

Awareness

Southern California's Guide to Conscious Living

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A close-up portrait of a woman with dark brown, shoulder-length hair and bangs. She is smiling and looking directly at the camera. She is wearing large, gold-colored hoop earrings and a grey, textured knit top. The background is a soft, out-of-focus grey.

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CREATING CONSCIOUSLY

GARY QUINN
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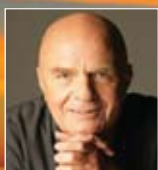
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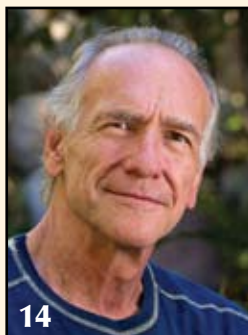
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Boni Lonnsbury on Creating Consciously

By Donna Strong

Boni Lonnsbury has mastered the realm of creating consciously. With nearly three decades of experience, she has finely honed the work to apply the Principles of the Law of Attraction and manifest her own dreams. From a dark night experience in 2000 when she was teetering on a complete collapse, Boni created a turnaround tour de force.

With an initial investment of only fifty dollars, she created In Touch Today, a business marketing company that yielded \$5 million when she sold in 2011. This is a woman with determination to make her way. Boni's life is a great testament to staying the course through it all.

Now with her first book she is opening her trove of secrets to help others course correct the direction in their own lives. Her book is titled, *The Map To Our Responsive Universe — Where Dreams Really Do Come True*. Boni's techniques are aimed at shifting energy to a much higher octave of authenticity. It is filled with engaging methods to manifest our powers by learning how to surrender worn-out ways of creating for ones that make our hearts sing.

One of the astrological archetypes for our times is Chiron, the wounded healer. Like Chiron, Boni shares her vulnerabilities and her breakthroughs, allowing the reader to find an inner sense of resonance and galvanize positive action using her imaginative approach to transformation. A trailblazer for our times, she is shedding light on how to find our true treasure, the happiness of dreams coming true.

Awareness: *I wanted to start by asking you to talk about "conscious creation."*

Boni: I'd love to. We are always creating, and everything in our world is a result of our creation. Most people, though, are creating unconsciously. What we're really trying to do is to learn to make our creation consciously and really be aware

write your intentions. You can accept that you're divine. You can take action. You can flow energy towards a dream. You can watch for signs, but you're not going to get the response you could until your beliefs are in alignment with what you re-



Photo by Eric Weber

of what we're creating so we'll like the results a lot better.

Awareness: *That is quite clear! I would like to ask you about beliefs. I think that one of the toughest prisons we will ever break out of is our distorted beliefs about reality.*

Boni: Absolutely. You know, belief was the hardest piece to address because it's so crucial to get your beliefs in alignment with what you want to manifest.

My work starts with core beliefs, which are foundational, such as, "I'm not good enough or powerful enough." You can

ally want to manifest. Beliefs are the most critical piece.

Awareness: *It felt that way to me when I was reading your book and starting to think again about how beliefs filter everything.*

Boni: They do. I think that what's so difficult about beliefs is that we don't see them. We just assume this is the way the world works; this is what happens in the world. It's not "our world" that we're thinking; it's "the world," but of course, the world is showing up based on our core beliefs.

Awareness: *Do you want to*

give us an example of how you were able to change a core belief?

Boni: Well, you know, I've changed probably close to a thousand beliefs over the years, so I've changed a lot of them.

Beliefs about money have been really, really interesting to watch, because I could watch my bank account. Every time I changed a belief, my bank account would change for the better.

I didn't really have a lot of foundational beliefs that were in opposition to manifesting because I really believed that I create my reality. Everything that I saw around me was proof of that.

I did have one core belief about not being good enough. That was just huge to uncover because our core beliefs touch everything in our world — everything. I realized with that belief I couldn't allow anything to be easy or elegant. I had to struggle and work for every little win because deep down — I didn't feel good enough. I mean, this was not conscious at all, because I thought, "I'm plenty good at this, you know?"

I think people on a spiritual path have an even more challenging time of this because we know that we are spiritual beings in a physical body, and yet there may be some things that happened in childhood or adolescence that made us believe that we are not enough, or whatever the core belief is. When I changed that core belief about my not being good enough in my own life, everything changed.

Awareness: *I am sure many people are going to resonate with this.*

I wanted to ask you about

(Continued on page 6)

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Boni...

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negative emotions and negative beliefs because it seems that they really go hand in hand with one another.

Boni: I think they do. You can take the belief that life is a struggle, one I certainly had for quite a few years, so you feel lousy because you're feeling that everything's so hard. So of course everything gets harder because you've been putting forth this energy of "life's a struggle, life's a bitch," and lo and behold, it strengthens the belief.

If you don't find some information or a path to shift this kind of belief, it can become very debilitating — financially, emotionally, mentally, and physically as well. It's sad, knowing what we know about the nature of reality. It's a shame that anyone would be on this kind of downward spiral.

Awareness: I really enjoyed your talking about emotions as key fuel in this creation. Would you talk about tapping into positive emotional states and how they feed into creating our dreams?

Boni: The emotions are actually the creator. If you can remember that and watch how you're feeling, it can be informative because it can point to your beliefs and what needs to change. It can also point back to your thoughts and remind you to shift them into something that will make you feel better. It is the thought connected to the emotion that we want to change.

That's one of the reasons that affirmations only work some of the time. No matter what you are saying, if you're feeling lack, you're creating lack.

Awareness: So you are saying emotions are the magnetic quality, then?

Boni: Absolutely. Like I said, they're connected to the thought. So it is the emotion around a particular topic that creates more reasons to feel whatever you're feeling. If you can emotionally feel as if you have everything in the world

you've ever wanted, soon it will be your reality — not soon enough, I know, but it does work — there's no exception. That's very exciting.

Awareness: Yes it is!

One of the things I was going to ask is how to watch for signs that the universe is lining up our dreams while it appears that little or nothing is happening.

Boni: That's sometimes really hard for people in the beginning because we're so used to all of the emotional patterns. I think one of the most challenging acts is to put forth a flow of energy toward your dreams, and not go back to the negative emotional spiral, which of course creates more things to feel bad about.

What I teach in the book is to remember that before the actual dream shows up, you'll see many signs. If you do a strong powerful technique you'll receive a sign within a couple of days, if not hours. I think it is so critical for people to start looking for those small signs and celebrating them because they've shifted their energy in some way.

I teach people to start looking for them and to start responding in ways that increase the flow instead of decreasing it. For instance, somebody is trying to create a relationship and their best friend calls and says, "Guess what, I just got engaged." Sometimes we look at other people's success as our failure. Instead of doing that, I urge them to know that it's not an accident your best friend is calling you. Your energy is shifting and it's going to show up in the world.

When you start to see the signs, it helps because you realize you are creating what is showing up and it brings much more enthusiasm and belief in conscious creation. I've heard from many people who have read the book and have been so excited about signs showing up in their lives. The more we flow energy, the more we get what we want. It's exciting.

Awareness: It is because it puts us in touch with who we really are instead of all the dis-

tortions I think we are layered with that burden us.

Boni: Absolutely. We're born to live the life that we positively adore. We all have different gifts and talents and strengths, temperaments, and desires — that's what's so beautiful about it.

When we start giving ourselves permission to create a life that is our perfect life, it's amazing what pops up and the opportunities and experiences that we never in a million years dreamed we would have, but they are perfect for us. We're playing with the ability to create what most of us have not even begun to tap into.

Awareness: *Speaking of that, please tell us a little bit about tapping into the flow. It is a really wonderful aspect that I wanted to highlight for our readers.*

Boni: By flowing energy, I mean feel the way you will feel once you have it. That's critical, but just as critical is not flowing energy toward what you don't want, because if somebody's flowing negative energy toward their dream they could make it worse. I don't say that to scare anybody, but to be aware.

For instance, I was a terrible martyr in my early adult years. I learned it from my mother. I think many mothers pass it on to their daughters, but I had no idea that martyrdom was affecting my reality in such a profound way. I did it automatically, so in order to not flow energy there, I had to stay awake and catch myself when I went into feeling like a martyr.

We're flowing energy all day long, so in order to bring some really big changes in your life, you have to start waking up to being conscious of your creation.

Awareness: *As you are talking about this, I can see how we are able to design our world, but we have to wake up to it, as you're saying. That's really cool.*

Boni: Yes, we can. In my experience it can be much more than we ever thought possible. I teach to let go and not be attached to an outcome, to what it looks like. When you really let go of controlling, how you think

it will be, then what shows up is vastly different.

Let's just take an example of joy. You might have an idea of what joy means, what you think in your world is perfect joy. The universe has far better possibilities than you think exist — it will create the most joy you could possibly have.

Awareness: *That's a great example of dreams coming true, rather than what we're all so used to — being whittled down and trying to keep from becoming a nub in life.*

Boni: Yes we are. With all the shoulds and supposed-tos in life, I hear these words from people all the time, "If I could just figure out what I should do," but that's not how it works. Be how you want to be emotionally, then the world shows up with more and more reasons to feel that way. It would have been nice if we had been taught this from when we were toddlers, but it's better late than never.

Awareness: *Really, this is so valuable to be able to encourage people to know that it's worth the work that it takes.*

Boni: You're right. It's a lot of work. In my own life, I get excited about changing beliefs because I've spent so many years now watching my reality shift again and again.

In the beginning it is a lot more effort until you get the hang of it because it's a paradigm shift. It's a whole new way of going about your life. It's a commitment to being conscious and doing whatever it takes to create the life you really want.

Awareness: *I think it's really worth repeating: The work is to wake up, and the result is far more rewarding than what it takes to keep trying to live a life where everything is continually uphill.*

Boni: Yes. Yes.

In my own life, I read this information some thirty years ago, and my mind just spun out with all the possibilities of what I could make in my world. I thought, "If we create it all, there's nothing that I can't have, no life I can't live!"

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Boni...

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Of course, I think I am not quite as good of a student of it as I am a teacher — it took me quite a while to figure out how to make it simpler and easier.

The real breaking point for me was when I found myself divorced with my house being foreclosed upon, and my kids moved in with their father and he quickly moved them out-of-state so I couldn't see them anymore. I didn't have a job, or any money because I had basically existed on child support.

It got to feel so horrible that I was scared the minute I woke up until the minute I fell asleep at night. I finally decided, "I can't do this anymore." I said to myself, "I don't care if I have to live on the street; I'm going to be a happy street person."

What that did, Donna, was it gave me the freedom to reset

my emotional body because I was just so deep into the cycle that I couldn't get myself out of it without saying, "I don't care about the outcome; I only care that I am happy." Really, isn't that what conscious creation is about? Stop looking at the outcome; stop looking at what you have or don't have; focus on feeling the way you want to feel.

I said, "Wow, this feels a lot better," and then I started saying, "Okay, I'm going to go back to the principles of the Law of Attraction and I'm going to play with them."

I took a temp job. Before that, when I was in fear and scarcity, a temp job would have seemed too menial for me. Which is ridiculous, right? I had no money. My home was being taken away. As I look back, it was absolutely absurd, but that's where I was.

That's why the reset of my emotional state was so important at the time. I started using a technique every morning. I'd

drive to my temp job and sit in my car, close my eyes, and talk to my higher self, my subconscious mind, my future self and my healthy ego. I'd say, "Okay, I want to feel prosperous, I want to feel excited, will you guys help me with this?" I'd say to my subconscious mind, "If any beliefs are in the way, will you help change them or bring them up so I can change them? They would all say, 'Yes, yes, we'll do it.'"

I went to work and had my job, which most days was surprisingly fun for a temp job. Again, I wasn't measuring myself against any idea of what I had to think or do or say. I was just showing up and deciding, happy first, then let's play with this reality creation thing.

Within a month I was offered a full-time job. Two years after that I was vice-president of a startup. Within three years after that I was president of my own company.

It's emotional freedom and the ability to shift our emotions that is our true gift, because it creates our world. I know it seems backward — you have to feel it first and then you'll see it in your world — but that's the way it works and it's undeniable. The more you play with it, the more fun it gets because things start happening that you would have not thought possible.

Awareness: Sounds great!

I really resonate with your acknowledgement that we are all sparks of the creator.

Boni: You know, most of us

have been beaten down, and we have been shamed and ridiculed. Many of us don't have memories of why we feel the way we do. Many of us think we have to prove our worth; that we have to look outside of ourselves to determine our worth.

The truth is we are all infinitely worthy. We are all unconditionally loved. We are all sparks of the divine. The more we can accept that — and this is where belief-changing really helps a lot — the more we realize there's nothing that can't be ours if we learn to use our imagination and feelings to create a life we love.

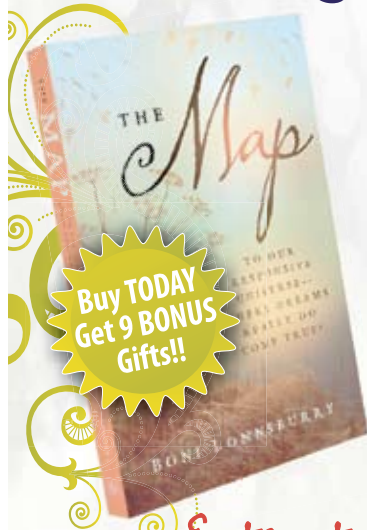
One of the biggest compliments I have gotten about the book is when someone said to me, "You know, I'm really starting to love myself now; and I am finding it so much easier to love others."

You know, I think every person is divine and every person has a special gift to bring. As we come to realize who we are and start looking at our gifts and why we came to this planet, we also can realize that other people's special gifts work in synergy with ours, and together we can create something that none of us could create alone.

For more information on Boni's book and events, visit <http://www.livealifyoulove.com> or www.innerartinc.com

Donna Strong is a writer, creative catalyst and an ardent lover of bees. To follow her activities visit www.donnastrong.com, www.harmonyofbees.com or www.facebook.com/harmony.bees

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Finding Solutions to Life's Problems with The **YES** Frequency

Master a Positive Belief System and Achieve Mindfulness

By Gary Quinn

Problems. They're part of life. We try to avoid them at all costs but the pesky things keep showing up! As the saying goes, "It's not *what* happens to you that matters, it's *how* you deal with what happens." But how do we deal with what happens so we can move on to living our best life? How do we not get angry, frustrated, overwhelmed and stopped in our tracks with life's challenges?

It's first about changing our minds. Changing the way we look at things from the negative to the positive. From NO to YES. "The YES Frequency" is about tapping into a positive energetic vibration that overpowers all negative emotions surrounding those "bad things that happen to us." This powerful tool will help you develop the skills to cope with life's challenges so you can solve problems and find solutions easily and quickly:

1. Problem: How do I boost my confidence?

Solution: It starts with YOU. Not how people treat you, compliment you, are in awe of you or the opposite, people who criticize, insult and dislike you. It's not about a great hairstyle, best body, smoothest, youngest face and biggest bank account. YOU have to get the confidence ball rolling. When you tap into the positive energy of YES you will attract the right people and the great opportunities.

You have to love *you* before others will. Think of life as one giant mirror. It's simple; we attract what we put out. And that is about energy. When you have YES on your lips and in your mind, you'll be a magnate for abundance, love and all the good things in life. And then as you mirror back all the positive energy, it grows and gets stronger.

When you're confident, you will naturally want to take better care of yourself inside and out. Create a mantra, a positive sentence to repeat to yourself (and even aloud) daily. Develop a personal mission statement and use that as a daily affirmation. Mantras and affirmations have a powerful effect as they get imbedded in your psyche reinforcing a chemical pathway in your brain. So why not ingrain your brain with YES?

2. Problem: How do I get past my fear(s)?

Solution: The first step is to understand that we won't ever eliminate fear. It's innate to have fear come up. It releases adrenalin, in life or death situations, promoting a flight or fight response. But we've taken fear to a whole new unnecessary level. (Probably from too much breaking news and Googling diseases!) Know that this other kind of fear, the one that's in our mind, is a signal to us that we have lessons to learn.

What do you do? Walk toward it, through it and accept it with open arms. Say YES to it. The worst part of fear is what it stands for (as an acronym): false evidence appearing real. It's the worry, the "as if", that expands our fear. When we face it and move through it, the fear subsides. And you know what? Often the fear was not nearly as bad as we imagined. So saying YES is the best way to minimize it. Then the payoff is huge. You become stronger and believe it or not, happier for surviving it. You're building your YES muscle for the next great life experience.

3. Problem: How do I find my passion and purpose?

Solution: It's essential to say YES to a challenge before you take steps to finding your pas-

sion and purpose. When you don't know what your passion is, the good news is that it already exists. It's about finding the passion within. But first you have to be open, and say YES to this path of the unknown to get answers. Ask the question. "What is my passion?" and wait for the answer. Then create a mantra or positive sentence about your passion and purpose. Passion is about tapping into your intuition, paying attention your gut — that all-knowing inside.

The YES Frequency is about paying attention to yourself and your life. Just like finding a new career, this is about being open, to allowing the information to appear. Start noticing what you are automatically drawn to. What do you want to do when you're not working? What books or websites are you attracted to? Once you activate your YES Frequency, you'll see your passion everywhere. Know that you have a passion or many passions. And your purpose? Just being alive is one giant purpose. Now what will you do with it?

4. Problem: How do I create a new career?

Solution: The key is to know what you want. (not so easy!) You may not know exactly what the job looks like. In many ways it's just like creating that love relationship. Instead of going on a search to find the perfect career, start with an inner search — YOU. Trusting the frequency experience of YES creates a powerful force inside you that can act as your inner guide to that career. The YES Frequency is about believing and receiving. It's about being open to opportunities. Saying YES as they show up in your life.

Once you have activated the YES, start taking action. Start

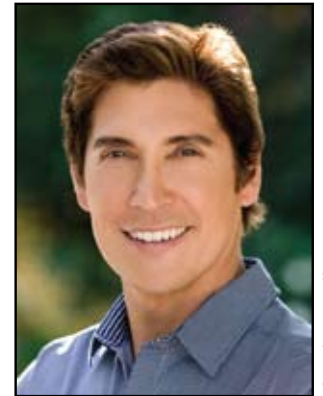


Photo by Ute Ville

with small steps like volunteering, or interning (obviously this depends on your financial situation). You may have to start with once a week or once a month to volunteer or intern. This does two things; it creates new experiences with your passion and connects you with people who can help you realize your dream career. Also surround yourself with YES-minded people and energy. Find people with the career you want and make them your mentors (either follow their careers or get to know them personally). Watch the TED talks online for inspiration.

5. Problem: How do I get out of credit card debt and get financially fit?

Solution: The first thing to understand is WHY you got into credit card debt in the first place. Obviously things come up that may require us to go into some debt on occasion. But most of us get into debt by spending beyond our means. We have to ask ourselves, what is missing in our lives that makes us need more stuff?

The good news is, it's become chic and trendy to downsize and simplify. Start saying YES to what you have and be grateful instead of looking at the glass half empty, longing for what you don't have. Happiness

(Continued on page 10)

YES...

(Continued from page 9)

is not having what we want; it wants what we have. Ask yourself what really makes you happy. Chances are it is not really the new shoes or the new car.

If we peel away the “stuff” onion we can find the happiness treasure. Stuff translates into experiences. We’re really after a feeling that stuff gives us. Maybe there’s a less expensive way to activate that “new stuff” feeling. Perhaps the new shoes and new car are about change.

So maybe we aren’t fulfilled in some other area of our lives like love and purpose? And that does not require a credit card! Once we can stop the habit of overspending and impulse buying we can stop the credit card debt. Another YES step is to take action. Even little steps.

Start paying down the debt even if it is just a few dollars more than your minimum (but the more the better!) You’ll feel good about that step which will motivate you to keep going. (For extra help, there are many support services to help consumers get out of debt) The key is to take YES action now.

6. Problem: How do I change my eating habits and get physically fit?

Solution: The key is to get into the YES and get away from the NO and all the negative energy. Try focusing less on what you shouldn’t have and more on what you want to add to your diet to get healthy and fit. Keep it that simple. Once again it’s about getting into the YES Fre-

quency. Seeing a positive, not a negative.

Diets never work because they often begin with what you can’t have, and what you must eliminate rather than focusing on incorporating healthy eating habits. So what we end up focusing on is the lack. To develop a more fit body, it’s about seeing exercise as a positive habit. Take tiny steps.

Start with a short walk, a hike or a class. That will develop a positive feeling about moving your body and making you crave more exercise. The key is to do something on a regular basis. Create a YES affirmation and say it while you’re exercising. Living in the YES frequency acts like our personal life coach motivating us toward the positive things in life like healthy eating and daily exercise.

7. Problem: How do I get out of a bad relationship?

Solution: A bad relationship is less about the other person and more about YOU. It’s about the bad relationship you have with yourself. You’re saying NO to yourself when you stay in a bad relationship. There are many variables in the complex world of relationships, but we all know you can’t change anyone else. But you can change YOU.

When you have tapped into that YES energetic field you’re saying YES to you. When you do that you’ll start choosing wisely. You’ll stop people pleasing and learn to please yourself by surrounding yourself with healthy, satisfying relationships, personal and business. (Professional help may be necessary especially if there is any domes-

tic violence/abuse involved)

8. Problem: How do I get into a good relationship?

Solution: First we need to change the often-asked question: How do I find love? When we view it as a giant search, most likely we will always be searching... out there. But the key is to look inside ourselves. To be the one we are looking for. It is an important step in activating the YES Frequency. In order to find love we must say YES to it. But it’s really saying YES to ourselves. Then of course, we have to take action. To put ourselves in love’s path.

That may mean online dating, finding creative ways to meet people, doing what you love. Believe and receive. It’s all a journey. Once again it’s saying YES to ourselves first. Tapping into the YES Frequency makes you a magnet because you’re now open to possibility. And you will attract the right relationship for you. The question to ask is, whom do I want to go on that life journey with?

9. Problem: How do I navigate the dating scene after divorce?

Solution: This is a great time to tap into your YES Frequency. After you’ve given yourself time to heal from the pain of divorce. It’s important to give yourself time to heal. To discover or re-discover yourself. You want to be very careful of who you attract. When you tap into your YES energy you leave yourself open to love. It’s important to know who you are and anchor yourself.

If there’s ever a time to be open (but cautious) it’s in this situation. Think of dating after

divorce as an adventure to meet new people. Having NO EXPECTATIONS will take you a long way. This is about the journey not the destination. And who knows? You might find the best relationship ever (or at least the best stories!). And this is a great opportunity to practice your YES Frequency skills every time you step out on a date!

10. Problem: How do I get over the fear of aging?

Solution: Think of a time when you were your happiest; falling in love, on a great vacation, getting fantastic feedback on a job well done. The world stopped, right? You loved every second. You were carefree. Worry free. And most importantly, living in the moment.

When we are completely present, we are not worrying about life passing us by, about getting older or what the future will hold. When we focus on our age, we miss out... on life. We have no control over the passing years, but we do have control over how we live those years. This is about saying YES to life. YOUR life. By focusing on the inside and developing that powerful YES Frequency, instead of seeking out the latest cosmetic options, you’ll develop that ageless inner energy as the years pass. That’s where our true fountain of youth exists. So release the fear and live life.

Gary Quinn is the founder of the Touchstone For Life Coaching Certification Program, which trains, transforms and empowers individuals to create fulfilling lives. His teachings have been embraced by people from all walks of life including entertainers, athletes, and corporate leaders. A highly-regarded Celebrity life coach, television producer and intuitive, Gary travels worldwide for seminars, private coaching sessions and television appearances. Visit: www.garyquinn.tv

Gary will be doing a YES Frequency book signing Sept. 12 from 6:30 to 8:30pm at Mystic Journey Bookstore in Venice, CA, (310) 399-7070. Free.

He will also present The YES Frequency workshop at Awakenings Center for Conscious Living in Laguna Hills, CA on Sept. 28 from 10am to 5pm. (949) 457-0797. Admission \$85 prepaid, \$100 at door, or \$150 for two.



Should You Break Up with Your Bank?

By David Cunningham, M.Ed

There's a lot of attention on the economy right now and the difficult times we're in — many people are worrying and pre-occupied with their finances and economic struggles. This type of stress can take its toll on you. It's more important than ever to ensure that the financial choices you are making are right for you. Should you invest with that company? Or should you break up with this bank and move to that one over there? There's a lot to consider, but before you sign your John Hancock on anything, pause and reflect on why you feel that you need to invest in a new financial relationship at all.

One could say that the quality of your life is determined 1% by *what happens*, and 99% by *how you react to what happens*. While we can't control everything that happens in life, we have a lot to say about how we react.

Let's look at what this means specifically related to finances and the choices we make about money. If you look at your personal situation and the impact of the economy on that situation, you'll notice that you may have certain worries, concerns, thoughts and feelings about what's going on. You have certain interpretations about what

is going on and what it means. But those opinions, thoughts and interpretations are totally distinct from what's happened.

For example, your 401K may have dropped 50% from what it was a year ago. That's what *happened*. But that's not where it ends. You and I add our interpretations to what happened. For instance, you might say, *I'll never have what I need now when I retire...* or that *My bank doesn't care about me; they're always charging me fees*.

Even if we don't say it out loud, this can start to become REAL for us, always there in the background coloring our thoughts, feelings and actions. We're now living in the scary world of "We're in big financial trouble, and we're not going to be able to retire, and I don't trust this bank."

What can give you power as an individual is separating *what happened* from your *story* about what happened. Then you can choose to deal with what's actually happened and create a powerful plan for how to move forward, and yes, that might even mean choosing a new bank.

Here's a great exercise you can do to invest in your financial well-being so it is strong and healthy in any economy:

1. Get clear about the facts.

This is where you look at what's happened and write it down. "My bank's credit card fees have gone from this amount to that amount." Or "Overdraft charges used to be this much and now they're this much." Or maybe it's something like... "There's been no change at my bank... but I have been turned down for a loan." Putting it all down on paper in black and white gets you clear on what the basic facts really are.

2. Delete your additions to the facts.

The fact may be that your credit card fees are higher. But what you've concluded about that fact isn't necessarily true: "There's nothing I can do about this." Or "My credit's not perfect, I'll never get a great deal." Or "If I just switch banks, everything will be better." Our interpretations of the facts are not necessarily true, and regardless, they get you in trouble and limit what's possible.

3. Take action

Now that you've separated what actually happened from your *story* about what happened, what powerful actions can you take? Maybe it's taking the time to call someone at your bank to make requests and explore options, or a promise

to make an appointment with a *new* bank to talk about options *there*.

Maybe you can speak to an expert, or consult with a non-profit about your credit card debt (which will follow you to any bank). Perhaps you'll use this as an opportunity to grow your money and your ability to make choices for your whole life, not only choosing the best bank for yourself.

Remember, we say the quality of life is determined 1% by what happens, and 99% by our reactions. While nothing can take away the fact that sometimes life includes difficult circumstances (and annoying bank fees), there's no more important time to have power and clarity than when you're dealing with challenges. Getting clear about what's actually happening and then taking effective action to get what you truly want, will not only enable you to choose the best bank, it will make a difference in every area of your life.

David Cunningham, M.Ed., is a communication expert and seminar leader for Landmark, a personal and professional growth, training and development company that's had more than 2.2 million people use its programs to cause breakthroughs in their personal lives as well as in their communities. For more information, visit: www.LandmarkWorldwide.com

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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Reconnective Healing Gains Global Momentum After New Study

By Jackie Lapin

A breakthrough new study by researchers at the University of Arizona has shown definitively that people who have range of motion limitations in their arms and shoulders show a significantly greater level of healing and pain reduction with a 10-minute one-time session of Reconnective Healing® than when treated with physical therapy.

And the study's findings were demonstrated in a remarkable TV segment on the Dr. Oz Show. Dr. Mehmet Oz said he was "flabbergasted" at what he saw. A woman who couldn't move her hands more than a foot from her hips for more than 20 years — and had tried every medical and alternative modality without success — instantly regained her full range of motion, raised her arms out and up over her head, fingers and hands touching, pain-free.

Reconnective Healing discoverer and an internationally best-selling author Dr. Eric Pearl demonstrated clearly the power of Reconnective Healing before millions of viewers!

The study, coupled with this highly-acclaimed segment with Dr. Pearl on *Dr. Oz*, has propelled this revolutionary form of alternative healing into the public consciousness and the forefront of exciting new healthcare options.

Reconnective Healing is a comprehensive, yet simple and

easy-to-learn healing approach that completely transcends "energy healing" and its complex rituals and techniques. It accesses vibrational frequencies that are self-correcting by nature and accessible to everyone.

Reconnective Healing doesn't require physical touch. People report healings from cerebral palsy, epilepsy, cancers, AIDS-related diseases, chronic fatigue syndrome, rheumatoid and osteoarthritis, range of motion limitations, chronic pain and more. The reported results are often fairly instantaneous, as demonstrated on *Dr. Oz*, and tend to be life-lasting.

According to researchers who call it the forefront of "Information Medicine," Reconnective Healing is a healing power that transcends imagination and the limitations of previously conceived human ability and that scientists say even *has the power to restructure and transform DNA*.

Reconnective Healing practitioners interact with a bandwidth of vibrational frequencies that convey corrective information to the body and mind. Stanford Professor Emeritus Dr. William Tiller says, "When information carried through these frequencies is introduced, it creates coherence and order within the field and the body itself."

The result: dramatic reports of regeneration instead of degeneration and account after account of seemingly unexplainable healings. The book, *Science Confirms Reconnective Healing*, from one of the world's leading university scientists specializing in bioenergetic research, Dr. Konstantin Korotkov, chronicles many studies that show that Reconnective Healing is scientifically measurable and a powerful tool in the hands of practitioners.

Dr. Pearl has taught more than 75,000 people how to be-

come catalysts for healings — both for themselves and others. He is the author of *The Reconnection: Heal Others, Heal Yourself* — an international bestseller now translated into 36 languages — a book that relates his transformation from a highly-successful Los Angeles chiropractor into the first Reconnective Healer when his patients began to report sudden healings even though he physically had not touched them.

Now the reality of Reconnective Healing has been clearly demonstrated in practice as well as in scientific research laboratories. Dr. Pearl and The Reconnection team have been working with eminent scientists around the world to quantify, validate and understand the dynamics of this profound healing methodology.

The most recent study on Range of Motion was conducted by Dr. Ann Linda Baldwin and Dr. Gary Schwartz of the University of Arizona, Laboratory for the Advances in Consciousness and Health in the Department of Psychology & Department of Physiology at the university's College of Medicine. Combined, their degrees and professorships encompass Harvard, Yale and the University of London.

The study set out to determine if one 10-minute session of Reconnective Healing could increase the range of motion and ability to elevate the arms of those people with medically-diagnosed "frozen shoulder" or other range-limiting conditions which may include injury, arthritis, surgery, etc. This was measured against a control group and physical therapy, as well as others.

Results showed a 10-minute session of Reconnective Healing significantly improved range of motion by an average of 26 degrees in people with restricted



shoulder mobility. *The degree of improvement was significantly greater than that produced by physical therapy.* Reconnective Healing also significantly reduced the pain reported by participants as they regained the ability to raise their arms.

The Range of Motion study adds to the growing conclusive scientific proof of the power and efficiency of Reconnective Healing, including studies demonstrating that it restructures our DNA and improves Olympic athletes' peak performance. But it's the anecdotal evidence of people who engage with the healing frequencies as catalysts for other's healing that point to the human equation, not only the scientific confirmation.

These practitioners see results in their clients and experience the satisfaction of helping someone regain their freedom of movement and greatly reduce and/or totally eliminate their pain.

"We are on the threshold of a whole new era of healthcare," says Dr. Pearl. "And Reconnective Healing shows we can take healing into our own hands."

The Next Reconnective Healing Seminar is slated for November 1-3 in Newport Beach, CA. An initial Friday evening "Essence of Healing" presentation by Dr. Eric Pearl is open to the public for an \$18 fee. For more information, visit: www.TheReconnection.com or call (323) 960-0012. To see a video clip, visit www.youtube.com/TheReconnectionTV

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Savings Stalled?

Small Steps Today to Build Security for Tomorrow

By Pamela Yellen

Are you among the millions of Americans who have struggled to rebuild your savings since the recession? If so, there are simple, time-tested strategies you can use to spend less and save more.

A new survey by *CNNMoney* found that many Americans are not saving enough for retirement or emergencies. Only half of respondents reported good saving habits, including having a spending and/or saving plan in place.

"We know from other research that if one doesn't have adequate emergency savings, it's much more difficult for people to save for other purposes, either a home or retirement," said Stephen Brobeck, executive director of the Consumer Federation of America, which conducted the survey along with the American Savings Education Council.

To make matters worse, more than 25% of Americans are dipping into 401(k) retirement accounts to pay their bills, the *LA Times* reports. U.S. workers are tapping into nearly a quarter of the \$293 billion placed into their retirement savings each year to pay for mortgages, credit cards and other debts, according to a report from financial advisory firm HelloWallet.

In addition, Vanguard, an investment management group, said the number of Americans workers withdrawing money from 401(k)s or taking out loans against their accounts jumped 12% since 2008, the *Times* reports.

So how can you start building (or rebuilding) a nest egg? Start by following these steps:

Get Clear on the amount of

your net income and current expenses, including the inevitable unexpected expenses such as auto and home repairs. With this information, you can begin to design a solid spending plan that makes sense based on current realities. Look at your income and expenses line by line. Where can you make adjustments? There are many software programs for doing this, but even listing your expenses and income on a legal pad works.

Plug Money Leaks — Many people consider only large expenditures, such as refinancing a home, when looking to save money, but finding small areas where you can save is just as important. These are usually areas of spending that are almost unconscious: the latte on the way to work each day, the extra \$15 per month on cable channels you don't watch, the additional money spent on "name brand" groceries.

The first step to plugging these leaks is to identify them. Note each small spending habit and add up its annual cost. Next, ask yourself, "Do these small expenditures really make a difference to me? Do they really add to the quality of my life? Or are they just habits that could be eliminated or changed?"

The 10/10/10 Financial Formula — To build true financial security, consistent saving is critical. I recommend the time-tested "10/10/10 Savings Formula. It may seem like a stretch at first, but work towards setting aside 10% of your income for short-term needs, 10% for mid-term needs and potential emergencies, and 10% for long-term retirement planning. This will put you in control of your money and finances.

Look Beyond Traditional Saving and Investing Methods — Many people do not realize

there are proven and time-tested ways to grow a substantial nest egg without the risk or volatility of stocks, mutual funds, real estate, and other investments. One asset class has increased in value during every period of economic boom and bust for more than a century: dividend-paying whole life insurance. A dividend-paying whole life policy grows by a guaranteed and pre-set amount every year.

These policies also provide peace of mind for retirement planning, because you know the minimum guaranteed value of the policy on the day you plan to tap into it... and at every point along the way. In addition, riders can be added onto the policy that make the cash

value grow significantly faster than a traditionally-designed whole life policy.

Whatever your financial circumstances, you can take steps today — even if they are just small steps — to move toward your financial goals. As soon as you take positive action, you will reap the reward of more peace of mind.

As a consultant to financial advisors, Pamela Yellen investigated more than 450 savings and retirement planning strategies seeking an alternative to the risk and volatility of stocks and other investments. Her research led her to a time-tested, predictable method of growing and protecting. Her book, "BANK ON YOURSELF: The Life-Changing Secret to Growing and Protecting Your Financial Future," is a New York Times Bestseller. Learn more at www.BankOnYourself.com



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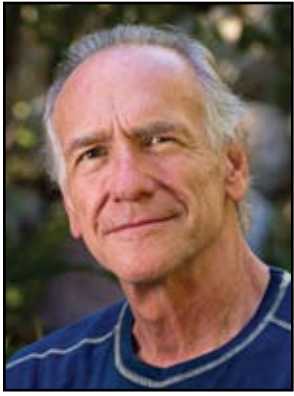
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Embodying Present Moment Awareness

By Richard Moss

When you appreciate the power of awareness your ego is no longer in control. You know that you have thoughts, but you are not just your thoughts. You have feelings, but you are not just your feelings. There is a distance between who you are and the thoughts and feelings you are aware of. You are no longer automatically identified with them.

This level of consciousness is a relationship that allows you to question your beliefs and to dance with feelings in ever new ways. Thought by thought, feeling by feeling, perception by perception, you can choose new behaviors and thereby invent yourself anew.

Self-invention is an opportunity presented to every human being. It is the path all great souls have lived. Every person who inspires us because of the depth of their humanity did not follow a path laid down by others. Although they were no doubt influenced by those who inspired them, what they lived came out of themselves as they chose a new relationship to their beliefs and fears, and above all dove deep into the immediacy of their embodied experience.

When asked why he never spoke with anger of the Chinese who had invaded his country, killed millions of his countrymen, and were systematically destroying the ancient Tibetan

culture, the Dalai Lama responded simply, "Because I feel better." He chose the immediacy of embodied well-being over anger, bitterness, or righteous judgment.

He clearly knows that the temple of the body is the primary place of worship where the Divine is celebrated. Living deeply into his embodied self, he recognized love, compassion and forgiveness as healthy, not bitterness or powerlessness. In this way, like all the great souls, he is inventing himself, not from beliefs or automatic reactions, but from embodied truth.

When Jesus teaches "turn the other cheek" he is not being merely moral; he is teaching from embodiment. He is saying that returning a blow with another blow only leads to more anger and hatred. The teaching is simple: **If you want peace you must be peace.** When St. Francis kissed a leper, he turned toward what in his time was a terribly misunderstood disease that filled people with terror and superstition.

Instead of being ruled by fear he embraced the fear and offered love. Again, this is not a mentally-generated morality or spirituality, it is fundamental creativity borne of being deeply embodied. He was inventing himself by choosing a new behavior and at the heart of that behavior was the unshakable connection to his own embodiment. As it says in scripture, "In this flesh we shall see God." We never know God in our heads.

When you choose to live in present-moment awareness,

you feel instantly how every thought uplifts or poisons you. If you live in your head instead of in your body, you will identify with your thoughts and believe whatever you have been taught by others. Then because of the sickness of righteousness, pride, exclusiveness and anger, the thoughts you create will be considered normal emotions. They are not; they are self-pollution and flagrant disrespect for your own embodiment. If you live in your body, your body will show you truth in every moment and the deepest truth is the peace that "goes beyond understanding."

A closed, tense body is a poor transmitter of the grace of life. An unhappy body leads to negative moods which in turn create reactive, self-protective thinking. The choice is not about morality, it is about true intelligence. It is essential to be present in your body because the body is always in the Now and tells you immediately what your thinking is doing to you.

As you learn to be embodied and not trapped in your head, you begin to realize a sense of inner stillness that is your link to the universal wisdom all the great souls have drawn from. When you pull yourself out of your head where do you land? Right here: breathing, feeling, seeing, hearing, touching, tasting. Thinking stops, because there's no thinking in the Now, only awareness. The mind is simultaneously focused and spacious and the body is at once ready and relaxed.

Every perception is more vivid. Every breath feels alive and you can sense vital energy flowing through you. Deep insight arises spontaneously. Once you know this deeper connection to yourself, the emotional world created by your thinking becomes much less interesting

because mostly it's bringing you suffering.

In the *Tao te Ching*, the ancient book of Taoist wisdom, it is said the wisdom of the great masters was so mysterious few could understand it. Instead, the book advises that it's easier to describe how the masters appeared: "Cautious as a man crossing a frozen stream; alert as a warrior in enemy territory; subtle like drops falling from an icicle; shapeable as a block of wood; gracious as a grateful guest; clear as a glass of pure water."

Then it says, "The master remains still until the right action arises of itself." In other words the master acts when the body is silent and still. In comparison, most of us make important decisions because we feel anxious and scared which is the absolutely wrong time to decide anything.

When you step out of your head and into your body, you inhabit the nobility of your own being. You recognize instantly when your head has pulled you into judgmental thinking and stress. Knowing "home" is in you and how to keep returning there, you become your own teacher and this is the most important thing anyone can ever learn.

Richard Moss is the Maestro of "Deep Work." He teaches people how to delve deeply into their inner core so they can achieve a life of "Radical Aliveness," Unconditional Love, and Real Inner Peace. For 37 years, this globally-renowned physician-turned-master healer, international best-selling author, and workshop leader has been guiding people on profound journeys of self-inquiry and self-discovery that have transformed their relationship with themselves, with their loved ones and the world.

For more information and to learn about Richard's Oct. 3-6 Couples Workshop in Boulder, CO., and 10-day Nov. 8-17 Radical Aliveness retreat in Ojai, CA, visit: www.richardmoss.com

It isn't enough to talk about peace.

One must believe in it.

And it isn't enough to believe in it.

One must work at it.

— Eleanor Roosevelt



Cleanse Yeasts and Parasites to Boost Your Immunity

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

As I stated in my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, "When health is concerned, yeasts and parasites are the roots of all evil; and psychological stress is the core of these roots." Many health issues such as Attention Deficit Disorder (ADD), allergies, arthritis, asthma, bloating, cancer, Chronic Fatigue Syndrome, candidiasis, depression, Crohn's disease, fibromyalgia, digestive problems, fungal nails and toes, immune deficiencies, leaky gut syndrome, Irritated Bowel Syndrome (IBS), mononucleosis, mind fog, thyroid dysfunction, etc. are all associated with yeast disorders.

Yeasts are everywhere. They are airborne. Their spores can be in the water you drink, on the produce and fruits you eat, on the furniture on which you sit, and in air you breathe. Through a fermentation process, yeasts will break down the dead tissues and turn them to organic matters such as nitrogen. We do need yeasts in the natural cycle. However, if yeasts are overgrown in your body, they tear down your live tissues, and make you ill from head to toe.

Parasites and yeasts are like Siamese Twins. They go hand in hand. When the yeasts ferment, they release a chemical substance called propyl alcohol. The substance feeds parasites. To return the favor, parasites use their bodies as a platform for yeasts to populate. Therefore, you must treat yeast and parasitic infections simultaneously to get the relief.

Yeasts and parasites have more than 250,000 species. It is impossible to get rid of all of them. The goal is to remove

harmful ones and co-exist harmoniously with the rest. The only way to achieve this is to strengthen your immunity. How to build up a strong immunity then? Here are a few recommendations:

Anti-Yeast Nutritional Program:

This is a nutritional program that you need to adhere to for life if you want to nourish your body and starve yeasts and parasites. An Anti-Yeast Nutritional Program contains no sugar, no dairy, no wheat, no yeasts, no alcohol, no caffeine, no nicotine, nor chemicals. My clients call them "Dr. J's Eight Commandments".

Standard American Diet (SAD) is usually loaded with the above no-no's. My clients complained that they couldn't find a restaurant serving anti-yeast food when they eat out. To respond to the need, the first such kind of restaurant is now open in downtown Los Angeles. To find more about what to eat or avoid, read my yeast-free cookbook, *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*. It is available in most of your local libraries.

Herbal Therapy:

Whether you have chronic or acute conditions, herbal detox is recommended. A strong herbal detox program will remove harmful yeasts and parasites simultaneously. Then, your body's innate intelligence will have a clean slate to heal itself.

While you are on a strong herbal detox program, you will experience a cleansing crisis from time to time. Cleansing crises include symptoms such as sinus congestion, headaches, body aches and pains, anxiety, etc. Whatever symptoms you had before, you might experience more. Whatever symptoms you didn't have before,

you might experience during the cleansing crisis. This is because your body is purging the toxins.

There are two ways to handle them: 1) Tough it out! Continue the full dosage. Like some of my clients said, "I feel great about feeling miserable!" If you could, take some time off and rest. Allow your body to detox fully and quickly. 2) Reduce the dosage of herbal formulas and go through the cleansing crisis at a slower pace. However, the duration of cleansing will be longer. So, it's a matter of whether you want to go through short and sharp pain, or long and dull pain.

Stress Management:

Stress is part of life. If managed effectively, your stress can propel you to the next level of success. Change your thinking, and you can change your outlook on life instantly. Look at the life situation as the glass half full, instead of half empty. Realize that we create our own reality. Once we take full responsibility for our behavior, we claim the power to change

and create the life we want.

One way to accomplish this is meditating every day. I personally meditate for at least one hour a day. I seem to get more work done because my mind is clear and I also invoke help from the higher source. If you think you are too busy, or too lazy, or both (like my clients told me), I have a solution for you. I created a ten-minute meditation guide for you to start with. You may go to my website: www.drjsbest.com to download this free gift.

Another way is to always feel good. Happiness is a choice. Choose to fill the grid with positive feelings, and the universe will bring you the experience that matches your feelings!

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections and related illnesses. She is the author of books, and was a radio and TV personality in her specialty area. Recently she became the co-owner of the Dr. J's Vibrant Café in downtown Los Angeles (at the corner of the Main and 4th St.), a vegan and Anti-Yeast Nutritional Restaurant. For more information, please contact: Academy of Vibrant Health, 541 S. Spring St., Los Angeles, CA 90013. (213) 489-1712. Visit: www.drjsbest.com



Simple Steps to Power Up Your Energy Reserves

By Jonny Bowden, PhD, CNS

Whether training for your fifth marathon or starting your first fitness program, there are a few differences in how you should be priming your energy reserves. You can't count on a single food or supplement to give you an energy burst, let alone keep you going throughout the day.

What you *can* do is create the right conditions within your body for energy to "show up."

WE'RE AFRAID OF THE WRONG FOODS

Let's face it. We eat too many carbohydrates, too many processed foods in general and we definitely eat too much sugar. These are the energy drainers. Carbs are like kindling to a campfire. They give you an immediate flame but what they *don't* give you is the nice, sustained glow that will get you through the evening. For that, you need heavier logs.

That's where fat, protein and fiber come in. Like the heavier logs that catch fire from kindling, they provide the fuel for a warm, glowing evening fire that can last all night long.

BLOOD SUGAR HELL

When you are eating foods that play havoc with your blood sugar — throwing it up to the ceiling and crashing down — there's no way you can feel sustained energy. You're on a blood sugar roller coaster and all you can do is hold on for dear life. When that blood sugar drops, the first thing that goes is energy. So the first order of business is to remove energy drainers.

When you and I talk about "energy" we tend to think "get up and go." But in science, the term "energy" means calories. Some companies selling "energy" foods and beverages capitalize on the confusion between the colloquial and the scientific definition.

When you buy an "energy" bar, all you're really doing is buying a bar that has calories, which is fine, but the source of those calories is what's going to make the difference to your "get up and go." A high-carb "energy" bar with little protein, fiber and fat will provide calories, but not alot more than that.

So when you take the bad stuff out of your diet, and replace it with the "good stuff," you get more energy! That is because you're removing the obstacles to energy, like blood sugar hell, and giving your body the nutrients it needs to make cellular energy.

THE MAGIC OF PROTEIN

Years ago, I wondered why I felt more energetic after eating canned tuna. After becoming a nutritionist, I learned that tuna is rich in an amino acid called tyrosine. That is a precursor to the neurotransmitter *dopamine* which triggers an excited feeling of pleasure and anticipation in your brain.

Protein is also more satiating than carbohydrates. It also speeds up your metabolism and helps to rebuild your body: everything from neurotransmitters to bones are made from proteins. Focus on eating more protein than carbs, and stop worrying so much about fats. Low-fat diets are a bust. Research shows they don't produce weight loss or improved health.

SUPPLEMENTING YOUR ENERGY ATP

ATP (adenosine triphosphate) is a molecule made in every cell. It's like the currency your body uses for cellular energy. Your body uses a sugar called D-Ribose (also known as ribose) to create that currency. But ribose is not like rollover minutes. You can't store it up. If you are doing something stren-

uous that requires a lot of exertion, you'll need a lot of it, maybe more than your body can churn out right away.

And if your muscles are sore from a workout, you'll need to recover in a reasonable time so you can keep up your workout schedule. For that reason, Bioenergy Ribose is an ideal supplement to take. I play tennis 8-9 times a week, without a day to relax and re-boot. I need to keep my ribose storehouse constantly replenished, so it is an important part of my supplement program.

Other supplements to consider include Vitamin D, which has been shown to improve performance in older adults, and Magnesium which also relaxes muscles and eases soreness.

For sustained energy, I'm also a huge fan of drinking tea all day. I'm not one of those people who thinks caffeine is the worst thing people can ingest. Plenty of research shows that coffee helps diminish risks for a number of health conditions. But as much as I love Starbucks, for sustained all-day energy, I'm a big fan of green tea, which gives you caffeine without the jitters. It contains an amino acid called L-theanine, which is also associated with clear, calm focus and even better sleep. You can also try black, oolong, white or yerba matte tea. While they don't contain relaxing theanine, they have many health-giving properties, and the mild dose of caffeine offers sustained energy.

STOP LOOKING FOR ZEBRAS!

One of the cleverest pieces of advice I got in grad school was from a professor who said, "When you hear hoofbeats outside your window, don't start looking for zebras." Low-energy people often start looking for answers in food sensitivities or



weird genetic anomalies. Sure that might be the reason, just as hoofbeats might be from zebras, but the more logical explanation is also the simplest: *You're tired because you don't sleep enough.* Instead of looking for magical superfoods, try getting 7-8 hours of sleep each night. Seriously.

When you sleep well, you make smarter nutritional decisions. If you also add D-Ribose into the mix, your tired muscles will recover faster so you can exercise even more. More exercise means sleeping better at night and having more energy throughout the next day. It's that simple.

SUGGESTED SNACKS FOR SUSTAINED ENERGY

Training for a marathon? Try oatmeal with cream, nuts and raisins, or a baked sweet potato with butter and canned tuna.

Pre-workout pick-me-up? Try string cheese with an apple.

Post-workout recovery? Try a whey protein shake (but go easy on the extras.)

For everyday activities: A handful of almonds with one piece of fruit, Two slices of turkey with sliced tomato, 100-calorie pack of popcorn with a handful of walnuts, hard-boiled egg with apple and two whole-grain crackers.

Jonny Bowden, PhD, CNS, (aka "The Rogue Nutritionist") is a nationally-known expert on weight loss, nutrition and health. He is a board-certified nutritionist with a master's degree in psychology and the author of 13 books on health, healing, food and longevity including three best-sellers, The 150 Healthiest Foods on Earth, Living Low Carb and his latest, The Great Cholesterol Myth. Visit: www.johnnybowden.com

The Huaorani and the Oil Companies

By Sara Widness

The government of Ecuador has requested that the international community raise funds to help off-set potential oil revenues in order to justify keeping new oil development out of ancestral lands of the Huaorani. This is one of the most isolated ethnic groups in the world in contact with the so-called civilized world only since the mid-20th century, and today they are threatened by global oil interests.

The dilemma is that while they are still occupying ancestral lands, how long this can continue is anyone's guess because their fate is in the hands of oil interests that may develop, in their quest to remove oil, an infrastructure that could ultimately force the Huaorani from the region.

A visit with a tribal member is possible through a company called Tropic Journeys in Nature that partners with members of

the tribe to manage a lodge that travelers can visit. Huaorani Ec lodge is at the headwaters of the Amazon in Yasuni National Park located in Yasuni International Biosphere Reserve.

This company was founded in 1994 to help Moi Enomenga, a Huaorani leader who wanted to find a way to share his people's story with the world while generating a sustainable model for his community. The company has also served the Huaorani peoples fight extractive activities in the Amazon using ecotourism as a tool for conservation.

Members of this tribe are trained to work at this five-cabin Amazon rainforest lodge that they built of traditional materials harvested from Yasuni National Park, one of the most biodiverse regions of the world. They are also learning how to produce and sell crafts. Produce is bought locally; there are

plans to create a laundry service in Quehueri'ono to increase local employment; and biodegradable products are used in housekeeping services as well as in the bathrooms.

Accessing this wild ecolodge is by a 45-minute flight in a small aircraft from the Amazonian lowlands town of Shell, flying over the rainforest to the grass airstrip at the Huaorani village of Quehueri'ono. Guests then board a dugout canoe for the final leg. Walled by rainforest on the downriver float, guests may see monkeys, toucans, macaws and other Amazonian wildlife. After the stay, on the return drive along the Auca Road, built by oil companies in the early 1970s, guests will witness miles of oil pipelines and the damage oil exploration has done to the forest and the Huaorani hunting grounds.

Accommodations at Huao-

rani Ecolodge are in individual palm-thatched cabins of local wood. Each cabin has twin beds, a private bathroom equipped with a shower and flush toilet, and a porch with comfortable chairs and hammock. Environmentally-friendly soaps and shampoos are provided. Lighting comes from solar panels that power the shortwave radio, refrigerator and water pump. A bio-filter renders all waste products either recyclable or harmless before being discharged into the river.

On a two-day trip down the wild Shiripuno River, the Huaorani will explain how to use a blowgun, demonstrate hunting techniques, build fires without matches, climb trees, decorate faces with red achiote and point out exotic wildlife.

Three and four-night packages are available. For information visit: www.destinationecuador.com/huaorani-ecolodge-ecuador.html

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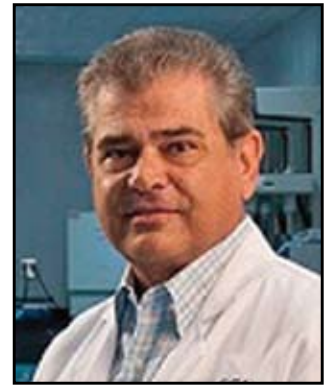
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Busting the Most Common Fish Oil Myths

By Fred Sancilio, Ph.D.



If you take a fish oil supplement to help lower your LDL cholesterol, you're wasting your money. The same may hold true if you think there's not much difference between the various types of fish oil and omega-3 supplements on store shelves except perhaps the capsule sizes (and the size of the smelly, fishy belches some cause).

What most people do not know about fish oil, krill oil and omega-3s may be preventing them from getting health benefits from these supplements... and could be hurting their wallets. After more than 40 years of experience in the health research field, I am determined to dispel some of the most stubborn misconceptions about fish oils and omega-3 supplements.

Myth: Omega-3 supplements help to lower cholesterol.

Not true. Too many people say their doctors recommended that they start taking fish oil because their lipid profile was high. They mistakenly think this supplement will help their HDL and LDL cholesterol. But the omega-3s found in fish, in particular the EPA and DHA fatty acids, work on a different blood

lipid called triglycerides. Triglycerides are basically blood fat. Imagine having blood the consistency of chocolate pudding.

High triglyceride levels make your blood extremely thick and hard for your heart to pump. When your heart works harder, it needs more blood to supply needed oxygen. Our bodies are very efficient at removing fish fat from our blood. Not so much fats from other animals. Omega-3s help prevent the production of triglycerides in the liver, replace one type of blood fat with another, effectively lowering your triglycerides level.

Here is the relationship of triglycerides and LDL (bad) cholesterol: Cholesterol builds up around triglycerides. If you cut open a diseased artery, you'd see something that looks like a pimple. The triglycerides would be the pus, and the LDL cholesterol would be built up around it. A triglyceride level above 300 mg/dL puts you at an increased risk of cardiovascular disease. Anything above 500 mg/dL increases your risk of getting heart attack or stroke.

Myth: All fish oil/omega-3/krill oil supplements provide about the same benefits.

Omega-3 products derived from krill oil typically have less than 25 percent EPA and DHA concentrations. Compare that to super concentrated omega-3 products that have 80-88 percent EPA and DHA concentrations. The best-selling krill oil product currently on the market contains 74 mgs of EPA and DHA in each 300 mg capsule, or less than 25 percent. Many fish and krill oils also have a strong fishy smell even though they claim otherwise.

Myth: The only way to avoid the fishy aftertaste of omega-3 supplements is to take krill oil.

Not anymore. Most omega-3 and fish oil supplements are

simply mixtures of unrefined fish fat, which can turn rancid and create an unpleasant odor. To eliminate the odor, the manufacturing process requires repeated distillation of fresh fish oil, which removes the unpleasant odor. In refined pharmaceutical grade oils, such as those used in Ocean Blue products, the oil is molecularly distilled 26 times, resulting in a product that has virtually no smell or taste. Fishy smells and burps have been eliminated.

Myth: The giant bottles of low-cost fish oil are just as good as the higher-priced brands.

Most fish oil is made typically from the by-products of fish processed for food and other uses. This oil is unrefined and not concentrated, resulting in very low levels of omega-3 fatty acids and high levels of saturated fats, which are actually detrimental to your health. This is the oil used in most omega-3s and fish oil supplements.

Ocean Blue products are made from a highly-refined, ultra-pure pharmaceutical grade omega-3 that is produced exclusively for use in our products. The result is that these products contain the highest amount of EPA and DHA omega-3 fatty acids available per capsule, with or without a prescription, and without saturated fats.

Myth: You can get plenty of DHA and EPA from eggs that contain omega-3s.

Not true. The Omega-3 found in these eggs is plant-based alpha linolenic acid. It does not contain EPA or DHA.

Myth: Only the people with heart disease should be taking omega-3s.

The World Health Organization recommends that people without a history of heart disease consume 200-500 mg per day of EPA and DHA. The American Heart Association recommends 500 mg daily. Those who

have a history of heart disease or related concerns should use at least 1,000 mg per day of EPA and DHA. And those who have high triglycerides should be getting 2,000 to 4,000 mg per day of EPA and DHA. So match the product you choose with the amount of omega-3s you should be consuming.

Myth: Omega-3s can't do anything to relieve pain.

Omega-3s help reduce the body's inflammatory response. Each cell membrane is made of omega-6, omega-3, phospholipids and cholesterol. If you damage a cell membrane, the omega-6 starts the process and switches on the pain. At the same time, the omega-3 starts the anti-inflammatory process that turns off the pain. So we need a balance of omega-3s and omega-6s.

However most people consume excess amounts of omega-6s, which are commonly found in soy, vegetable and corn oil. Also, fried foods are soaking in omega-6s. The majority of people consume well below the recommended daily amount of omega-3s. Even with adequate omega-3 supplementation, it may take two or three months to get your system into the correct balance.


Ocean Blue omega-3 supplements can be found at CVS and Walgreens.

Dr. Fred Sancilio is a development scientist and accomplished entrepreneur. He has published over 20 articles in peer-reviewed scientific journals and presented to scientists in conferences around the world. He started his career as a physical and analytical chemist in the Research Division of Hoffmann-LaRoche, Inc. Dr. Sancilio earned his M.S. and Ph.D. degrees in Physical and Analytical Chemistry from Rutgers.

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Please see her article in this issue.



A Monumental Discovery

By Nick Ortner

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.

— Arthur Schopenhauer,
German philosopher

I looked pretty silly. At least, I thought I did.

It was the spring of 2004. I was sitting alone, staring at a computer screen, talking to myself, and tapping different parts of my body. If you'd glanced through my window and seen me, you might have thought I'd lost it.

In truth, I was going a little crazy. The neck pain I'd woken up with that morning was so bad I wasn't sure how I'd get through the day. You know the kind of pain I'm talking about. You sleep in the wrong position and wake up with a crick in your neck. You spend a day, sometimes two, or sometimes three, moving your head slowly and looking like a robot to the rest of the world. I was willing to do just about anything to make it go away. Including trying something as seemingly strange as tapping.

I had been hearing a lot about "tapping," or EFT (Emotional Freedom Techniques). Said to be a combination of ancient Chinese acupressure and modern psychology, proponents said it remedied a vast number of issues. *[Tapping is a method of acknowledging issues or concerns within yourself, and using positive visualizations and affirmations while making concentrated tapping pressure on the body at specific check-points to alleviate the stress or*

concern about those issues or problems.]

I had been reading one miraculous story after another, so I thought, *Why not? Might as well try it and see what happens.* To my astonishment, the pain — which would normally have taken days to go away — vanished within ten minutes. Ah, relief! To be able to turn my head again like a normal person and not feel uncomfortable all day! This tapping thing actually worked.

I was ready to go on with my day, satisfied to be pain-free. But suddenly, it hit me: this was about a lot more than neck pain. If tapping worked on my neck, what else could it help me change? Like many of us, I had one particular worldview — one that did not include instantaneous pain relief. This little experiment opened my mind to an ocean of possibilities that I had never before contemplated.

Let's face it, many of us have been taught to think it takes a certain amount of time to "fix" or change a problem — if we believe it can be fixed. But what if pain, health concerns, addictions, weight issues, relationship challenges, and financial problems really *could* be resolved — quickly and easily? What if the impossible was actually possible?

These are the thoughts that started percolating after my first tapping experience. Heck, maybe the neck pain had been in-

hibiting blood flow to my brain — and only now was I able to think more clearly! I started to see — to imagine — what else I might be able to change in my life and how I might be able to help those I loved.

Do you have any issues or circumstances in your life that you would like to change? anxiety, Childhood trauma, physical conditions, weight problems, financial difficulties, relationship challenges? Whatever your situation, EFT has proven to be dramatically effective.

I don't have to be psychic to know that you have been running the same patterns, sometimes with little change, your whole life. I don't have to even meet you to guess that you are frustrated with doing the same things over and over again — and, as can be expected, getting the same results.

You may have said to yourself countless times, "Oh, I can't believe I did that again!"

"Why did I say that to him... again?"

"Why did I eat that food... again?"

"Why did I skip exercising... again?"

"Why am I short on money... again?"

"Why am I frustrated (or angry, lost, overwhelmed, anxious, tired, or whatever your "thing" is)... again?"

In the past, the challenge was

that we could identify these patterns — but not a way to move them, to actually *do* something about them, and quickly. Finally, there's a way to interrupt, disengage, dissolve, and vanquish them. Tapping gets to the root of what is going on, balancing the mind and body, and changing what we do, how we feel, and how we experience the world. Tapping can be used for *everything*.

We are not magically changing the situation — if I find something that does that, I'll be sure to let you know! — but we're changing our perspective and reaction to it. One of the amazing things I've found in doing this work for the past ten years is that when you change your perspective, often your feelings, reactions, and the situation itself naturally change too — most of the time for the better.

Use tapping to bring down the noise in your head and in your life to find a clearer perspective and begin telling a new story. It's possible to move through our busy lives, in a busy world, with grace, joy, and peace. EFT can make this a reality.

This is an excerpt from "The Tapping Solution: A Revolutionary System for Stress-Free Living" by Nick Ortner. It is published by Hay House and available at bookstores or online at www.hayhouse.com

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Escape to Big Bear

By Ann Nelson

The world is full of beautiful places. All of the forests, lakes, mountains, canyons and natural areas in Southern California are truly some of the most majestic, offering visitors a welcome respite, along with quiet moments. If you are yearning for skiing in the winter or swimming at the lake in the summer, Big Bear, surrounded by a vast pine forest in the San Bernardino Mountains of Southern California is the place to go!

Three thousand years ago Big Bear Valley was occupied by the Serrano Indians. Afterwards the area was populated with trappers, prospectors, lumbermen, cattlemen, dam builders and fox farmers. In 1860, William Holcomb was hunting bears and discovered gold instead.

Within weeks of the discovery, hundreds of miners flooded into the area creating "boom camps." The town very quickly mushroomed into a population of over 1,500 miners, storekeepers and "glitter girls." Today the area has approximately 5,000 full-time residents.

Since the filming of *"The Call of the North"* in 1914, so many motion pictures have been shot in Big Bear Valley that it has been referred to as "Hollywood's back lot." *Daniel Boone*, Disney's *Old Yeller* and *Paint Your Wagon* were filmed here. Many of the *Bonanza* episodes were shot here in the 1960's.

My friends Pat, Jessica and I decided to make our escape to Big Bear with my dogs Murphy and Megan. Prior to our trip, we knew we wanted to stay in a cabin close to town and the lake. The Golden Bear Cottages turned out to be the perfect place!

The rustic mountain getaway, established in 1924, offers 29 cabins, ranging in size from studios to seven bedrooms. Half the cabins are pet-friendly with fully-fenced yards. We quickly settled into our two-story cabin with a huge rock fireplace, spacious kitchen, whirlpool tub and silently wishing we could stay forever.

The five-acre historic property, rated among America's Top



The resort is family and pet friendly. Photos by: Golden Bear Cottages.

20 Family Vacation Resorts by Rustic Vacations.com., had everything we needed, including a swimming pool, sandlot volleyball court and horseshoe pit. We walked to the lake and drove into town in less than five minutes.

The alpine slide, just a short drive from the cottage, was a thrill ride we had heard about and couldn't wait to experience. I have to confess, all of us are over fifty years old and well aware the slide may be better suited for eight year olds, but we didn't care.

We checked our egos at the starting gate and took off up the hill on the chair lift. After a quick lesson, we were safely strapped into our slides and went flying down the mountain, screaming and laughing all the way. We felt as though we did not have a care in the world!

We spent a few restful hours recovering back at the cabin before driving to the Peppercorn Grille for dinner. The restaurant, specializing in steaks and seafood, is a long-time favorite of the locals. The food is fabulous! During dinner, inspired by the cozy setting, we decided our trip needed to be soulful, creative and adventurous.

After a good night's sleep, Jessica surprised Pat and me with a homemade breakfast of fresh coffee, omelets and hash browns. The picnic table in our spacious backyard was beauti-

fully laid out with everything we needed.

As soon as we finished our breakfast, we headed off to The Art Garden for a Stained Glass Class. We sat around a big cozy table while Jeannine, one of the owners, taught us how to assemble colorful sun catcher projects. Jeannine, a creative designer with 17 years of experience in glass art, was inspiring to be around. The class is filled with laughter and fun! The Art Garden offers walk-in week-end workshops, ranging in price from \$20-\$40, plus tools and supplies.

We booked a jeep tour for the afternoon. It didn't take too long for us to realize what a wild ride we were in for! This jeep tour was by far one of the best and most exciting I've ever experienced. Our driver Jim, close to 80 years old, is an active member of the mountain rescue team and probably in better physical condition than most 30 year olds.

We bounced around on the original wagon and truck trail roads in a Pinzgauer heavy duty jeep, exploring the ridges, canyons, meadows and gold rush sites. We stopped along the way for short hikes and history lessons. Off Road Adventures offers year-round tours, including tours of Mountain Majesty, Wild Horse Meadow and Jacoby Gulch.

Visiting The Moonridge Ani-



Snow season at Golden Bear Cottages.

mal Park was another highlight of this trip. The zoo is the only alpine zoo in the U.S. specializing in alpine wildlife. It is home to 150 orphaned and injured wildlife, representing over 89 species. One "good citizen" of the zoo is Huckleberry, a three-legged bear cub who came to the zoo with a severely injured right foot. From what I've heard, he was close to death and malnourished. Today he is in good health and romping around with two other Black Bears.

Big Bear, the very first mountain recreation area created in Southern California, is the home of the two largest ski resorts in the area. The first ski jump was erected in 1929. The slopes are perfectly suited for all levels and encompass terrains spanning four mountain peaks. Ski lifts are generally open well into April.

If you're looking for the perfect outdoor adventure destination, Big Bear is hard to beat. There are 23 miles of shoreline around the lake, access to hundreds of miles of biking and off-road trails, eight marinas, two public launches and three swim beaches. The lake is the ideal place for canoes, kayaks, paddleboards and rowboats.

Depending on the season, wildlife observers will be entranced with sightings of mallard ducks, bald eagles, great blue herons and mud hens. We already have another trip planned and can't wait to come back!

CONTACT INFORMATION

Golden Bear Cottages:

(800) 461-1023 or www.GoldenBearCottages.com
Prices range from \$79 to \$899 a night.

Art Garden: (909) 584-8768 or www.ArtGardenofBigBearLake.com

Off Road Adventure Tours: (909) -585-1036 or www.offroadadventure.com

Big Bear Visitor Center: (909) -866-4607 or www.BIGBEAR.com

Ann Nelson is a freelance writer residing in San Diego.

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(Please note that use of any medicinal plant or plant product should be undertaken only under medical advice and supervision)

By Sudhir Ahluwalia

Susruta, the ancient medicine scholar of India, wrote his magnum opus Susruta samhita in CE 4th century. Herein are listed some 700 medicinal plants used for treating various ailments. Medicinal plants are just one component in Ayurveda — the ancient medicine science of India. Animal parts, chants, hymns, diet management etc. were other components of the ancient Indian medicine.

Ayurveda's origins are not very clear but evidences of its existence go back to 2nd millennium BCE. The political, economic and cultural interaction with the Greeks, Romans, Persians, Chinese and then Arabs, impacted herbal ancient medicine practices across the region from Southern Europe to Asia.

Many of the medicinal plants listed in Susruta are fairly well dispersed across the globe. Many of the modern medicine molecules owe their origin to medicinal plants.

As is true for all ancient sciences, folklore has enriched and sometimes distorted the scientific core of these practices. An effort is made here to stay focused on the medicinal qualities of each of the medicinal plants in use at that time. Many of these plants and formulations are still used by traditional healers across the globe.

The indigenous medicine industry has come a long way but standardization of its practices and formal approval from agencies like USFDA may not have been received. Readers should therefore exercise caution before using the information contained herein.

Sudhir Ahluwalia moved out of the Corporate world after spending over two decades in the Indian Forest Service. He is a business consultant and freelance writer. His writings focus on business technology, South Asian affairs and nature. You can know more about him by going to: www.sudhirahluwalia.com For complete introduction, see last issue.



AGARICUS CAMPESTRIS

Common name:

Field mushroom or meadow mushroom

Family: Agaricaceae

Medicinal use: Diabetes

This mushroom species is distributed across the world — India, China, U.S., Canada, Australia, Europe, North Africa. It is an edible mushroom that looks similar to button mushrooms sold in grocery stores across the U.S. and other parts of the world. Rich in protein, minerals and natural oxidants, the plant

was used extensively by ancient and modern societies.

This is not cultivated; has a very short table life and is found in open grassy areas and fields. The mushroom sprouts in a ring pattern in compost-rich places after the rains. It is rarely found in woodland.

Traditionally healers across the world have been using the plant to cure diabetes. A decoction is prepared and orally administered to patients. Modern research on rats has confirmed the hyperglycemic insulin-like property of the species.

European healers have been known to apply the mushroom externally in the form of a poultice to ripen abscesses and boils. In some parts of Scotland, fungal dressing was used to treat ulcers, bed sores and slices were applied to scalds and burns.

Ayurveda practitioners regard

the action of the species to be astringent, hydragogue and lactifuge. The plant is also administered for constipation. There is reference of the plant in ancient Islamic test Ahadith wherein it is recommended that the juice be applied as medicine for the eyes.



Photo: Dan Sharat, Oregon Department of Agriculture

ALHALGI

PSEUDALHAGI

syn *A. maurorum*

Common name:

Camel thorn bush or manna

Family: Fabaceae

Medicinal use: Digestive system diseases

This bush could grow up to a meter in height. It is found in temperate and tropical regions of Eurasia right up to Siberia on the one side and across to the Mediterranean region on the other. It is also found in North South Asia, Middle East region and China.

In the U.S. it was introduced in the early nineteen hundreds from the Middle East region as a contaminant in imports of alfalfa and dates. The U.S. Department of Agriculture has classified the plant as a noxious weed. The plant aggressively invades cattle pasture land in the U.S. rendering it unfit for grazing. The plant is seen distributed across the U.S. except the Mid-West region.



www.wikipedia.org

ALHALGI PSEUDALHAGI

FLOWERS (see photo above)

The perennial shrub bears sharp yellow-tipped spines with flowers and seed pods borne on thorns. The small pea-like flow-

ers exude a sweet-tasting sap that contains manitol. The sap is an effective laxative and is used to reduce sweating, quench thirst, is anti-pyretic and anti-inflammatory. It is used as a cough remedy and referred to as manna in the Holy Quran.

Research done in Iran has demonstrated a uretal stone excretion property of the plant. The plant is authorized for use in the UK as a honey plant and feed.

Leaves of the plant are used to treat fever, headache and rheumatism. Flowers are said to act as a blood coagulant and used to treat piles. Folk medicinal use includes using plant to treat glandular tumors, nasal polyps, gastroenteric diseases, diarrhea, hemorrhoids and as a laxative.



ACORUS CALAMUS

English Common name:

Sweet Flag, Calamus

Family: Acoraceae

Medicinal use: Nervous system

This plant is widely distributed across parts of the globe. It is a perennial monocot that looks like grass, grows up to 2 meters tall and in the breeze gives a swishing sound.

The plant's medicinal property is mentioned in literature associated with Hippocrates (460 BC to 377 BC), Theophrastus (371 BC to 287 BC) and Dioscorides. The plant is also referred to in the Bible — Exodus 30: 22-25 as one of the ingredients to the "holy anointing oil." In Europe the rhizome was added to wine and probably as an ingredient to absinthe. It was also an ingredient in witches flying ointment of Greece, Rome and other European lands.

North American tribes like the Sioux and others placed a

THE RECONNECTION SEMINAR SCHEDULE

OCTOBER 29 — The Reconnection: Heal Others, Heal Yourself. Presented by Eric Pearl. Awakenings Center for Conscious Living & Bookstore, 25260 La Paz Rd. Suite D, Laguna Hills, CA 92653, (949) 457-079, 7:00pm, awakeningsmetaphysicalbookstore.com

OCTOBER 30 — Explore the New Frequencies of Healing. Presented by Eric Pearl. Mystic Journey Bookstore, 1624 Abbot Kinney Blvd., Venice, CA 90291, (310) 399-7070, 7:00pm, info@mysticjourneybooks.com

The Reconnective Healing principle is simple, and the outcome is revolutionary. There are healing frequencies that transcend the limitations of human ability and imagination. Eric will discuss a remarkable Reconnective Healing story and give live demonstrations on a limited number of audience participants.

great value on the species. The plant was extensively planted by them along their migration paths and trails. They viewed this to be a miracle plant that was used to cure diseases of the skin, a cure to cough, cold, asthma and as a remedy to a host of digestive disorders. It was used as face paint by American tribes before they went to battle. The stimulating impact rendered them calm and fearless before the enemy. American tribes also used to make aromatic garlands from the plant. It was extensively used by the early American settlers.

The plant was banned by the U.S. FDA for use as a food additive in 1968 after research indicated that some varieties of the plant had pro-carcinogenic chemicals. Herbal shops in the U.S. have stopped recommending or dispensing medicine from the plant.

Homeopathy drugs for treating flatulence, dyspepsia, anorexia and gall disorders are also made from the plant.

This listing of Indian medicinal plants will be a continuing article in upcoming issues of Awareness Magazine. Go to www.awarenessmag.com for any issues you may have missed.

OCTOBER 31— Reconnective Yoga Workshop. Taught by Marije E. Paternotte. Hyatt Regency Newport Beach, 1107 Jamboree Rd., Newport Beach, CA, USA 92660. 5:30pm. (949) 729-1234

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OCTOBER 31— Introduction to Reconnective Healing with Animals. Presented by Renee Coltson. Hyatt Regency Newport Beach, 1107 Jamboree Rd., Newport Beach, CA, USA 92660. 7:30pm. (949) 729-1234.

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NOVEMBER 1 — Essence of Healing Presentation. Presented by Eric Pearl. Hyatt Regency Newport Beach, 1107 Jamboree Rd., Newport Beach, CA, USA 92660. (949) 729-1234. 7:00pm - \$18.

Eric will discuss the Reconnective Healing story and give live demonstrations on a limited number of audience participants.

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NOVEMBER 2 & 3 — Level I/II Seminar: Reconnective Healing with Eric Pearl and The Reconnection Teaching Team. Hyatt Regency Newport Beach, 1107 Jamboree Rd., Newport Beach, CA, USA 92660. (949) 729-1234. Normal Fee \$657.

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Eric Pearl will discuss his story and give live demonstrations of these healings on audience volunteers.

NOVEMBER 2 at 7:30pm and NOVEMBER 4 — Reconnective Yoga Class. 7:00pm, \$18 each. Open to the public, Please bring your own yoga mat or towel. Taught by Marije Paternotte. (same description above)

NOVEMBER 4 & 5 – Level III Seminar: The Reconnection. Taught by The Reconnection Teaching Team. Hyatt Regency Newport Beach, 1107 Jamboree Rd., Newport Beach, CA, USA 92660. Normal Fee \$897. (949) 729-1234.

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NOVEMBER 6 — Reconnective Healing with Animals Mentoring Course. 9:45am-3:00pm. Prerequisite is successful completion of Level I/II Seminar: Reconnective Healing. Presented by Renee Coltson. Venue To Be Announced. Local contact: Renee Coltson, animals are waiting@msn.com, (480) 595-0888.

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LOCAL CONTACTS: Cecilia Samms (323) 697-5322, ceciliassamms333@gmail.com; Patrice Fistor Jaehnig (707) 953-9934, heartlight2001@aol.com; Elizabeth Carney (415) 816-4974, ecarney@zenheart.com; Bridgetta Tomarchio (323) 474-2717, bridgetta@wadgetpr.com.



Rickie Byars Beckwith Produces Rhythm and Joy

By Susan James

For awake and aware individuals, those who are living lives that are fully expressed, what does the soundtrack of transformation and conscious living look like? For Dr. Rickie Byars Beckwith it is embodied in the music of such artists as Chaka Khan, Verdine White of Earth Wind and Fire, Mandrill, Dwight Trible, Common, Roy Ayers, DJ Romes, Meshell Ndegeocello, Georgia Anne Muldrow, Jimetta Rose, Deval Premal & Miten with Manose, and a host of others, all of whom are performing at an inaugural Rhythm and Joy (RAJ) Festival October 4-6, at the Hummingbird Nest Ranch in Simi Valley, CA. Visit www.rajfestival.com. Produced by Byars Beckwith, RAJ 13 will be a showcase of music including urban contemporary, world music, sacred music R&B, Kirtan, jazz, and spoken word genres.

"We've got local and international artists who will rock so hard that you will be thankful that you signed on for three days of paradise; that you made time in your busy schedule to

give rhythm and joy a chance," Byars Beckwith said.

An internationally-renowned singer/songwriter and director of the Music and Arts Ministry at Agape International Spiritual Center in Los Angeles, Byars Beckwith will take the stage with her Agape International Choir, which has performed all over the world, with Grammy Award-winning artists such as John Legend and Will.i.am, and for President Barack Obama.

Her husband, Agape founder and spiritual director, Michael Bernard Beckwith, a featured teacher in the book and DVD "The Secret," will be among a slate of RAJ 13 transformational speakers including Peggy Callahan, Don Miguel Ruiz, Don Miguel Ruiz, Jr., Robert Dee McDonald, and Rich and Carin Clayton.

So RAJ is much more than a music festival.

According to Byars Beckwith, "RAJ really celebrates the world as I see it; one filled with people living lives that fully express the creative genius and the God within them; those who

are living clean, healthy lives; who are kind to the earth and the environment; those who really care about our planet. RAJ is a celebration of life, love and laughter," she said.

A key focus is earth-friendly green living. The RAJ Festival will use biodiesel generators, solar power and eco-friendly bathrooms and showers. "We are composting and recycling," Byars Beckwith said.

RAJ 13 will feature a green food court with vegan, vegetarian and raw food trucks and restaurants. Plus, water at RAJ will be free and filtered. Festival-goers can fill up at water depots throughout the grounds.

The Festival includes yoga, fitness, dance, Byars Beckwith's "Love Shuffle," a midnight presentation of Michael Beckwith's "Transcendence," sunrise and moonlight meditations, drum circles, a Wellness and Healing Oasis, a Children's Village and, for those ages 75 and up, a Sages Salon.

RAJ 13 promises to be a big three-day party under the sun, moon and stars, with outdoor



camping and (for more glamour) "Glamping" in upscale tents or in nearby hotels.

"The RAJ Festival is a vision to expand the impact of music and the arts as a catalyst for transforming our lives and our way of living. It is a celebration of the creative genius deep within us all. Our collective creative genius is calling us to gather with the intention to claim our humanity, embrace and express our full potential, and to celebrate like this is our tomorrow, because it is," Byars Beckwith said.

Sponsors include The Guitar Center, Naam Yoga and Agape International Spiritual Center.

Visit www.rajfestival.com. "Like" RAJ at www.facebook.com/Rajfest. Follow RAJ on Twitter @RAJ13/MusicFest. Watch www.youtube.com/RAJ-FestivalTV and pin us at www.pinterest.com/rajmusicfest. Sponsorship and vendor opportunities are available. Email: inforaj13@gmail.com

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- Facilitators Preview Open House: Tuesday, September 3 — 5 to 8 pm
- Compassion Games ~ Survival of the Kindest: 9/11 through 9/21
- Footprints Around the World 4 Peace & International Potluck Buffet Lunch: Saturday, September 21, 10 am to 2 pm
- Adelia Sandoval: Sunday, September 22, 10:30 am
- TED Talks Discussion Group: Monthly First Fridays, 7 pm

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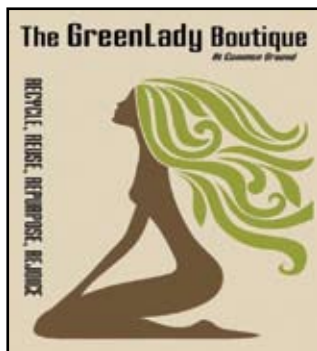
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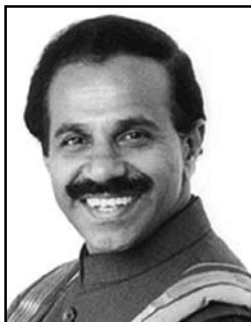
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BOOK Reviews

By Sonia von Matt Stoddard



RETHINKING MONEY

How New Currencies Turn Scarcity into Prosperity
By Bernard Lietaer
and Jacqui Dunne

Our outdated monetary system, built on bank debt that perpetuates scarcity and greed, is destroying societies around the world, and it is time to rethink our currencies.

By examining the concept of money, from its genetic roots, its role in competitive society and its myths, we work our way into strategies for banking, entrepreneurs and governments, and re-imagine money working with societies, in parallel with our current systems, to provide countless new options and resources that sustain abundance and cooperation.

This is truly a new concep-

tual system and not the standard "rehash" we see in our current economy, including real-world examples showing positive results from many often diverse areas of commerce.

Published by Berrett-Koehler Publishers, this book is available at your local bookstore or www.bkconnections.com

GREEN-LIGHTING YOUR FUTURE

How to Manifest the Perfect Life
By John Koeberer

Readers of this book will be getting a wealth of knowledge that would otherwise be found by reading more than one hundred books. While each of us has our own life view and very unique connection with our Universe, Force, Source, etc., this book offers concepts on

different aspects of life manifestations, through the works of our greatest thinkers.

The first section of the book reviews major advances understanding how life works and about comprehending what is possible, and turning those thoughts, from spiritual guides to live spiritual teachers, into matter that can be experienced and utilized. The second section outlines the steps to take to put this knowledge to practical use and how you can manifest your desires to create a better life.

Published by Seton Publishing, this book is available at a local bookstore or www.GreenLightFuture.com

CONSCIOUS MONEY

Living, Creating, and Investing with Your Values for a Sustainable New Prosperity
By Patricia Aburdene

Most people believe that corporate greed plays a major role in today's economic troubles and that human values are woefully lacking in business policy and action. The current financial structures are antiquated, but a holistic, values-based economic transformation may open the door to a new era of fulfillment and prosperity. This movement is called Conscious Money.

Drawing on values, creativity and the power of human consciousness, financial choices are guided by ideals that connect with our soul's innate wisdom. While many people fundamentally believe money values are external from their inner selves, the opposite can be true. Your values can be the great financial asset! Respecting guidelines borne of awareness, from our higher consciousness, can create a humanistic, value-driven approach to free enterprise that honors everyone involved in the process.

Published by Simon and Schuster, this book is available at your local bookstore or www.SimonandSchuster.com

YOGA WISDOM AT WORK

Finding Sanity Off the Mat and On the Job
By Maren and Jamie Showkeir

The physical practice of yoga, the postures or asanas, encompass only one of the Eight Limbs

of Yoga, barely scratching the surface of yoga's transformative powers. By embracing the moral constructs of all Eight Limbs, you will recognize and understand the power of your individual potential and become a more productive worker, manager and effective leader.

What is often called new or innovative is built on historical discovery and experience. The pages of this book intend to reflect the wisdom of ancient masters. Yoga, a way of life and philosophy, can be practiced by anyone with an inclination to undertake it. Here is a tool for uncovering your potential and enriching your job experience by utilizing yoga, in its entirety, within the workplace.

Published by Berrett-Koehler Publishers, this book is available at your local bookstore or www.bkconnections.com

SOLOMON SPEAKS ON RECONNECTING YOUR LIFE

By Dr. Eric Pearl
and Frederick Ponzlov

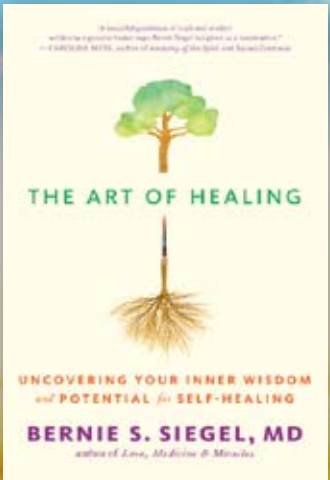
The teachings of Solomon, an intellectual energy source, speak through the physical being of Ponzlov, Dr. Pearl's patient. Your life is full of magical energy; problems are lessons to be learned. The key to understanding truth lies in learning how to reconnect with ourselves, as well as with a greater force. Through "Reconnective Healing" we can tap into the extraordinary force of creation and mastery of our souls.

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MUSIC & MEDIA Reviews

By Michael Diamond



BLACKMORE'S NIGHT

Dancer and the Moon
www.blackmoresnight.com

For those who may not be familiar, the music of Blackmore's Night is an alchemical brew of Renaissance and Medieval music, Celtic, English folk, and rock influences. Led by the husband and wife team of ex-Deep Purple guitarist Richie Blackmore and award-winning songwriter, vocalist, and woodwind player Candice Night, the seven-piece band employs a wide range of instruments harkening from the Middle Ages to the present.

I once compared elements of Blackmore's Night's sound to aspects of Jethro Tull, and with this album featuring more electric guitar and rock influence, the comparison is still apt in certain respects. Although the elegant vocals of Candice Night put Blackmore's Night in a league of its' own. And those who love the group's more traditional acoustic fare will find a nice balance of that on "*Dancer and the Moon*" as well. Despite the wide variety of influences in their sound, or possibly because of it, the group has managed to build a huge fan-base around the world, who often attend their concerts decked out in Renaissance costume.

MEG BOWLES

The Shimmering Land
www.megbowlesmusic.com

For the past two decades, electronic music composer Meg Bowles has been crafting what she calls "ambient orchestral soundscapes." Drawing from training in classical music, as well as her work as a licensed psychoanalyst with a particular interest in dreams, shamanism,

and Jungian psychology, the music is created to take the listener out of this world to another place, a deeper space. Meg likens her work with sound to that of a painter or sculptor applying layer upon layer to create their art.

"The Shimmering Land" is serene and spacious with themes inspired by the ocean, mist, twilight, the planet Venus, stars and the cosmos, and a magical dreamland. While music of this kind can sometimes be amorphous, deep listening to Meg's compositions reveals classical elements of melody and structure with a beginning, middle, and end. However, once you start listening, the ambience is so entrancing and creates such an altered state, that it is hard to be analytical about it. This is music to drift away with on clouds of sound.

SONALJIT

Dreaming The Afterlife
<http://sonaljitmusic.wix.com/music>

Born in India, Sonaljit currently resides in Massachusetts

where he divides his time between creating music and pursuing a Ph.D at Dartmouth. Captivated by intricate multi-layered soundscapes of Yanni, Vangelis, and Kitaro, he was inspired to teach himself to play the keyboard as well as learning audio recording. Sonaljit's new-age instrumental music is a blend of symphonic orchestral flavor and ethnic fusion with a wide variety of world music instrument samples. Three of the songs on the album are featured both as fully orchestrated versions as well as solo piano versions, which when stripped of the lush accompanying instrumentation, reveal the heart of his songwriting skill.

This is Sonaljit's debut release and to say that I am impressed with it would be an understatement. I don't give awards for the music I write about, but if I did this would easily be on my list for "Best New Artist Of The Year." If this is just the beginning, I can't wait to hear what is to come in the future from this talented young recording artist.

LISA LYNNE AND THE ELFIN LOVE TRIBE

Instrumental Songs of Good Cheer
www.lisalynne.com

As one of the world's top-ranking folk harpists in the world, Lisa Lynne has many

musical irons in the fire. One of them being the Celtic-influenced Elfin Love Tribe, which she shares with her long-time collaborators, stringed instrument virtuoso Aryeh Frankfurter, and the exquisite flutes, wind instruments and percussion of George Tortorelli. Other musical elves also lend their talents. According to Lisa, it was created as a way to express a playful fun sound that was not so serious, for fairs and festivals.

It's hard to overemphasize the visually evocative quality of this music, which includes original and traditional tunes. Listening to song after song, I kept feeling that this is a soundtrack in search of a movie. If a sequel to *The Hobbit* is ever filmed, this music would fit like a glove. If I had to choose one word to describe this album it would be "enchanted." There is a buoyant quality to their sound and it's hard to imagine not feeling elevated and enraptured by its merry melodies and elfin attitude.

CHRONOTOPE PROJECT

Chrysalis
www.chronotope-project.com

Chronotope Project is the musical nom de plume of composer, cellist and electronic music recording artist Jeffrey Ericson Allen, whose "sensual ambient music" has graced

(Continued on page 34)

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Music is the universal
language of mankind.
- Henry Wadsworth Longfellow

KID'S Reviews

By Lyda Whiting

BULLY BEAN

Written by Thomas and Peter Weck, Illustrated by Len DiSalvo

Bully Bean liked to tease the other beans. He especially liked to be mean to Lima Bear. One day, Bully Bean followed Lima Bear into a cave. Lima Bear climbed up a rock wall as fast as he could, with Bully Bean right behind. The rocks stayed still for little Lima Bear. But when Bully Bean scrambled up the wall, one of the big rocks came loose and fell on him. What should Lima Bear do, now that his nemesis was trapped?

This story describes bullying without being too frightening for young children, and reading this book together can spark a discussion on what to do when it happens. Children will recognize themselves in little Lima Bear, and cheer his solution to the problem.

For ages 4-8.

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

CUPCAKE JONES AND THE MISSING TUTU

Written by Ylleya Fields, Illustrated by Michael LaDuca

Princess Cupcake Jones doesn't want to wear velvet and

lace. She only wants to wear a tutu. Finding bugs in the garden, cartwheeling through the palace, riding her pony, painting a picture, she wears her tutu all the time. But Mommy won't let her wear it to bed. One morning, Cupcake can't find her tutu. Was it stolen? Or was it lost like a lot of Cupcake's favorite things? Where did they all go?

Cupcake searches the palace and finds that it is better to keep her things organized so she can enjoy them, and of course, wear her tutu every day.

This fun African-American heroine is refreshing. Girls will love the adventurous Cupcake. Be warned, they may also insist on a tutu and a tiara. After all, they are all princesses too.

Recommended for ages 3-8.

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

SPARKLE AND THE GIFT

Written by Ayn Cates Sullivan, Ph.D., Illustrated by Belle Crow duCray

One day, Sarah announces to her mother that her true name is Sparkle, and that she is a being of light and color. When she is sad because people have forgotten their true natures, her mother tells her the story of a

fairy named Kachina. Kachina loved to help the leaves unfurl and the flowers blossom. She heads out of the forest on an adventure, and encounters Joseph, a sad man who has lost touch with the spirits of nature. Kachina helps a beautiful rose blossom into a gift that helps Joseph and his wife remember their connection to the earth and all living things.

The story is unusual and joyful, and the illustrations charming and unique. This enchanting book will be a treasured favorite for children and adults.

Highly recommended for ages 2-8.

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

POSSUM SQUAT A TALL SOUTHERN TALE

Written by Lucianne DeLong, Illustrated by Dan Paul Ungureanu and Andrew Williams

Possum Squat is a little backwoods town filled with good-natured folk who enjoy gardening, gossiping, and being together. Money is scarce, but the Zerkel brothers are willing to trade the goods in their rolling store for just about anything, even fishing worms. But when the Huckabee triplets give them rat snakes instead of worms, the commotion was enough to bring out the whole town.

This author grew up in the deep South, and shares her very unique childhood experiences through the silly antics of her animal characters.

When reading this book out loud, you can't help smiling as you get into the spirit of this tall tale. Children will giggle at the Southern words, like crawdads and taters, and at the funny inhabitants of this friendly country town. Fun for everyone.

For ages 4-8.

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

MUSIC Reviews

(Continued from page 33)

the radio airwaves on *Hearts of Space*, *Echoes* and *Star's End*. The term "chronotope" refers to the unity of space and time, in this case finding expression in ever-evolving permutations throughout the music. Lush sonic textures and ambient atmospheres conjure the element of space, with time being marked by gently pulsing rhythmic ostinatos and exotic percolating percussion. While some rhythmic elements evoke actual percussion instruments, others are created by unique and intriguing sequenced electronic sounds.

Classical composers Satie and Debussy have been as much of an influence for Jeffery as contemporary artists like Jonn Serrie, Steve Roach and Brian Eno. But these days, Jeffery's biggest inspiration is his Buddhist meditation practice which has taught him the value of spaciousness and given him a sense of the transcendent, which is embodied in his music. Reflecting the confluence of space and time, sound and spirit, "Chrysalis" merits my highest recommendation.

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

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Musings

By Mystic Trish®

How do we count our prosperity?
How do we see our abundance?
How do we gather our harvest?
How do we show our gratitude?

As the days grow shorter and the sun slips lower on the horizon what are your thoughts?

What did you plant in your personal garden last spring? Did it bear any fruit? Did you weed it? Did you fertilize it? Is it an annual that must be replanted every year or a perennial that will be there year after year as long as you tend to it?

Last Spring I planted seeds for a new beginning. This Autumn I am harvesting the fruit of that planting. I have found that going back to basics really works. I planted with the intent to change my life and I did. With my intent, with my words, with my work, I am harvesting with gratitude.

The balance of life is where we find our happiness and prosperity. The wheel of life goes up and down from light to dark and back again. We move in a spiral dance year after year, each one of us with our new beginnings and endings.

Is your spring planting metaphorical? We tend to be a rather practical people. We want to know exactly what the return on our investment will be. Is it really worth it to do all that work and have little to show for it, will the return be worth the hard work?

What do we do when there is not a plentiful harvest, even when we try our best to tend to our little garden of life? We look to see why? That's what we do. Was there a problem with the weather? An insect invasion? Poor soil? Did we offend the Gods in some way?

No, we didn't offend the Gods, if our harvest is poor we need to look to ourselves. How did we handle our personal garden? How are we handling

our larger garden called planet Earth.

Have we polluted it so much that we are killing our fellow earthlings... Bees, fish and so forth? Or did we just not pay attention. We need to live in balance and harmony with the world around us. What grows and blooms in the spring will not grow and bloom in the autumn.

Are we in balance? Remember September 22 is Autumn Equinox, a day of perfect balance of light and dark. Are we showing gratitude for our prosperity? The opposite of prosperity is scarcity, and we've had plenty of that in recent years.

When I think of prosperity I think of gratitude, how can you have one without the other? So let's be grateful for the balance that has been restored.

How do you express your gratitude for all the wonderful things you have in your life? The harvest festivals we all celebrate in one form or another are expressions of gratitude.

We all have troubles in our life but we all have something to be grateful for as well. Whenever I start complaining about some appliance in my house needing to be repaired, my children will remind me that what I'm complaining about is such a "First-World Problem," and they are right. It is a First World Problem.

I am grateful to be living in this first-world country in spite of all of its faults. We still have the right to complain about it. Yes someone is probably listening to us complain, but we can complain and vote someone out of office. Or not buy a product when we don't agree with that corporation's beliefs or actions.

There are several houses in my neighborhood that are being remodeled. This is a sign of prosperity, for this I am grateful. As are all the construction

workers who are now employed. The other side of this is my first-world complaining about the noise of jackhammers. It disturbs my peaceful garden. My large amethyst started screaming from the back garden when they were tearing down most of the house behind me. I keep going out into my garden early in the morning and in the evening and repeating the same words, "peace and healing" as a mantra.

Prosperity comes in all forms. Some people have prosperity of wealth — that is the usual form of prosperity that comes to mind. While other people have a prosperity of talent they can share with the world. The talent

might be singing or painting or writing. This is part of the prosperity that is unique to human beings.

The ability to find a form of expressing thoughts and ideas, of expressing human emotions, is truly a form abundance of the heart and mind. An overflowing of the fullness of what it is to be human. And it is the human expression of gratitude that we should all be focusing on at this time.

Happy Harvest!

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

FILM REVIEW...

GMO OMG

Reviewed by Donna Strong

GMO OMG is the very well-named second film from Director Jeremy Seifert. A long awaited piece, his film makes some poignant points for his audience to ponder about the state of American food. One of the key strengths of this very personal film is how it bursts the bubble on our American belief that we have 'food safety,' or mainstream food will make us healthier and happier. As families we are still in an American apple pie trance that if something tastes yummy, it has to be good to eat.

Seifert's film risks a close-up view of his own family making choices based on taste like we all do everyday. Albeit it is not surprising that young children will choose a sweet regardless, it is a shot of his wife Jen looking at her children and their tasty funnel cakes that are likely laced with GMO ingredients that pierces their fond exchanges about whether they should eat these types of 'food.'

Seifert contrasts beautiful visual impressions of his three young children with startling statistics about the decrease of biodiversity and the rising levels of poison to which we're all exposed. The film demonstrates

how corporate agriculture has encroached upon our shared common heritage — the sacred basic code for renewing life that is stored in seeds.

He is on a sincere quest with his seven year-old seed-saving son named Finn to find answers that are very important as both a father and a citizen. Through lovely cinematic vignettes, Seifert's GMO OMG reminds us of the rightful return to a world where real food is a healthy pleasure in life, worthy of the celebration it's been for ages.

This film is a call to wake up and care enough to make choices that promote much needed change in our food system. It illuminates a central point that the reviewer has been digesting for some time; that as a society, our current food choices are more complicated and have far greater repercussions than we have been prepared to comprehend, let alone handle. It is more than shocking to realize how far we have veered off course, but perhaps it is a necessary part of the current call to wake up to some stark realities.

GMO OMG is scheduled to open in Los Angeles September 20. Check your local theaters for times.



By Jesse Anson Dawn

Tips for 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:

While I was in my back yard doing some push-ups, a neighbor of mine asked me this: "Jesse, I think you do *too much* exercising, isn't it about time to relax more, and thereby begin to... act your age?"

Dear Readers,

As to the common notion of supposedly "acting our age," it's a widely promoted, [ageism-based] belief system that reminds me of a cartoon that I saw in a newspaper, a rather insightful

little ditty that I will now share with you:

At an open-casket funeral, while a man is standing there, gazing at the displayed face (in the coffin beneath him), he is captioned as saying this:

"Oh well, uncle Charlie, it seems you have finally reached the time when you're... acting your age."

Ah yes, the ever-promoted, "acting-our-age," so-called "retirement" phase of one's life, amid which the medical industry pushes a plethora of put-us-to-sleep, "relaxation" pills (such as Prozac and Valium), along with various other "anti-depressants." All of which is a hugely profitable, pharmacology ploy that, according to extensive research, has brought about the following, [continually covered up] but very important fact:

Plant a tree. Urban America has an estimated 100 million potential tree spaces. Filling these spaces with trees will reduce power plant emissions or carbon dioxide by 35 million tons annually.

— National Wildlife Federation

International studies now reveal that, largely due to lethally allergic reactions to pharmaceutical drugs (which are now the 4th leading cause of death), the United States has fallen from 11th place to 48th place in worldwide, life-span longevity.

Oh yes, now **THAT'S** a statement of factual reality which may be difficult to believe. But amid this increasingly [chemical-addicted and junk-food-programmed] world, knowing the actual truth about what we {intake} is now more **((life-saving-essential))** than ever.

But along with dietary factors, plus the deluge of commonly taken, dicey drugs, my decades of research has found that another major cause of shortened lifespan is, to a large extent, our programmed perceptions of "time." However, in order to teach a true-to-life, deep understanding of how "time" can be an **((ever-curative friend))** instead of a [[body-decaying enemy]], I continue to duly emphasize the following truism:

Mainly influenced by its outrageously {{expanding}} profits, the healthcare industry persistently points to the **"rapidly decaying effects" of "time"** on our precious bodies. But **((AMID THE UPPER-HALF OF REALITY))**, the **((spirit-linked, center-of-the-brain realm))** that (I **STRONGLY** believe in), there persists **OUR PERPETUALLY re-((CREATING)), REGENERATION AND IMMUNITY SYSTEMS**. All of which are truly **crucial** abilities that, quite unfailingly, should remind us of the **((MILLIONS))** of our bodily "cells" being **((COMPLETELY**

RENEWED)) every minute that one's (physical body) lives. And yet to be in **(ceaseless control)** of our too often ["medically" underestimated], regenerative powers, we need to **((repeatedly expand)))** our awareness of how **((ongoing self-renewal)) REALLY works.**

Therefore, to clearly explain the [relatively unexplored], "mysterious" functions of our **((mind and spirit activated, regeneration energy))**, I have now released the worldwide research revealed in my third book, **The New Era of Consciousness**. And to my grateful delight, I can't stop reading that amazingly helpful piece of work, over and over, a volume that keeps me from ["killing time"] by watching too much ["sound bite"-based TV] — while it also teaches me this **((timelessly beneficial))** fact:

"ACCORDING TO INTERNATIONAL STUDIES, THE MOST EFFECTIVE FORM OF EDUCATION IS DEEPLY ABSORBING ((AND THEREBY INTERNALIZING)) BOOKS THAT REVEAL TRULY WELL RESEARCHED, VITAL INFORMATION."

And with that prominent reality in mind, I duly urge my readers to realize this:

Whatever we learn about the future of our ongoing, ((physical and mental well being)), quite often depends on how we spend our so-called "free time," whereby we are faced with these two basic choices:

"FREE TIME" CHOICE # 1:

Allowing ourselves to be continually directed by strictly profit-based, [TV and internet flashes] of "mainstream" medical industry propaganda. **OR:**

"FREE TIME" CHOICE # 2:

Elevating ourselves to read books that **((clearly and accurately))** educate us with **((perpetually memorable, LIFE-SAVING REVELATIONS))**

"Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing him at jesseisforreal@yahoo.com. Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive his uniquely beneficial, new book, THE NEW ERA OF CONSCIOUSNESS. Or you can have a bookstore order it via iUniverse Publications.



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REFLEXIONS REFLEXIONS

By Robert Ross



Why Write? Why I Write

"The role of a writer is not to say what we can all say, but what we are unable to say."

— Anaïs Nin,
American author

WHY WRITE?

On October 20, 2013, The National Council of Teachers of English will be holding the fourth annual National Day on writing. According to the NCTE website, this annual day is set aside to celebrate composition in all its forms, encourage diverse participants — students, teachers, parents, grandparents, service and industrial workers, managers, business owners, legislators, retirees, and many more to celebrate writing in all its forms.

To the question, why write? Some of last year's participants penned: "Because I am a spider and words are my silk." And, "To get 10 years worth of stories out of my head." One person wrote, "Because I sound smarter when I write than when I speak." Another "Because saying words is nice, but writing them down lasts longer." And, "Because I'm in love." Or, "To think, to converse, to express, to solve, to explain, to persuade, to motivate, to..."

There are as many reasons to write as there are reasons to speak, to laugh, to cry, to be. Descartes' famous quote: "I think, therefore I am," could easily be restated, or in this case, rewritten to: "I write, therefore I am." In all of us is the desire, the drive, and the need to express ourselves. It's in our DNA. For some, that need to express, to share, comes out through writing.

Writers are a special breed

for they live multiple times. In her book *Writing Down the Bones*, Natalie Goldberg penned: "Writers live twice. They go along with their regular lives, are as fast as anyone in the grocery store, crossing the street, getting dressed for work in the morning. But there is another part of them they have been training. The one that lives everything a second time. That sits down and sees their life again and goes over it. Looks at the texture and the details."

WHY I WRITE

Growing up in a house of seven was challenging for me. I was one of 5 children, in the middle, more introverted than extroverted. Life, as far back as I can remember, was an ongoing challenge to find peace and quiet, to reflect, to be me. However, there were the continual admonishments from parents, older siblings and teachers: "You shouldn't say that." "That's not nice." Be this way. Be that way. Do this. Do that. Stand. Sit. Be quiet. Go. Stop. And one I heard more than a few times: "Go to the principal's office!" I was emotionally pummeled from all sides, and didn't know it, surviving this onslaught by going inwards, not sharing and, shutting down.

It wasn't until my mid twenties that I discovered writing. I could write something without an older sister or a parent telling me what I should or should not say. It was a newfound freedom. My introspective thoughts put on paper, examined, rearranged to find my truth. A relationship, an experience, a feeling, a lover, was now fuel for pen and paper. So I wrote...

and wrote... and wrote... and wrote — poems, prose, and scribbles. Mostly unshared writings, but it didn't matter, they were my thoughts, mine alone. I felt like a child learning to walk; exploring the landscape of the heart, the depth of the soul, through writing.

The Berkeley Free Press published my first article in 1974, about working with the migrant farm workers in Oregon. It was exhilarating to see my thoughts in a Bay area newspaper. The stilted, shy, repressed kid of the past was now able to speak, to say what was on his mind, to share, through writing.

Writing was my way of communicating with the outside world. In the mid 90's, the angels of writing smiled down on me. I landed a steady assignment as a columnist for Awareness Magazine. I could now do, on an ongoing basis, what writers do: write, relive, explain, learn, and reexamine life's experiences. And most important, I could declare, on paper, in words, in my words: *hey, this is me!*

And so I wrote with a focus and purpose. I wrote about trips and observations and current events. I wrote about 9-11, the financial crisis, the war in Iraq. opened the doors to my personal life and wrote about painful events, the death of my father and the day cancer showed up on our doorstep.

The cancer piece was the most difficult I had ever written. My wife, Ingrid, had a 7-centimeter sarcoma tumor. The news of the cancer began as a light rain, but quickly turned into a tsunami that crashed its way into my home leveling every sense of normalcy in its path. Uninvited, hell had arrived.

Eventually, after the surgeries and radiation, I picked up the pen to relive and re-examine the process, again feeling the

helplessness while watching her go through some very painful days. Reliving the afternoon and evening of the first surgery. Reflecting on the act of praying, even though I wasn't affiliated with any religion and had never prayed a day in my life. The writing brought it all back; the emotions, raw, and at times overwhelming.

But, 'looking at the texture, the details,' also revealed some silver linings to the cancer experience; the flowers on the doorstep from caring friends, food dropped off to bring comfort, the get-well cards, and the concern from family members. People cared. Cancer involves more than one. The title of the column: When Cancer Knocks, Everyone Answers.

I don't know where this writing life is going. My friends, paper and pen, will be with me though. I'll push the envelope a bit, look for new ways to say the same old things, peel off an emotional layer or two, perhaps explore new forms of writing. And, I'll keep Franz Kafka's thoughts on writing always in mind: "Don't bend; don't water it down; don't try to make it logical; don't edit your own soul according to the fashion. Rather, follow your most intense obsessions mercilessly."

October 20, 2013, is the National Day on Writing; a day to reflect, and ask: why write?

Robert Ross can be reached by email at: SanDiegoRoss@Yahoo.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

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Feng Shui Concepts

By Jenny T. Liu, M.A.

Prosperity Starts with Health

In the dictionary, prosperity is defined as "the condition of being successful or thriving; especially economic well-being." Almost all my clients do feng shui to improve their wealth. In the process, they often discover

reflect the eyes, the ventilation reflects the respiratory system, the plumbing reflects the circulation system, and the back door reflects the anus. How the house is configured, aligned, and which items are placed



*Wealth is fleeting like a butterfly on a flower.
Scholarship is a paper in the wind like gulls over the ocean.
Embrace the present — it is true precious intelligence.*

— Grand Master Chi-Jen Liu

that the path to prosperity is not really about how much money they can put into their pockets, but their quality of life as they do so. They come to see how their feng shui affects their health is crucial to their wealth.

Just as our house shelters our body, our body houses our soul. Mutually dependent, the house and body are reflections of each other. Not only is every orientation of the house associated with a different aspect of our biology and spirituality, but the structure of the house can be seen as an extension of our human functions.

For example, the front door reflects the mouth, the roof reflects the head, the windows

where, affects corresponding aspects of our health.

When we keep our house clean and organized and maintain natural light and ventilation, it becomes a sanctuary in which we can prosper. People who live in blissful homes have a positive outlook on life, are in tune with their purpose, and feel connected with nature. Their brains are wired to heal faster and overcome problems quickly. In the same way, when our body is taken care of, nourished, and not polluted or weighed down by toxins, our mind is sharp, we have more energy, and can better focus on self-cultivation.

On the other hand, when we

work long hours, we end up neglecting our home and our health. A cluttered house that is dusty, junky, dark, and filled with stale air affects the people living within with similar personal problems of being overweight, depressed, and stagnant in their livelihood.

During this economic crisis, we've learned that money in the bank does not ensure prosperity. What is the point of working your fingers to the bone only to come home too exhausted to do anything but eat and sleep? Many people are so focused on the bottom line and working 80-hour weeks only to discover that they have gotten chronic migraines, ulcers, hernias, and cancer.

I hope we do not have to learn the hard way that without

our health, we lose our prosperity. No matter how much money we've earned, how can we enjoy it sick in bed? More importantly, without our health, we lose our truth and our ability to contribute in a positive manner. Of course, a stable income is important, but how much money do we really need? Are you sacrificing something far more valuable than money for the extra digits in your bank statement? In life, true prosperity is good health.

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.



Voices of Hope

By Audrey Hope

AbundZENce

Once upon a dream
To pray to want to have
To make it come true,
But how?

Do you deserve it? earn it?
ask?

Vibrate to it? clear the issues?
Hope?

Then where is it?
Someone is getting rich off
these concepts,
Not me or anyone I know.

Real abundance is something
else,
Not in the wanting, wishing,
having,
But in the anywhere, anytime,
I AM.

A funny thing happened on the
way to a dream...

Everything!
And everything else,
But not that.

Does the life goal have a
different account?

Walking with desire

Days move.

Turns on the road are hard —
but gold.

They serve the real destiny
To grow the inner light,
To volume up the soul's shine.

Bondage is to never see the
truth.

The poverty is to miss the
point.

It is so sad to wait for
anything,
And miss today's show.

Abundance zen is to let the
whole issue go.

Stop wasting precious time —
manifesting!

Who cares?

Follow front door messages,
Whatever knocks is next.

Like Krishnamurti said —
The secret is — it doesn't
matter what happens.

Inner peace is free.

The wow is now.

The gift — to notice.

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

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Animals and Personal Prosperity

By Allen and Linda Anderson

In our work of sharing uplifting stories about Angel Animals, we have seen a shift over the years in what people think it means to live a prosperous life. Animals teach that prosperity comes in many forms beyond material wealth. As spiritual partners, they often show that personal prosperity needs to include a profound connection with nature.

Animals, with their unconditional love and devotion, help many of us to achieve a more balanced view of financial security. If people are so busy acquiring money that they don't believe they have time to sit on the couch with a cat on their lap, walk a sniffing dog around the park, or ride a horse along the beach, they are missing out on some of life's purest pleasures. Often the pursuit of great wealth smothers other forms of enjoying a prosperous life.

Over the centuries, certain animals have come to represent prosperity and treasure. In some cultures the boar symbolizes nature-based wealth, success, courage, and prosperity. The cow represents vitality, love, health, and life of the land. The dog heralds loyalty, protection, service, and future prosperity.

The eagle, fish, crab, grasshopper and bee, to name a few, are symbols in diverse cultures of success, bountiful fortune, good luck, clear vision, nobility, and prosperity. Perhaps there is a subliminal reason why people have chosen animals to remind them of the kind of wealth that can't be bought.

The following stories illustrate how animals provide missing elements to leading a full and prosperous life.

THE DEER HELPED ME WIN A COLLEGE SCHOLARSHIP

In our book, *Angel Animals, Divine Messengers of Miracles*, published by New World Library in 2007, Kurt Welch shared an experience with a deer that changed his life and gave him the opportunity for greater prosperity.

While a teenager, Kurt decided to give bow hunting a try. After bow season began he found a small weedy field near his home where he could quietly watch for animal life. Kurt writes, "The first couple of nights I didn't see anything, but after the third night, I saw a few deer. Then the next night I notice a couple more. By the end of the first week, I began seeing deer nearly every night. I enjoyed watching the deer so much that I never even thought about drawing my bow."

Kurt returned to the field each night no matter how bad the weather or even if he was sick. "Being with the deer gave me a complete happiness that I'd never felt before. I hadn't known I could be so peaceful and wondered if I'd ever feel this good again. It was almost as if the deer were coming to that field to make me happy, because seeing deer nearly every night for three months is highly unusual, especially dur-

ing hunting season. It seemed like nature's gift to me."

On the final day of bow-hunting season the power of this gift became most apparent to Kurt. He went out one more time in below-zero temperatures with the ground covered by a thick layer of ice and snow. He was determined to see deer once more. As he walked toward his spot, Kurt thought about his life and what the New Year would bring. He waited.

"To my surprise, I detected movement on the other side of the field. I looked through my binoculars and identified the object as a doe. She walked slowly in my direction, stopping every couple of paces until she stood about twenty yards away. Then she looked in my direction, just staring at me. She could smell me, because the wind blew in her direction, but she didn't run.

"I suddenly realized that I was smiling. Never in my whole life had I been so happy! I believe this doe, that I think of as an angel, came to the field that day to make me happy once more, as the deer had done hundreds of time before her... That night I made a promise, and this dream began to form in my heart. I'd earn enough money to buy my own field, where deer could graze and then I could re-create the special days we'd had together. Eager to carry out my new mission, I ran home and immediately went to work."

Previously an average student, Kurt went on to make straight A's, taught himself skills outside of a formal education, earned several scholastic awards, and received a full-tuition college academic scholarship. He was on his way to living a prosperous life, which included service to animals and people who appreciate them.



When asked about his motivation for success and prosperity, he'd say, "The deer."

A DOG ADDED RICHNESS AND JOY TO LIFE

Allen writes about his relationship with our rescued cocker spaniel Leaf in his latest book, *A Dog Named Leaf*, published by Lyons Press in 2012. After going through profound life-threatening experiences with Leaf's essential help, Allen realized just how truly blessed he was. His definition of prosperity changed to encompass what he had often taken for granted.

Allen writes about his life with the dog's healing help: "Something profound shifted inside me. I was alive. I could breathe and feel and think. I could hug people and shake their hands. I laughed and felt real contentment. Having been pulled back from the brink, I ultimately considered myself to be the luckiest most prosperous man in the world.

"More than ever, I cherished all living beings. With the aid of everyone who had helped me through the crisis, some of whom I might never see again, I had come to know that relationships, not work or achieving all my goals, are what's important."

Prosperity can come in many forms. But animals keep us in the present long enough to experience the richness of the moment.

Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals www.angelanimals.net. Their books are available as print, e-books, and audio books at online and retail bookstores. Visit www.adognamedleaf.com for their newest book.

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CALENDAR DEADLINE
NOV/DEC ISSUE
OCTOBER 15

CALENDAR of Events

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

ONGOING

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

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

AUTHENTIC HELP! Find true solutions & freeing truths! Real answers exist with VERNON HOWARD'S life-saving discoveries. Classes: Fridays 8 PM, Sundays 10 AM, NewLife, 5785 Westminster Blvd., Westminster; Wednesdays, 7:30 PM, Neighborhood Church, Pasadena. \$3 donation (714) 899-9300. www.anewlife.org

MONDAYS — Metaphysics lecture, discussion. Topics: crystals, tarot cards, photograph reading, astrology, various locations. (949) 375-7551.

TUESDAYS — Oct. 8, 15, 22, 7-9pm. Truine Power. In the 21st Century we live in a fast-paced, high stress society. Spend three Tuesdays evenings with activities designed to help you relax your body, center your mind, and tune into your inner guidance. By learning techniques in meditation, positive prayer, and channeling from your higher nature, you will experience greater balance and clarity, and release stress. Teaching of the Inner Christ, 1775 Bellflower, Blvd. Long Beach, 90815, \$10 donation per evening, Call Marilyn at (714) 615-1399, www.teachingoftheinnerchrist.com

WEDNESDAYS — Every third Wednesday. Holistic Chamber of Commerce: Inland Empire Chapter Monthly Meeting, 6:30 to 8:30pm at Natural Magnetism, 8200 Haven Ave., Suite #2110, Rancho Cucamonga, CA 91730.

Contact Julie D. Mayo, Chapter President (951) 833-7879 or visit IE.HolisticChamberOfCommerce.com. Everyone is welcome!

THURSDAYS — Personal growth authors' discussion group: Eckhart Tolle, Dyer, Chopra. Museum of Art, Long Beach. (949) 375-7551.

SEPTEMBER

SEPTEMBER 3 — FACILITATORS PREVIEW OPEN HOUSE. Tues. 5-8pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 3 — RESTORATIVE YOGA. Tuesdays 2-3pm. \$12 per class (package rates available). Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 5-8 — Bhakti Fest is celebrating their 5th Anniversary and is gathering the troops at the ultimate spiritual playground: Joshua

Tree Retreat Center. Be wowed all weekend long at Bhakti Fest West's 5th incarnation: the largest gathering in the world of internationally renowned kirtan artists, yoga teachers, and workshop leaders. Camping or lodging options are available to suit your needs, however it's not likely you'll want to sleep through a minute of this affair. For more info: Bhaktifest.com

SEPTEMBER 5 — RESTORATIVE YOGA. Thursdays 2-3pm. \$12 per class (package rates available). Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 6 — TED TALKS DISCUSSION GROUP. Friday 7-8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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

SEPTEMBER 11 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 19-22 — New Life Awakening Retreat with Yogiraj Siddhanath. Carlsbad. Spend several days in presence of a realized yogi master to learn Kundalini Kriya

(Continued on page 42)

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SEPTEMBER 19 — START A NEW CAREER HELPING OTHERS. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMlcollege.org

SEPTEMBER 21 — SACRED SOUNDS GONG MEDITATION. 6:30-7:45pm, Buddhamouse Emporium, 134 Yale Avenue, Claremont, CA 91711. A sonic and rhythmic sound bath with the sounds and harmonies of gongs and voice, serving as a vehicle to quiet the

mind, heal the body, and energize the spirit. Bring mat, blanket & eye covering. \$15/person. www.phylis.douglass.com

SEPTEMBER 21 — FOOTPRINTS AROUND THE WORLD 4 PEACE INTERNATIONAL DAY OF PEACE. Saturday 10am-2pm. 1-mile walk through the local area, peace prayer service, international potluck buffet lunch. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 21 — PSYCHIC & HEALING ARTS FAIR! 12-5pm. Receive Intuitive Guidance, Tarot Readings, Reiki Energy Healing and Mediumship. Enjoy Metaphysical Gift Shop. Keep In Touch With Us: [Facebook.com/MyHeartChakra](https://www.facebook.com/MyHeartChakra) or Call (714) 609-0937.

SEPTEMBER 24 — REIKI HEALING CIRCLE. Tuesday 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 25 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

SEPTEMBER 27-29 — AKASHIC RECORDS PRACTITIONER CERTIFICATION WEEKEND with Barbara Schiffman, Fri-Sun, LA/Burbank. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer and Advanced Past Life Healing tools. (818) 415-3479, www.YourLifeandSoul.com, www.Meetup.com/AkashicLA

OCTOBER

OCTOBER 3 — BOOK SIGNINGS. If you're going to carry around Emotional Baggage, make it Love, Joy and Inspiration! Got Baggage? Pack for Happiness!! Speaker/Author

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Who calls for sharing and justice as the only means to peace. Take to heart his message of the oneness of the human family.

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www.share-international.org

Mikki St. Germain. Awakenings, 25260 La Paz Rd, Laguna Hills, CA. www.MikkiStGermain.com (949) 429-3438. STAY INSPIRED!!

OCTOBER 3-8 — SOUTHWEST DOWSING CONFERENCE. Flagstaff, Arizona: Mingle with hundreds of dowsing enthusiasts, meet and learn from the pros, and have more fun than you have had in years using dowsing in scores of amazing ways. Don't know how to dowse? No problem. You'll be dowsing like a wizard before you leave this event! For details: www.arizonadowers.com

OCTOBER 4-6 — THE RHYTHM AND JOY FESTIVAL. RAJ 13, takes place at the Hummingbird Nest Ranch, 2940 Kuehner Drive, Simi Valley, Calif., featuring Chaka Khan, Roy Ayers, Mandrill, Common, Deva Premal-Miten & Manose and other artists from Jazz, R&B, Kirtan, Hip Hop and World Music genres. RAJ 13 includes art, dance, yoga, transformational speakers Michael Bernard Beckwith, Don Miguel Ruiz, Hans King, plus, overnight camping, holistic health and sustainability vendors, a Children's Village, Sages Salon for seniors and a green food court with raw, vegan and vegetarian choices. Visit www.rajfestival.com

OCTOBER 4 — TED TALKS DISCUSSION GROUP. Friday 7-8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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

OCTOBER 9 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

OCTOBER 17 — START A NEW CAREER HELPING OTHERS. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday and Thursday 7-10pm, Tarzana, CA. Call (800) 479-9464, www.HMlcollege.org

OCTOBER 18-20 — AKASHIC RECORDS PRACTITIONER CERTIFICATION WEEKEND with Barbara Schiffman, Fri-Sun, Temple of Light/Irvine. Access your Soul's energy-archive for yourself and others with Linda Howe's Pathway Prayer and

Advanced Akashic Past Life Healing tools. (818) 415-3479, www.YourLifeandSoul.com, www.Meetup.com/AkashicLA

OCTOBER 19 — Sacred Sounds Meditation Concert. 7:00-8:30 PM, Sanctuary Wellness Ctr, 505 W. 1st St, Tustin, CA 92780. A vibro-acoustic sound bath with Himalayan and Crystal Singing Bowls, Pyramids, Gongs, and Voice, serving as a vehicle to quiet the mind, heal the body, and journey into otherworldly realms. Bring mat, blanket & eye covering. \$20/person. www.phyllisdouglass.com

OCTOBER 22 — REIKI HEALING CIRCLE. Tuesday 7-8:30pm. Love offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

OCTOBER 23 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER

NOVEMBER 9 — GERI-FIT® STRENGTH TRAINING WORKOUT FOR OLDER ADULTS national exercise instructor certification Saturday, 10am-6pm in Temecula, CA. Visit gerifit.com or call 1-888-GERI-FIT for more info.

NOVEMBER 8-10 — I CAN DO IT! Spend a weekend with some of the most inspiring cutting-edge authors of today including Dr. Wayne Dyer, Louise Hay, Doreen Virtue, Brian Weiss, Nick Ornter, Kris Carr and more! Pasadena Convention Center. See page 2 for more information.

NOVEMBER 8-11 — STAR KNOWLEDGE CONFERENCE. Indigenous Chiefs, Wisdom Keepers and Visionaries sharing ancient knowledge of the Earth, Stars and Ascended Realms for the future of Mother Earth. Chief Golden Light Eagle, Chief Blue Star Eagle, Clifford Mahooty and so many more. Doral Desert Princess Resort, Palm Springs. starknowledge.conference.com, (818) 661-7437.

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JANUARY 18-23, 2014 — Revitalize Your Life - Holistic Health Retreat. Sedona, Arizona Lodging, Meals, Classes, Workshops, Excursions and Personalized Health Assessments included www.limeandlotus.com



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Natural Healing 2, Nov. 23-24, 1-5pm (pre-requisite, Natural Healing 1)

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WEDNESDAY • OCTOBER 30 • 7:00PM
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FRIDAY • NOVEMBER 1 • 7:00PM
The Essence of Healing
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2-3
NOV
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SATURDAY - SUNDAY • NOVEMBER 2-3
Level I/II Seminar: Reconnective Healing
with Eric Pearl
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LOCAL CONTACTS

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2013 EVENT OF THE YEAR STAR KNOWLEDGE CONFERENCE

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