the premiere fly fishermen. People come to him and he's booked all year round because he's built up a name for himself. Now, he has his own T-shirts, gear, and a full brand around himself.

There are ways to do that — earning from your core, building out different products and services. That's the economic engine and business model I talked about.

Randy Peyser: *Are there particular models you recommend over others?*

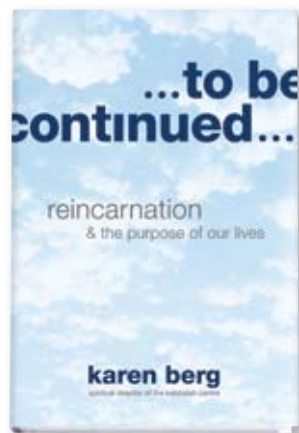
Randy Garn: It's sometimes industry-specific. The most important thing is to earn more than you spend. With any economic engine model, you've got to create revenue. You need to ask yourself: "Am I making more than I spend?" It's a simple thing to say, but it can be very hard to do.

Randy Peyser: *Let's talk about more of the practices.*

Randy Garn: The fourth practice is to "Start With What You Already Have." A lot of people get stuck because they don't think they have the money or resources to do their dreams. Ethan and I started our business on a shoestring and without capital.

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dance. Those who are aware of their own abundance, of those things around them, always end up with more.

Take an inventory of all the assets around you. There are hidden assets all around you that are waiting to be discovered.

When you are pursuing your prosperity, notice your relationships, as well as the different products and services inside you that you need to get out. Many people think they don't have what they need and therefore never get started.

Randy Peyser: *You're really talking about the mindset issues that go into prosperity.*

Randy Garn: Harvard studies show that people who are positive make a lot more money than those who are not. Those who are happy make a lot more. Winston Churchill said, "A pessimist sees the difficulty in every opportunity, but an optimist sees the opportunity in every difficulty." Start with what you already have. Start to be aware of your own abundance.

Randy Peyser: *Are limiting*

beliefs at the core of all lack?

Randy Garn: Yes. Limiting beliefs, and not being clear, are at the core of lack. When you know your Polaris Point, you've broken down all limiting beliefs. You will say: "Nothing on this earth is going to stop me from becoming the person I want to become, doing things I want to do, and making the kind of money I want to make." You will create a clear direction, break down all the limited beliefs and say: "I am going to find a way to do this."

Randy Peyser: *You don't even have to know the "how."*

Randy Garn: *Passion always finds a way. Miracles have happened to me by having that sheer passion and that sustainability and that staying power to do it.*

Randy Peyser: *Can you give an example of a miracle that happened to you?*

Randy Garn: When we first started our business, Ethan and I were working with large companies. When 911 hit, people stopped going to seminars. Eighty percent of our business

went away. We decided to be innovative and figure out a solution. From that point on, eighty percent of our business has become what we developed from the solutions from that day. We could have given up, but because we were solution-oriented and we knew what we wanted to accomplish, we succeeded.

Randy Peyser: *You created your miracle in partnership with another person. Is it more beneficial for people to work with a team to create their dreams?*

Randy Garn: Every successful individual I know has a very positive partner, business partner, mentor or coach. I have a coach as well. It's important to have somebody who holds you accountable. You always accomplish more with more people. A Harvard study showed that you get better results with more minds and more brain power around.

Randy Peyser: *What is the fifth practice?*

Randy Garn: "Commit to your Prosperity Path." This commitment is so important. Write

things down to hold yourself accountable and get a mentor. You cannot give up. You must commit to your Prosperity Path. There's something that is profound that happens when you decide to live the life you really want.

Randy Peyser: *I imagine your commitment affects every decision you make.*

Randy Garn: Yes, every decision that you make every second of your life. You can get there much quicker. Then once you've achieved one dream, set a new Polaris Point. There's something about never giving up. You create a plan and really commit to that plan. You write down your goals, those specific tactical items that are going to help you get there.

Randy Peyser: *Is your Polaris Point your personal mission statement?*

Randy Garn: It can be, but it's much deeper. A lot of people writing personal mission statements write only about what

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



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Garn...

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they are going to do, but they don't write about what they are not going to do, or about what their boundaries are.

Randy Peyser: What is the sixth practice?

Randy Garn: The sixth practice is "Take Profound Action." This is where you go for it and implement your Prosperity Plan. When you take profound action, it becomes much like the law of the harvest; you stay on that track and take the actions that need to happen.

Randy Peyser: Is there a question you have never been asked that you have always wanted to answer?

Randy Garn: Yes. I have always wanted people to understand what I call, "the home court advantage." In sports, the home court is where your home crowd roots and cheers for you, and they give you a boost of energy. I have an amazing wife and six children, including twin girls who are six and twin boys who are 3 months. When I come home, my wife is so positive and amazing that it helps me to be supportive of her, too.

Many people don't have a home-court advantage. If things aren't really going well at home, it's hard to focus on things outside. Part of your Polaris Point, part of having prosperity, is making sure that your home life is aligned, so both your professional and your personal life are aligned. If it's not; get it there. That's what will drive your happiness.

I see people who are happy at what they do, then they go home and are miserable. Why live a life like that? As part of your prosperity plan, get everything aligned, both personally and professionally. You can't live two lives. Why do that? At the end of the day, it is really your friends and your family who mean the most to you who will either bring you your greatest joy or your greatest sorrow.

Randy Peyser: Any final message?

Randy Garn: Prosperity is about weighing wealth and happiness. There's too many people stuck in what we call the "Hedonic Treadmill," which is where a person works as hard as they can, earns a ton of money, but is miserable. People think the more money they earn, the more their happiness will grow in tandem, and that is just not the case. Measure your wealth and your happiness. You don't need a ton of money to be happy; you just need to do those things you love and it will come. That's where you can change those lives around you. Create a wonderful, happy life that is a life not just of success, but a life of balance, prosperity, and significance.



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Thriving with Soul Currency

An Interview with Ernest Chu

By Donna Strong

A master of the material realm, Ernest Chu has found a way to create a merger between Wall Street and the world of spirit. Ernest's forté is in helping others to cultivate their spiritual assets and grow their financial worth.

With nearly forty years of expertise in the financial world, Ernest has been a very successful investment banker, a member of the New York Stock Exchange, and a venture capitalist with extensive business experience in helping small to medium-sized companies raise capital funding. He has created more than \$1.5 billion of market value for those he has known as clients.

Amidst his enormous accomplishments in the financial arena, twenty years ago Ernest received a spiritual wake-up call through events that brought a stunning reversal of fortune in a matter of days. Through the phoenix-from-the-ashes experience that ensued, Ernest began to uncover a deeper form of value, through his own spiritual transformation.

Since 2007, Ernest has been ordained as a minister in the Church of Religious Science, and he now serves as Assistant Pastor at one of its largest congregations in South Florida, the Center for Spiritual Living in Ft. Lauderdale.

Through heeding his own call for transformation, Ernest has become a unique form of turnaround specialist. He helps others access the perpetual flow of spirit. His book, *Soul Currency: Investing Your Inner Wealth for Fulfillment and Abundance*, has garnered glowing endorsements for having demonstrated extraordinary acumen in helping people realize the value of their inner spiritual resources. It has proven to be a catalyst for

many to manifest more meaning and multiple forms of richness in their lives.

Awareness: When you moved out of your own "dark night"



experience of counterfeit currency consciousness to offering your soul's gifts, how did you "flip the switch from the power-up-and-make-it-happen world of investment banking," to allow a higher energy flow into your life?

Ernest Chu: When I went through the dark night of the soul, it was my transition into a period where I really understood that everything in my life is really spirit-based. While we think we're doing it all, in fact we are simply expressing spirit. We can make choices, but the major

help and support we receive is coming from what we call 'the invisible world.' Most people in the make-it-happen world don't think anything else really exists; they think you have to depend

we see our own worthiness as separate from the energy of spirit. Would you talk about how to link our worthiness in the right way with spirit?

Ernest Chu: I think I was talking about the difference between a spiritual entrepreneur and someone who is an entrepreneur and may believe in spirit intellectually but sees spirit as outside of themselves. The difference is when spirit is expressing through you, it really is collaborative — as we are doing in this interview — it is about unfolding and growth, because in fact, we are that expression of spirit in every way that we do things.

So you could even say that we don't even really *do* much, we simply are the expression of spirit and we get to decide or have choices. I believe that spirit creates the conditions by which we can think clearly, by which we can carefully express. I don't think at all it's predestined or anything like that. It's very clearly a creative process and we have the opportunity to really explore the possibility.

Awareness: I'm with you on that. We need to learn more about how to tap into spirit and realize its true gift.

Ernest Chu: Yes. It is really learning to live from what I call the "greater Self" with a capital 'S' that's more of the cosmic self that's connected to spirit. The "small self" is the one that is learning to be connected or has been disconnected and is sort of living that way, except on Sundays when they might come to services or something like that.

The small self sees self-love as being selfish, and the large self or the cosmic self, is the one

on yourself, and if you want it done right, you do it yourself.

To some degree that works, because obviously the invisible world is supportive of where you've very clearly asked for help or you've decided what the objective is going to be. Yet we forget the Source and what is really creating it all. That's the difference; I went from the make-it-happen into the more let-it-unfold world of setting intentions and allowing the possibility.

Awareness: Following up on this, you made a comment that

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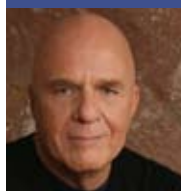
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Chu...

(Continued from page 9)

that sees your ability to self-love as the source of everything that you express. So that's not selfish at all, but it's the beginning of how you express love to the world.

Awareness: *I so agree! Tell us about what "soul currency" is, for those who don't know.*

Ernest Chu: Soul currency is really about your inner qualities — those you've been born with and sometimes don't even think twice about, because often they are very natural. These are really what I call assets. If I call them 'divine gifts,' what will happen is that we would nod our heads and say, "yes, these are divine gifts," and then during the week we would see them as separate from anything else because we have to deal with things that we think are in the 'real' world.

I want to say that the real world is being created by what we call our spiritual assets. It's a language issue. We have divine gifts, but these gifts are free and we don't value things that are free. When we hear the word 'asset' we tend to think of something that's worthwhile, that has something substantive to it.

So that's how we developed spiritual assets. When you begin to utilize them as a form of currency — like capital that you invest in yourself or in the projects or in your life, to obtain greater success as well as inner deepening of your appreciation and expression of life, we call that 'soul currency.'

For instance, football coaches will say something like, "dig deep inside of yourself." There will be other people like artists who we would encourage to be imaginative, for instance. We begin to see that, as human beings, we recognize the qualities that are within, but we don't realize that they are like a form of currency.

We think if you have enough going on and you're successful enough, you'll have money. In fact, money is a byproduct of soul currency in its true flow; money comes as a way of the

world appreciating who you are, what you are doing, how you're creating, and what you really stand for.

Awareness: *Would you give us an example of one of these assets and how somebody really begins to work with it so that they create outer richness from their inner valuables?*

Ernest Chu: Yes. I could use imagination. It's an obvious one. Or what about persistence or determination or even courage? These are things that are within us, and they allow us to proceed in times when we know that we might have some fear. Our ability to overcome our fear internally is a quality that I think is an asset that we have; not so much to say that it isn't there, but to really understand that there's something greater about ourselves.

Awareness: *Okay. Give an example of how someone's soul currency transforms lives as they are 'dreaming the dream,' as you say.*

Ernest Chu: Well, I can tell you that there are many people who have really come up with ideas, and people thought, hey, you're crazy. For instance, Kiva is now one of the most successful micro-loan websites. I recommend it highly. Yet in the beginning people said, you can not do it; you might as well just give the money away; you are never going to get it back.

You know, it's tough enough, as a banker would say, to give somebody a loan with a 675 credit score, which is just on the borderline of good credit, let alone where people probably make \$300 or \$400 a year and you're going to loan them money to buy a cow or a camel or something of that kind.

Kiva founder, Muhammad Yunus, won the Nobel Prize. He was always looking to invest in people and in their souls to better their lives and remain in integrity by giving back. He was right, with Kiva, there's a higher repayment rate with micro-loans than there is, for instance, with our student loans, or in other cases, some of the commercial loans that are made here in the United States.

Awareness: *That was a very*

inspiring story. Tell us about going beyond struggle or even sustaining into thriving. What are the qualities of thriving?

Ernest Chu: Thriving is kind of creative and expansive experience. You find that you're really enjoying things; everything seems to be moving. There is a degree of creativity or even a challenge to it that allows us to really savor the complexity and the richness of life.

Even though I think there's a time you need to keep your mind clear so you can get answers or a quiet part of you that's dedicated to spirit, another part of thriving is really rediscovering that, as you are thriving, you're coming closer to spirit; you are really connected to it without having to try, without saying, 'oh, I guess I need to be doing my spiritual practices or whatever.' You have that conscious, committed connection at all times.

When you're thriving you're grateful; there is always an appreciation for life. You also get to see that even though you're involved in life, you really don't do as much. So part of it is not so much doing, but more about being.

Awareness: Tell us about what you call the 'adventure-prize' way of thriving?

Ernest Chu: Well, that's the idea that when you dream a dream and you start to work on it, eventually what happens is at some point it shifts over and the dream begins to dream you. It's a very interesting and complex situation. A perfect example is the Muppets. Jim Henson loved puppets. He was actually trained as an engineer, and his parents thought that he was probably going to be in the space program or something like that, but there he was, deciding that he wanted to make better puppets. The puppets always made him laugh, and in a sense it really appealed to his spiritual self. I think with Miss Piggy and Kermit and all the laughter — you know, laughter is a form of love. Making children laugh, it's very wonderfully loving and one of the higher ways that you can express spirit.

That's an example of where

the dream begins to dream you — Jim Henson was received by leaders of almost every major country in the world, and he was worth over \$300 million when he passed away.

Awareness: So we could say that an adventure-prize does indeed have a life of its own!

Ernest Chu: Yes it does, and you better be prepared because it's going to be an adventure!

Awareness: Tell us about your connection with John of God and how he has influenced you in your own soul currency?

Ernest Chu: That's a great question. You know, it's played a major role in my own self-discovery process. A lot of people tend to look at him and say he's a healer. Of course, I did have what appeared to be an inoperable tumor removed from my back, and when I was on Oprah they showed the whole operation, which was kind of interesting to watch.

The major thing I learned is that there was a more complex world that existed than I thought. I used to think when I prayed, it went somewhere out there. Of course, if you ask someone, "Where do you think your prayers are going?" They'll say, "Well, it goes to God." So where is God? I always wondered about that.

One day, I had an opportunity to ask one of the very evolved beings that come through John of God. I said, "Why do you do this? You know, you're here all the time; you're literally treating millions of people. What do you get out of this?" The being answered, "Because this helps us to continue evolving." I never realized that spirits were evolving with us; they are also affected by the energy of spirit, which exists in every dimension. They are growing and they get to be the ones that, in a sense, handle some of our intentions and our prayers.

You know, sometimes with John of God I saw and experienced things I have never really experienced before. One was at a waterfall. I asked, "Well, what about the waterfall? They said, 'Well, it's a holy waterfall.' I'd been in earlier for only

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Chu...

(Continued from page 11)

about seven or eight seconds because it was cold. When I came out and dried myself off, I felt like my soul was clean. I found out later that the waterfall removes discarnate energy. I don't know if I had any of these energies or not, but I thought, I'll be more aware of it from now on. Discarnate energy often creates thoughts in your mind that are not yours, and they tend to create conditions under which you are not having positive thoughts.

So as I walked back up from the waterfall — about a 200-yard walk up a hill, I tried to think of something negative — which if you grow up Chinese it's an easy thing to do because the Chinese are always looking at things that can go wrong. I wrestled with trying to find something negative, and I couldn't think of a thing!

Awareness: What a challenge to have!

Ernest Chu: I tried really hard. I said to myself, there's something about this that works.

I also experienced having total peace while I was walking down the street, and again I thought I would test it out — let me think of something negative. Well, I've got these bills I have to pay and it's tax time — and somehow it just all — you know, I never realized the power of absolute peace and connection. It didn't matter — peace just completely overcame everything. I always thought I'd have to be in an altered state

to experience this. Here I was, walking down the street and I thought, wow!

Then I began to realize that just being in the energy — you kind of marinate in it — you don't have to *do* anything. At the end of two weeks you just come closer to God. For some reason, God just seeps right through into your soul. I got more out of that and felt closer to spirit with more of a sense of peace and connection than I've ever known.

Awareness: Lovely. I had a friend who went to visit John of God many years ago; she had profound shifts and was very grateful for the experience.

Ernest Chu: You know, it is really a process of transformation and there aren't too many places in the world like this. Not only is the energy tremendously loving and wonderful, but it is the thinnest between the dimensions that I've seen. You can actually photograph other dimensions with digital cameras. I was so amazed, and it convinced me that I needed to fit what I'd learned into my teaching as a minister.

It took me a while to really understand how these things work; but it has really deepened my relationship with God, and as a person it's just changed my life. I've been able to clearly get away from that smaller self — to the more cosmic self that we talked about earlier.

Awareness: Let me ask you one final question. What would you offer to our readers about connecting with their true soul currency?

Ernest Chu: Well, I think the

soul currency wants to connect with them. That's really what is important, and if they're at the point where they're saying they would like to connect with it, they're already halfway there. It's a matter of just seeing what's inside of themselves.

I remember that when I was going through my dark night of the soul, I had to try hard not to say, "I am having all of these problems, I don't have any money, I don't have a place to live, I have nothing." What I realized was that I've got everything, I just hadn't called it forth or acknowledged what I did have. The minute you start to cultivate it, it becomes real and starts to

bloom, just like anything that is cultivated with love.

It comes to a point when you start to see things happen in your life that you would call miraculous. They are the kinds of things that happen as you begin to call on your own god-nature and a lot of the qualities that have already been infused in you, but now you get to really see it.

For more information on Ernest go to www.soulcurrency.com, www.ernestchu.com or www.greenstatesenergy.com.

Donna Strong is a writer who loves to celebrate the abundance of creation. For more, go to www.donnastrong.com. Donna also does flower essence sessions as a form of 'flora feng shui.'

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Co-creating a Rich and Financially-Empowered Relationship

An excerpt from the upcoming new book The Heart of Money by Deborah L. Price

I often ask couples I work with to tell me what they believe would make them happy. Invariably, some will say, "We'd be happy if we were rich." Yet, when I probe a bit deeper and ask them to describe to me what "being rich" would look and feel like, almost every couple has a different picture.

Clearly, what it means to be rich is subjective and has more to do with our deeper desire to be free and experience a more fully engaged life. Too many falsely believe that only the wealthy can afford to live their lives dedicated to the pursuit of their purpose, dreams, and personal happiness. This is true only if you believe it is.

If you believe that you can not have or do *something* (anything, actually), then it is unfortunately a fait accompli, already your destiny. This is why I highly advise you to monitor your thoughts and suspend your disbelief, choosing instead to focus on creating what you want and believing it is possible.

Although having a lot of money is useful on this human journey, I have found that with enough passion and determination, we are *all* capable of living a rich life, regardless of our financial circumstances. Over the years, I have met many people who have made an art out of living. These people are gifted in what I call *the art of living rich*. Their lives are tapestries of their own invention woven out of their passion for life and a commitment to doing what they love, being of service, expressing their gifts, and/or making a difference in the world.

Some of the attitudes and attributes they share in common are a deep faith and belief in something bigger and greater than themselves; a vision that is mission and purpose based; and a deep passion for something meaningful to themselves, their

families, or their communities. These people live in alignment with their values, and they never let *having* or *not having* money deter them from being or doing what they came here to do.

Because these adventurous souls were so willing to move through life without a safety net, not only did they live rich lives, but sometimes they became wealthy as well. However, financial wealth was never their cause; rather, it was the *result* of their living intentionally and in alignment with their vision, values, and purpose. The wealth they acquired was a bonus for their efforts but inconsequential to their journey.

CULTIVATING A RICH LIFE

Living a rich life is quite different from being rich. Living rich is a state of mind and a way of being, not the state of your bank account. While you can always become rich by attaining more wealth, that is not a guarantee for manifesting a truly rich life. The art of living rich is

not something you can buy; it is something you become. We sometimes hear stories from our parents or grandparents about a single prized possession they had — a silver mirror, beautiful china, a vintage car that they proudly polished on weekends.

These were treasures they cherished and enjoyed for years no matter how little money they had. It is unlikely that as they enjoyed these treasures, the owners were lamenting about how little they had. They were absorbed in the joy of the moment. The treasures that make us feel wealthy may not even be material objects. A yearly vacation to the coast, visits across country to be with loved ones or friends, or just hanging out in the company of loved ones can also give us a sense of having and living a rich life.

I would like to suggest that you give yourself more of whatever allows you an expansive feeling of being wealthy and living a rich life. This usually has little to do with what you have

or how much — it's about how the experience touches you and makes you feel connected to something larger than yourself.

That is the secret of feeling and being truly "wealthy." When some part of your spirit is being reflected back to you by an experience, person, or object you are enjoying, it is truly magical. Having more and more *things* will not give you that experience, nor will it make you truly wealthy.

Landfills everywhere are full of broken toys and abandoned things that we once thought we needed. What we greatly need more of is to feel *engaged* with our passion, our purpose, and people to connect with and nourish our lives and spirit in ways that are *enriching*.

Heart of Money and Money Magic which will be available soon. *She is the founder and CEO of the Money Coaching Institute, providing coaching to individuals, couples, and corporations. Visit her at www.moneycoachinginstitute.com*

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VASTU SHASTRA

How Your Home and Workspace Affect Your Prosperity

By Robin & Michael Mastro

Vastu Shastra is the architectural science of building in harmony with nature and is seven to ten thousand years old. Vastu comes from a body of knowledge called the Vedas and was written by visionaries who spent their lives in contemplation. The teachings of Vastu address how our environments, where we live and work especially, influence our daily lives — by supporting or hindering our health, happiness, abundance, relationships, and spiritual growth. For many years, my husband Michael and I have been practitioners of this sacred science.

Vastu explains how in nature, all five elements (earth, water, fire, air and space) are in perfect balance, but when a building is constructed, that balance is disrupted and, in the process, can have enormous impact on our bodies, minds, and spirits. Through this ancient architectural science we can learn how to create sacred space in any environment by balancing the five elements, thus enhancing our connection to the divine spirit that resides within us all and is the source of our unlimited prosperity.

At a basic level, everything in the universe is energy and vibration and is interconnected in a continuous, shifting balancing act whose goal is ideal harmony. There is harmony between earth

and water, between the sun (fire) and the moon (air), between the stars and planets. The energy of all things is connected and moving in a precise universal dance. Even natural calamities such as earthquakes, excessive rains and flooding, hurricanes, and tornados are simply nature's attempt to make adjustments in its ability to restore universal harmony.

As a part of this earth, we live in a sea of electromagnetic and stellar influences. Every shift produced in the atmosphere has the potential to affect our actions and emotions. Every particle of energy is linked to the next particle. According to Vastu, each of the five elements is associated with a direction on the compass, and each direction has a particular influence on the way we think, feel, and perceive our lives.

Our connection to the field of unlimited possibilities is affected by *environmental stress*, which inhibits the ability to experience the depth of our connection to the divine and influences our capability to be productive and prosperous.

Without this connection, our experience of love for self and

others is limited, and our ability to live our lives fully and successfully, with peace in our hearts will be compromised. For this reason, it helps to understand how the

directions are associated with the five elements and to achieve balance between them to enhance our daily lives.

The *northeast* area of your residence is associated with the *water* element. It is the

source of positive magnetic energy from the north and positive solar energy from the east. Ideally, our residence needs to be open to the northeast to receive this positive energy. The northeast influences our spiritual and material growth and the ability to give and serve humanity.

In a home designed according to Vastu, the northeast is a good area for entrances, meditation rooms, altars, and fountains. If this area has proper Vastu, knowledge of the self, as well as our material success, will come with more ease. If there is a kitchen, toilet, missing corner, clutter, heating system, or a blockage in the northeast, such as a large tree or house, spiritual and material progress will be slowed. In an office, use a fountain in this area to promote creativity and success.

The *southeast* is associated with the *fire* element. The southeast influences the energy needed to have a vibrant connection to the divine and our ability to be enthusiastic, productive and successful. Kitchens, heating and electrical systems in a home or office are well placed in the southeast. If this area is designed according to Vastu, the veils of ignorance that separate

us from our true nature will be removed more easily, and material success will grow. If there is a missing corner or blockage in this area, our relationship with the divine, as well as our physical health and material success, will be challenged.

The *southwest* is associated with the *earth* element. The southwest influences the support we receive from spiritual allies and opportunities for success. If our bed is in the southwest area of the house with our head against the south or east wall, our relationship with the divine will be strong and well grounded. If there is a missing corner, toilet, or heating source in this area, the inhabitants will be more likely to experience career or business challenges and a feeling of disconnection to Spirit. In a work environment, this is an ideal location for the owner or manager's office.

The *air* element is associated with the *northwest*. This direction influences the strength of our relationships, both personal and business, and our connection to the divine. Toilets and guest bedrooms work well in the northwest. If this area is designed according to Vastu principles, we will experience a heightened sense of connection with universal energy that supports our success. If there is a missing corner or blockage, relationship conflicts, and mental instability, resistance to spiritual practice can result. At work, use this area for marketing, public relations, and conference rooms.

The *central* area of a residence or office is associated with the *space* element. If this area is open, without congestion, the blessings of universal energy will enter the environment and a sense of well-being and peace will pervade it. If there is clutter



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ter, toilets, a kitchen, or a lack of open space in the center, the space element will be compromised and success will be inhibited in all areas of life.

The earth is a magnetic force and is composed of the five elements, as is our brain. The thalamus is the relay center for all sensory and motor skills in the brain. Neurological research has shown that the firing patterns of neurons in the thalamus function differently depending on which direction one is facing.

Our mind, therefore, is influenced by the interaction between the magnetic field our and brain cells. Placing our bodies and environments in alignment with the magnetic axis enables us to think and act more in tune

with the forces of nature. Our lives then feel as through we are swimming with the stream as opposed to swimming against it.

These studies have shown that when we meditate facing the east in the morning, as opposed to all other directions, we are able to enter deeper states of meditation and experience greater stress reduction. We achieve a more restful state in this direction (measurable by lowered metabolism and breath rate), which effectively supports our physical, spiritual and material growth. Sleeping with our head to the south or east also directly aligns us with the divine forces of nature.

Sadly, most modern archi-

tecture is not designed in alignment with natural forces: the sun, wind, water, climate, and the planets are ignored during planning and construction. Yet, our connection to Spirit and our success in the world is greatly enhanced when all aspects of a residence or office are carefully balanced according to universal principles. We then gain nature's support and our health, happiness, prosperity, and connection to the divine comes into harmony.

With body, mind and spirit aligned to these natural forces, we feel deeply connected to every living thing and our willingness to harm that connection diminishes. Living according to the principles of Vastu not only

reduces stress in our lives; it fills us with a palpable sense of unlimited possibility.

Robin and Michael Mastro are considered the foremost practitioners of Vastu in North America. They utilize time-proven techniques to re-establish the connection between man and nature. Their books on Vastu — Altars of Power and Grace, The Way of Vastu, and Making Room for Mr. Right — are considered important resources. Their work, with individuals and corporate clients, such as Microsoft, Boeing, Amazon, NASA, The World Bank and Oracle, has helped thousands live more harmonious, stress-free lives. The Mastros have recently moved to So. California and can be reached for on-site appointments at (206) 661-1117 or michaelmastrovastu@gmail.com. Visit them online at www.vastucreations.com

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Soul Secrets of Prosperity and Abundance

By Master Zhi Gang Sha

What are prosperity and abundance? Most people think in terms of business prosperity and financial abundance. Many people dream of a successful business. Many people want to transform their finances. Many people want to be wealthy.

Why do some people have tremendous success in finances and business? Why do others have little success in finances and business? Why are some people never successful in finances and business? The true reason is the spiritual reason. Like so much else in our present lives, success in finances and business is related to our previous lives.

If you served humanity and Mother Earth exceptionally well in previous lives, Heaven and the Divine will reward you in this lifetime. This reward could come through your finances and business. If you harmed humanity in previous lives, you could have little or no financial or business success in this life.

Nearly twenty-five years ago, I met a billionaire. The Akashic Records showed me that in his next life he would be a beggar. I was very shocked to see such an image and to receive that message. I asked the Akashic Records, "Why? This person is so famous in this life. Why do you

show me he will be a beggar in his next life?" The answer was that this man owned one huge company whose products were very harmful to one's health. Millions of people were harmed by this company. Therefore, he will have to learn a great lesson in his next life.

I asked the Akashic Records why this person was so successful and wealthy in this life. They told me that he had served humanity very well over his previous fifty-two lifetimes. He had been very kind. He had been the compassionate leader of a country. He had been a spiritual leader. He had been a wealthy person who was very generous, serving the poor and many others. Because of his previous fifty-two lifetimes of great service to humanity and Mother Earth, he was rewarded in this life through his finances and business.

I was really shocked by this teaching. I was shocked to see these spiritual images and was appreciative of this knowledge. When I received this information, I also heard one sentence from the Akashic Records, that I already knew: *Heaven is most fair.*

To be successful in business, you must understand that business success is directly related to your past lives and your present life. If you did and are doing good things, Heaven can make you a success. If you have a great business and a pleasant financial situation in this life, you are blessed. But if you do wrong things, such as harming or taking advantage of others, Heaven could stop your success. Big disasters could come to you. Improper management could cause your business to fail. You could be cheated by a business partner. You could be caught and punished for breaking physical laws. You could have major health or relationship blockages.

If you want to have success in finances and business, a good

physical team is very important. But Heaven's support and blessing are vital. The physical team and your Heaven's Team, including your spiritual guides, teachers and angels in Heaven, must be aligned to support you together.

THE KEY SOUL SECRETS OF BUSINESS SUCCESS ARE:

Make sure your business offers good service to humanity and Mother Earth. A wealthy person who wants to maintain financial abundance must continue to offer good services. A wealthy person who offers unpleasant services could lose his or her business and financial abundance. If you are not wealthy, service is vital to transforming your finances and business. The more your business can serve, the more successful it could be.

An effective physical team and Heaven's Team's blessing together are vital to business success.

Offer unconditional universal service to humanity and Mother Earth to clear bad karma and to transform your finances and business.

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To sing *Love, Peace and Harmony* is to purify and rejuvenate your soul, heart, mind and body.

To sing *Love, Peace and Harmony* is to clear your financial karma.

To sing *Love, Peace and Harmony* is to gain more virtue to transform your finances and business.



Master Zhi Gang Sha
Photo by Chris Gage

How does this Divine Soul Song work? When you chant or sing *Love, Peace and Harmony* you are offering unconditional universal service. Divine frequency and vibration with divine love, forgiveness, compassion and light radiate to all humanity, all souls on Mother Earth and all souls in all universes. The divine frequency of this Divine Soul Song is beyond imagination.

Let us sing the Divine Soul Song *Love, Peace and Harmony* now to serve, to transform finances and more, on Mother Earth and beyond. Say *hello* first:

Dear soul mind body of humanity and all souls in all universes,

I love you, honor you, and appreciate you.

Let us sing the Divine Soul Song Love, Peace and Harmony together.

Lu La Lu La Li

Lu La Lu La Li

Lu La Lu La Li Lu La

Lu La Li Lu La

Lu La Li Lu La

I love my heart and soul

I love all humanity

Join hearts and souls together

Love, peace and harmony

Love, peace and harmony

If you have financial challenges, the root cause is bad karma. To self-clear karma, love and forgiveness practices are the key. Really practice love and forgiveness. Offer your total love

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

and forgiveness. Be total love and forgiveness.

Honesty moves Heaven. The souls that your business's soul, your soul and your ancestors' souls harmed can feel the sincerity and honesty of your true apology. Most of the souls that were harmed will forgive you. Some souls may not forgive you right away because they were harmed so badly. They may not forgive you easily. Therefore, you need to practice and chant more often and longer.

Trust this sacred teaching. Love and forgiveness are the golden keys to removing all blockages in every aspect of life. I started to teach love and forgiveness practices in 2002. Since then, I have received thousands of heart-touching and moving stories about the power and benefits of these practices. Love and forgiveness practices will bring millions of heart-touching and moving stories to humanity, Mother Earth and all universes.

I have created a Love Peace Harmony Movement and a Forgiveness Practice Movement. Join them to transform your fi-

nances and business. Practice love and forgiveness to transform any aspect of your life. You will understand and experience that true abundance and prosperity are soul abundance and prosperity. Bless your soul. Serve unconditionally. Remove bad karma. Every aspect of your life will be blessed.

Dr. and Master Sha is a world-renowned healer, inspired teacher, and Divine Channel. He is a medical doctor in China, a doctor of Traditional Chinese Medicine in China and Canada and a Grand Master of Tai Chi, Qi Gong, Kung Fu, I Ching and Feng Shui. His work is featured in the acclaimed documentary *Soul Masters* and the public television program, *The Power of Soul*.

Master Sha is the New York Times best-selling author of the Soul Power Series. Recipient of the prestigious Martin Luther King Jr. Commemorative Commission Award in 2006 for his humanitarian efforts, he founded the global Love, Peace and Harmony Movement with a vision to create love, peace and harmony for humanity and Mother Earth. Learn more about Dr. Sha, his complementary Soul Healing programs, and his upcoming events in San Francisco at www.DrSha.com

The Invitation to Dreaming Heaven

By Lee McCormick

We are at a great crossroads in time and history. From one point of view this is a very tough time, a scary time, our security is being rattled, many aspects of life that we have held great faith in are no longer worthy of that faith. Just as we have to look at our external life we also must look deeper into our personal reality, the reality that dwells within us. If the world around us is not as we have believed or as it seemed, then, what is going on really? An even bigger question is if I am not what I have believed myself to be, then What am I? Who am I? Who am I really?

In coming to terms with all this uncertainty there is one great gift and opportunity. That gift is HOW we decide to look into the mirror of life we are surrounded by and look deep into our own Soul, and with all our love and self-respect ask

questions that we may have never been willing to ask before.

This is more than a simple questioning — this is an awakening, a calling from our deepest truth and spirit, from our center as Conscious Beings. The truth of what we are, in our Center, is with us whether we seek it out or not. Our opportunity is to awaken to our own Authenticity that was set in motion at the moment of our conception, and is the presence of the One who created us awaiting our return to the original purpose for our being in this world. This is an opportunity of Grace and Courage and an opportunity that we are worthy of as the Children of Life and Creation. Accept the gift and you will find who you are, really.

Lee McCormick is featured in the new film *Dreaming Heaven* and the new book *Who Are We Really — The Journey Book* which are available now at www.dreamingheaven.net/



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What Are the 21 Skills of Spiritual Intelligence?

By Mary Jeanne Hawes

Learn about your spiritual intelligence at Unity of Tustin with a leader in consciousness studies. Plus take the only assessment that gives you information on your level of spiritual intelligence

Did you know that there is a campus of consciousness in the heart of Orange County? Unity of Tustin, in Tustin, CA is described by the newly-appointed Senior Minister Rev. Carolyn Mathlin as "a mystical, spiritual community." "Our mission is healing lives, building dreams and realizing God. Our community values remain fully open to all of life, committed to spiritual practices such as devotion, spiritual study, tithing/financial giving, and selfless service as paths that keep us connected with God, the Beloved.

Having a sangha (a spiritual community) is an essential part of nurturing our connection. In today's world, we are being asked to move beyond cloistered walls of past centuries and are instead being asked to go into the marketplace with gift-bestowing hands. Unity of Tustin is a place that provides guidance for living in this new reality as well as fellowship with others who are 'like-souled'."



Rev. Carolyn Mathlin

Since 1993 when Dr. Marj Britt arrived, one of Unity of Tustin's contributions to the greater Orange County and Los Angeles area has been the Master Teacher series. Cutting-edge teachers of consciousness who have appeared at Unity include Eckhart Tolle, Adya-shanti, Andrew Harvey, Byron Katie, Doreen Virtue, Jean Houston, Ram Dass, Russ Hudson, Houston Smith, Don Beck, and the list goes on. As part of their commitment to bringing visionary leaders to the Tustin campus, Unity of Tustin is excited to welcome two additional Master Teachers: Cindy Wigglesworth and Michael Gott. Cindy and Michael will be at Unity of Tustin Friday, October 12, Saturday, October 13 and Sunday, October 14.

Cindy Wigglesworth is a business consultant, keynote speaker and founder of Deep Change, a multinational network of experienced consultants and trainers. She specializes in training leaders in all fields to create lasting change, both personally and for their organizations through developing spiritual intelligence. Her current work involves focusing on spiritual intelligence.

Her new book, which is now available, is called *The 21 Skills of Spiritual Intelligence*. In the

book she examines the skills that allow a person to become fully human, in touch with their Higher Self and all the potentialities that Jesus alluded to when he said "and even greater things will you do." This book defines the skills that make up spiritual intelligence, such as the awareness of ego self and higher self, commitment to spiritual growth, living your purpose and values, and making compassionate, wise decisions.

Most of us are aware of the concept of multiple intelligences such as: intellectual, emotional, kinesthetic, spatial and even musical. Cindy Wigglesworth defines spiritual Intelligence (SQ) as "the ability to behave with wisdom and compassion, while maintaining inner and outer peace regardless of the circumstances." Cindy's work has evolved from years of exploring the elements that form an integral spiritual path.

"I have asked hundreds of people in my seminars to write down the names of those they have admired as spiritual leaders and then list those people's character traits. In comparing these lists, the individuals mentioned and the qualities they exhibit are remarkably similar, even across religious, ethnic and class lines. People instinctively know those individuals who have spiritual intelligence."

Cindy adds that "Spiritual intelligence can be developed; we can grow in our awareness of the higher self and our individual ego for example, to allow us greater mastery in navigating the many dimensions of our existence." To help people assess their own spiritual intelligence and give them tools so they can further grow in spiritual intelligence, She has created a verifi-

able model to measure spiritual intelligence, similar to an IQ test that measures cognitive intelligence, called the SQ Spiritual Intelligence Assessment.

Michael Gott is a talented singer, pianist and songwriter. He is well known for his dynamic, engaging music and has shared the stage with internationally-known teachers such as Dr. Wayne Dyer, Dr. Deepak Chopra, Michael Beckwith and Marianne Williamson.



Cindy Wigglesworth

Cindy Wigglesworth and Michael Gott will inspire each participant to actualize their own gifts of spiritual intelligence. The SQ21 Spiritual Intelligence Assessment, normally a \$159 value, is included in the ticket price and should be taken prior to this workshop for maximum benefit.

Cindy will also be the guest speaker at our 9 and 11 am services on Sunday and her talk is titled "Can We Be Spiritual AND Religious?" Michael will be our musical guest. For more information on Cindy Wigglesworth and her work, go to www.deepchange.com. For more information on Michael Gott and his music and work, go to www.michaelgott.com

Cindy Wigglesworth and Michael Gott will be at Unity of Tustin on Friday, October 12, Saturday, October 13 and Sunday, October 14. For more information and registration for the upcoming workshop at Unity of Tustin, 14402 S. Prospect, Tustin, CA 92780, please go to www.unitytustin.org/events or call (714) 730-3486. See ad on page 15.

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

— Margaret Mead

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Five Principles for Success

By Matthew B. James

The most successful people create lives many would only dream of because they understand each of us has the power to transform our lives. They realize we create our experience through our thoughts, words and actions, and take responsibility for the results they achieve.

So... how do you transform your life to achieve your goals? Neuro Linguistic Programming (NLP) is a proven method used by many of the most successful people in business, entertainment, communications and other occupations. NLP is a behavioral technology — a set of guiding principles, attitudes, and techniques — that empowers you to change and adapt, adopt or eliminate behaviors, and choose mental, emotional, and physical states that further positive outcomes. Here are five NLP principles to help you achieve your goals:

1. Know your outcome — Have goals, a plan, and outcomes in mind from the start. This sounds so basic, but it is surprising how many people overlook this crucial step. If you were planting a garden, you would first choose what kinds of flowers and vegetables you wanted to end up with, then till and prepare the soil before planting. It is the same with any goal you want to achieve. Start with the end result you desire and plan all the steps necessary to achieve your goal.

2. Take action consistent with the outcome you want to achieve. We all have a tendency to get caught up in actions that do not get us where we want to be. Perhaps you have a number of things to achieve in a day or two but you feel sidetracked by phone calls. One way to gauge how long to spend on a phone call is to ask if this moves you toward your desired outcome. Write a list of actions that move

toward your outcome and another list of things to avoid, that typically get in the way of doing what you need to do. Then you can focus more time on getting that book written or those products sold.

3. Develop sensory acuity — how you see, hear, taste, smell, and experience your world so that you can determine when a shift has occurred. Most people favor one sense (sight, sound, touch) in how they learn about and experience the world. Work on developing the other senses. For instance, if you are primarily a visual learner, try developing your auditory acuity. If you tend to experience the world through sound or touch, practice honing your visual acuity. Pay attention to how you experience what is going on around you so you can constantly monitor your progress toward your desired outcome.

4. Practice behavioral flexibility — As you are working to achieve a goal, whether it is to lose weight, start a successful business or make a million dollars, allow yourself the flexibility to be pulled toward your outcome. People tend to get stuck in the details of their work and often don't take the time to step back and ask if there's an easier and better way to achieve the task at hand. Leaders are those who can step back and point the way to innovative ways of achieving results with

greater ease and efficiency.

5. Operate from a physiology and psychology of excellence — NLP recognizes that your thoughts affect your physiology and your psychology affects your thoughts. Your physiology affects your subconscious, so a shift in your physiology will show up in outcomes. Have you ever stopped to notice how successful people hold themselves physically, how they speak and how they shake hands and make eye contact? How they behave physically determines their outcomes, and the outcomes guide their physiology. For an exercise, imagine a goal you want to achieve, like getting a promotion or a new job. Think of sights, sounds, feelings, tastes and smells that are associated with achieving your outcome, and how you would respond

physically. Then adopt that physiology as if you have already achieved your goal.

NLP teaches you how to do your best with all the resources you have, mentally and physically and provides the concrete steps so your thoughts, words and actions will move you toward your goals.

Matthew B. James, MA, PhD., is President of Kona University and its training and seminar division, The Empowerment Partnership, where he serves as a master trainer of Neuro Linguistic Programming (NLP), a practical behavioral technology for helping people achieve their desired results in life. His book, The Foundation of Huna: Ancient Wisdom for Modern Times, details forgiveness and meditation techniques used in Hawaii for hundreds of years. Matt carries on the lineage of one of the last practicing kahuna of mental health and well-being. You may e-mail him at info@Huna.com or visit his blog at www.DrMatt.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

Manifesting Prosperity through Expressing Soul's Purpose

By Heather Green

We are all pondering prosperity during this time of the great shift on planet Earth. There are financial changes occurring worldwide, which are inspiring many of us to discover our soul's purpose. In this process of self-discovery, we are making needed changes within ourselves, allowing prosperity to manifest in our lives.

The new consciousness requires us to follow our bliss, passion, joy, or what brings deep peace. We are called to spend time doing or being what makes us feel alive, or what helps bring beneficial change. All of us were born with codes and grids that are meant to be sowed upon the Earth, furthering the evolution of ourselves, humanity, and all living beings. Feeling joy, bliss, and passion allows us to express an aspect of our soul, called soul's purpose. When we express our soul's purpose, our unique codes and grids are released into the world.

The more we express our soul's purpose, the more we manifest prosperity. Soul's pur-

pose does not have to be expressed through our livelihood. It can be expressed during daily meditation, while listening to a friend, or having a cup of tea. The key is to experience joy, fun, passion, and play as often as possible. Maintain a light and easy lifestyle that will support more grace and movement in your life. Anything that lowers energy or emotions, feels dreadful, boring, or difficult, is meant to be released.

Being prosperous isn't just about money. It can be good health, emotional well-being, happy relationships, a thriving community, a new home, or a garden's harvest. Recognize what is already going well in life and what brings gratitude. Feel that gratitude in every moment when at ease, or even with the slightest bit of success. This feeling will attract more of the same.

We can express our soul's purpose through working directly with nature, the nature spir-



its, or doing anything outdoors. When we tap into the magnetics of Earth while outside, we are better able to assimilate and anchor in the transformative, universal energies within our bodies. As the energies take a physical form, manifestation of desires can more easily take place in

our world. This is when a new home, a promotion, or new relationships begin to show up for us.

As we connect more deeply to Mother Earth, we are naturally able to access our own treasure of wealth, our core essence. This connection to our essence increases our prosperity.

In addition, it is essential that we heal and clear old emotions, thoughts, behavior patterns, and belief systems that no longer serve us. Transmute a lack consciousness into prosperity in any life area — health, career, rela-

tionships, and money, by looking for the root cause. Has a personal trauma occurred in one of our life areas? Many of the lack vibrations we carry come from family members, friends, school, our culture, or anyone else who has greatly influenced us. Wherever it originated, let it go.

In this time of great change on the planet, there are many resources available to us in the healing and spiritual fields, helping us to release what no longer serves us. As we heal and transform, we are better able to access and express our soul's purpose, living and experiencing the joy and service we came to Earth to be part of. As we align ourselves with a new consciousness, we are able to attract and maintain all forms of prosperity in our lives.

Heather Green is a natural-born Intuitive and Energy Healer. She provides spiritual guidance and healing for humans and animals on a body, mind, and spirit level. Heather has over thirteen years' experience and practices worldwide, writing about the 2012 changes in her free monthly newsletter at www.tealhealing.blogspot.com

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Claiming Ascended Sanity and Unlimited Abundance!

By Sri Ram Kaa and Kira Raa

Imagine a planet where your every need is automatically anticipated. A world of clear water, abundant food and beauty everywhere... a true paradise! Breathe and imagine such a planet in this moment.

You are already blessed, for that planet exists and her name is Gaia. Your very nature knows her great beauty and you are here to enjoy her blessings. Abundance is your birthright and your true nature!

It is during our journey on Gaia that we begin to forget this extraordinary truth! The scarcity that many experience is an unnatural state; it is a man-made illusion, and it is an essential part of our journey into mastery.

Scarcity, lack, poverty and pain are creations that exist in a world of experience to assist us in remembering, however as the years pass, many accept these energies as 'normal.' These pain-based states of consciousness are widespread yet not required! They are simply a great habit that has found acceptance on this planet.

When we step back and allow ourselves to objectively gaze at our natural world we discover that it reveals only harmony. A deep look at the human body reveals a self-balancing, self-healing organism that is truly miraculous!

If you seek to change the experience that is around you then the first step is to detach and look at your situation with clarity.

When you are swimming in the river of emotion or pain it is virtually impossible to gain perspective. Clarity is your key to empowerment. Clarity is truly the gateway to positive change.

Our ego-self is filled with myths and limiting beliefs of our upbringing. Our personality carries these limiting perspectives as 'true' and then attracts to us experiences that conform

to these truths. This is why so many human pains seem to be perennial. We attract what we subconsciously expect is true.

Freedom from patterns is only found in spiritual detachment... taking a transcendent point of view offers a fresh perspective on one's life situation. We know this state of consciousness as "Ascended Sanity" and it is available to all. Ascended Sanity connects you to your authentic soul energy, and thus connects you to your birthright of abundance.

Many people understand the Law of Attraction, and what is missing from most people's discernment is the difference between ego attraction and soul attraction. That is, our subconscious ego beliefs often conflict with our conscious desires when both can in fact be opposed to our soul's mission.

You took birth for a very important reason. When you allow yourself to relax into living that reason, everything you need for your life mission will simply 'show up.' Life gets easy! To connect with your authentic energy, (your soul), requires that you detach from preoccupation with your ego.

Our society loves egos! The mass media, TV shows and movies celebrate strong egos. Thus, your ego will automatically accept the subconscious programming that comes with hierarchy, and a belief in scarcity.

Your first step is to recognize that you are living amongst a world view that is allowing lack into your life. Your second step is to make a commitment to detach and look deeply at your attachment to that world view. By looking deeply we begin to

discern where our ego-self has control and then we can find our soul energy and start organizing our consciousness around the limitless energy that attracts abundance into our lives.

The harmonic design of the universe is based upon infinite expansion and abundance. You can enjoy this flow by realigning your consciousness. This does take focus and commitment. For in a world of egoic polarities, a soul-based life seems challenging at first. Yet it is in fact the reason you took birth.

Discovering the power and peace of your soul is the path of joy that is common to all humans. Isn't it time for you to open the gift of authenticity?

So wiggle your beloved body, smile at the universe and you dance your way to joy-filled abundance. It is easily accessible and simply waiting for you to show up!

Best-selling authors and radio show personalities, Sri and Kira live at Lake Atitlan, Guatemala where they enjoy the pristine beauty of Gaia and the abundant flow that is the heart of the heart. Learn more about the home-study course Ascended Sanity and the opportunity to share time with the Mayan Elders at www.SriandKira.com Also visit their new YouTube channel, OfficialSriandKira at YouTube.com



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Invitation to Goddess Lakshmi Invoking Abundance

*By Reiki Master Alexandra Juliani and Professor Sasi Velupillai, Psychic Palmist of India
Directors of the Vedic Healing Institute/Temple*

When thinking about abundance, we usually envision images of material wealth — fancy cars, opulent homes, lavish vacations. To many of us raised in a capitalistic society, abundance means having an endless supply of money so that we may amass things. In spiritual circles, abundance may carry a somewhat negative connotation where living well is often equated with being materialistic.

However, in the vedic tradition from India, abundance is viewed as not only a positive notion but also in a broader manner, implying both outer and inner wealth — physical, emotional, mental and spiritual wellbeing. Hinduism identifies abundance as a feminine energy depicted as a lovely goddess named Lakshmi, a benevolent force who helps us succeed and manifest our dreams.

While many believe Hindus worship different gods and goddesses, this viewpoint is slightly inaccurate. Actually Hinduism asserts that God is one energy, nameless and formless, existing within and around us.

This all-pervasive divine energy performs three functions — it creates, sustains and destroys. Every thing, person, and project undergoes these phases. For instance, each day is created anew in the morning, sustained in the afternoon, and dies in the evening. Hindus believe that all souls go through this cycle of birth, life and death, over and over, until we learn what we need to and no longer incarnate on the Earth but rather live eternally in spirit form.

To make this process more tangible, names were assigned to the three energies, the cre-

ative force being called Brahma, sustenance Vishnu, and destruction Shiva. Brahma, Vishnu and Shiva are male energies; however they flourish only with their muses or feminine counterparts. Thus, Goddess Saraswati helps



Goddess Lakshmi, handcrafted in India by spiritual artisans from a single piece of sandstone, presides over the Vedic Healing Institute temple in West L.A.

spark Brahma's creative powers, Goddess Lakshmi helps Vishnu sustain life, and Goddess Shakti helps Shiva destroy old, stagnant conditions. As this article pertains to abundance, we will focus on Goddess Lakshmi who is responsible for the sustenance of life through prosperity, beauty, purity, generosity, expansion, and devotion.

The word "Lakshmi" comes from "laksya" in Sanskrit, meaning "aim" or "goal" and fittingly Lakshmi rules both material and spiritual aspirations. Lakshmi teaches us that life is successful

when we allow abundance and expansion — where there is lack, fear, or contraction, there will be struggle on many levels. So Lakshmi and her consort Vishnu work dynamically together, reminding us that the flow of life and prosperity are interconnected.

As a deity form, Goddess Lakshmi is lovely and graceful, emanating an aura of contentment, fullness, and generosity. She is the ultimate embodiment of beauty, and she sits on a lotus flower, the supreme representation of inner harmony. She bestows spiritual knowledge and gifts from the heavens. Her four hands represent righteousness (*dharma*), desires (*kama*), wealth (*artha*), and liberation from the cycle of birth and death (*moksha*), as well as the four directions (east, west, north, south), showing that the Divine is omnipresent. Often Lakshmi is accompanied by elephants, symbols of strength, or by an owl, for wisdom and clairvoyance.

She wears beautiful jewelry and clothing, a message for us to honor our bodies as temples of God. As with many of the Hindu deity forms, Lakshmi is depicted in different roles throughout time, with eight prominent forms that bestow different gifts: motherly energy; wealth and good luck; food; strength and power; children; courage; victory; and wisdom and knowledge.

Lakshmi ultimately embodies the divine feminine, creative principle, compassionate and ready to assist us at all times. In fact, Lakshmi teaches us about the power of co-creation, reminding us that when we intend for what we desire and act to draw it to us, the infinite Source responds. That is why it is said in

India that **Lakshmi comes only upon invitation**, so we are advised to ask for what we need and then co-create it with the divine.

It is important to emphasize that Lakshmi represents not merely outer wealth but also inner wealth. In the West prosperity usually means money. However, the vedic concept of prosperity stresses a richness of spirit as the ultimate goal. Accumulating material wealth may help us derive personal comfort, but the ultimate quest is for the wealth and expansion of the soul, which helps us transcend the wheel of reincarnation.

This may be why in India great emphasis is placed upon donating money for constructing temples, spiritual ashrams, schools, hospitals and orphanages. By supporting one another and specifically good causes, we act in alignment with *dharma* (right action) becoming truly wealthy and ultimately free.

Goddess Lakshmi is celebrated in October or November every year on the auspicious day of Diwali, the festival of lights. At this time people pray for both material and spiritual blessings, doing pujas (prayer ceremonies), igniting fireworks, and lighting tiny earthenware oil lamps called "diyas" in homes and temples. Symbolic footprints are drawn on the ground as an invitation for Lakshmi to visit and bestow health, wealth, happiness and spiritual prosperity.

There are many ways to access Lakshmi's energy and call prosperity into our lives. Gazing upon a picture of her, meditating on her attributes, opening the heart, and acting generously to others allow us to tap into her energies. Chanting Lakshmi mantras represents an especially empowering way to become

aligned with Lakshmi as we allow sacred, powerful Sanskrit vibrations to magically change our energy field, making manifestation occur more effortlessly.

For material and spiritual needs, we may turn to Goddess Lakshmi who teaches us to expand our own unique energies, to live fully, be generous with others, and embrace this plentiful world. Goddess Lakshmi reminds us that there is indeed enough on this Earth for all of us to be happy and fulfilled, so that ultimately we may recognize our inner-connectedness as embodiments of the divine and transcend the wheel of karma.

Psychic Palmist of India Professor Sasi Velupillai and Reiki Master Alexandra Julani are Directors of the Vedic Healing Institute/Temple where they offer Sanskrit mantra chanting classes with traditional vedic initiation and puja prayer ceremonies. For more information, contact: (310) 397-2405 or visit: www.vedichealinginstitute.com, www.professorsasi.com, www.reikiacademy.org, www.indiainnersearch.com

New Small Ship Cruises Set for Belize

AdventureSmith Explorations and Travel Dynamics Intl. announce a new small ship cruise to Belize for adventure seekers, beginning in late December and including an optional pre-cruise extension to Guatemala. See: <http://www.adventuresmithexplorations.com/itinerarydetails.php/advid/464>

The seven-night, all-inclusive cruises on the 138-guest Yorktown include ample off-ship opportunities to snorkel the world's second largest barrier reef, explore Maya ruins, hike the Cockscomb Jaguar Reserve with a naturalist guide, and relax on Laughing Bird and South Water Cayes.

There is also an optional extension to Tikal and Xunantunich, Guatemala. Excursions are enriched by naturalists, Mayanists, archaeologists and scientists who lecture on board.

The Belize Barrier Reef supports 70 species of hard coral,

36 species of soft coral, 500 species of fish and hundreds of species of invertebrates. At Great Blue Hole, a 1,000-foot circular coral rim, the clear water reveals underwater stalactites and sea creatures.

Birders will delight in red-footed boobies, magnificent frigate birds, motmots, trogons, great green macaws, parrots and toucans. Active travelers enjoy swimming, snorkeling and kayaking.

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tory, culture and nature.

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Lifting Anxieties

By Alex Strande, N.D., Ph.D.

Anxiety is a disorder characterized by apprehension, uncertainty and fear, which can often be elevated to attacks of intense panic or a sense of losing control. Anxiety can be physiological and/or sub-logical (subconscious). There may be a genetic tendency.

Physiological type involves arousal around the autonomic nerve system (ANS) and fight and flight (adrenal response), which is often seen in people with panic attacks. Physiological factors are individual to a person and some emotional stress usually precedes anxiety, e.g. loss of a job, broken relationship, hindered sexuality, etc.

In subconscious type, hidden trauma or certain situations or events can trigger the anxiety.

ANXIETY CAN BE ACUTE OR CHRONIC

Acute anxiety and panic attacks are self limited and may last two minutes to two hours. A person experiences an alarm of terror for no obvious reason and it may supersede rational thinking. Symptoms associated with it may include heart palpitations, chest pain, irregular heart beat, cold sweats, tremors of the hand, dizziness, butterflies in the stomach, nausea, diarrhea, hyperventilation.

If these symptoms progress, it can lead to secondary alkalosis with a sensation of pins and needles in hand/foot/around the mouth, muscle stiffness in the extremities, and tingling. A person may become disconnected with people and objects around him (no sense of reality). Hyperventilation with perception of no sense of reality can prolong the anxiety attack and worsen it, to the point that one feels they are losing consciousness or their life is in danger.

Chronic anxiety — although some symptoms are acute, is less severe and less debilitating. Symptoms can be of longer duration, lasting days, weeks, and months. A person notices

general undefined sense of tension, apprehension, or vague persistent dread, fear of the future. Symptoms include general fatigue, insomnia, inability to maintain concentration, pancreatic hypoglycemia, weight gain or loss, headaches, dysfunction in personal relationships, work, and life.

It is important to consult a health professional, in order to avoid confusing anxiety-like symptoms with potentially more serious conditions such as heart attack, Grave's disease (over-active thyroid), tumor of the sympathetic nerve system, chronic fatigue syndrome, post traumatic stress syndrome or symptoms relating to vitamins/mineral deficiencies.

Naturopathy, unlike allopathic medicine, is not about prescribing something for a symptom. Naturopathy is about a change in what you consume and what you do. No change — no recovery!

There are a lot of things you can do to help yourself. Most people might have tried a few approaches including allopathic (drugs) and natural approaches. Various things and approaches will help to various degrees. In terms of speed and effectiveness of overcoming anxiety, it is extremely difficult to beat a combination of the following two approaches: liquid extracts of herbs administered in therapeutic doses and Aromatherapy.

Aromatherapy has its roots in the most ancient healing practices of mankind. The Egyptians have been using aromatics for almost 3000 years before Christ for medical and cosmetic purposes. Essential oils are very potent in their effect, helping the body return from an unbalanced state leading to illness, to the ideal balance represent-

ing health and well-being. The essential oils exert a subtle influence on the mind and allow you to take control of your emotional well-being.



Aromatherapy is wonderful for states of anxieties, panic attacks, depression and other nervous or emotional problems. It also has a wide range of applications to other conditions. Aromatherapy may be incorporated with many types of massage techniques. As long as the therapist does not use diluted essential oils, Aromatherapy may become an instant symptomatic knockout for an anxiety or panic attack. Using liquid extracts of botanicals is extremely effective in a long-term solution for chronic and acute anxiety and panic attacks. Herbs generally have a rejuvenating and nourishing effect on a body's system and organs that includes the adrenal and nervous system. Many health professionals using herbal medicine tend not to understand the therapeutics in botanical medicine. Using tinctures (extremely diluted herbs) is one example where people may turn away from herbal medicine due to a slow recovery (if any at all).

Using concentrated extracts (1:1 ratio) is the requirement to

achieve optimal success, after success, after success. Encapsulated dry herbs are OK for people who have an uncompromised digestive system. Any experienced holistic practitioner knows that digestion is often compromised in people suffering from nervous/emotional-type problems.

Anything needing to be processed by digestion (for example solid herbs) will not be assimilated to the optimum, producing slower results. Therefore, liquid extracts of botanicals should be considered as the best option. Typically 5 or 6 herbs are selected for a bottle of liquid herbal medicine. To achieve therapeutic doses and fast results, 10-20 ml of liquid extract mix should be administered three times daily.

So, let's do no harm, build health, practice prevention, and address the cause, not just the symptoms. These are the main principals of naturopathy. Using natural medicines, we encourage recovery and maintenance of well-being through support of your body's inherent healing capacity. If you have tried everything and are still not well, I would like to talk to you about your problem.

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

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What's Your Life Legacy?

Life and Leadership Lessons from Stephen Covey's Legacy

By Kathy Andersen

Stephen Covey, author, educator and motivational speaker who passed away July 16, left us with lessons and a legacy for what it means to be a leader and to aspire to be our greatest in life.

Covey's most famous book, *The 7 Habits of Highly Effective People*, sold more than 20 million copies. He highlighted, among other elements of leadership, the fundamental importance of principles, finding purposeful voices, and aspiring to greatness.

Covey's teachings reinforced that life provides us the opportunity to become our best — not settling, not making excuses, but relentlessly learning and acting to accomplish our pursuits.

As a young college student, working at a grocery store and trying to make rent and pay tuition after leaving a home of abuse, reading Covey gave me assurance that we can create a map for ourselves. We just need to discipline ourselves to stay on course.

Some important lessons we can each take from Covey's legacy can help us find our path, and stay on course:

1. Step by step, we can become fully competent in anything we choose, and we can be

as great as we choose to be. The path is only a step away.

2. We can learn from others. We just need to take the time to listen and be brave enough to change. Change is only a step away.

3. If others can do it, so can I. The power to take the first step is within each of us.

Among Covey's best-selling books, my favorite is *The Speed of Trust: The One Thing That Changes Everything*. Why? Because I believe trust is one of the most under-recognized aspects of why we fail and one of the most underestimated factors in how we can succeed. Most of all, we need to trust ourselves. We need to tap into the power within us to find what is most purposeful and authentic, and then incorporate it into our lives every day.

What is Stephen Covey's greatest legacy? Following are some questions, inspired by his teachings, that we can ask to

spur great results in our lives, our communities, our organizations, and our world:

1. Principles: Are we becoming more driven by principles or by profits? There is a way to do both. But which leaders are visionary enough to look to the long term for profits and principles that benefit all people? How can we each be the principle-driven leaders the world needs?

2. Finding Our Voice and Inspiring Others to Find Theirs: Are we seeking authentic, conscious, and purposeful voices that create a harmonious chorus attuned to serve the common good? Leaders can summon great orchestras, but only when interdependence is the instrument of choice. How can we bring together choirs filled with thundering voices to affect the change we seek?

3. Inspiring Greatness: Are we settling for what is easy, or fighting for what is great? Leaders

must be courageous enough to forego easy wins and to fight the difficult battles that inspire greatness in this generation and the next. How can we each be courageous leaders in the battles that are most meaningful to us for the life and world we wish to create?

At the core of our pursuits to live our greatest lives, is taking leadership of our own lives, and in the world of which we are a part. Individually, we can live a great life. Collectively, we can create a great world. When we summon each other, and step forward together, we can create a legacy for the America of tomorrow, and the world of tomorrow. Let's not take our time for granted. Let's step forward, as Covey proclaimed, and "begin with the end in mind." What's your life legacy?

*Award-winning author and Harvard-trained adaptive leadership consultant Kathy Andersen teaches people to master change in their lives, businesses and organizations. Kathy's new book, *Change Your Shoes, Live Your Greatest Life*, shows how anyone can overcome difficult circumstances to achieve their dreams. Learn more at www.KathyAndersen.com*



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Five Essential Steps to Healthy and Fast Weight Loss (Part 3)

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

This is a three-part article. In the previous two articles, I addressed Step 1: understanding the cause(s) of overweight condition, and Step 2: developing a Weight Loss Meal Plan — an anti-yeast nutritional program. In this article I will discuss Step 3: using herbal therapy to cleanse yeasts and parasites to boost your immunity, energy and metabolism; Step 4: managing your stress effectively to stop or prevent emotional eating; and Step 5: defining your life purpose.

Step 3: Herbal Therapy: Detox:

An anti-yeast nutritional program is to prevent new toxins from entering your body. Chinese herbal therapy is to remove existing toxins so that your body's innate intelligence will be activated for optimal function.

Yeasts and parasites tend to go to the weak areas in your body to develop their colonies. If your thyroid is weak to begin with, they can build their home there and further weaken your thyroid function. A strong herbal formula is needed to remove excess yeasts and parasites SIMULTANEOUSLY. Because yeasts and parasites go hand in hand, you must cleanse both simultaneously to improve your immunity, energy and metabolism.

In addition to loosening up the toxins created by yeasts and

parasites, you need a strong cleanser to flush them. You also need to cleanse liver and kidneys to optimize the function of your body.

Fitness:

In addition to detoxifying your thyroid, it's also important to nourish your body and starve the yeasts and parasites so you can stop sugar craving. This formula should also contain digestive enzymes which can inhibit the overgrowth of yeasts and parasites and improve your digestive function.

Another formula to achieve fitness is a **fat blocker**. If you carelessly ingest fatty food, the fat blocker will block the fat from forming fatty tissues in your body. The last, but not the least is a **fat burner**. This formula will burn the excess fat in your body and turn it into energy for you. So, when you combine the **Detox** and **Fitness** programs, you will greatly improve your immunity, energy and metabolism.

Step 4: Managing Stress Effectively to Stop or Prevent Emotional Eating

Stress is part of life. If you manage stress effectively, it can

propel you to the next level of success. In my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, there are tools you can use to manage your stress effectively. Go to your local library and check out the book. One simple, but effective tool, is the 10-Minute Meditation Guide. Visit www.drjsbest.com to claim this invaluable free gift.

Another tool is to write reconcile letters. Follow the steps detailed in my book mentioned above. Once you release negative emotions such as anger, resentment, fear, doubt, guilt, and regret, you will stop or prevent emotional eating, and in turn, stop weight yo-yo's.

Step 5: Defining the Purpose of Your Life

When you go through the challenges in life and struggle with weight issues, you might ask,

"Why me?"

"Why is life difficult for me?"

"What is the purpose of this?"

"Why am I here?"

"What is the purpose of life?"

"What is the meaning of life?"

"What is life all about?"

According to Plato, the purpose of life (or meaning of life) is attaining the highest form of knowledge. Another Greek philosopher Epicurus defines happiness in its highest form as the freedom from pain and fear.

My definition of purpose of life is very simple:

"Constantly improving your quality of life and helping others achieve the same!"

In order to achieve this purpose of life, we do need to keep learning, growing, and expanding on the spiritual path. Con-

sequently, we can acquire the best knowledge possible, be free of pain and fear; and meanwhile, help others achieve the same!

In your journey of weight loss, constantly remind yourself that there is a purpose for your struggle with weight issues, and eventually you will be able to remove all the obstacles. And you will be able to acquire the best knowledge of the subject, achieve the highest level of well-being and happiness throughout the journey. After you triumph, you will be able to use your first-hand experience to help others achieve the same!

In the process of taking the five essential steps to achieve healthy and fast weight loss, remember the commonsense approach along the way. For example, make sure that you have regular exercise, proper hydration, and an adequate amount of sleep and rest.

If you take a holistic approach detailed above, you will be able to reach your goal weight in a healthy way in the least possible time! Most of my clients reported an average of three pounds per week steadily, and before they knew it, they had released the excess weight and emotional burdens!

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

For more information, call (800) 715-3053 or (818) 472-2213, or send an e-mail to drj@drjsbest.com. Website: www.drjsbest.com. Facebook fan page: www.fb.com/drjsbest (Become a fan to read updated articles regularly on alternative, holistic treatment for various health issues.)



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Loving the Silent Tears

Stars present new musical about finding inner peace

By Lucia Heart

A new musical, glittering with stars and Hollywood glamour, is about to lift our consciousness a little higher.

Loving the Silent Tears, set to have a red carpet premiere on October 27 at the Shrine Auditorium (former home of the Academy Awards and Grammys), tells a story about humanity's eternal search for lasting peace and happiness.

This musical is based on a work of poetry, titled *Silent Tears*, composed by world-renowned spiritual teacher, humanitarian, author and artist Supreme Master Ching Hai. An excerpt from the anthology, honestly expressing our human longing for the Divine, reads:

"If You were placed within the world

All the troubles would be removed.

But as the world is full of troubles,

I find no place for YOU!"

These poems have been set to music by great Hollywood and Broadway composers, all of whom have won prestigious awards. The stars to perform these songs include many celebrated artists, such as 2-time Grammy Award-winning singer Jon Secada and Grammy-winning singer Jody Watley. From Broadway we'll see Tony Award-winning stars Debbie Gravitte, Michael Maguire, and Kiril Kulish, and Emmy winner and Tony nominee Liz Callaway.

"Very excited to be a part of this magical experience!" stated a radiant Jody Watley.

Composer Al Kasha, the two-time Academy Award winner who created this musical, noted, "All these composers who are the best in the world and all of these singers who won Grammys and Tonys from Broadway worked on this piece because they saw the spiritual nature of it. I think it will lift the audience up inspirationally, I really do."!

Mr. Kasha (*Seven Brides for Seven Brothers*), having been deeply inspired by Supreme Master Ching Hai's universal

teachings of unconditional love, contributed to the music. He is joined by 5-time Grammy winner and Oscar nominee Jorge Calandrelli (*Crouching Tiger, Hidden Dragon*), Emmy winner Doug Katsaros (*Footloose*), 2-time Grammy winner and Oscar nominee Henry Krieger (*Dreamgirls*), Tony and Emmy winner Don Pippin (*Oliver!*), Grammy winner Nan Schwartz (*Harry Potter*), and Oscar and 2-time Grammy winner David Shire (*Big*).

The director of *Loving the Silent Tears* is Tony nominee Vincent Paterson, who has worked with Michael Jackson and Madonna on their world tours. Also adding their talents are Emmy-winning choreographer Bonnie Story (*High School Musical*), Emmy-winning set designer John Iacovelli, and award-winning costume designer Sharell Martin.

The musical is as much a journey around the world as it is a journey for the spirit: vi-

brant cultural representations of 16 countries and cultures from six continents will fill the stage. A live orchestra and a

grand company of more than 50 stars and dancers further enhance the Broadway-like grandeur of this production.

Principal members of the cast also include Grammy-winning Jamaican reggae legends Black Uhuru, Grammy-nominated Persian artist Siavash Shams, Italian tenor Mark Janicello, Arab

singer Camellia Abou-Odah, award-winning Israeli singer Liel Kolet, Irish soprano Katie McMahon, and award-winning Brazilian singer Fabiana Pasoni.

The fact that these gifted artists from various parts of the world will stand on the same stage reflects the musical's integral values of harmony and oneness.

"You can come from Spain," said Mr. Kasha, "you can come from India, you could come from all these different places and 'Loving the Silent Tears' would touch your heart, too. Now why does it touch your heart? It deals with forgiveness,

it deals with being voiceless, it deals with being honest, and it deals with being truthful."

The truth, in this musical, encompasses a tender regard for others:

Award-winning playwright Cynthia Ferrell, who helped to form the storyline, stated, "The nuances of the poetry are gorgeous and it's just so inspiring. We wanted to keep the story simple, so the poems could be that heartbeat behind it. It is a simple story, but a profound story, and I think I love that the best."

Loving the Silent Tears will premiere at L.A.'s Shrine Auditorium only on Saturday, October 27. This will commemorate the 19th anniversary of Supreme Master Ching Hai Day, honoring the spirit of daily kindness.

In addition to the red carpet, a pre-show art exhibition invites guests to enjoy Supreme Master Ching Hai's uplifting artistic creations.

Be sure to book your seats early (Ticketmaster.com), as last year's musical, *The Real Love*, about the search for spirituality, was a sold-out event.

And seeing how this new musical shines brightly — not only with celebrity, but also an elevated awareness, it's likely to be another winner among peace-loving hearts.

For more details, visit: www.SilentTearsMusical.com To order tickets, call (800) 745-3000.



Supreme Master Ching Hai, composer of a poetry book on which the musical, *Silent Tears* is based.

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Vacationing in Wisconsin

Article and photos by Ann Nelson

The natural beauty of Wisconsin is evident everywhere you look. The state is home to 15,000 lakes and 33,000 miles of rivers. Sun-draped trees, bodies of water surrounded by nature, small-town sidewalks dotted with white clapboard houses, fabulous restaurants and simplicity are all within an arm's reach. I quickly narrowed down the places that I wanted to visit during my stay in Wisconsin... Door County and Elkhart Lake.

Door County is shaped like a thumb surrounded by water and has ten historic lighthouses. It's just over an hour's drive north of Green Bay. The village of Elkhart Lake, about a one-hour drive north of Milwaukee, is one of those places where almost everything is within walking distance.

There is nothing I love more than nature and simplicity, but I'm also a self-admitted adrenaline junky. Elkhart Lake is home to Road America, one of the country's premier car racing venues and they also offer high-performance driving classes. I have wanted to take race lessons for a long time and knew this would be the perfect place to do that. In a word, the experience was thrilling!

One of my teachers, who had seen almost every race track in the world, described this track as "similar to racing through a national forest". A campground is located right outside of the track fence and trees are everywhere. Major races, including NASCAR, attract 700,000 visitors a year. After morning race car lessons were completed, we headed over to another track to race go-carts at fifty miles an hour. This was a perfect day for experiencing the feeling of pure exhilaration.

After a "day of speed," I was

looking forward to a peaceful, sunset boat tour around Elkhart Lake aboard the Elkhart Queen. Jim Benson, our knowledgeable guide, grew up here and filled our head with colorful stories about the early days of gambling and prohibition. It was hard to believe that such unruly times could have taken place in this pristine and tranquil community.

When our boat docked, we walked up the short path to have dinner at The Back Porch

the resort's L'ecole de la Maison cooking school. My friends will readily agree that I am not a natural cook. One of the reasons I wanted to take this class was for the singular purpose of hanging an impressive cooking school certificate on my wall. And I genuinely wanted to improve my cooking skills. We prepared Lyonnaise salad with poached organic egg, coquilles St. Jacques, tournados of beef au poivre and haricot verts with walnut-shallot butter.

lages, beaches, farms and orchards. Fur trading dominated this area for over 200 years until the 19th century when Moravians, Scandinavians and other immigrants settled here. Today this peninsula is a perfect paradise for experiencing endless hours of quiet time.

Village Green Lodge, situated just a-half block from the bay, was home during our stay in Door County. The innkeepers, Sue and Steve Sherman, realized a long-time dream

when they purchased the B & B years ago. We were made to feel welcome. An incredible home-made breakfast is served each morning and fresh-baked cookies awaited us each afternoon. The innkeepers were always on hand to answer questions or offer suggestions regarding our itinerary.

There's a lot to do in Door County and riding a bike around Peninsula State Park was a highlight. Steve, my bike-riding partner, has been bike riding all over the world and says this is the most beautiful bike/walking path he has ever seen. The crystal-blue lake is on one side and stands of old-growth

trees are on the other side.

After a long bike ride, we felt the urge for ice cream and knew Wilson's Restaurant & Ice Cream Parlor was the place to go. Wilson's was established in 1906, the year my dad was born. I was determined to honor my dad by ordering the biggest ice cream specialty on the menu. I stood at the counter and without hesitation, ordered 5 flavors of ice cream with 3 toppings (the Wilson's Banquet). It may not be necessary to tell you how I was feeling twenty minutes later.

After inhaling the ice cream, I returned to the B & B for a short



Old house on the shore, Elkhart Lake.

Bistro, located on a cozy little patio overlooking the lake. After sharing dinner and a scrumptious chocolate desert, we could hardly wait to take the short walk back to the The Osthoff Resort. Staying at this AAA Four Diamond all-suite lakefront resort was like staying in paradise. We would wake up in the morning, make a full breakfast in the kitchen and head out the door for a day of kayaking and sailing. I tried hydro-biking for the first time and had a blast. The moments spent on the lake were simply magical.

Prior to visiting Wisconsin, I had heard rave reviews about

Prior to leaving the resort, I booked a treatment with Aspira Spa. This upscale spa, infused with elements of wood, fire and water is truly one of the best. Taking a long walk around the lake and having dinner at Lola's on the Lake was a perfect way to end this part of an amazing trip.

Door County, our next Wisconsin stop, is a true outdoor paradise and home to five state parks, eighteen county parks and 300 miles of shoreline. The year-round population of just over 1,000 people is comprised of many small villages dotted with landscapes of fishing vil-



The spa at Sacred Grounds, Door County

nap. I needed to reenergize myself before going to Hands on Art Studio for a creative afternoon. I couldn't wait to see what this 8,000 square-foot "do-it-yourself" studio was all about. The area is spread out on a huge "farm-like" property in separate buildings. I am not an artist, but I walked out of the studio filled with pride after completing my project of making fused-glass salad bowls.

Guides are around to help with almost any project you can imagine, including metal sculpture, mosaics, jewelry, spin art, ceramics and all kinds of wood projects. I've never been to a place like this before and wish there were fifty more of these studios all around the country.

Prior to visiting Wisconsin, I had never heard of a "fish boil" dinner and had no idea what the term meant. It didn't take

long for me to realize the importance of this 100-year-old culinary tradition. The locals informed me about the White Gull Inn and said this is the place I needed to go. I learned that a fish boil is an elaborate presentation that begins when the freshly-caught fish are cut into small chunks and cooked in boiling water with red potatoes and a few other ingredients.

After the water comes to a boil, ingredients are lowered into the hot water in a wire basket. When the fish oils rise to the top of the pot, a small amount of kerosene is added to the flames. The increase in flames causes a boilover. The fish is done when the fish oils spill over the side of the pot. At least 75 people were outside on the patio watching the huge flames shoot high into the air. What a night!

Door County is the home to many spas and The Spa at Sacred Grounds, tucked away in the woods in northern Ephraim, is one of the best. After my Raindrop Therapy treatment was completed, I did not want to leave and spent time walking through the gardens and drank tea on the patio. I loved the natural simplicity of this place surrounded by nature. This was not an easy place to leave.

Wisconsin is filled with subtle, natural beauty. Memories of time spent here will be etched into my soul for a long time. I can't wait to go back to Wisconsin!!

Elkhart Lake Chamber of Commerce: (877) 355-3554, www.elkhartlake.com
The Osthoff Resort: (800) 876-3399, www.osthoff.com
Road America: (800) 365-7223, www.roadamerica.com
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Ann Nelson is a freelance writer residing in San Diego.



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“Health, wealth, beauty, and genius are not created; they are only manifested by the arrangement of your mind — that is, by your concept of yourself, and your concept of yourself is all that you accept and consent to as true.”

— Neville

There is a level of awareness available to you that you are probably unfamiliar with. It extends upward and transcends the ordinary level of consciousness to which you're most accustomed. At this higher plane of existence, you and every human being who has ever lived can access at will, the fulfillment of wishes is not only probable — it is guaranteed. This... is simply a preparation for entering into that realm wherein you have much more say over what comes into your life than you might have envisioned.

DO YOU REALLY THINK?

No one has ever been able to say from whence a thought comes, or what that thought is made up of. It's generally accepted that we think up things and we make up all of our own thoughts. To be perfectly honest, for a large portion of my life, I held these same views on thoughts originating with each individual. But at this juncture I tend to see the entire process as more of an act of observation, contemplation, and choice. I enjoy noticing that I have a continuous stream of thoughts that come from — who knows where? They have no boundaries or forms to examine, and ap-

parently are unlimited in number and permutation! I think of the stock market ticker that runs along the bottom of a screen, with each stock price representing a simple thought.

You are capable of thinking many opposing thoughts in just a few moments, jumping helter-skelter from one idea to another — exhilaration, frustration, fear, ecstasy, worry, and so forth. Unguided and unguarded, you serve up an endless array of thoughts continuously from waking to falling asleep. Even while sound asleep, your mind continues observing, grabbing, and contemplating these omnipresent thoughts.

There's very little respite from this mental thought-producing process throughout your entire lifetime. If you really believe that you are the creator of all of your thoughts and control the entire process, then simply stop. That's right, try to stop thinking. You may be able to slow the stream of thoughts down considerably, but to simply stop thinking all day and stay in a thoughtless state is quite impossible.

I am suggesting that you open your thought processes to a new idea that will help you as you begin changing your concept of yourself. You can think of yourself as a Divine limitless being rather than a person who does not have choice when it comes to your thoughts. Think of yourself as an observer, contem-

plating and selecting thoughts that you choose from that never-ending stream of thoughts on

your inner screen, 24/7/365. Watch thoughts stream by from wherever they originate, and observe them rapidly transitioning and combining and appearing and disappearing.

Snatch a thought from the running ribbon of thoughts and contemplate it.

As you toss it around notice how you feel — sad, depressed, happy, frightened, and so on. Every thought going by has an imprint on your concept of yourself. First be the observer, and then the contemplator. Now become the choice maker who can consciously decide to put that thought back into the running stream and pick a different one, a thought that perhaps allows you to feel better.

I am okay, I look fine, I will lose a few pounds, I am loved, I am Divine . . . these and millions more like them are the thoughts you can opt for rather than the ones you've become accustomed to choosing in the past. This is how you begin a new process to change your concept of yourself. You accept as irrevocable that it is not you setting the stream of thoughts into motion, and that stopping thinking isn't possible at this stage of your evolution.

At this stage the essence of your being is to observe, contemplate, and then choose. This can be done in a fraction of a nanosecond. Thoughts will keep appearing on your mental TV screen just like the stock quotations. But you will now be choosing the ones you want to focus on, gather, retain, or let go. I am encouraging you to initiate a habit of choosing the thoughts and ideas that support feeling good and powerful, and that elevate you to a higher lev-

el of consciousness where your self-concept welcomes your higher self.

I love Uell S. Andersen's description of this process in his book *Three Magic Words*. I leave you to contemplate as you prepare to befriend that indwelling self that is desperately wishing to be fulfilled at the extraordinary level, rather than at the ordinary where you have lived for far too long:

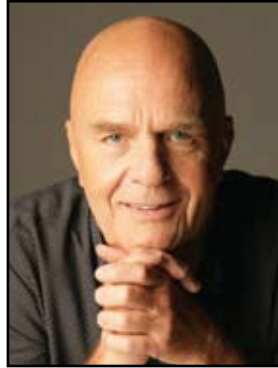
We have assured the indwelling Self that it can be anything it accepts and has faith in, and we are about to develop in it the habit of choosing only those thoughts and ideas that will constructively add good unto it. We are teaching ourselves to accept only good. . . . We are deliberately compelling ourselves to accept all love, all kindness, all hope, all joy, all expansion, all abundance, all health, all vigor. We are deliberately compelling ourselves to reject all suffering, all sorrow, all depression, all morbidity, all inferiority, all aches and pains. We are saying nothing is true but the great and the good and the beautiful, only these will we add unto ourselves.

This is a new way of choosing thoughts that will introduce you to what I am calling your highest self — keeping uppermost in mind that if you want to accomplish something (anything), you must first expect it of yourself.

This excerpt is taken, with permission from Hay House, from the book Wishes Fulfilled by Dr. Wayne Dyer, available at all bookstores or at: www.hayhouse.com

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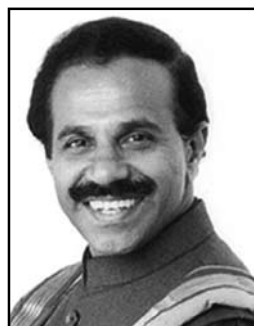
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An Interview with KATY FRANCO

By Randy Peyser

Katy Franco is a Latin American actress, celebrity, stand-up comic, *Certified Laughter Leader* with *World Laughter Tour*, breast cancer "champion" and international spokeswoman. Along with her husband, Ken Phillips, she is the author of *Chemorella* (sub-titled *Quimiorella*), an upbeat Cinderella story about overcoming cancer and making one's dreams come true.

Like Katy... pretty, witty, and bald, *Chemorella*, overcomes her obstacles by following her heart, accepting the love she receives from the people around her, and by following the protocols established by her medical team. The story takes her from the rags of illness to the riches of health, in which she not only discovers love and creative success, but finds her real-life prince and overcomes cancer.

With humor and compassion, "*Chemorella*" addresses challenges cancer patients face, including chemotherapy, surgery, and baldness. It shows how the tears and fears can be overcome through courage, and creativity, and by opening to the love that is always abundant.

Funny, inspirational and educational, *Chemorella* leaves chemo patients and their families feeling hopeful about the future and makes the perfect gift for anyone who is fighting cancer, as well as for children and other family members who are affected by a loved one's cancer diagnosis. Please visit www.Chemorella.com

Randy Peyser: In April, I received a breast cancer diagnosis and my world turned upside down. What was it like for you to be diagnosed with breast cancer?

Katy Franco: I was diagnosed in 2005 and my world crumbled, too. I worried about hair loss and side effects and wound up having 6 chemos, 35 radiations, and 5 years of medication.

Randy: Chemo is tough. How did you cope with chemo?

Katy: During chemo, I did those things that made me feel better. Before the diagnosis, I was a regular comedienne at The Laugh Factory. I continued being a comic during breast cancer and became an even better one *after* breast cancer. What I decided to do when I was diagnosed was to use the gifts I had and focus on creative things, as well as my sense of humor.

At that time, I didn't know what my purpose was. I even questioned why I was going to fight this thing because I didn't know what my purpose was. I had a boyfriend who adored me, but I didn't see it because I had been burned by many men in the past. I finally realized I was in a healthy relationship with someone whom I loved and who loved me back. That gave me a purpose. Then I did not want to die; I wanted to have an opportunity to have a life and a relationship with this man and enjoy it. So, I decided to do what the doctors told me to do, and to do the things I liked to do, like crafts and comedy.

In fact, the day before each chemotherapy, I booked myself at The Laugh Factory because the day before each chemo was when I felt strongest. I played to full houses, which was food for my spirit. So I went to each chemo feeling positive and with an uplifted spirit. I was actually happy.

Randy: Did you ever blame yourself for the cancer?

Katy: I asked myself, "What did I do wrong?" My boyfriend said, "Bad luck." But I turned it

into something positive. Even the night before the surgery, I focused on my creativity, rather than on the surgery, so I never got anxious. I thought about the jewelled sneakers I was going to make after the surgery, and I also focused on my comedy.

I was very weak after chemo, but I kept on doing comedy. I even went to a premiere of a movie



I was in that was taking place in New York. During that premiere, I met the Governor of Puerto Rico, which is like meeting the President of the United States. He's the highest ranking official. I'm a blonde, blue-eyed, very white, Puerto Rican. When the Governor met me on the red carpet, he bowed and took my hand. My boyfriend said, "Wow, this is like a Cinderella moment," and he called me, "*Chemorella*."

It made me feel very special. This was like a dream. I had fears that my wig would fall off or catch on fire, or that I would accidentally wipe off my eyebrows. But everything went okay even though I was very weak.

Randy: Did you ever feel bombarded by people who just wanted to give you advice?

Katy: Yes. You must surround yourself with people who will listen to you, rather than give advice. Invite people to treat you to lunch and to even talk about superficial things. Also, having a positive attitude, an upbeat story like, *Chemorella*, and laugh-

ter therapy are wonderful. They can put you in such a different mindset.

Randy: What are some wonderful things happening around your book, *Chemorella*?

Katy: A woman at Shriners Hospital for Children said, "When I read *Chemorella*, I felt so positive like I had the strength and the power to deal with anything thrown my way."

Chemorella is about overcoming adversity. When *Chemorella* is in her worst moment, and she doesn't think she can go on, she learns a secret about love that propels her to handle any obstacle that comes her way.

Randy: You must impact many people in a very positive way.

Katy: Yes, I'm changing people's lives with my story and with *Chemorella*. I'm moved by the positive reaction to the book and to the laughter that people experience. People want to smile and laugh and have a positive attitude. If everyone around you is dramatic, it's difficult to lift up your spirit and be happy and positive. The moment you do something to get rid of your cancer, you are a champion. Take that positive step and do something about it.

Randy Peyser is the author of *The Power of Miracle Thinking*. Visit: www.MiracleThinking.com

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MUSIC Reviews

By Michael Diamond



STEVEN HALPERN

Deep Alpha

www.innerpeacemusic.com

What makes *Deep Alpha* of special interest is that the focus of the music is to help "entrain" or synchronize the brain waves of the listener into the 'Alpha zone,' at precisely 8 cycles per second, characterized by deep and blissful relaxation that nurtures the heart and soul. Be assured that the album can be enjoyed purely as a recording of exquisitely beautiful music, without needing to focus on the psychological research and intention behind this project.

The music on this CD is the classic dreamy sound that many people have come to associate with Steven Halpern. Along with

his iconic electric piano sound are subtle washes of synthesizer and a few tracks feature the tambura, a meditative Indian drone instrument that is mixed quietly in the background. Some songs are enhanced by the fretless bass playing of world-class musician Michael Manring. Also featured on the album is Grammy-winning recording artist Paul McCandless. At the time of this writing *Deep Alpha* has just debuted at number 7 on the prestigious Billboard chart, a relative rarity for sound healing music!

Check out Steven's enlightening and entertaining articles and videos on brainwave entrainment music at www.StevenHalpern.com

MASAKO

MASAKO

www.masako-music.com

It's a long way from being a 5-year-old sitting in a tree composing and singing songs in her parent's backyard in Tokyo to living in the mountains of Vermont and releasing a critically-acclaimed CD with credits that include a host of A-list musicians under the supervision of one of the top producers in the world: Grammy-winning Windham Hill Records founder Will Ackerman. The opening track entitled "Glastenbury, VT." Is an elegant piano solo that takes its name and inspiration from a mysterious ghost town. I was impressed with the way her left hand traced drifting clouds of chords, as her right hand rained down a delicate shower of notes. In fact, Ackerman himself commented: "Her timing is breathtaking and the dance between her left and right hands is unlike anything I've ever encountered." The contributions of the excellent session musicians on this album are often subtle yet impeccably tasteful and deftly integrated into the composition.

Given the wealth of accolades that Masako has received from the maestro Ackerman, there is little more than I can say than to agree wholeheartedly with his observations and sentiments. Masako is a gem reflecting diverse facets that sparkle with musical light.

CRAIG PADILLA

The Heart Of The Soul

www.craigpadilla.com

www.SpottedPeccary.com

With its blend of atmospheric textures and romantic motifs, this is one of Craig's most accessible recordings with the potential to appeal to a wide audience. According to Craig: "It is the most personal and emotional album I've ever created." The title track

certainly lives up to its name, displaying both heart and soul as a lovely piano arpeggio becomes enveloped by a lush string section rising to an uplifting finale of heavenly choirs, all of which I found quite moving.

One of the things I like most about Craig's music is the way it evolves over the course of the composition, and the track "Lost In You" is a good example with its wistful piano intro that inevitably morphs into a more rhythmic midsection, with cool little sonic accents that punctuate the music, and echoed drum hits that reminded me a bit of Patrick O'Hearn. As a synthesist and electronic musician myself, I'm always interested to hear how others combine creativity and technology, and I couldn't be more impressed with the masterpiece Craig Padilla has created with *The Heart Of The Soul* — a stunning release that marks a new chapter in a diverse and prolific recording career.

KORI LINAЕ CAROTHERS

Ides Of Trillium

www.koritunes.com

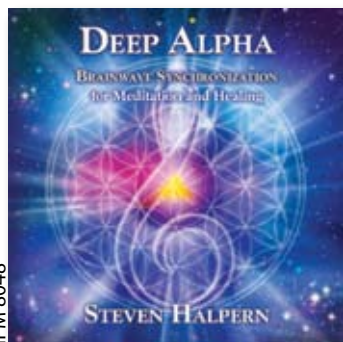
In an interesting take on the popular trend of "remixing" or releasing alternative versions of songs, southern California composer/keyboardist Kori Linae Carothers has created a six-song EP of tracks that appeared on her critically-acclaimed "Trillium" CD. The songs as they appeared on "Trillium," have a less electronic vibe than they do on "Ides Of Trillium," which is subtitled "Alternate Nashville Mixes." In fact, one of the tunes on the remix CD entitled "InSync" did not appear on the "Trillium" album because it was considered a bit too electronic/ambient to fit with the rest of the CD. However, it is right at home with the remixes, which she created with the help of Nashville producer Jeff Silverman.

"Ides Of Trillium" reflects Kori's compositional spectrum and diversity, ranging from the jazzy upbeat "Dancing In The Clouds" which features A-list horn player Jeff Oster, to the atmospheric Native American-influenced "Nez Pierce" and

(Continued on page 40)

DEEP ALPHA by STEVEN HALPERN

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DEEP ALPHA helps you connect with your Higher Power and the vibrations of creation.

Steven's beautiful music instantly relaxes you. Adding Aural-Sync™ entrainment technology gently entrains your brain to the 8 Hz (8 cycles per second) *alpha* frequency of the Earth's Schumann resonance.

The combination is a powerful resource for personal meditation and Global Coherence Initiative's meditations for peace.

Debuted at
#7 on
Billboard's
New Age
chart

See review this issue



Music stimulates within
us direct experience of
expanded reality

Barbara Marx Hubbard

BOOK Reviews

By Sonia von Matt Stoddard



INSPIRED & UNSTOPPABLE

Wildly Succeeding in Your Life's Work!

By Tama Kieves

The most important power in your life is the power of your inspired strength. What you love in this world, like your life and your work, have little to do with conventional, established realities or formulas. It's about honoring your inspired self, turning a deaf ear towards mere good judgment and practicality, and flying beyond the culture around you. This book is about moving into an inspiration of magnificence versus mere existence, by setting free the astonishing faculties and life strategies you already have.

The author here abandons the typical "easy-step" guides, by sharing her own journey and by encouraging us to become a warrior for our own life's work and desires. By including a list of "inspired successisms" to every chapter, she tells us that an inspired life cannot be planned; however, it can be imagined and nurtured. Each step teaches us how to follow our inner rebel, to recognize a "road" to our goals and potentials, to become a magnet for other's successes, to not stagnate, and how to have the guts to be extraordinary.

Published by Jeremy P. Tarcher/Penguin, this book is available at your local bookstore or www.PenguinGroup.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

30 DAYS TO PROSPERITY

A Workbook to Manifest Abundance

By Gail Thackray

Why are some people blessed to receive all they need and want, while others are not?

The power is within you to create all that you desire. All you have to do is deliberately ask your subconscious for the things you desire and make a conscious effort to stop thinking and asking for things you do not.

This book explores the dynamic of programming our subconscious to manifest our positive desires of abundance, by tapping into an energy source that may not be something we've considered viable in the past. Money is the energy source that can create happiness and sorrow, as well. By exploring the connection and asking for the right things, in the right way, we can tap into the positive side wealth.

In true workbook format, each day's guide gives us a few ideas, examples and affirmations, as well as a place to track our progress. At the end of the 30 days, your subconscious will be programmed to bring you

everything you have focused upon: wealth, health and prosperity.

Published by Indian Springs Publishing, this book is available at your local bookstore or at www.IndianSpringsPublishing.com

HOW TO HAVE A MATCH MADE IN HEAVEN

A Transformational Approach to Dating, Relating and Marriage

By Ariel & Shya Kane

In a relationship, the "heaven on earth" happens in many moments. The trick is to access this state on a consistent basis, every moment of every day, not just when circumstances are ideal. Listening and hearing our partner and their point of view, from their perspective, is a simple yet key component of success in dating, relating and marriage.

By sharing the true stories of real people, the author couple illustrates their principles of instant transformation: what you resist persists and grows stronger, no two things can occupy the same space at the same time and anything you allow to be exactly as it is, will complete itself and dissolve all on its own.

Filled with lovely "aha" comments, like blaming yourself for something out of your control will perpetuate a recurring upset, true intimacy is about being comfortable in your own skin first, and no matter how justified you might feel in holding a grudge, it is you who choose to

suffer, we are asked to identify our priorities and shown how to break through our preconceptions toward attainment of the perfect relationship we all seek.

Published by ASK Productions, Inc., this book is available at your local bookstore or www.TransformationMadeEasy.com

THE CHARGE

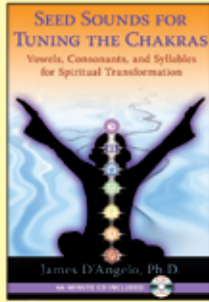
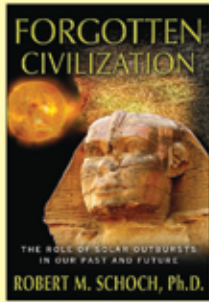


Activating the 10 Human Drives That Make You Feel Alive

By Brendon Burchard

By going against the existing psychological understandings of the last fifty years, the author herein suggests that we are no longer happy with attaining what we need, but rather should focus on what we want. As such, he has identified the five basic human drives: control, congruence, competence, caring and connection, as well as what he terms the "forward drives" of change, challenge, creative expression, contribution and consciousness.

An often counterintuitive guide, the author builds on the drives that he feels will allow us to feel truly alive by harnessing our inner energies in an entirely new way, eschewing what we've probably been learning all of our lives. For example, if we meet or exceed our forward drive for contribution, we would almost automatically feel the satisfaction of pride and fulfillment. Our problem lies in the fact that we

(Continued on page 40)

 <p>Seed Sounds for Tuning the Chakras Vowels, Consonants, and Syllables for Spiritual Transformation</p> <p>JAMES D'ANGELO, Ph.D.</p> <p>The human voice is a master instrument of transformation, which is why chanting is engaged in many spiritual traditions. This book explores the connections between various sound combinations and each of the 7 chakras and their corresponding psychological traits. The CD provides vocal exercises for healing, meditation, and spiritual development.</p> <p>\$14.95, paper, 128 pages, 6 x 9, ISBN 978-1-59477-460-7 Includes 3 b&w illustrations and a 66-minute CD</p>	<p>Forgotten Civilization The Role of Solar Outbursts in Our Past and Future</p> <p>ROBERT M. SCHOCH, Ph.D.</p> <p>Robert Schoch shows that the last ice age ended abruptly in 9700 BCE due to coronal mass ejections from the Sun, eradicating the advanced civilization of the time. Schoch's theory explains many megalithic monuments and ancient legends including the Easter Island rongorongo texts and the intentional burial of Göbekli Tepe in Turkey.</p> <p>\$18.95, paper, 384 pages, 6 x 9, ISBN 978-1-59477-497-3 Includes 16-page color insert</p>	 <p>FORGOTTEN CIVILIZATION THE ROLE OF SOLAR OUTBURSTS IN OUR PAST AND FUTURE</p> <p>ROBERT M. SCHOCH, Ph.D.</p>
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MUSIC Reviews

(Continued from page 38)

the electric guitar-tinged pop rock feel of "Tangled Up. Standing out amongst the instrumental songs is "Carpe Diem," with its ethereal Enya-like female vocals. I was impressed with the album's lush contemporary sound and highly recommend it.

ROB BROOKLER

Meditations2Go (series)
www.meditations2go.com

Being a new-age music journalist for over 30 years as well as a music producer myself who has worked on a number of guided meditation recordings, I can say that, in my experience, *Meditations2Go* are some of the best I've heard. The series is the work of Rob Brookler, who has been a meditation teacher in the Los Angeles area for 28 years. Having worked with many groups and individuals in that time, he draws from real-life experience and has created a practical approach to not only focusing the mind, but on gaining insight into many of the issues that are prevalent in our day-to-day lives.

One of the things that impressed me the most about *Meditations2Go* is how well produced and professional they are. The tone and timbre of Rob's voice, as well as his pacing and cadence are about as perfect as you could want for something of this nature. He also has a wonderful ear for the kind of music that is best suited for each topic. Needless to say, I am very impressed with *Meditations2Go*

and am greatly enjoying and benefiting from integrating their soothing ambience and insightful narratives into my life.

BOOK Reviews

(Continued from page 39)

may not be pursuing the right challenges. Here, we are taught how to advance our lives through the active use of our basic drives that already exist.

Published by Simon & Schuster, Inc., this book is available at your local bookstore or www.simonandschuster.com

HALF OF TOMORROW

Volume 1, Books I & II
By Joseph Costa, Ph.D.

As we begin, we are immediately presented with an unusual encounter — a break-in including a man, a suitcase, a pile of clothes, plus a mother and child who seem to not have eaten much more than jerky and cat food in the last few days. The next chapter begins with a weary president issuing a statement about Martial Law, and military drawing boundaries guarding major routes. The next chapters bop back and forth between the suitcase-carrying man's situation and critical issues dealt with by the oval office. We are gradually introduced to an array of very interesting characters and dramatic situations throughout.

Written as a novel, the first part was completed in the early 1960's, as a result of automatic writing. Incorporating references

to real and metaphysical world events, we eventually end with a 2012 prediction about a state's economic downfall.

The progression of episodes is exciting, compelling and forward-moving. Written in a way that makes it hard to put down, this book leaves you wanting to find out what happens next.

Published by Ritana Books, this book is available at your local bookstore or www.ritanabooks.com

CELEBRATING A BEAUTIFUL LIFE

*Artistic Expressions
from the Heart*

*Written & illustrated
by Aliza McCracken*

Cultivating the art of living is a beautiful possibility. To awaken your present-moment awareness, while becoming a more loving and compassionate being is the essence of life. In this artistic book, the author shares

heartwarming expressions for the soul. She invites you on a personal journey, praising some of the amazing people whose lives have truly been an inspiration to her.

This book contains: soulful award-winning, vibrant and healing images, enchanting poetry, and timeless messages of hope to illumine your giftedness; meditate upon; and remember who you are as a spiritual being having an authentic human experience.

A uniquely enlightening work of art that will nourish the spirit through mentoring the creative visionaries within every community. Embrace, love, and celebrate the precious treasure awaiting your life's passion and purpose.

Published by Grace Publishing Group, this book is available at local bookstores, gift galleries, or www.alizamccracken.com

Reviewed by Angela Miller

Energy Muse Jewelry Features Energy Gemstones

By Heather Askinosie

Gemstones and crystals have been used to balance the body for thousands of years. Crystal energy was used by tribes who had virtually no way of contacting each other, such as the Mayans and Egyptians, confirming their powers were active and effective. Nowadays, crystals are perfect for balancing energy blockages that come from the stresses of daily life.

At a cellular level, the human body and quartz crystal are both made up of the mineral. This is why we are naturally receptive to the vibrations of crystals as they receive energy. When gemstones are placed on the body, they have a powerful vibratory effect that surges from the stone to the individual who embraces its energy.

Energy Muse Jewelry has been the expert leader for the last decade in energy gemstones. Co-founders, Heather Askinosie and Timmi Jandro, have created a unique company that has

tapped into a diverse audience from stay-at-home moms to celebrities such as David Beckham and Heidi Klum. Each piece is handcrafted. The finished piece undergoes a smoking process that cleanses the necklace allowing energy to flow freely to the individual who wears it.

For a cluttered mind, Energy Muse offers Ancient Chinese coin necklaces that release feng shui and bring good luck. Some of our finest gemstones used include: onyx — said to possess the ability to absorb negative energy; jasper — a healing and nurturing gem, and moonstone which opens up an individual to all of their own capabilities.

The spirituality and energy that come from crystals are endless, and Energy Muse Jewelry is the answer to a stress-free and inspirational life that you deserve.

Energy Muse Jewelry is located at 2301 W. 205th St., #104 in Torrance, CA. (310) 897-0338.

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KID'S Reviews

By Lyda Whiting

HEALTHY FOODS FROM A TO Z

*Edited by Stephanie Maze,
Photographs by Renée Comet*

A is for more than just apple. And an apple is not just an apple; it's *manzana* in Spanish. A is for *apio* (celery), *albahaca* (basil), and *almendras* (almonds). B is for *boniato* (sweet potato), *berenjena* (eggplant), and beet (*remolacha*). N includes *nopal* (cactus leaf) and *nabo* (turnip) along with nuts (*nueces*) and noodles (*fideos*).

Children will giggle at the funny faces on each page made from the foods that begin with that page's letter. There are unusual and exotic foods as well as familiar favorites on each page. Children and parents will learn the names of each food in English and Spanish.

Each cheerful page of this creative book is dedicated to one or more letters of the alphabet, and is bursting with bright photographs of colorful fruits, vegetables, herbs, and grains. Kids will want to play with their food and make their own food faces on their plates. The back pages have facts about each of the foods, in English and in Spanish.

Highly recommended for ages 3 and up.

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

GOOD PEOPLE EVERYWHERE

*Written by Lynea Gillen,
Illustrated by Kristina Swarner*

Today, all over the world, people are doing good things. Carpenters are repairing homes. Parents are cooking dinner, and children are helping friends. Musicians are playing beautiful music, and dancers are leaping across stages, bringing joy to others. People are growing food, helping neighbors, and teaching others. Children are helping friends and doing their best in school. Good things are happening every day. What good things will you do today?

Emphasizing the caring things that people do for others every day, this book will bring a smile to the faces of young and old. It offers a peaceful reminder that the world is filled with people helping others in all kinds of big and little ways. And it invites children to think about the ways they can do good things each day.

The prose is simple and loving, and the deceptively child-like illustrations bring a magical glow to the pages. This is a lovely and comforting book that will warm the hearts of everyone who reads it.

Highly recommended for ages 3 and up.

Published by Three Pebble Press LLC, this book is available at your local bookstore.

CABO & CORAL REEF EXPLORERS

*Written by Dr. Udo Wahn,
Illustrated by Jennifer Belote*

Cabo and Coral head off with their parents to explore the coral reefs of a nearby island. After a long drive through the desert, the ocean is finally in front of them. The waves are breaking when they arrive, and they can't resist going surfing in the clear water, while dolphins and sea turtles swim nearby.

Then they all go snorkeling, and marvel at the amazing animal and plant life of the reef, including spiny lobsters, sea cucumbers, and spiky sea urchins. When they travel to the other side of the island, where the water is warmer, the reef and its life are very different. Here, they see a parrot fish, pufferfish, and a beautiful school of giant rays.

This book will capture the imaginations of young readers, with its fun characters and colorful full-page paintings of the unique life of the coral reefs.

Children will learn in a positive lighthearted way about the delicate ecosystem of the reefs and what people are doing to protect them.

Recommended for ages 3 and up.

Published by Craft Print International, this book is available at your local bookstore.

THE LABYRINTH

*Written by Thomas and
Peter Weck
Illustrated by Len DiSalvo*

King Limalot Bear wanted to retire, and he passed his throne on to his daughter. Everyone in Beandom was happy and they cheered for Queen Belinda Bear — everyone except Mean Ol' Bean. He was willing to do anything to be king, including tricking the queen.

He found the magic garden

hidden deep inside the labyrinth, and he talked the queen into following him there through the twists and turns. He planned to leave her deep in the labyrinth, but he lost his way as he tried to escape. L. Joe Bean had followed them into the maze, and now all three of them are lost inside! Will Joe be able to think his way out of the labyrinth, and save the queen?

Children will cheer as Joe rescues the queen, banishes the villain, and finds a way for everyone in the kingdom to enjoy the magic garden inside the labyrinth.

Part of a series of books about the bear inhabitants of Beandom, this is a lighthearted and silly adventure for ages 4-8.

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



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The Von Mynheer Brothers Introduce 'Chico'

By Lorraine Duske

Beauty is within the eye of the beholder; if you are an oil tycoon then there is nothing more beautiful than a rotting dinosaur, however, if you are a lover of nature, beauty and fresh air then there is nothing more beautiful than the purr of an electric car hugging the curves of a meandering coastal road. This is our investment into the world which we will leave our children, and to some there is nothing more sheik than minimizing our rather large carbon footprint on Mother earth one step at a time.

With this in mind the Von Mynheer brothers, Andrew and Chris of "Von Mynheer Automotive" took their extensive knowledge of the auto industry and remodeled their dream into a viable and affordable reality. There is nothing closer to Californian Dreaming than the "Chico."

Sheik, sexy and totally cool this road dream is powered by not one, but two liquid-cooled AC motors with matching controllers; the "Chico" boasts excellent power and performance. Managed by sophisticated electronics and funky creature comforts, this car appeals to both the environmentally-conscious consumer as well as the practical everyday motorist.

The "Chico" is the first of the new breed of high-tech, ultra-light, stylish and entirely electric vehicles designed for road use. The programmable regenerative braking, combined with advanced controllers, manage motor charging power and op-

tions while the two-way fully-adjustable nitrogen-filled racing coil covers offer complete control over ride quality.

Easily tuned, the "Chico" offers a multitude of performance options that cannot be found elsewhere. The "Chico" cruises at a cool speed of 50 to 100+ miles with optional battery packs of 150ah to the 300+ah. It contains a secondary back-up program that can be equated to a reserve tank, and with a twist of a knob, the vehicle can simply take one homeward bound on very little battery life.

With the Von Mynheer brother's extensive experience working on high-end automobiles back in the UK including Ferrari, Lamborghini, Jaguar, and Lotus, they appreciate the importance of top-quality design, fit and finish as well as reliability and performance. They have back-up orders to deliver and are now approaching the assembly line. This super new design has international patents for the proprietary manufacturing and assembly processes.

Two additional designs of this fully-electric vehicle have recently been added to the Von Mynheer family; a smaller version of the "Chico" called the "Bikinee" that is custom-built for resort properties and a highly-efficient utility van that urban centers in Europe are clamouring for.

With all said and done, this little "Chico" is definitely coming home to my garage!

For more information on the Chico, visit www.vonmynheer.com



Voices of Hope

By Audrey Hope

MANI-INVESTIGATION

The laws of manifestation in this prophetic time period are really the powerful laws of mastership and healing. We are following the deeper rules for transforming the soul, to meet our sacred destiny as triumphant light workers. And now with understanding of the real game of life, we ask, not, what have I received, But what have I become and how strong the radiance?

THE SOVEREIGN LAWS OF HEALING

*No matter what I think I am doing, I am manifesting the healing of my soul
Everything serves my higher purpose of soul growth and I bless everything that happens*

*I want a great life — like someone whose hair is on fire wants a pond
I know the journey in earth school is to get my power back — I crucify to resurrect*

Like Dorothy from Oz, I must find the answers within my own shoes

Self-love is the powerful key

I must marry myself first and heal where I abandoned myself

My inner child is waiting for me

It is not what others do to me, but what I do to myself, because of them

My original soul wound must be healed or I will meet the same characters and circumstances over and over again in my play

Self-criticism and self-doubt are dangerous crimes of the soul and must stop at once

Pain is an invitation to wake up! I ask — What is the pain inspiring me to see and change

I know the first initiation is to survive the family. A warrior is born into a house where they are not accepted and must fight alone to find their way home

Everything is energy and I must clear, protect and align every day, just like I shower

I live in 100 percent of my energy field and investigate where my energy is taken and given

I unhook from toxic people and circumstances

I train my mind to collect thoughts like a magnet into one center thought — I am the light

I change my life instantly with powerful boundaries of self-care

I take responsibility for everything I create

I end all victimhood and blame

All the power I need is inside of me

All relationships are a mirror to show me, me

It is insane to think that anyone can make me happy, (if only he... If only she...)

I become what I wish to find in another

Happiness is my choice — a practiced skill, a conscious decision to change

I vow to follow my heart and speak my truth

I vow to never let anyone treat me badly ever again

I stop all negativity and live in gratitude

Life purpose is my life-saving button that sustains me

I am a powerful light being and it is my job to turn on my light and inspire others to do the same

Dear god, I am ready for my higher mission to become my greatest self and to help the planet at this auspicious time. I surrender and allow your guidance.

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



Musings

By Mystic Trish®

Harvest and Halloween What Do They Mean?

So what frightens you? What are you most afraid of? Is it that time of year when we are reminded of the scary things that go bump in the night. What makes your hair stand on end? What sets your spine tingling? Can you feel it coming up behind you late at night? Is it fear of the monster under the bed: zombies, sexy vampires, demons? Is it fear of natural disasters; homicidal maniacs who live around the corner; anarchy and riots in the street? How about the coming apocalypse in whatever form it takes? Take your pick. These are our dark shadows growing longer in the late autumn afternoon.

This season traditionally represents the harvest in all forms: good and bad; large and small; financial and emotional, as well as agricultural. So what are we harvesting this time? What came from those seeds you planted last spring? Did you find success with any of your projects?

Harvest also represents endings. It is the end of a growing cycle; the season of drawing in. The dark nights remind us that all things come to an end. It is how we face the end that is important. We are coming to the

end of a long cycle here in the garden of the Earth.

In our collective pasts we have two moons that represent the giving of one form of life so another can live. The harvest Moon is the closest full moon to the autumnal equinox. An ancient agricultural green god called Mabon represents autumnal equinox in the Celtic tradition. Mabon was sacrificed in the form of grain so the people could live. This is when the Goddess lost her consort so by Samhain, Halloween, she was dressed in black since she was in mourning.

Whether you are a vegetarian or an omnivore something gave its life force so you may eat and live. How do we acknowledge and remember with love and gratitude those things that have been sacrificed for our harvest?

The other full moon that we see is the Blood Moon or Hunter's Moon of October. This is when hunters and farmers would thin the herds for the coming winter. This is truly a time of sacrificial death. It is another reminder that our time here is temporary. These are reminders of death associated with this

season.

We have all heard that the end of a cycle is coming this year and we certainly seem to be in the middle of some monumental changes and endings. Remember we chose to be here at this time. We are harvesting the seeds we as a species have been planting for hundreds of years. The industrial revolution put us on a path that has changed us, our planet and every other species on this planet. We are seeing that in the changing of our environment every day; this is our harvest.

The Autumnal Equinox is also when we move from the element of fire and the direction of south into the element of water and the direction of west. Water represents all our emotions. Just as water can take on many forms such as steam, fog, ice or rain, so can our emotions take on many forms. Emotions bring tears of joy and tears of sorrow. Emotion is love, compassion, empathy, and the quality of mercy. It is the sea dreamy and broody or violently crashing with passion. Water has the power of erosion, it can wear away rock. It can wear down opposition. The power of emotions can overwhelm many things.

In Celtic mythology, water was the gate to the other world. The Celts also associated water with a return to the source: the deep well from which all life comes and returns too.

Selkhet, Egyptian scorpion Goddess of Magic, guards the

gateway of death and rebirth, initiating the deceased to the underworld and to the way of radical transformation. The Egyptian scorpion is associated with Samhain, when we enter the season of darkness and unknowing. Selkhet teaches us how to die again and again and keep living. Passing through Selkhet's gate is not an intellectual journey. Information never equals transformation. The sting of the scorpion contains the antidote. The seeds of the harvest contain the spring growth.

Change is natural. Let go of poisonous, stagnant thinking, believing and behaving. Let go of things that no longer serve you or your higher good. The following is a small prayer I meditate on this time of year.

*Themis — Maat — Justice,
Your children call.
Spirits on this special night
collect my past and hear
my plight,
I mean no harm but do
entreat a future blossoming
and sweet.
Weigh my soul — is it heavy
with injustice, anger,
desires unfulfilled?
I ask for what is mine;
not what is others.
I ask for a boon not a bane.
I honor you with gratitude
and thanks.*

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

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REFLEXIONS BELFEXIONWZ

By Robert Ross



on Castor Oil, Sleeping Prophets... and Miraculous Healings

A noted physician once stated that if he were stranded on a desert island, castor oil, aloe vera and apple cider vinegar would suffice — no other medicine would be necessary.

Castor oil? I vaguely remember the term from the 1950's. At the time, it was a home remedy used for various ailments, or for punishment — *do your homework or you will get a spoonful of castor oil!* Castor oil was up there with Epsom salt baths as the go-to cure-all. Recently, castor oil has piqued the interest of many people, and rightfully so. Not only did Edgar Cayce, the world famous "sleeping prophet" tout its curative powers, but the evidence, both scientific and anecdotal says: castor oil is . . . as they say in Holland, **a wonder oil!**

PALMA CHRISTI

Castor oil is derived from the castor bean. It's actually a seed, but is commonly referred to as a bean. Originally from east Africa, the plants (*Ricinus communis*) are now grown worldwide, with India being the largest producer.

The history of castor oil reads like a racy novel. Castor seeds were discovered in Egyptian tombs. Cleopatra apparently used the oil to whiten her eyes. And the ancient Greeks, Chinese, and Africans all had medicinal and practical uses for the oil. In ancient Rome, the castor plant was known as Palma Christi — for the shape of the leaf, and castor's healing powers. Palma Christi translates into "hand of Christ." (Speaking of things spiritual, Edgar Cayce declared: "There's as much of God

in a teaspoonful of castor oil as there is in a prayer!")

In the 1800's ricin (a highly-toxic substance) was extracted from castor plants. Ricin would later be tested as a biological weapon agent to be used in wartime. World War I saw castor oil on the front lines, being used as a lubricant for military aircraft. And, because of shortages of castor oil during World War II, the United States government subsidized the cultivation of castor beans in the San Joaquin Valley of California. During the war, Mussolini used castor oil — as a purging agent — to torture his enemies (castor beans are highly toxic).

It was during the twentieth century that castor oil moved from a wartime lubricant and home remedy, to center stage, with the emergence of Edgar Cayce — the sleeping prophet.

THE SLEEPING PROPHET

Edgar Cayce (1877–1945) was a prophet . . . a sleeping prophet. Cayce wasn't your run-of-the-mill seer though. His clients included Woodrow Wilson, Thomas Edison, George Gershwin and Irving Berlin. As fate would have it, Cayce stumbled into the prophecy business. As a young man, he chose to sell insurance as a profession. One day, he lost his voice — not even a whisper was heard. This, of course, was not good if selling a product was your game. He went to every doctor in town, nothing seemed to work.

After a year of no success, and a change to photography as a career, a hypnotist happened to be in town as a part of a show.

Young Cayce was called from the audience — a guinea pig of sorts. He was hypnotized, his voice returned and the rest, as they say was history . . . more or less. Cayce did lose his voice from time to time, but with the help of a local hypnotist, he was able to achieve a complete recovery, and in the process, he discovered his own prophetic abilities while in trance-like states.

The process was always the same: he lay down on a couch, hands folded on his chest, fell into a hypnotic sleep, let a voice emerge with answers to health issues that people were having. The people didn't need to be present, but he did need some general information, e.g., name, address, ailment, etc. He charged nothing. However, many were eager to donate.

By 1923, Cayce's notoriety had grown with some 8,000 "readings" under his belt, so a secretary was hired to take shorthand during his sessions. From that point on, between 1923 and 1945 some 14,000 trance readings were done by Cayce — all documented.

Cayce was a devout Christian and always believed that his ability to offer healing advice to people in need, (and to see into the future) was a gift from a higher source. For this reason, Cayce decided that this gift would only work if it were for the betterment of mankind. So those looking for tips on the stock market were turned away, disappointed.

ENTER CASTOR OIL PACKS

Through Cayce's readings, the use of castor oil packs emerged as a powerful healing aid. A "pack" is a white flannel cloth, folded in three or four layers, soaked (not dripping) in castor oil and put on the area in question. The pack is covered with some type of plastic wrap, and a hot water bottle or heating pad is placed on top of the pack.

Instructions in making and applying a pack are detailed in *The Oil That Heals* by William A. McGarey, M.D.. It also details the uses of castor oil for dozens of health issues, from cancer to arthritis — with an abundance of documented case studies.

According to Dr. McGarey, "it seems like a miracle when someone gently rubs a bit of castor oil over and over on a skin cancer of the ear, for instance, and the cancer just gradually disappears. It might take days or weeks or a few months, but it just doesn't make good sense. For who would attribute miraculous powers to a substance as lowly as castor oil?"


CASTOR OIL GOES TO JURY DUTY

In late July, this writer was called to jury duty. The prospective jurors were all interviewed and asked if there were any reasons why they couldn't be on a jury that should last three or four days. When the microphone came to me, I hesitated a bit, and explained that I had a deadline for an article I was writing, and that was weighing heavily on my mind. The judge asked "oh, what's the article about?"

I again hesitated, thinking this is not exactly the most exciting subject for some. But, I summoned the courage and blurted out: **castor oil!** Some laughed, but the judge almost jumped out of her seat with excitement. "I know this guy" she said enthusiastically, "who's 96 years old, works in the legal profession, is as sharp as a tack, and attributes his overall health to the fact that growing up, every Sunday his mother would give him a spoonful of castor oil!" Who would have thought . . .

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

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"BE REALISTIC, EXPECT A MIRACLE"



Feng Shui Concepts

By Jenny T. Liu, M.A.

Prosperity Meditation through "Nature's Eyes"

Our total mind power is comprised of approximately 95% subconscious power and 5% conscious power. Furthermore, it has been said by Bruce H. Lipton, PhD, in his book, *The Biology of Belief*, that our subconscious mind is one million times more powerful than our conscious mind. If we harbor negative beliefs in our subconscious, they will manifest in undesirable behaviors, no matter how much we try to consciously change them.

However, it is possible to activate positive change by altering the brain's waves into a pattern that allows the subconscious to accept new beliefs. Studies have shown that meditation can produce these beneficial brain waves, creating mental vibrations that enhance the brain activity of the left pre-frontal cortex, which is associated with happiness, positive thoughts, and emotions.

You can enhance positive brain activity even more by improving your perception of the environment. The elements in your living environment send messages to your brain and the cells in your body, whether you are aware of it or not. Because similar energies attract, it makes sense to encode your environment with positive elements that support your goals.

It is often said that you are your thoughts, your memories, and your experiences. In essence, everything you see, hear, and sense becomes a part of you. That is why it is vital to surround yourself with colors, materials, and elements that promote you.

Visual art in particular stimulates brain activity. Visual art, like music, is a universal language. It crosses barriers and touches us deeply, penetrating the subcon-

scious mind and communicating with us on multi-dimensional levels. Each on their own, visual art and music can be amazing, but when you experience visual art combined with music, the impact is powerful and becomes another medium of communication as the messages intertwine and enhance each other.

When you meditate, create spiritual music by combining your mental vibrations with mantra chanting. Meditating with your unique spiritual music in front of a *Chi Art* painting amplifies the frequencies of the art, which in turn amplifies your mental vibrations. Through this continuous exchange of energy, you will experience an upward



spiral of synergy that allows you to access dimensions of higher intelligence.

I will guide you through a prosperity meditation using the *Chi Art, Nature's Eyes* pictured in this article. The dripstones in the *Chi Art* relate to the *chuan gua*, representing the power of prosperity from heaven. In feng shui theory, dripstones are revered as good luck symbols because they are extensions of a mountain's energy, making their way from the ceiling of a cavern toward the floor and reflecting heavenly wealth coming to earth.

For this meditation, gaze into *Nature's Eyes* and visualize yourself in a lush cavern with dripstones, like the cavern that is depicted in the art. Imagine the dripstones are covered with colorful sparkling crystals. Engage your other senses as you feel the coolness of the air and hear the echo of water dripping around you, blessing you.

Form an "o" with your mouth and chant "om," the sound of high universal intelligence. You should feel the "om" long and strong, vibrating through your ears. Repeat this three times.

As you do so, make a wish for abundance and repeat the prosperity mantra, "om chan bara jaran jaran ye sa ha" emphasizing the "om." Chant these suggested mantras and allow yourself to feel comfortable, letting your spirit's natural song emerge.

As you continue to gaze into *Nature's Eyes*, notice the eight golden wealth charm diagrams that spiral around the dripstones. Visualize that they drop gold coins around you. Continue to chant "om chan bara jaran jaran ye sa ha," and as you look into the two eyes of the cavern, become one with them and visualize that like the rainbow, all of your chakras are glowing with fulfillment.

The more you practice, the more you train your brain and activate your subconscious mind to send out strong vibrations of wealth. Like a tuning fork that begins resonating when a similar tuning fork is rung, you will attract similar energies of prosperity into your life.

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



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By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

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

Presently answering the question:
"Dear Jesse, Can your Awareness column tell us more about what has come to be called medical ageism?"

Dear Readers,

Basically, medical ageism is a well-established, profit-based belief-system that, for several decades, has been widely initiated by the following, so-called "scientific truth."

"Once we reach the falling apart, verging on senility age of 65, we should not only retire from working, but to reach the [normal life expectancy] of 75, we should put ourselves steadily under a doctor's care."

Oh really? But I see that as a blatantly ageist ploy to keep us controlled by an unfairly overpriced, medical industry, all while we stay continuously [uneducated] about ways to effectively self-repair and regenerate our bodies.

And yet via my so-called "non medical" methods, I have truly

((self-induced)) the appearance and vitality of 34 (or less) at 68 years "old," whereby I'm fearlessly looking forward to becoming at least 100. Why? Because due to the fact that my revitalizing techniques cut the "aging" process in half, if I reach the [numerical] label of 100, I will probably look and feel like no more than 50, a result that will clearly dispel any doubts about the procedures that I do and teach. All of which reveal that stimulated regeneration is not about being able to pay for it, but more so about **developing** what is ((within us)), a vast amount of creatively healing energy that, in the long run, is greatly helped by the power of **H.O.P.E. (Having Only Positive Expectations)**.

And a good example of that progressively uplifting mentality, is fellow anti-ageism activist Morris Rocklin, an intensely alive centenarian who recently experienced this noteworthy incident:

A week after Morris turned a feisty 101, he visited a doctor to get some advice about a lingering pain in his right knee. And after that physician gave his ailing leg a thorough examination, he told Morris basically this:

"Well sir, I don't detect any muscle or bone damage. But of course, it's quite normal for elderly folks like you to have...on-

going pains in your body."

But being the defiantly healthy, ((("energy-sustainer")) that Morris is, he indignantly replied: "Okay doc, so if painful ailments are supposedly ...typical at my age, then why is my **right** knee aching, but my **left** knee always feels **fine**? Can it be because most physical problems come from a lack of mental focus on body-symmetry?"

And **that** was a vital realization which "Mighty" Morris soon shared with me, a relatively unknown, self-healing discovery that I will now make public:

When you experience pain that is only on one side of you, there is a ((curative-energy)) way to alleviate it, simply by doing what I call **Mindpower-Massage/Mirror-Imaging**. This is a process that **maximizes** the natural urge to massage away muscle aches, doing so by willfully directing your regenerative-((thought-waves)) to flow from the pain-free side over to its other-half — the pain-injured side — all while repeatedly (inner-voicing) the words "**balance now, heal now.**"

And if that invocation is done with **steady determination**, it enables you to ((energy-equalize)) your system (((-))) — a method that I (along with many of my students), have found to be an effectively healing ailment-reliever. However, while learning to control one's self-mending powers, it helps to **deeply BELIEVE** in them, whereby (inner-empowerment) is strongly activated by what I call ((**Willfully Focused-Connectivity**)).

All of which centers on an in-born process that begins in the

mother's womb, where each doubled-up part of us forms a ((lifelong-healing-link)) with its (other-half).

Thus we come to realize that projecting thoughts is not a "far-fetched" concept, especially during these ((cyberspace)) times when, via the internet, healing messages can be sent vast distances, simply by ((wave-lengths)) generated from a computer. As it becomes increasingly evident that, via the multitude of educational, self-help information now available via various websites, knowledge about our bodies can be expanded **far** beyond the quickly-flashing-by, "sound-bites" of the [TV] world.

For example, just to see how progressive the internet is, recently I typed the word "ageism" in the Wikipedia.org search window, whereby I found this clearly revealing, comprehensive paragraph about this [rarely mentioned on TV] topic—a brief (but memorable) piece that said this:

"**Ageism** deeply affects both the elderly and the young, because after repeatedly being stereotyped as 'mostly useless, unproductive kids,' or worse yet, 'weakly decrepit and unemployable,' so-called 'old folks,' this portrayal usually becomes a self-fulfilling prophecy."

Then, after reading that, what came to mind were the supposedly "useless delinquents" who I "hung out" with in high school, most of whom, largely due to the effects of violent movies, would often get into fights, a reckless attitude that I too was (reluctantly) drawn into.

But thankfully, during my first year of college, my mother gave me a fascinating book written by Alan Watts, his classic piece of work titled the "**The Supreme Identity.**" And it was that highly conscious, perception-expanding volume that inspired me to read one psychology-oriented, nonfiction author after another, whereby I have advanced onto a much more beneficially educated, progressively empowered way of life...

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



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Animals Deliver Messages of Prosperity

By Allen and Linda Anderson

What if your environment teemed with creatures who could give you the realization that you are loved? Below are two stories from the "Angel Animals Story of the Week" newsletter that demonstrate the true meaning of prosperity. Consider opening your heart to receive blessings that may have gone unnoticed because they arrived on paws or wings.

THE SIGN OF THE HAWK

Brian Corrigan, a financial planner from St. Louis, Missouri writes:

While in Southern California, I read the "Pet Corner" column in Awareness magazine. It made me recall that starting in 2009, I received vivid messages from hawks.

After the financial debacle in 2008-2009, I was having a really tough time in my career, and work was quite difficult. People were scared, and lots of money had been lost. Although we had already turned the corner in the markets, people were very hesitant to commit to any type of investing.

My personal income dropped 30-40 percent year over year. I was unhappy in my profession and at the company where I worked. I was considering leaving the financial industry and going into a career with less stress. But my gut kept telling me to stick it out.

I prayed for months and asked for a very specific sign about whether I should stay in the financial industry. I requested the sign to come in the form of a hawk.

About a week later, I was walking from my house to our front porch. Out of nowhere, a hawk swooped down near me. This happened so fast that I

almost missed it. I was pretty excited and shaken at the same time. I hadn't really expected to see a hawk, even though I'd asked for one as a sign.

I got a new car that week, and my old Jetta was parked in our driveway. About two days after I saw the hawk, my wife Deanna called and was frantic. I thought something had happened to one of our children. She said, "A hawk is standing on the roof of your Jetta, looking for you."

After the second visit from a hawk, I knew there was no quitting the financial industry. But I continued to be unhappy at my company. I made up my mind in early 2010 that I was ready to find a new firm. I explored several different avenues for months and narrowed down to a few options. I was either going to take a position working with institutional clients, which would be more glamorous or I was going to continue working with retail clients, the less flashy choice.

In Spring 2010, I went to see a documentary outlining the writer's opinions about the causes of the 2008 financial crisis. The movie brought back so many bad memories that I found myself sweating as I watched it. A main theme was that the retail (little guys) always have and will be used by the institutions.

I walked out of that movie and said in half-prayer, half-talking to myself: I think my calling is to help the "little guy."

I got into my car, drove away from the movie theater, and sat at a stop light before pulling out of the mall. It was a really cold and rainy early spring day. Out of nowhere, a hawk swooped down and ran into the antennae of my car. The bird fell to the ground. He then proceeded

to get up and fly away as quickly as he had come. From that point on, there was no denying it — hawks were helping me to get through tough points in my life.

Deanna and I flew into John Wayne Airport one week. My wife looked at me and asked, "Do you think the hawk will know that you are here?" She was half-joking. Yet as she said the words, we looked up and saw a hawk flying over the hills of Orange County.

I used to keep these encounters just between Deanna and me. However, they are so frequent and obvious, that I feel it is my duty to tell people that they can ask for signs and receive them. Being aware and trying to be present in my daily actions allows me to be open to noticing the things going on around me.

THE FIRST BIRD'S RESPONSIBILITY

Gunvi Sund is a graphic designer and illustrator from Sweden who loves writing about her experiences in the animal kingdom. She writes:

Darkness comes early here in Sweden in the winter. It was only three o'clock but already dusk when I started our afternoon walk with my three dogs. Small, wet, needle-like flakes raced down from the sky and blew straight into my face.

As my dogs dragged me up a hill, I suddenly became aware



of the sound of a small bird's shrill and loud singing from a nearby tree. I avoided looking up at the bird or I'd be rewarded with a wet slap of snow in the face. In my mind I asked, "How can you be singing in weather like this?"

I was immediately overcome with a sensation of the frail bird's spirit. He had flown here from Africa and was the first to arrive. He said, "I am singing so the other ones know where to fly and to let them know that they are not alone. Soon the sun will come out and warm us."

The bird sent me waves of sunny warm energy from Africa. My heart overflowed with love and awe for the brave little creature. He sang for his brothers and sisters to guide them safely home to their birthplace.

The next day met us with sunshine and warm air. The bird was right. Soon the sun was going to shine again. Thank you little brave, migrating bird.

Perhaps animals have heralded the seasons of change for you. Look, listen, learn. The animals are here to give you more prosperity than you ever thought would be possible.

Allen and Linda Anderson are authors of a series of books about the spiritual connection between people and animals. Subscribe to the Andersons' free, online newsletter at www.angelanimals.net and follow them on Facebook and Twitter @angelanimals.

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SEPTEMBER

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ing of this stunning, intimate portrait of two powerful healers and their secret: SOUL CAN HEAL. San Francisco. Filmed partly in China. \$12. www.DrSha.com, (415) 971-7373.

September 6 — Divine Healing Hands Soul Healing Evening with Master Sha. Thursday, 7-10pm. Receive powerful soul healings to transform your health, finances, relationships and more. \$15. Palo Alto/San Francisco. www.DrSha.com. (415) 971-7373.

September 6-9 — 4th Annual Bhakti Fest West in Joshua Tree, CA. A 4-day music and yoga festival known as the Spiritual Woodstock of the new millennium, blending kirtan, yoga and conscious living into one amazing weekend. Offering 80 hours of kirtan (devotional chanting) on 2 stages daily, 72 yoga classes with world-renowned instructors and extensive workshops with some of the most powerful guides of our time. Tickets on sale: Bhaktifest.com

September 7-9 — Divine Healing Hands Training Program with Master Sha. Friday-Sunday, 10am-10pm. Receive a transmission of Divine Healing Hands power instantly enabling you to help others transform their health, relationships and finances. San Francisco. Apply www.DivineHealingHands.com. (415) 971-7373.

September 8 — "Illumination of the Heart Tour" Sacred Sounds Healing Concert: Equilibrium Fitness, 2019 Foothill Boulevard, La Verne, 6:30pm. The portal of our hearts, which bridges the spiritual and manifest realms, is opening through this transformation to anchor our spiritual Light. Join Amaraene, a

Shaman of Sound, on a journey within the channeled alchemy of the pure and sacred harmonics of Crystal Singing Bowls, Gongs, and Voice. www.soundbodyarts.com / RSVP (909) 967-0246. \$20/person.

September 9 — Shakti Kundalini Meditation. Steven Sadleir, Self Awareness Institute, Sunday morning, 10am to noon. Visions and Dreams, 2482 Newport Blvd, Costa Mesa. (949) 355-3249.

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

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

September 16-20 — Healing Through the Akashic Records Certification Retreat with Akashic expert-author Linda Howe. Learn to use Akashic Energy for spiritual healing and transform emotional wounds into sacred evolution. Glen Ivy Center, Corona CA. Info: Barbara Schiffman, (818) 415-3479, www.YourLifeandSoul.com

September 21-23 — "Awakening The Healer Within Conference", San Diego. Hosted by NY Times authors Janet Bray Atwood and Marci Shimoff. What Will Your Life Be Like When You Can Heal Yourself? Receive Personal Healing and Direct Training in How to Awaken the Healer Within You from some of the world's most renowned healing masters! Use their techniques, their methods and their tools immediately when you go home to heal yourself and your family. To register and to learn more about Awakening The Healer Within go to www.passionatelifesummit.com or call Cary Kern (715) 246-5693 to register.

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

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

September 29 — "Illumination of the Heart Tour" Sacred Sounds Healing Concert: The Sanctuary Wellness Center, 505 W. 1st St., Tustin, CA, 6:30pm. The portal of our hearts, which bridges the spiritual and manifest realms, is opening through this transformation to anchor our spiritual Light. Join Amaraene, a Shaman of Sound, on a journey within the channeled alchemy of the pure and sacred harmonics of Crystal Singing Bowls, Gongs, and Voice. www.soundbodyarts.com / RSVP (909) 967-0246. \$20/person.

OCTOBER

October 9 — Reiki Healing Circle. Tuesday, 7-8:30 pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 www.embracehumanity.com

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

October 13 — "Illumination of the Heart Tour" Sacred Sounds Healing Concert: The Sanctuary Wellness Center, 505 W. 1st St., Tustin, CA, 6:30pm. The portal of our hearts, which bridges the spiritual and manifest realms, is opening through this

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October 17 — Explore the New Frequencies of Healing presented by Eric Pearl. 7:30 pm, \$20 in advance/\$25 at the door. Awakenings Center for Conscious Living, 25260 La Paz Rd. Suite D, Laguna Hills, CA 92653. (949) 457-0797. Contact: CeciliaSamms@TheReconnection.com, (323) 960-0012.

October 18 — Introduction to Reconnective Animal-spresented by Renee Coltson. 5:30pm. Complimentary. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Learn a powerful new way to help heal animals, make a positive impact in your community and bring new levels of compassion and healing onto the planet!

October 18 — Reconnective Yoga Workshop presented by The Reconnective Yoga Teaching Team. 7:00pm, \$9. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Reconnective Yoga™ unites the practice of Yoga with Reconnective Healing® and creates a powerful new way to align your body, mind and spirit.

October 19 — Essence of Healing presented by Eric Pearl. 7:00pm, \$9. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Find out what's baffling the medical community. Discover why hospitals and universities around the world are investing time and money in an attempt to explain these healings, and how you, too, can master this extraordinary work!

October 19-21 — Level I/II Seminar: Reconnective Healing with Eric Pearl and The Reconnection Teaching Team. \$657. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Learn how to access this all-in-

clusive 'new' spectrum of healing comprised of energy, light and information known internationally as Reconnective Healing®.

October 20-22 — Reconnective Yoga Workshop presented by The Reconnective Yoga Teaching Team, 7:30pm, \$18/ea. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Reconnective Yoga™ unites the practice of Yoga with Reconnective Healing® and creates a powerful new way to align your body, mind and spirit.

October 21 — Mastermind Session. A Lunchtime Workshop for those Interested in starting a Reconnective Healing Practice. Presented by: Cecilia Samms. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012.

October 22-23 — Level III Seminar: The Reconnection. Taught by The Reconnection Teaching Team, \$897. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. The Reconnection brings in "new" axiatonal lines that reconnect us on a more powerful and evolved level than ever before.

October 22 — Reconnective Kids! Class taught by Cecilia Samms, 6:30pm, \$48. Hyatt Regency Newport Beach. info@TheReconnection.com or call (323) 960-0012. Reconnective Kids! Classes allow children to access and use the new healing frequencies of Reconnective Healing in their everyday lives. Children are engaged in a playful, interactive experience designed to introduce these empowering and transformative new healing frequencies to children ages 8-12.

October 23 — Reiki Healing Circle. Tuesday, 7-8:30 pm, Love Offering. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540 www.embracehumanity.com

October 24 — Reconnective Healing with Animals Mentoring Course. Taught by Renee Coltson. Pre-requisite: Successful completion of Level I/II, Venue: TBD. For more information and

to register for this event, please contact Renee Coltson directly animalsarewaiting@msn.com, (480) 595-0888.

October 24 — Spiritualist Gathering with Kathleen Vance. Wednesday, 7-8:30pm, \$10 donation. Common Ground, 14051 Newport Ave., Tustin, CA 92780. (714) 573-2540, www.embracehumanity.com

October 26-28 — Akashic Records Practitioner Certification Training with Barbara Schiffman, ARCT. Learn to read the Akashic Records for yourself and others with Linda Howe's Pathway Prayer Process. Expand your Soul's evolution and learn powerful Past Life healing processes. Burbank, \$325. (818) 415-3479, www.YourLifeandSoul.com



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NOVEMBER


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

DECEMBER

December 12 — Celebrate 12-12-12. Joshua Tree with Isabella Stolloff, Shaman & Deborah Shea, Channel. 12/12-12/15, \$848.00. Lodging, meals, ceremonies included. www.ochealingcenter.com or www.lemurianlight.org

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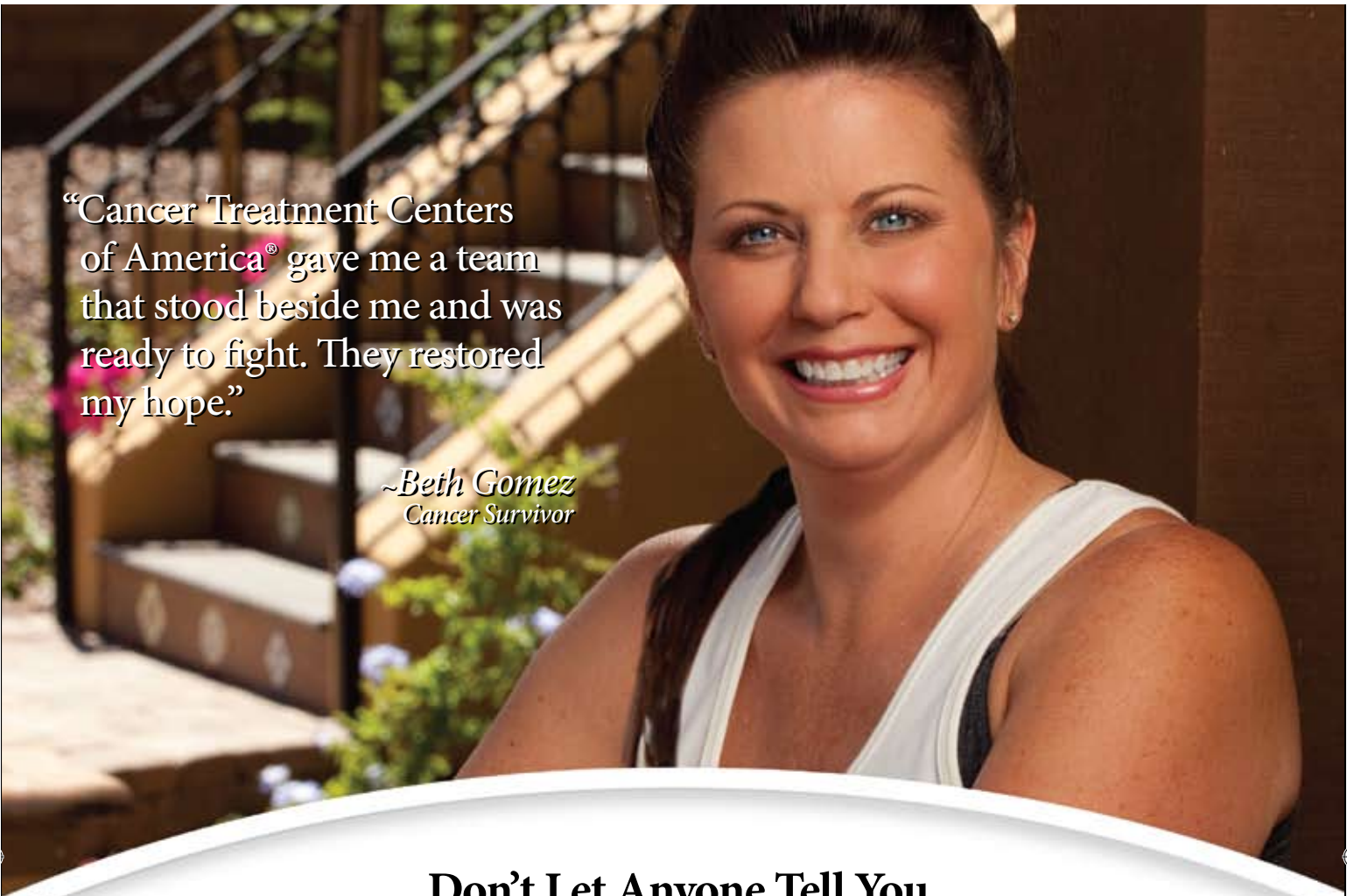
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